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Nutrition Can Prevent Cancer

This week The AP wire and the US and Canadian news services have been buzzing with the huge 1000+ page report, **Nutrition and Cancer**, just issued by the World Cancer Research Fund and the American Institute of Cancer Research. The **Report** represents an amazing turnaround by the medical establishment, and shows definitively that the nutrients in many common plant foods prevent a wide variety of cancers, and that numerous processed foods, overweight and lack of exercise cause a wide variety of cancers.

Almost all the recommendations of the **Report**, which involved 10 years of work by thousands of cancer specialists worldwide, agree with Dr Michael Colgan's books, **You Can Prevent Cancer**, published in May 2007 by Apple Publishing, Vancouver, and **Nutrition for Champions**, published in March 2007 by Science Books, Vancouver. His books are also far easier to read than the 1000+ academic pages of the **Report**, and less than one-tenth the price.

Dr Colgan's books disagree strongly with the **Report** on two related counts. First, the **Report** makes no distinction between organically grown foods and non-organic foods. Dr Colgan shows clearly that non-organic foods, which are used by all fast food and food-processing chains, and represent most of the food sold in supermarkets, are not only contaminated with pesticides and other toxic chemicals, but are also very low in the precise nutrients that the **Report's** cancer specialists advocate to prevent cancer.

Second, the **Report** recommends obtaining all the nutrients you need from foods. Dr Colgan shows that doing so is impossible with our current food supply, in which even the cultivars used to grow organic produce, and the interbred strains of animals used even for organic livestock, are nutrient poor compared to wild plants and wild animals. Consequently, if you want to stay cancer free lifelong, he recommends using a comprehensive nutrient supplement mix every day, and specifies the components of that mix in his books.