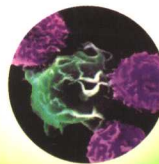
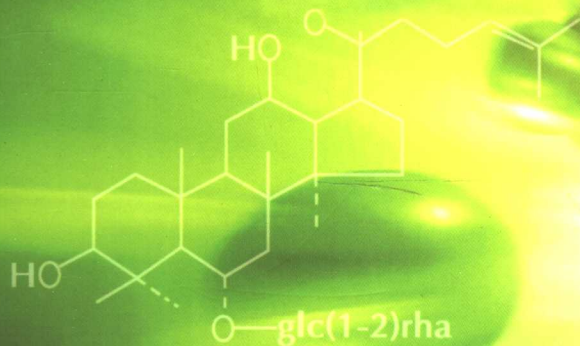


Jau-Fei Chen, PhD
Immunologist

Cancer & Nutritional Immunology

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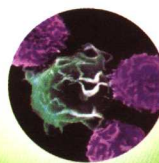
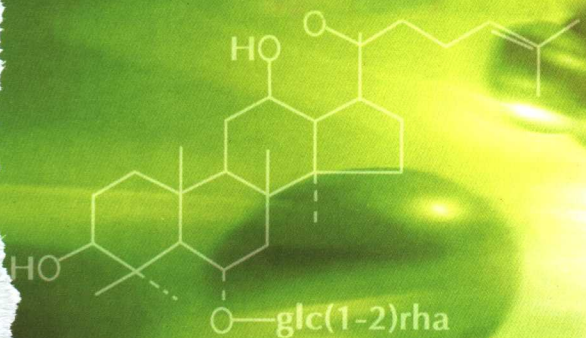
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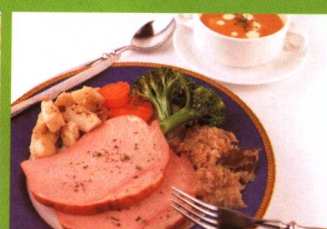
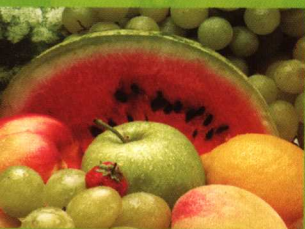
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HEALTHY

Choose The Right Foods To Avoid Cancer

Cancer has been a killer that seriously threatens human health for many years. According to research reports by the World Health Organization (WHO), the incidence of cancer is on the rise every year. This problem may be further compounded by world population aging, decrease in physical activity and unhealthy dietary habits, leading to a sharp increase in the number of cancer patients worldwide. It is estimated that by 2020, the worldwide incidence of cancer will increase 50% and there will be 15 million new cases every year. Strengthening cancer prevention will be the most economical and effective way of controlling cancer.

For many years, I have focused my research on preventive medicine, hoping that my research on the relationship between plant foods and the immune system can help in the strengthening of one's immune system to block the onset of cancer. Most causes of cancer are closely related to lifestyle and dietary factors. The nourishment, growth and pathological changes of every cell in our body since birth is closely related to our diet. Thus, it makes sense that all cancer-preventive measures should begin with our diet. Following dietary principles helps prevent cancer and reduce the probability of getting cancer. Besides controlling diet, being happy is also an important factor in preventing cancer. Long-term stress, anger or anxiety quickly lowers and impairs your immunity.

Cancer is the great enemy of human health. Prevention is better than cure. We should be constantly aware of preventing and fighting cancer to nip cancer in the bud. I hope this book will benefit cancer patients and those seeking health.



Dr Jau-Fei Chen
Immunologist

Introduction

Nutritional Immunology

Lethal weapon in the battle against cancer



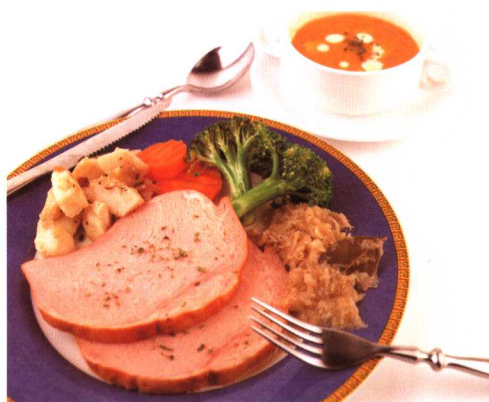
Cancer kills about seven million people a year — that's about 12% of all global deaths each year. Over 10 million new cases are diagnosed annually. Cancer strikes without warning. Like a greedy killer, cancer silently engulfs the health and lives of people.

Sobering Statistics

In America, one person dies of cancer every 55 seconds. According to the American Cancer Society, the deadliest cancers are lung, prostate and colorectal cancer in men, and lung, breast and colorectal cancer in women. In 2005, it is estimated that 31% of cancer deaths among male Americans will be due to lung cancer, 10% to prostate cancer and 10% to colorectal cancer. It is estimated that among female Americans, 27% of cancer deaths will be from lung cancer, 15% from breast cancer and 10% from colorectal cancer. It has been observed that African Americans are at higher risk of dying of cancer than white Americans.

In United Kingdom (UK) and the European Union (EU), it is expected that 1 in 3 people will develop some form of cancer in their lifetime. The three most common cancers in the UK are breast cancer, lung cancer and large bowel cancer. In 2004, 2.9 million Europeans were diagnosed with cancer while 1.7 million cancer deaths were recorded. Lung, colorectal and breast cancers accounted for half of all cancer deaths.

In Asia, the cancer scenario is devastating. It is said that about 30,000 Malaysians are diagnosed with cancer every year. Nasopharyngeal cancer, which strikes the nasal passage, is crippling millions in countries and regions like Singapore, Philippines, China, China Hong Kong and China Taiwan. Smoking-related diseases, among them lung cancer, kill about 2,500 Singaporeans a year. Singaporeans' love for red meat is also making colorectal cancer a frightful killer disease in



this island nation, affecting an average of 1,000 new patients a year. The American Cancer Society estimates that in 2004, approximately 14,250 new esophageal cancer cases were diagnosed in the US, but esophageal cancer rates in northern China, India, Iran and southern Africa are about 10 to 100 times higher.

Cancer Survival

It is possible to survive cancer. A five-year survival rate study conducted from 1995 to 2000 showed that white, female Americans have an 88% five-year survival rate for breast cancer. General five-year survival rates for colon, and lung/bronchus cancers among white Americans are 63% and 15% respectively.

Cancer survivors are not necessarily spared a completely disease-free life. The cancer often comes back, launching them into a new roller coaster of pain, depression and despair. Newer treatment methods have helped improve survival rates, but at what price? One's ability to enjoy life to the fullest, to have a fulfilling retirement and see his or her grandchildren grow — all these are compromised. In short, cancer survival, though sweet in the short-term, still affects one's quality of life.

Introduction

The scientific community is racing against time to find better drugs, more advanced screening equipment, cancer vaccines and that elusive perfect cure.

Combat Cancer Through Nutrition

Till then, prevention and early detection remain the best solutions to combat cancer. Strategies to prevent cancer include nutritional prevention and preventive healthcare.

The World Health Organization (WHO) vehemently declares that at least one third of cancers today could have been prevented if only patients had eaten healthily and led a healthier lifestyle. We need to understand that wholesome and nutritious foods not only help us to fight mutating cells but also help patients to heal faster and tolerate the side effects of cancer treatment better.

At the same time, preventive healthcare, which includes routine check-ups and health education, offers us an edge over cancer and other illnesses that cause premature death.

It is becoming more and more evident that Nutritional Immunology, a science that studies the link between nutrition and immunity, is going to be a critical weapon in fighting cancer. A healthy immune system, sustained by a well-balanced diet, moderate physical activity, abstinence from tobacco or alcohol and a joyful attitude, is the most widely endorsed and side effect-free cancer fighter.





CONTENTS

CONTENTS

003

【Preface】 Choose The Right Foods To Avoid Cancer/Dr Jau-Fei Chen

004

【Introduction】 Nutritional Immunology: Lethal weapon in the battle against cancer

PART 1

010

Nutritional Immunology: A Breakthrough In Health Concept

012

① What is Nutritional Immunology?

020

② Nutritional Immunology Guidelines

028

③ Plant Compounds That Prevent And Fight Cancer

034

④ Antioxidants

044

⑤ Phytochemicals

052

⑥ Polysaccharides

058

⑦ Plant Foods Are The Healthiest

PART 2

072

Maintain A Healthy Immune System.

Fend Off Cancer Risk Factors.

074

① The Best Doctor: Our Immune System

084

② Cancer: The Fearsome Invisible Killer

088

③ One Third Of Cancers Could Have Been Prevented

092

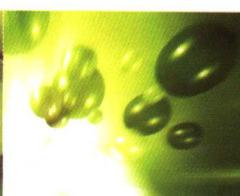
④ Watch Your Daily Diet

102

⑤ Hidden Dangers Of Lifestyle Habits

110

⑥ Other Risk Factors



116

PART 3

Early Detection And Correct Diagnosis Of Cancer

118	① Be Alert To Abnormal Changes In Your Body	170
122	② Common Cancer Screening Methods	174
126	③ Diagnostic Imaging	178
132	④ Nuclear Imaging	180
136	⑤ Other Cancer Screening Methods	182

138

PART 4

Cancer Is Not An Incurable Disease. Knowledge Aids In Treatment.

140	① Chemotherapy	190
146	② Radiation Therapy	194
152	③ Cancer Surgery	198
156	④ New Cancer Treatments	202
162	⑤ Immunotherapy And Other Smart Drugs	204

168

PART 5

Control Your Diet And Lifestyle To Enhance Effectiveness Of Cancer Treatments

① Take Charge To Beat Cancer Successfully	170
② Anticancer Tip #1: Eat Healthily	174
③ Anticancer Tip #2: Exercise	178
④ Anticancer Tip #3: Manage Your Emotions	180
⑤ Anticancer Tip #4: Get Enough Sleep	182

188

PART 6

Frequently Asked Questions About Cancer

◆ General Questions About Cancer	190
◆ Dietary Prevention	194
◆ Surviving Cancer	198
◆ Lifestyle And Emotional Therapy	202
◆ More Information About Cancer	204

205

【Appendix】 Bibliography







PART 1

Nutritional Immunology: A Breakthrough In Health Concept

There is a special science that studies how nutrition contributes to the strength of the immune system. A strong immune system is able to detect and defeat cancer cells and help cancer patients cope better with treatment. This special science is none other than Nutritional Immunology. The essence of Nutritional Immunology is in preventing diseases, be it cancer or other chronic illnesses, before they take root, by eating wholesome fruits and vegetables on a daily basis. Nutritional Immunology strongly advocates a diet rich in plant foods because this is the easiest and healthiest way for us to acquire disease-preventing nutrients like antioxidants, phytochemicals and polysaccharides.



1

What is Nutritional Immunology?

Nutritional Immunology is a science that studies the relationship between nutrition and the immune system. A healthy immune system can defend against diseases and keep the body healthy. Conversely, a malnourished immune system is weakened and unable to perform its function of battling cancer and other diseases.

Prevention Over Cure: A New Health Concept

Think about the last time you had a balanced meal. Or the time you avoided rich, high-fat food and alcoholic beverages in favor of more fruits and greens, healthful soups and good old plain water. Chances are you were feeling under the weather, and wanted a healthy meal to recover faster.

Many people make an extra effort to note their nutritional intake when they are sick, but few take the preventive measures that could have stopped the illness before it started. Studies show that two-thirds of America tends to put more fats and refined sugars than plant foods on its plate, leaving little room for essential nutrients needed to maintain health. High-fat, high-sugar diets increase cancer risk. Is it any wonder then that at least a million Americans are diagnosed with cancer every year?

In essence, Nutritional Immunology promotes prevention over cure. In a world of myriad food choices, Nutritional Immunology helps us determine what proper nutrition is. Let us see how Nutritional Immunology plays an important role in our daily life.



● Obtain wholesome nutrients from fresh fruits.

Nutritional Immunology: A Breakthrough In Health Concept



>Boost Your Health IQ!

Nutritional Immunology Brings Hope of Health and Longevity

The United Nations estimates that today, 1 in every 10 people is 60 years or older. In a world population of 6 billion, that amounts to 600 million elderly. By 2050, it is projected that one in every 5 of us will be at least 60 years old. This is not surprising. In fact, scientists have discovered that we have the potential to live a vibrant and meaningful life until we are at least 120 years old. Also, according to latest reports, with proper care and a nutritionally complete diet, it is not impossible to live to be even 150 years old!

We cannot expect the elderly to remain physically active as they age. This creates an urgent need for disease-preventing foods. The only way to help the elderly to stay healthy is to teach them to eat more plant foods and to do it consistently. This establishes and strengthens the need for a life-prolonging science like Nutritional Immunology.

Food Fuels the Immune System

According to Nutritional Immunology, what we eat daily directly affects how our immune system works and the way we look, feel and act.

On a deeper level, food fuels the immune system. When we eat a variety of plant foods regularly, the fuel is usually nutritious. When we eat too many animal products or foods high in saturated fat, salt and sugar, we deprive our immune system of disease-fighting nutrients. When we are healthy, wholesome foods contribute to a strong immune response. Similarly, when we are sick, proper nourishment and sufficient rest can help us recover from illness faster.

We know that drugs can help us to combat cancer but there are many considerations that doctors and patients must weigh before we rely on chemicals to help the body. Will we see a desired effect? Are we getting the safest, most effective dosage? Will there be adverse side effects? (For cancer, the answer is almost always a 'yes'.) Will this drug interact negatively with other drugs? However, each time we choose wholesome foods, we allow our internal doctor, the immune system, to do its work and extremely well, without a flurry of worries about side effects and proper dosage.

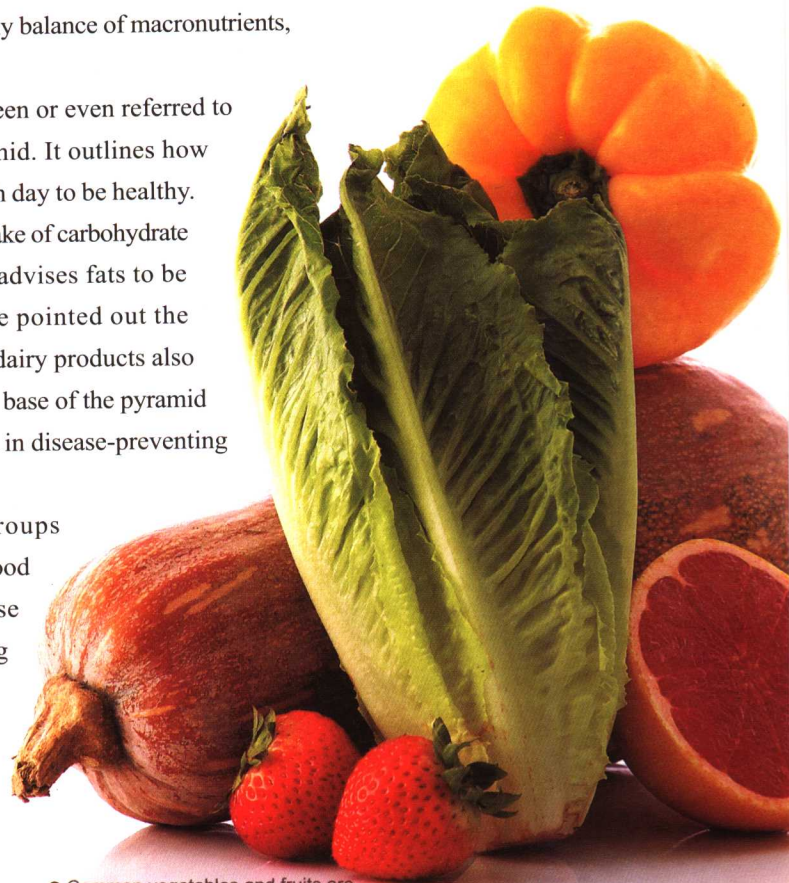


Proper Nutrition = Macronutrients + Micronutrients + Fiber

When we hear the phrase ‘proper nutrition’, what comes to mind? Is it only about the nutrients the Food Guide Pyramid asks us to consume or is there a bigger picture? According to Nutritional Immunology, proper nutrition involves a diet that includes a healthy balance of macronutrients, plant food micronutrients and fiber.

Until early 2005, many of us may have seen or even referred to the older version of the Food Guide Pyramid. It outlines how much of each food group we should eat each day to be healthy. Altogether, the pyramid proposes a higher intake of carbohydrate and protein than fruits and vegetables. It advises fats to be used sparingly. However, scientists have pointed out the pyramid’s inadequacies because meat and dairy products also contain fat. Fiber is linked with grains at the base of the pyramid but many fruits and vegetables are also rich in disease-preventing fiber!

To make matters worse, numerous groups have come up with their own versions of food pyramids. Some experts believe that these inconsistencies could be linked to the rising number of cancer cases and the explosion of obesity in all corners of the world.



● Common vegetables and fruits are rich in disease-preventing fiber.