

Health Hunter[®]

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N E W S L E T T E R

MARCH 2000

New strategies for treating cancer: the *REC*NAC Project announces its achievements

Joseph Casciari, Ph.D.

In 1989, the Bio-Communications Research Institute initiated the *REC*NAC project, an eleven year cancer research effort with the stated goal, contingent upon attaining a set funding target, to discover why cancer develops in humans and to devise methods for treating and preventing it without damaging normal tissues. The *REC*NAC project did not obtain the level of funding deemed necessary to achieve its goals, but the generous support it did receive enabled *REC*NAC scientists to undertake a variety of ambitious projects. The *REC*NAC project came to a close on December 31, 1999.

One of The Center's priorities has been to spread the word on the benefits of nutrients in reducing cancer risk.

At a Lunch and Lecture presentation on February 10, 2000, the project gave a report to the public summarizing its accomplishments. These include educational efforts, experiments validating the use of intravenous vitamin C for cancer therapy, discovery of novel natural product extracts that inhibit tumor growth, and the development of new protocols for immunotherapy.

Early in the *REC*NAC project's review of the cancer literature, it became apparent nutrition can be a key to preventing cancer. One of the Center's priorities has been to spread the word on the benefits of nutrients in reducing

cancer risk. Dr. James Jackson, a professor at Wichita State University and a consultant for the *REC*NAC Project, shared the findings of a recent American Institute for Cancer Research study supporting this notion. This report claimed that roughly eighty percent of all cancers could be prevented by proper nutrition and lifestyle choices. The keys to cancer prevention include eating at least five servings per day of fruits and vegetables, avoiding "charred" foods, limiting salt intake, keeping active, and abstaining from tobacco.

Vitamin C is becoming a popular supplement among cancer patients because of its reputed benefits to the immune system and its ability to improve well-being. Dr. Joseph Casciari, the *REC*NAC Project Director, described recent *REC*NAC data demonstrating that white blood cells taken from donors who supplement regularly with vitamin C perform better in laboratory tests than those taken from donors who do not supplement. For instance, the ability of neutrophils to digest bacteria decreased with increasing donor age, but the decrease was much less severe in cells from donors who supplemented with vitamin C. Moreover, the proliferation of white blood cells in response to a chemical stimulant was greater in cells from donors who supplement with vitamin C. This information may be of special importance to cancer patients, who are often deficient in vitamin C and have depressed immune systems.

One of the major efforts of the
continued on page 2

Healthy diet may keep immune system young in aging women

Older women who ate a healthy diet had an immune system quite similar to younger women, according to researchers at Pennsylvania State University.

Reporting in the journal, *Mechanisms of Ageing and Development*, the researchers selected 75 women between the ages of 60 and 80 who ate a healthy diet and compared them with 35 women between the ages of 20 and 40.

The researchers found that discounting age, both groups had similar numbers of immune cells such as T cells, including the "killer" T cells that work to ward off foreign invaders in the body that cause various diseases.

The conclusion is that as long as they keep plenty of fruits and vegetables in their diet and eliminate as much white flour, white sugar, and separated fats as possible, women can keep their immune systems young as they age. [H]

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Nutritional Medicine

by Ron Hunninghake, M.D.

Hope

Psychologist Rick Snyder of Kansas University has spent a decade researching the essence of success. It's called hope.

Hope, it turns out, predicts outcome. People with "high" hopes are more likely to succeed than those with "low" hopes.

What gives hope its power? Hope captivates the imaginative faculty of the brain. Conjure up an image of what you want, then light it up with the fire of desire and sincere anticipation, and you've got the formula for success.

All great artists know that true power lies in focusing on what you want. Our society has made a bad habit of focusing on what it doesn't want. The reactive mentality, "I hope I don't get the flu," misuses the secret of hope: focusing your attention on something, anything tends to manifest it in your life.

The modern practice of medicine, with its focus on disease, has made this same mistake. Even preventative medi-

cine focuses on disease, albeit the prevention of disease. And while life expectancy has improved in the last 100 years, doctors' offices are brimming with sick and tired patients.

"I hope I don't get cancer," is a thought many of us share. Again, it represents a misuse of the power of hope. True and effective hope, ironically, is often the offspring of those afflicted with cancer. The disease triggers a radical re-evaluation of what is truly important in life. The cancer patient begins to focus on what they strongly want to have: more energy, more love, more meaning, quality survival, more knowledge and understanding of what creates health, and more spirituality.

Out of these "high hopes" the organism generates a renewed energy and zeal that empowers the immune system and other healing faculties within the body to work better.

"I know I can heal!" is hope at its best. [H]

RECNAAC - Continued from page 1

RECNAAC project has been to demonstrate that vitamin C can be used not only as a supplement but also as an anti-cancer agent. While vitamin C normally functions as an antioxidant, it can act as a pro-oxidant at high doses by converting free radicals into hydrogen peroxide, a molecule that can damage cell membranes and DNA if not neutralized by cellular enzymes. Tumor cells are likely to be more sensitive than normal cells to the pro-oxidant effects of vitamin C, in part because they are deficient in the enzyme that neutralizes hydrogen peroxide and in part because tumors accumulate vitamin C at concentrations above those in plasma or surrounding normal tissues. RECNAAC scientists used tumor cells grown inside hollow fibers to test the anti-cancer efficacy of vitamin C. These hollow fiber tumors share important traits with solid tumors in patients, including the presence of cell sub-populations resistant to conventional therapies. Data using hollow fiber tumors indicate that

vitamin C, when combined with the antioxidant lipoic acid, can achieve significant tumor cell killing at concentrations below 100 mg/dl. These concentrations are achievable in blood plasma via intravenous (but not oral) administration.

Some misconceptions about high dose intravenous vitamin C include concerns that it will protect tumor cells from chemotherapeutic agents and that it will damage the kidneys. Dr. Casciari presented RECNAAC data addressing these concerns. In experiments with hollow fiber tumors exposed to Adriamycin, a common anti-cancer drug, 5 mg/dl vitamin C protected cells from the drug, but 50 mg/dl vitamin C enhanced the tumor cell killing over what was obtained with the drug alone. Since vitamin C accumulates in tumors at higher concentrations than in normal tissues, Dr. Casciari speculated that it might be possible to achieve high cytotoxic doses in tumors while attaining

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lower protective doses in normal tissues. The safety of intravenous vitamin C was addressed in a RECNAAC funded clinical study at the University of Nebraska with terminal cancer patients. This study demonstrated that vitamin C can be administered intravenously at sustained doses of at least 50 g/day for eight weeks without causing renal complications or significant alterations in blood counts or chemistry profiles. Several cancer patients have successfully eliminated their cancers, without suffering severe side effects, by using high dose intravenous vitamin C, alone or in combination with lipoic acid and various immune stimulants. The Bio-Communications Research Institute is planning to continue some aspects of vitamin C research and hopes to verify its efficacy in rigorous clinical trials.

RECNAAC research has not been restricted to vitamin C, however. Dr. Xiao Long Meng, a Senior Research Scientist at the Bio-Communications Research Institute, described the discovery and testing of novel anti-cancer agents obtained from natural sources. Dr. Meng described an extraction process whereby raw materials such as bacterium, plants, and invertebrates are soaked in a heated solution to extract active ingredients. After removing the solvent, the resulting "crude extract" can be used as is or separated to isolate active ingredients according to molecular size, charge, or lipid/water solubility. Although dozens of such natural product extracts have been produced and tested, Dr. Meng focused his presentation on three of the most promising. One is an invertebrate extract that has been shown in laboratory tests to selectively kill tumor cells but not normal cells. A second extract, derived from a locally grown plant, was found to prevent an important process in tumor growth known as angiogenesis. Angiogenesis is a phenomenon whereby tumors induce new blood vessels to grow in their direction. These new blood vessels nourish the tumor and allow it to spread. Since tumor growth is impossible without angiogenesis, any extract that can inhibit this process has the capacity to "starve" tumors. RECNAAC

continued on page 4

HEALTH HUNTERS AT HOME

Alzheimer's disease and new research in biochemistry and nutrition

I usually think the importance of doing everything to prevent Alzheimer's Disease only applies to those who are approaching old age.

When I mentioned this to another member of the staff, she reminded me that I am approaching "old age." Fortunately, for me and others, a supplement section came out in the February, 2000, issue of *The American Journal of Clinical Nutrition* publishing several research articles about nutrition and Alzheimer's Disease (AD). I thought I would provide excerpts from four of these studies for you to see what can be done.

The first of these looks at the relationship between B vitamins, homocysteine, and Alzheimer's Disease.

"The status of [vitamins B6, B12, and folic acid] is frequently inadequate in the elderly and recent studies have shown associations between the loss of cognitive function (or AD) and inadequate B vitamin status," wrote Jacob Selhub and associates. They continued with this statement, "... these inadequacies could result in [high homocysteine], a recently identified risk factor for occlusive vascular disease."

In short, if you have a low B vitamin status you have a chance of having a high homocysteine level which leads to an increased chance of having a stroke or TIA, according to research begun in the late 60's that is just now becoming understood by many researchers.

The next study by Yves Christen, a French researcher, was entitled "Oxidative Stress and Alzheimer's Disease." He wrote, "One hypothesizes that accounts for both the heterogeneous nature of AD and the fact that aging is the most obvious risk factor is that free radicals are involved." Free radicals are products of oxidative stress that damage your cells.

He concluded by saying, "Regular consumption of antioxidants in the diet may have a beneficial effect in humans. Cognitive impairment has been associated with lower vitamin C intakes. Fruits and vegetables could also have protective effects against stroke and vascular dementia." Christen quoted 117 research

studies in his paper and Selhub quoted 48 studies. These were well researched papers.

The third paper, by Michael Grundman, looked at the effects of vitamin E on AD. After reviewing 94 different studies, he concluded that vitamin E could slow the onset of AD.

One study Grundman used was the Alzheimer's Disease Cooperative Study. In this placebo-controlled, clinical study, the subjects in the vitamin E treatment group were given 2000 IU of vitamin E. Another group received a placebo. The researchers concluded, "The results indicate that vitamin E may slow functional deterioration leading to nursing home placement."

The fourth study was titled, "Alzheimer Disease: protective factors." In it the researchers concluded that AD may include genetic, physiologic, as well as nutritional elements, some of which may be linked, and that early identification of AD is still elusive.

My conclusion from these and other studies included in the supplement is that one needs to keep one's biochemistry as close to optimal as possible. The best way to do this is to take a look at various nutrient levels through laboratory testing.

This brings me to a brief commercial message, one we at The Center not only advocate but are also doing. The best way to learn your antioxidant levels is through the "Beat The Odds" program.

Using the "Beat The Odds" program, as The Center staff has, you can learn not only what your nutrient levels are today, but what you can start doing to improve them and help "beat the odds" of getting AD and other degenerative diseases that come with aging.

And if you are approaching "old age," as I discovered I am, you will have a better chance to "slow the deterioration leading to nursing home placement," as Grundman pointed out. ☐

—Richard Lewis

INFORMATION WORTH KNOWING

Cancer is a complex and devastating disease with the treatment sometimes being as harmful as the disease. Eleven years ago a band of researchers decided to determine how and why cancer developed, how to prevent it, and how to eliminate cancer using methods which are not harmful to normal cells or to normal body processes. This group of dedicated researchers has found how nutrients, and ways to stimulate the immune system, can help the body eliminate cancerous processes. They have done this on a relatively small budget and without government funds. The questions this month are taken from their announcement of the progress they have made in the last eleven years.

1 _____ is toxic to tumor cells at concentrations that are achievable with high dose intravenous infusions.

- a. Cadmium
- b. Beta Carotene
- c. Vitamin C
- d. none of the above

2 _____ decreases the amount of vitamin C needed for tumor-cell killing.

- a. Lipoic acid
- b. Ascorbic acid
- c. Boric acid
- d. all of the above

3 *RECNA*C research indicates that vitamin C can be administered intravenously at sustained doses of at least 50 grams per day.

- a. True
- b. False

4 *RECNA*C developed and tested a non-toxic extract from a(n) _____ plant that may inhibit tumor growth by preventing blood vessel growth in tumors.

- a. rain forest
- b. locally grown
- c. exotic
- d. none of the above

5 *RECNA*C gained the ability to grow _____ cells and train them with tumor antigens obtained from the patient or produced inexpensively in the laboratory.

- a. giant
- b. epithelioid
- c. dendritic
- d. all of the above

6 *RECNA*C has developed a method of producing an immune stimulant from a bacterial culture that exhibits significant anti-tumor activity.

- a. True
- b. False

7 *RECNA*C has developed a method by which a patient's _____ blood cells can be used to produce an autologous cytokine cocktail, and also developed a protocol for administering this cocktail.


- a. blue
- b. red
- c. white
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

*RECNA*C—Continued from page 3

has also developed a third extract, derived from bacterium, that has the ability to stimulate white blood cells, and may thus help initiate an immune response against tumors. These extracts were sent to Beijing, China, to test their ability to inhibit tumor growth in mice. All three of the extracts inhibited tumor growth, some by as much as eighty percent. With fifty percent inhibition being typical in this test for chemotherapeutic agents, the results with these extracts give cause for excitement. Moreover, none of these extracts were toxic to the mice at therapeutically effective doses. These extracts are in the process of being patented.

To insure the continued study and therapeutic use of these extracts, the *RECNA*C project has licensed them to Aidan, Inc. *RECNA*C also licensed two immunotherapy protocols to Aidan: a method of using a patient's own white blood cells to produce a cytokine cocktail that can be administered as a biological response modifier, and a protocol for producing dendritic cells, immune cells that train other cells to kill tumor cells, and training them with antigens obtained from the patient or produced cheaply in the laboratory. Neil Riordan, founder of Aidan, Inc., discussed how the immune system works and the importance of immunotherapy in treating cancer. One of the keys to tumor growth is the ability of tumor cells to evade the immune system. This is made worse by chemotherapy, which has the side effect of reducing immune cell numbers. Aidan is planning to combine natural product extracts, immunotherapy, and intravenous vitamin C to treat tumors while boosting instead of hindering the ability of the cancer patients' immune systems to fight cancer.

The Bio-Communications Research Institute is planning to make some *RECNA*C research results available on the internet. It is also in the process of preparing manuscripts for publication in scientific journals and patenting original *RECNA*C technology. The Center is proud of the *RECNA*C Project's accomplishments—achievements that offer new options and hope to cancer patients. 

25th Anniversary Update

Health is...

March 22 - Deadline for the initial entries for the "Health is..." contest for Kansas school children.

Case of the month

A 24-year-old woman came to The Center in December of 1999 with many complaints including frequent headaches, depression, recurrent infections, and allergies of unknown origin. She also complained of low energy. She is a university student and her symptoms were beginning to interfere with her school work.

As part of her initial evaluation, she had extensive laboratory testing. In addition to the testing, she received a prescription to start taking Bio Pro to boost her immune system.

At her next appointment to review the laboratory results with our nurse clinician, she received several prescriptions to begin working with her low test results. For her elevated yeast, she began taking Pro Dophilus and Nystatin. Fortified Flax was recommended to lower her elevated cholesterol. To balance her low omega 3 fatty acids, she began taking Super EPA. She also started taking magnesium citrate to correct her low magnesium results.

In addition, she began taking Gram Ascorbs to help correct the low blood plasma vitamin C results. She also started Zinc Boost, a liquid source of zinc that can be taken in a glass of juice, because of an elevated urinary pyrroles test. People who excrete excessive urinary pyrroles, research has shown, also excrete a large amount of zinc and this needs to be replaced. She began the iodine uptake test as an inexpensive way to check her iodine status. When she called three weeks later to report that the iodine spot lasted for 4 1/2 hours, instead of 24 hours, when applied to her arm, it was recommended that she continue applying iodine once daily.

When she returned for her next appointment in mid February, five weeks after she started her nutritional treatment, she told the doctor her energy was up—at least 10-fold. She added that her headaches were considerably reduced, she had had no infections during this time, and her "skin has been good" for the first time in many years. She is looking forward to further improvement as she continues with her biochemical interventions. [H]

Herbal History

Bush morning glory, *Ipomoea leptophylla*

The bush morning glory grows in central and western Kansas and the surrounding states. It grows from one to four feet high with a large, woody root often described as human-sized. Its flowers bloom from May to September, usually in single trumpet-shaped blooms with a red-purple to lavender-purple hue.

The root grows up to seven feet long. The woody part of the root tends to hold water making the plant virtually drought resistant.

The plant is also known as big-root morning glory, man root, and man-of-the-earth. It was called "kahts-tuwiriki" by the Pawnees, meaning whirlwind medicine. "Pezuta nige tanka" was the name given it by the Lakotas, translating as big stomach-medicine.

The root was used for medicinal purposes. The Pawnees burned the root as a smoke treatment for nervousness and bad dreams. They also powdered

the root and sprinkled the powder on tribal members to alleviate pain or for fainting.

The Lakotas scraped off a portion of the root and ate it raw to help with stomach problems.

The Great Plains Indians would take a piece of the woody root, start a small, smoldering fire in it and then carry it with them to use as a punk to light fires. The root was used as emergency food by many tribes.

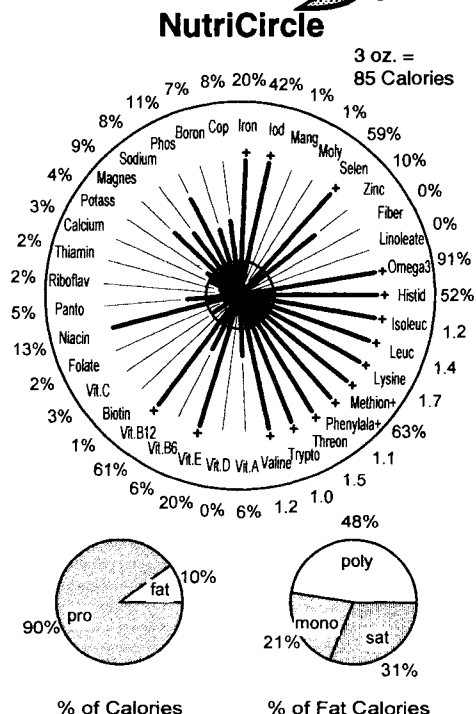
The plant has recently gained interest again—this time for the bush and flowers. It has been suggested as an ornamental plant for roadside, parks, and recreation areas. It has generated interest as a plant for wildlife habitats and prairie restoration in its native setting. Forgetting its lovely flowers and attractive bushy shape, it would be a fascinating plant to grow, if for no other reason than its interesting root. [H]

Food of the Month

by Donald R. Davis, Ph.D.



SHRIMP are rich in long-chain omega-3 fatty acids that are low in many American diets (EPA and DHA). These fats help prevent heart disease and hypertension, easily outweighing old worries about shrimp's cholesterol. But if your shrimp unluckily got trapped in deep-fried batter, do yourself the favor of pulling them out. Otherwise you'll eat mostly (75%) breading calories, not what is shown here. Only 85 calories of shrimp contains 90% of our RDA for omega-3 fat, of the RDAs for vitamins E and B12, selenium, iron, iodine and all 9 essential amino acids, plus good amounts of a dozen more nutrients.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). [H]

Mental Medicine

by Marilyn Landreth, M.A.




Does your attitude need adjusting?

Do people seem to go out of their way to say unkind things about you? When your supervisor evaluates your job performance do you listen for negative comments rather than suggestions for improvement and growth? If someone steps on your foot in the theater, do you think they did it on purpose? We all have days when we are a little more sensitive than other days. Some people are more hostile than others. Hostile people may not be aggressive but they tend to be cynical, mistrustful, and take things personally.

A study reported by Mary Davis, associate professor of psychology at Arizona State, in the January/February, 2000, issue of *Psychosomatic Medicine* found that some people risk their health by their attitude. In the study,

research assistants who had been trained to be calm and rational were instructed to take an opposing view with the subject on capital punishment. The research subject did not know that the assistant was part of the study. Hostile individuals experienced an increase in heart rate and blood pressure. In many cases, even before the conversation began, hostile subjects had a rise in blood pressure and blood vessel constriction.

"The fact that it occurred in the preparation period before they had done anything leads us to believe they were probably anticipating trouble before anything happened," Davis said.

Learning to deal with challenges as they happen rather than focusing on negative possibilities can lead to a happier, healthier life. 

CENTER UPDATE

The fit or fat controversy

For far too many years, women in the U.S. have worked under the assumption that you can be neither too thin or too rich.

Now researchers are taking a close look at the part about being thin. Some people just didn't pick the right parents to inherit the genes to be thin. But they can be fit anyway even though they're fat.


Dr. Jody Wilkinson, a researcher at the Cooper Institute for Aerobic Research in Dallas, Texas, believes "you can be fit and fat." And he has produced good research to back it up. "And it is better than being skinny and sedentary."

For instance, a study appeared in a 1995 issue of the *International Journal of Obesity* that followed over 25,000 men for more than a 23-year period. The researchers found that cardiorespiratory fitness was a better predictor of heart disease risk. This means that overweight men were not necessarily at a greater risk of heart

disease if they were fit.

Another recent study appearing in the *Journal of the American Medical Association* found that obese men who exercised regularly had death rates, based on any kind, only slightly higher than unfit men of normal weight. By contrast, obese men who didn't work out had death rates two to three times that of the normal weight men, showing that exercise does offer substantial protection to overweight men.

These studies and others have not impressed the federal government. The National Heart, Lung and Blood Institute guidelines for height and weight come down strongly on the side that thin is in and ignore fitness in the equation. They believe you cannot be fat and fit.

Who is right—the federal government or Wilkerson's research? You can be the judge. Wilkerson's closing comment is "[Exercise] makes you feel better and improves the quality of life." That is the bottom line. 

Where did I leave my keys?

According to the *Professional Health News*, forgetfulness really does not need to be a problem. Many healthy older people who have no cognitive impairment live the remainder of their lives without experiencing dementia, an ongoing study shows.

Although diseases like Alzheimer's are very common among those 85 and over, cognitive impairment and memory loss are not an inevitable part of aging.

It has been found that with people between the ages of 65 and 85, an average of 10 percent will develop Alzheimer's, a degenerative disease of the brain characterized by a decline in memory and mental functioning and eventually physical functioning as well.


It is very hard to actually pin down precisely when this degeneration process gets started.

It's a very subtle thing because the brain begins changing before behavior does. So it is important to try to look for the signs of Alzheimer's early.

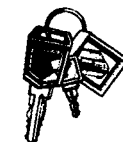
Keeping a journal is one of the easiest ways to keep your mind active. You will have a record of your progress and it is a good form of recall for you to see the progress you are making with your mind, as well as how you could be using your time to a better advantage.

I enjoy reading the little book, *Time for Joy*, by Ruth Fishel, and today I noticed the following quote from the *Journal of the American Medical Association*. It reads as follows:

In the coming decades, the most important determinants of health and longevity will be the personal choices made by each individual.

Learning new things is one key to mental vigor. Learning stimulates the growth of dendrites and creates additional neuronal networks, which appear to be important for overcoming damage to brain tissues. 

—Nelda Reed



- 1 c. By using intravenous vitamin C infusions, much higher vitamin C levels can be attained in plasma.
- 2 a. The anti-tumor effect of vitamin C is increased substantially when applied in combination with lipoic acid or vitamin K3.
- 3 a. This dosage over a period of 8 weeks did not cause renal complications or significant alterations in blood counts or chemistry profiles.
- 4 b. New blood vessels are essential for tumors to grow and spread.
- 5 c. These antigen trained dendritic cells can be infused into patients to boost tumor-specific immune responses.
- 6 a. This technology has been licensed to Aidan, Inc. which will make it available to people with cancer.
- 7 c. This is a biological response modifier for people with cancer and it is used to stimulate the immune system. HH

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10 YEARS OF *REC*NAC CANCER RESEARCH

by *REC*NAC Staff

In 1989, the *REC*NAC goal was announced: to determine how and why cancer developed, how to prevent it, and how to eliminate cancer using methods which are not harmful to normal cells or normal body processes. Find out what these dedicated researchers have discovered about how nutrients, and ways to stimulate the immune system, can help the body eliminate cancerous processes.

WOUND HEALING AND TUMOR ANGIOGENESIS:

How Cancer Cells Keep Growing

Joseph J. Casciari, Ph.D.

In angiogenesis, cells in damaged tissues send out signals that stimulate new capillary growth in the area of the wound. Tumor cells also stimulate angiogenesis to supply themselves with nutrients and to provide avenues for metastasis. Angiogenesis is the key to tumor growth. Learn about this exciting area of cancer research. **Video tape special—\$9.95**

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with Ronald Hunninghake, M.D.

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with Ronald Hunninghake, M.D. & Sister Ann Cecile Gaume

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Upcoming Events . . .

MARCH				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yoga	2 L & L - ADD/ADHD, Sounds for Healing	3
6 Yoga	7 L & L - How You Can Develop an Organic Garden	8 Yoga	9 L & L - Fibromyalgia & Chronic Fatigue	10
13 Yoga	14 L & L - Hormone Replacement Therapy	15 Yoga, Designs for Improvement	16 Evening Dinner Lecture - Slowing the Aging Process	17
22 Yoga	21	22 Yoga, Designs for Improvement	23 L & L - Our Journey Toward Wholeness	24
27 Yoga	28	29 Yoga, Designs for Improvement	30	31

APRIL

- 6 Sounds for Healing: Meditation
- 5, 12, 19 Designs for Improvement
- 9-15 National Library Week & National Volunteer Week

Broccoli, spinach may lower colon cancer risk



"Eat your broccoli," your mother often told you. Now, research backs up this dinner time order as a way to prevent colon cancer.

Broccoli, along with spinach and other greens, orange juice, carrots, tomatoes, celery, and eggs, contains lutein, a food based antioxidant that reduces cancer causing free radicals, according to a research paper appearing in the *American Journal of Clinical Nutrition*.

"Our results suggest that high intakes of lutein may be protective against colon cancer in men and women," wrote Dr. Martha Slattery and colleagues of the University of Utah Medical School in Salt Lake City, the authors of the report.

This paper reinforces the hypothesis that plant foods may contain potent antioxidants in the battle against cancer—and in particular colon cancer in this case.

- New strategies for treating cancer
- Alzheimer's disease and new research in biochemistry and nutrition
- Does your attitude need adjusting?
- The fit or fat controversy

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