



IMAGE AWARENESS WELLNESS INSTITUTE

Obesity and Cancer

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THE OBESITY EPIDEMIC

According to the Centers for Disease Control in 1985 only eight states had 10-14% of the population overweight (30 lbs for a 5'4" person). By 1990, 35 states had 10-14% of the population overweight.

By 1996 every state had 10-14% of its population overweight. The problem had become more common. Thirty-one states had 15-19% of their population overweight. By 2001 26 states had 20-24% of their population overweight. By 2006 twenty-two states had 25-29% of their population overweight. Several states had over 30% of their population overweight.

There has been a rapid acceleration in weight gain in the American population. The cause for this is unknown. One recent study found that the 10% of a study group with the highest levels of 6 common toxic pollutants had 38 times more diabetes than the 25% of the study group with the lowest levels.

REFERENCE

Gaby, Alan, *Townsend Letter for Doctors*, May 2007, 131.

CANCER & BLOOD SUGAR

Obesity has long been linked to diabetes and cancer. Links between cancer and insulin were established in the 1980's. There was a tendency to dismiss this connection because all of the cells in the body require

insulin.

Recently tumor cells have been found to contain receptors for insulinlike growth factor 1 (IGF-1). Studies have suggested that tumor cells may be overly dependent upon IGF-1 receptors. One reporter writes, "A tumor is like a gas--a gas--guzzling Hummer--with a stuck accelerator and no brakes. Even if IGF-1 doesn't spark the ignition, the hormone keeps the tank full. Block IGF-1, according to this line of thinking, and the tumor suddenly finds itself running on empty."

One study found that men with the highest levels of IGF-1 were four times more likely to develop prostate cancer than those with the lowest levels. Similar associations have been found with colon, breast and other cancers. Colon cancer was found to be twice as high in men with the highest level of insulinlike growth factor.

REFERENCE

Beil, Laura, *Weighty Evidence: The link between obesity, metabolic hormones, and tumors brings the promise of new targets for cancer therapies*, *Science News*, February 16, 2008, 104.

IGF-1

Insulinlike growth factor 1 is a cousin of insulin. Levels are high in youth and promote rapid growth and cell multiplication. It is so similar to insulin that it can actually bond to the insulin receptor.

IGF-1 levels are influenced by

stress, exercise, estrogens, nutrition and exposure to some toxic pollutants.

It is difficult to know what the precise relationship between obesity, IGF-1 and cancer is. Estrogen and estrogenic pollutants have been shown to contribute to insulin resistance, weight gain, and diabetes. Fat cells produce estrogen.

Physicians are developing technology to block IGF-1 receptors. Trials with cancer have produced some good results.

PREVENTION

Keeping weight down is one of the most effective means of allowing the body to properly regulate IGF-1. GNLD's Glycemic Response Control program is excellent in this regard.

Cruciferous compounds are important regulators of estrogen metabolism and have been shown to lower the risk of breast cancer. Southern Research Institute studies found that GNLD Cruciferous Plus slowed breast cancer cell growth by 37%. One possible explanation for this is the modification of estrogen metabolism or IGF-1.

OLIVE OIL AND CANCER

Dr. Henrik E. Poulsen, of Copenhagen University Hospital in Denmark and his associates have reported that supplementing men for two weeks with olive oil reduced oxida-



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tive damage by 13%. The researchers felt that the benefit was derived from a combination of the antioxidants in olive oil and the reduction in saturated fats.

Extra virgin olive oil is an excellent cooking oil although cooking temperatures should be kept below 325 degrees as this is the smoke point of olive oil. Overly heated olive oil will be less healthy. Macademia nut oil (MacNut) has a smoke point of 425 degrees is higher cooking temperatures are required.

Poulson told *Reuters Health* that for a healthy diet one should add more than olive oil. He recommends a diet high in fruits and vegetables, whole grains, and fish. He also pointed out that olive oil is no substitute for restricting calories and for regular exercise.

The recommendation of fruits, vegetables, fish and whole grains should sound familiar. This was the core of the USDA Food Guide Pyramid. In addition other prominent institutions have recommended the nutrients in these foods including Harvard University, the American Heart Association, the National Cancer Institute, the Centers for Disease Control and Prevention, and the National Institutes of Health.

The recommendation for increased intake of fish, fruits and vegetables, and whole grains reveals three major nutritional gaps in the American diet. These are as follows:

Carotenoids and other antioxidants: There are a couple of problems here. Firstly, most Americans do not eat fruits and vegetables in adequate quantity. Secondly, we choose fruits and vegetables which have little in the way of carotenoids such as iceberg lettuce, potatoes, apples and bananas.

Omega-3 Oils: Americans consume a good deal of protein, but these foods no longer contain high levels of omega-3 oils as they did in the past because farm animals are no longer fed grass. Instead they are fed corn which has virtually no omega-3 oils.

Lipids, Sterols, and Fiber from Grains and Legumes: Refining of grains removes the nutritionally significant phospholipids and phytosterols. Virtually all fiber is also removed from processed grains including rice, wheat, and soybeans.

These nutrients, particularly the carotenoids and quality fats, are of such nutritional significance that they form the core of GNLD's Vitality Package. It is remarkable the ben-

efits customers have experienced simply by adding these nutrients to the diet.

REFERENCE

Poulsen, Henrik, E., and Machowetz, Anja, et al, Effect of olive oils on biomarkers of oxidative DNA stress in Northern and Southern Europeans, *FASEB Journal*, January 2007; 21:45-52.

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