The Weston A. Price Foundation

- Is a reliable source of accurate nutrition information.
- Provides a strong voice against imitation foods.
- Does not receive funding from any government agency, nor from the meat and dairy industries.
- Campaigns for a return to healthy traditional fats.
- Warns consumers about the dangers of modern soy foods.
- Promotes access to unprocessed whole milk products from pasture-fed animals.
- Keeps members informed through *Wise Traditions*, a lively quarterly journal, and two websites—westonaprice.org and realmilk.com.
- Helps consumers find healthy, farm-fresh foods through a system of local chapters.

Local chapter and membership information is posted at www.westonaprice.org or call (202) 363-4394.

Cancer Facts

Once a rare disease, cancer is now widespread, affecting as much as one-third of the population.

The rise in cancer in the West has paralleled the rise in factory farming and the use of processed foods containing vegetable oils and additives.

Traditional diets containing animal and plant foods, farmed by nontoxic methods, are rich in factors that protect against cancer.

Many of these protective factors are in the animal fats.

A diet containing these cancer-fighting foods can improve the outcome of those suffering from cancer, whether the patient is using conventional or alternative treatments.

Vegetarianism does not protect against cancer. In fact, vegetarians are particularly prone to cancers of the nervous system and the reproductive organs

(Mills and others. *Am J Clin Nutr* 1994;59S:1136S-1142S).

How to Protect Yourself Against Cancer with Food



The Weston A. Price Foundation®

for Wise Traditions

in Food, Farming and the Healing Arts

Education • Research • Activism

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Nutrients in Whole Foods that Protect Against Cancer

VITAMIN A: Strengthens the immune system. Essential for mineral metabolism and endocrine function. Helps detoxify. True vitamin A is found only in animal foods such as cod liver oil; fish and shellfish; and liver, butter and egg yolks from pasture-fed animals. Traditional diets contained ten times more vitamin A than the typical modern American diet.

VITAMIN C: An important antioxidant that prevents damage by free radicals. Found in many fruits and vegetables but also in certain organ meats valued by primitive peoples.

VITAMIN B_6: Deficiencies are associated with cancer. Contributes to the function of over 100 enzymes. Most available from raw animal foods.

VITAMIN B_{12}: Deficiencies are associated with cancer. Found only in animal foods.

VITAMIN B_{17}: Protects against cancer. Found in a variety of organically grown grains, legumes, nuts and berries.

VITAMIN D: Required for mineral absorption. Strongly protective against breast and colon cancer. Found only in animal foods such as cod liver oil, lard, shellfish and butterfat, organ meats and egg yolks from grass-fed animals. Traditional diets contained ten times more vitamin D than the typical modern American diet.

VITAMIN E: Works as an antioxidant at the cellular level. Found in unprocessed oils as well as in animal fats like butter and egg yolks.

CONJUGATED LINOLEIC ACID (CLA): Strongly protective against breast cancer. Found in the butterfat and meat fat of grass-fed ruminant animals.

CHOLESTEROL: A potent antioxidant that protects against free radicals in cell membranes. Found only in animal foods.

MINERALS: The body needs generous amounts of a wide variety of minerals for protection against cancer. Minerals like zinc, magnesium and selenium are vital components of enzymes that help the body fight carcinogens. Minerals are more easily absorbed from animal foods.

LACTIC ACID AND FRIENDLY BACTERIA: Contribute to the health of the digestive tract. Found in old fashioned lacto-fermented foods.

SATURATED FATS: Strengthen the immune system. Needed for proper use of the essential fatty acids. The lungs cannot function without saturated fats. Found mostly in animal foods.

LONG-CHAIN FATTY ACIDS: Arachidonic acid (AA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help fight cancer on the cellular level. They are found mostly in animal foods such as butter, organ meats, cod liver oil and seafood.

SHORT- AND MEDIUM-CHAIN FATTY ACIDS: Strengthen the immune system and facilitate intercellular communication. Plentiful in coconut oil; lesser amounts in butter.

CO-ENZYME Q_{10}: Highly protective against cancer. Found only in animal foods.



Drawing courtesy of Mary G. Enig

Foods from healthy animals contain many nutrients that protect against cancer and contribute to good health.

Compounds in Processed Foods that Can Cause Cancer

TRANS FATTY ACIDS: Imitation fats in shortenings, margarines and most commercial baked goods and snack foods. Strongly associated with cancer of the lungs and reproductive organs.

RANCID FATS: Industrial processing creates rancidity (free radicals) in commercial vegetable oils.

OMEGA-6 FATTY ACIDS: Although needed in small amounts, an excess can contribute to cancer. Dangerously high levels of omega-6 fatty acids are due to the overuse of vegetable oils in modern diets.

MSG: Associated with brain cancer. Found in almost all processed foods, even when "MSG" does not appear on the label. Flavorings, spice mixes and hydrolyzed protein contain MSG.

ASPARTAME: Imitation sweetener in diet foods and beverages. Associated with brain cancer.

PESTICIDES: Associated with many types of cancer. Found in most commercial vegetable oils, fruit juices, vegetables and fruits.

HORMONES: Found in animals raised in confinement on soy and grains. Plant-based hormones are plentiful in soy foods.

ARTIFICIAL FLAVORINGS AND COLORS: Associated with various types of cancers, especially when consumed in large amounts in a diet of junk food.

REFINED CARBOHYDRATES: Sugar, high fructose corn syrup, agave syrup and white flour are devoid of nutrients. The body uses up nutrients from other foods to process refined carbohydrates. Tumor growth is associated with sugar consumption.