

1.

Lymphoma Support Group of Ottawa
December 6th 2016

"Notes on Immune System and Food"--Updates

James Steele

Old and new dietary suggestions--a summary

Michael Greger's new reports on blood cancers

Greger's delectable "Daily Dozen" and Jim's awesome
"Kitchen Capers"

Food sensitivities and lymphoma"--a connection?

New ways to understand cancer--several reports

2.

Old and New Dietary Suggestions

1. Eat a whole-food, plant-based diet
2. Eat and drink each day many foods rich in antioxidants
3. Maintaining through either supplements or sun exposure or diet a blood level of vitamin D3 that is 100-150 nmol/L in the Canadian system or 40-60 ng /ml in the U.S.
4. Avoid the eating dairy products in any form
5. Avoid a diet that is more than 10% protein--a guideline that can be easily followed by eating a whole-food, plant-based diet
6. Avoid nearly all processed foods
7. Avoid eating any foods that cause chronic intestinal inflammation

3.

The important new work Dr Michael Greger:
his review, synthesis, and public dissemination of scientific
knowledge about nutrition and disease

Gregor's background

Gregor's website <nutritionfacts.org>

--Canadian support

--web design (video, text, and sources)

--free weekly newsletter

--resources

4.

Topics related to lymphoma on <nutritionfacts.org>

--organic vs. non-organic food

--types of consumed meat

--food antioxidants

--neutropenic diets

--chronic exposure to raw animal proteins

--dioxins and viruses in poultry

--fibre

--blueberries

5.

Gregor's book *How Not to Die*

- Part 1: How nutrition can affect about a dozen diseases, including cancers of the blood
- Part 2: How Greger himself applies his recommendations

Greger's *How Not to Die*, Part 1

Greger on cancers of the blood (Chapter 9)

--Greger notes that there are three main types of blood cancer: leukemia, lymphoma, and myeloma

--occurrence rates in U.S.:

--leukemia: 52,000 diagnosed; 24,000 deaths

--lymphoma 70,000 diagnosed; 19,000 deaths

--myeloma 24,000 diagnosed; 11,000 deaths

7.

--Foods associated with a decreased risk of blood cancer include the following:

--a plant-based diet (as indicated by research at Oxford noted elsewhere)[T.J. Key et al]

--three or more servings of green, leafy vegetables and citrus fruits a day as indicated by a study done at Yale University

--dietary antioxidants found in vegetables and fruits as indicated by the Iowa Women's Health Study that "has followed more than 35,000 women for decades"

--foods containing antioxidants as indicated by research done at the Mayo Clinic(p. 157)

8.

--Foods associated with an increased risk of non-Hodgkin's lymphoma in older women include the following:

--animal fat

--saturated fat, and monounsaturated fat (but not vegetable or polyunsaturated fats)

--animal protein (but not vegetable protein or milk or dairy products)

--Greger discusses several studies indicating an association between risk of lymphoma and exposure to meat, especially poultry

Possible causes: viruses? drugs? dioxins? [pp.160-162]

9.

Greger's *How Not to Die*, Part 2

His Traffic-Light Triage of Foods

GREEN: unprocessed plant foods

YELLOW: processed plant food
unprocessed animal foods

RED: ultra-processed plant foods
processed animal foods

10.

Greger's "Daily Dozen" Diet

--**Beans** (white, black, brown, lima, mung, fava, pinto, black-eyed, chickpea, soy, etc) including peanuts, lentils, edamame, and tempeh: 3 servings

--**Berries**: 1 serving

--**Other Fruits** (including apples, dried apricots, avacados and 24 other fruits): 3 servings

--**Cruciferous vegetables** (including arugula, cabbage, collard greens, kale, radishes, turnip greens, and watercress): 1 serving

--**Greens** (including arugula, beet greens, collard greens, kale, mesclun mix, mustard greens, sorrel, spinach, Swiss chard, turnip greens): 2 servings

--**Other Vegetables** (including some eighteen from land & sea): 2 servings

--**Flaxseeds** (golden or brown): one tablespoon, ground

--**Nuts and Seeds** (including almonds, brazil nuts and eleven other kinds as well as nut/seed butters): 1/4 cup

--**Herbs and Spices** (including 32 of them), especially turmeric

--**Whole Grains**

--**Beverages**

--**Exercise**

11.

Awesome Kitchen Capers

A. Breakfast

Jim's Incomparable Compote

Put the following NINE tasty foods in a large bowl (8 inches wide and 2 inches deep):

whole grains (4 to 6 heaping tablespoons of **two** different grains that have been pre-cooked in **unsalted** water and re-heated e.g. whole-grain rice {brown, red, and/or black}, quinoa, oatmeal, etc)

flaxseed (a heaping tablespoon of any kind, freshly ground)

blueberries (a handful)

pineapple (one slice, diced)

raspberries (seven or eight)

strawberries (several diced)

prunes (two--water-soaked, refrigerated, and uncooked)

apricots (two--water-soaked, refrigerated, and uncooked)

Snack while preparing compote:

walnuts or **almonds** (a small handful)

tomato (small)

12.

B. Lunch

Jim's Superior Salad

Put the following 13 tasty foods in an even larger bowl (10" by 3")

- green leaves** (two handfuls of either romane lettuce or spinach or kale)
- cucumber** (several slices unpeeled and diced)
- tomato** (one small)
- bell pepper** (part of red, green, yellow or orange, chopped)
- onion** (on or two slices, diced)
- cabbage (red or green)** (a slice, diced) or **coleslaw**
- avocado** (one-half, diced)
- carrot** (some pieces)
- broccoli** (some pieces)
- cauliflower** (some pieces)
- sunflower seeds** (a sprinkling)
- beans or chickpeas or lentils** (three tablespoons) (the beans can be white, brown, black, lima, navy, fava, black-eyed, etc.)
- raisins or currants** (a handful)
- salad dressing** (balsamic vinegar, Italian seasoning, turmeric and water)

C. Supper

Minestrone Soup--olive oil, onions, cabbage, carrots, potatoes, cauliflower, broccoli, tomatoes, legumes, Italian seasoning etc (see a recipe in my Notes on the LSGO website)

or

Curried Lentil Soup--olive oil, onions, and five other vegetables, curry powder, ginger, garlic, lentils

or

Cauliflower & Corn Soup--olive oil, onions, cabbage, five other vegetables, herbes de provence, thyme

or

A Veggie Bake including olive oil, onions, beets, carrots, parsnips, potatoes, etc

etc.

14.

Food Sensitivity Symptoms

loose stools

mucous in throat or nose in morning

gas and flatulence

shortness of breath

**COPD [chronic obstructive pulmonary
disorder]**

hay-fever

bloating

insomnia

steatorrhea (fatty stools)

caustic stools

constipation

headache (chronic)

sore joints (chronic)

Ten New Ways of Understanding Cancer

Google: "10 TED talks to help you better understand cancer"

Mina Bissell: Experiments that point to a new understanding of cancer
--cancer as a failure of communication between cells

David Agus: A new strategy in the war on cancer
--cancer genome atlas project, proteomics, cancer
as a complex system of the micro-environment of cells

Jack Andraka: A promising test for pancreatic cancer . . .from a teenager

Danny Hillis: Understanding cancer through proteomics
--proteomics= the study of the form and function of all
proteins in the body (including the proteins
of cancer)

William Li: Can we eat to starve cancer?
--discusses angiogenesis and "explores ways to control
blood supply to a tumour by eating ...cancer-fighting
foods"

Jay Bradner: Open-source cancer research

Bill Doyle: Treating cancer with electric fields
--an electric field can stop the movement of electrically-
charged proteins in cancerous cells
=a new kind of treatment

Elizabeth Murchison: Fighting a contagious cancer [in an animal]
--implications for human beings

Eva Vertes: a TED talk suggesting "cancer might be repair response to
damage to stem cells" and a possible therapy?