

# **NUTRITIONAL CANCER RESEARCH SEMINAR**

**3<sup>rd</sup> September 2-4**

**Dr Sandra Goodman**

**This highly web-interactive, thought provoking two hour seminar will explore and debate with you the current state of research evidence for nutrition intervention for people with cancer and the challenges facing health care practitioners in an ever increasing political and financial agendas.**

## **Cancer Nutrition Research Highly Controversial**

- Deeply divided professional pronouncements upon nutritional research evidence for prevention and treatment: disputes about the right kind of evidence
- Clinical Research – Epidemiology, Randomized Controlled Trials, Case Control Trials, Animal and Cellular research
- Vegetarians versus Meat Eaters
- Desired Nutritional Research
- Nutritional Treatment Regimes of People with Cancer
- Professional and Legal Issues for Practitioners using Nutrition in Cancer Treatment

## **Research with Individual Nutrients and Dietary Supplements**

- Antioxidants – Vitamins C, E, Beta-Carotene, Selenium
- Trace Minerals – Selenium, Iron, Copper
- Polysaccharides – Chinese Herbal Medicines (Mushrooms, Ginseng, Astragalus, Ganoderma)
- Lipids – Saturated and Omega-6 and Omega-3 Fatty Acids
- Amino Acids, Garlic, Bromelain
- Flavonoids – Isoflavones, Flavones, Flavonols, Flavanols, Anthocyanidins and Proanthocyanidins
- Phenolic Compounds – Propolis, Curcumin, Lignans, Stilbenes - Resveratrol, Quinones
- Terpenes – Monoterpenes, Triterpenoids, Saponins, Sesquiterpenes
- Lipid-Soluble Vitamins – Vitamins A, D3, E, Melatonin
- Interaction of Natural Compounds with Chemotherapy and Radiotherapy

## **Divided Opinions: Nutritional Research Evidence**

- Randomized Placebo-Controlled Trials (RCTs) vs Case Studies, Retrospective Cohort Trials, Evidence from Molecular, Cellular and Animal Studies
- Inconclusive Evidence for Most Nutritional Elements
- Political, Financial Agendas
- Flawed Research leads to Misguided Medical Paradigms

## Problems with Past and Present Cancer Clinical Research

- Problems with Accuracy of Food Questionnaires
- How to protect against 'contaminants' of food people eat – i.e. hydrogenated oils, antibiotics, growth hormones, preservatives, etc.
- Impossibility of rigidly controlling the diet and environments of people, as opposed to animals or cells

## Desired Nutritional Research

- Cancer Patients having no chemotherapy or radiotherapy
- People with Cancer eating organic food:
  - fruits and vegetables
  - eggs
  - dairy products
  - meat, fish
  - grains

## Nutritional Regimes of People with Cancer

Gerson

Macrobiotics

Dries

Budwig Flax Oil

Essiac

Living Foods

Dr Hulda Clarke

## Professional/Legal Issues for Practitioners using Nutrition in Cancer Treatment

- Legality of 'prescribing' nutritional regimens for medical doctors
- Draconian cancer laws prohibiting claims that any nutritional or herbal substance can cure cancer, even if valid research evidence exists
- Difficulties for patients in the face of numerous claims of miraculous cures

Sandra Goodman PhD, originally from Montreal, Canada, qualified (PhD McGill University 1981) as a Molecular Biology scientist in agricultural biotechnology and pursued a research career in Canada and the US. Dr Goodman is the author of 4 books, including *Nutrition and Cancer: State-of-the-Art*, *Vitamin C – The Master Nutrient*, *Germanium: The Health and Life Enhancer* and numerous published articles and chapters devoted to Nutrition, Cancer and Complementary Medicine. Dr Goodman compiled the Cancer and Nutrition Database for the Bristol Cancer Help Centre in 1993, and is a Co-founder in 1994 and Editor of *Positive Health* PH Online, the renowned professional publication devoted to providing authoritative information about all natural healthcare approaches. She may be contacted via [sandra@positivehealth.com](mailto:sandra@positivehealth.com); [sandra@drsgoodman.com](mailto:sandra@drsgoodman.com) [www.positivehealth.com](http://www.positivehealth.com) and [www.drsgoodman.com](http://www.drsgoodman.com)