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E 102

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I was puzzled when I heard her saying that the anticancer diet is the exact opposite of the typical American diet. An American saying that, what does she want people to eat? It never sounded true to me at first but after some research and talking to different type of people, it makes sense. Almost 2-3 percent of cancers are due entirely to genes; the rest is due to poor diet and lifestyle factors such as exercise and stress. Modern science has concluded that diet is the most important factor for cancer.

It was on a Sunday afternoon three years ago, when I visited a whole foods store. Immediately I got inside I had a lady talking about American diet to another and out of my curiosity I looked at their direction. She was a beautiful, classic and charming middle age white lady. She wears a flowering fragrant, one of a kind and as I went near her, she smells like she just took a bath in a tub full of roses. As I greeted them, she got interested in my accent and told me that she was a nutritionist by profession and did her research, about cancer fighting foods, in African and Asian countries.

In addition, she told us that poor diet is associated with cancer and other major health risks that can cause illness and even death. I became so much interested with her topic because by then, one of my friend was diagnosed with cancer and was already receiving chemotherapy. She said that cancer genes are seeds that grow into tumor masses, only if they are fed and the feeding comes from wrongful nutrition. She said a diet full of fruits, veges, spice, onions and garlic is good and keeps the body fresh and running smoothly.

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This information had a lot of meaning to me as I kept my friend in mind. I wrote all what she was saying so that I could take to my friend. I told her about my friend and she asked me her phone number so that she could talk to her. Later on she helped my friend with information and advice. She advised her to stop taking sugar and dairy products and start consuming plant based foods which offers the best hope of avoiding cancer even reversing it once it is diagnosed. My friend was declared cancer free a year ago but I still remember the experience in the whole foods store like it is yesterday.

In my conclusion, I agree with that nutritionist that we are what we eat. Through the experience of my friend, there is a direct connection of nutrition and cancer. Many people have cured cancer, such as my friend using a massive change in their diet. Today I advocate that healthy diet cure cancer and some of the other major diseases. The government, nutritionists and the doctors should teach people on cancer fighting foods so that they can change their diets as most cancers are due to poor diet and lifestyle factors.