



CAN VEGANISM REVERSE CANCER?

BY MARIA LAVEENA



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While oncologists resort to surgery, chemo or radiation therapy, vegan enthusiasts suggest a simple remedy for curing cancer—a change in diet. They believe that going vegan can reverse cancer, and other lifestyle-related diseases as well.

“Modern lifestyles predispose us to cancer mainly because of foods which are unnatural to our anatomy, as well as chemicals, plastics and altered foods. Refraining from the use of meat, dairy and all foods of animal origin, and eating only plant based foods, can reverse cancer,” says Dr Nandita Shah, founder of Sanctuary for Health and Reconnection to Animals and Health (SHARAN).

She advises people to rely on their instinct while choosing what to eat. “Horses eat grass and lions hunt. Animals eat by instinct. But we humans don’t know what is best for us. We eat what is advertised and not by instinct,” she says.

The human instinct, she asserts, is to pluck and eat fruits, vegetables and nuts, but “never to pounce on a chicken.”

“We don’t feel like suckling when we see a cow’s udders. We do not salivate when we see fields of wheat or rice. We have just learnt to eat these things and hence it causes diseases just as feeding grass to a lion would,” Dr Shah says.

Though vegans agree that proteins are needed for growth and repair, they feel today people are eating proteins way beyond their needs and are therefore suffering from diseases of protein excess, cancer being one of them.

“Protein is the food for growth and cancer is a growth,” she notes. “Breast cancers and prostate cancers are the most common cancers in the world, and these are hormone dependant cancers. With milk and dairy products, we consume hormones which predispose us to these cancers. The cow is a female mammal and naturally produces these hormones. It’s no surprise that breast and prostate cancers are more rampant than lung cancers, despite smoking being a common habit.”

Vegans only consume whole, organic plant based foods. By whole they mean unrefined, without any sugar or oil. They also keep away from white flour, white rice or processed foods. They also believe that vegetables and fruits should not be peeled.

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