

PREVIEW_ Dr. Eugene Fine - Effect Cancer by Changing the Way We Eat_

Can you affect cancer by changing what you eat?

I'm Andreas Eenfeldt from DietDoctor.com

and I'm here with Prof. Eugene Fine who is a medical doctor and a researcher.

Welcome and thank you for being here.

Thanks, Andreas, thanks for having me.

So is there a connection between cancer and the foods that we eat?

You've done quite some research in that area.

Yeah, I mean there certainly is a lot of supportive evidence, you know, the epidemiologic data which is always interesting and also always questionable, but at least supports the idea that many cancers are related to, among other things... obesity, high insulin levels, high glucose levels in the blood...

And there is association of maybe 100,000 cancers a year in the United States with all these factors, particularly obesity.

But, you know, obesity doesn't happen by itself and that's why the correlations with high insulin and high carbohydrates are actually rather important.

Most of obesity really can be traced to, at least in my opinion,
to high insulin levels in our blood
driven by a diet that's excessively high in carbohydrates.

Most of the carbs that we eat, 90% of them
are sugars or starches that digest the sugars
and it's blood sugar, blood glucose that's the driver for insulin secretion.

And insulin turns around and then it bites us,
because it then pushes both glucose
and it pushes fatty acids right into our fat cells making us fat.

And insulin also inhibits the breakdown of fat.

So insulin basically driven by excess carbohydrate
makes us fat and it keeps us fat.

So yeah, I think the diet, high insulin, high obesity
have an epidemiologic association with cancer,
but in addition there are some really interesting studies that had been done
showing that high carb diets are pro-inflammatory.

The pro-inflammatory state predisposes to cancer
so there's this mechanism that also can be attributed
that going on both weight reduction and particularly ketogenic weight reduction diets
reduce inflammatory biomarkers.

And so you could see how is an association of cancer
with a high carb and high insulin state.

And that in a perfect world there's been some suggestion by others,
I don't know that I agree with this, but we could prevent cancer

if we reduced our intake of carbohydrates to a very low level.

I think there are other factors which we can really control

that would continue to bring, you know, cancer to us,

but I think at a much lower incidence.