



### *Fat and the Risk of Cancer*

In Dr. Neal Barnard's DVD "Eating Right for Cancer Survival", he not only talks about how to eat for cancer survival, but how to eat to lower the risk of cancer altogether.

In it, he points out that if we reduce the fat in our diet, we have a chance to reduce the risk of cancer.

For example, in Japan, the traditional diet is very low in fat and uses meat only as a condiment. Today, unfortunately, the Japanese have become very westernized with fast food restaurants and a high consumption of fat, dairy, and meat.

As a result, a woman living in Tokyo with a fully westernized diet eating meat, chicken or fish every day has a 9 times greater chance of getting cancer than a woman living in the same area who continues to eat a whole food plant-based (WFPB) diet with very occasional, small amounts of meat.

The reason we encourage people not to eat animal foods when addressing a health challenge is because when we're wanting to bring the body back into balance, into a state of vital health, plant-based foods support the body to restore balance quickly, where animal foods tax the body.

Other research in the Cancer Survivor's handbook points out that moderate changes in food have very little impact on health. To have results, it is necessary to shift to eating high nutrient dense plant foods. We can make the shift easily with SR and high nutrient dense table foods. This is confirmed by the Cancer handbook and many other studies.

And the great support SR offers in shifting table foods is that there are few or no cravings for the foods we leave behind. In fact, SR makes changing to healthy eating easy and delicious, and people's energy increases. We hear this again and again, how there are no cravings for the old foods. Whenever people tried to let go of unhealthy foods before there were cravings and even headaches and discomfort.

What we have seen time and time again is that shifting our table foods to a plant-based diet and SR naturally eliminates the issue of excess fat, dairy, and meat, which are the unhealthy elements the cancer research is pointing to. Eating high nutrient dense table foods and SR, people can experience their body's ability to restore health very quickly.

Dr. Neil Barnard is the founder of The Physicians Committee for Responsible Medicine, a non-profit research and advocacy organization based in Washington, D.C., which promotes a plant-based diet and preventive medicine. Learn more at [pcrm.org](http://pcrm.org)