

Alkaline, Paleo, Ketogenic – Are Any Really Anticancer? Navigating the Diet Craze Maze with an Integrative Oncologist

Speaker's Answers to Most Asked Questions

- Can I drink the juice combined with a high fiber food (oatmeal) and get to slow down the absorption of sugar into the blood?

Probably. I do not know.

- What is your opinion about juicing? This seems to be largely supported by individuals who successfully overcame cancer.

Too much sugar. Not enough fiber.

- What is the "wrong reason" for the Alkaline diet?

A good diet overall but you cannot change the pH of your blood by what you eat.

- At the beginning of the presentation you mentioned the insulin response being what we want to avoid (as it causes inflammation). Therefore, why would keto not be beneficial?

Too much fat and protein. There are other ways to blunt insulin response. Don't eat sugar, sugary beverages or processed foods.

- Can you please address the fact that there have not been any clinical studies in humans that support that dietary intakes of fats rich in omega-6 PUFAs promote systemic inflammation? When replacing saturated fats, omega-6 PUFAs are associated with a decrease risk in ASCVD. Given this, it is important to inform patients that consuming omega-6 PUFAs can be included in a heart-healthy dietary pattern without increasing systemic inflammatory markers.

Agree, omega 6's are needed for inflammation and platelet aggregation for normal healing. Diet should have excess of omega 6: omega 3 but not to the extent the SAD exceeds the preferred ratio.

- What is difference between Lamb consumption vs Beef/Pork? Would you encourage organic chicken and turkey for protein intake?

I encourage organic poultry. It is not just omega 6 in meat but heme iron as well as heterocyclic amines when red meat is barbequed that are carcinogenic.

Alkaline, Paleo, Ketogenic – Are Any Really Anticancer? Navigating the Diet Craze Maze with an Integrative Oncologist

- Does the speaker have thoughts on probiotic supplements in cancer prevention?

I know of no data re: cancer prevention per se but recommend probiotics to all my patients being treated with chemotherapy which I view as a potent antibiotic

- Why recommend avoiding dairy and eggs? The AICR suggests that diets adequate/rich in calcium can reduce risk factors for certain forms of cancer other than prostate cancer. Dairy products help people easily meet their calcium needs especially people undergoing cancer treatment that may have limited appetite/intakes. Eggs also help many people meet their daily protein needs and provide a dietary source of vitamin D.

I mentioned that as we age, we are less able to digest the sugars in dairy, so they become pro-inflammatory. Dairy has been associated with several cancers including prostate, ovarian and pancreatic. Eggs are associated with an increased risk of prostate cancer as well.

- Some studies indicate fasting before chemotherapy may increase the efficacy of chemotherapy treatment. What is your opinion?

I am not a believer in this at this time. Over 35 years I have cured many people of cancer without subjecting them to fasting. That said, I have many colleagues who have bought into it. I fear it is another fad!

- What is Dr. Abrams take on patients who don't drink sugary beverages but replaces with diet sodas?

Although a study showed decreased risk of recurrence of colon cancers in people who drank diet sodas, it was stated that they had replaced the detrimental sugars. My read on the artificial sweeteners in diet soft drinks is that many are toxic and likely will be found to be carcinogenic in the future. Plus, there is published literature that diet sodas, because they do not satiate, lead to increased weight and are contributing to the obesity epidemic!

- What are the most important foods to consume organic? My understanding is that the definition varies based on type of food (i.e. produce vs meat vs grains, etc.)

Look up the Clean 15 versus the Dirty Dozen. But it is not just to avoid herbicides, pesticides and fertilizers that one should consume organic produce. A plant grown outdoors organically needs to fight to protect itself- from other plants, birds and insects and the sunshine. The only way a plant can protect itself is by making chemicals. Those chemicals – phytoalexins- turn out to be the phytonutrients that benefit us. So, if we let food be our medicine, and medicine our food, organic is more potent than conventional. So, I prefer everything be organic when we can control it. At a restaurant, it is ok to eat things that are conventional. You won't fall over dead!

Alkaline, Paleo, Ketogenic – Are Any Really Anticancer? Navigating the Diet Craze Maze with an Integrative Oncologist

- Would love to know Dr. Abrams stance on gluten-free and its possible impact on decreasing inflammation (or not)?

I think many people are gluten sensitive and don't know it or recognize it. I do not think gluten causes cancer or dementia, but it is best avoided in people with an intolerance. Gives me sniffles and nasal congestion!

- What about low-fat dairy products rather than whole milk dairy products?

The fat is the best part of dairy as we can digest that better than the sugars and protein. Hence, I said butter is one of the best dairy products. Often, low fat means added sugar.

- Why does an organic product decrease inflammatory potential?

Not sure it decreases inflammation, but it is freer of toxic environmental chemicals and richer in phytonutrients.