

## Diet, Exercise and Thinking Positive Way Will Keep Cancer at Bay

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The word cancer itself imprints more fear than death. Understanding the root cause of the disease and modulating one's life-style can help a person to take control of this disease.

Let us first solve some basic queries regarding cancer.

#### What exactly cancer means and what causes it?

Cancer is uncontrolled division of cells. Basically, every cell in our body has a definite lifespan For e.g. Red Blood Cells (R.B.C) live for 120 days and on the other hand intestinal cells live for only 4 days. After completing its life span a cell undergoes "programmed cell death" which is called apoptosis. But when a cell refuses to undergo apoptosis, it continues to multiply and as a result a clump or a tumor is formed which results in cancer.

#### Why does a cell become notorious and does not follow apoptosis?

When a cell is triggered by a carcinogen (cancer causing agent) it can become notorious and does not follow apoptosis. Some known carcinogens are tobacco, alcohol, lead and heavy metals like mercury.

#### What are the basic steps to prevent cancer?

Taking care of three aspects i.e. Diet, Exercise and positive thinking can help us to keep cancer away. Let us elaborate on each aspect.

#### Diet

Our diet mainly comprises of carbohydrates, fats, proteins, vitamins, minerals and fiber. These components should be judiciously chosen. The usage of the three white poisons Sugar, Refined wheat flour and Table Salt should be kept at minimum. Since the expression of insulin receptors in cancer cells is higher than the normal cells feeding additional sugar will enhance their growth.

Fat consumption should be optimum and good quality fats like polyunsaturated fatty acids (e.g. fatty acids found in seed oils like sunflower, nuts, soybean, corn etc.) should be included in diet.

Omega fatty acids found in nuts prevent oxidative stress of cell and thus prevent cell damage.

Addicting good quality proteins like sprouts, soybean, eggs and cow's milk in regular diet proves beneficial. Fruits, especially from Citrus family are rich in antioxidants; they should be eaten before a meal for better absorption of nutrients. Spices like black pepper, garlic, turmeric etc. have proven anticancer effect. Broccoli, tomatoes and onions are the vegetables with higher anticancer properties. Fiber plays a crucial role in maintaining intestinal health.

#### Probiotics

Always include curd/yogurt in your diet. A study has shown that women regularly consuming yogurt have lesser risk of getting breast cancer due to protective effect imparted by useful bacteria in it.

Say "No" to it-Carbonated beverages; packed food with preservatives like sodium nitrate, sodium nitrite and monosodium glutamate should be completely avoided. If the Teflon coating of non-stick pan has started peeling off then do not use it. Cosmetics and perfumes containing lead, paraben, formaldehyde and triclosan should be completely avoided as they are known carcinogens. Parabens resemble natural estrogens in females and increase estrogen activity thereby increasing the risk of breast cancer.

#### Exercise

Exercising at least half an hour daily helps to keep body fit and healthy. "Happy hormones" Endorphins are released during this process.

#### Positive thinking

Positive thinking and managing stress play a very crucial role in maintaining good health. Feeling grateful and appreciating others when they do something good triggers our good hormones like dopamine, oxytocin and serotonin which regulates effective functioning of our immune system.

Above habits should be inculcated as indispensable part of life. Apart from this, regular health check-up and screening tests should be done especially for those who have a known family history of

cancer. Women with a family history of breast, ovarian, fallopian tube or peritoneal cancer should undergo testing for BRCA1 and BRCA2 mutations. Similarly, CA125 blood test is used to check early signs of ovarian cancer in women who are at high risk of the disease.

Thus, following a healthy way will surely keep cancer away.

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