

The Cancer Project

Advancing cancer prevention and survival through nutrition education and research



Dr. Neal Barnard, M.D.

Founder of the Cancer Project and the
Physicians Committee for Responsible Medicine (PCRM)
www.cancerproject.org

Estimated Percentage of Cancer Due to Selected Factors*	
Diet	35% to 60%
Tobacco	30%
Air and Water Pollution	5%
Alcohol	3%
Radiation	3%
Medications	2%

* These figures are rough estimates based on data from: Cancer Rates and Risks, National Cancer Institute (Washington, DC: 1985), and R. Doll and R. Peto, Journal of the National Cancer Institute, 1981, 66(6):1191-308. Other factors may also play a role in certain forms of cancer and are not included in this table. Categories may overlap. For example, both tobacco and alcohol contribute to esophageal cancer.

According to Dr. Neal Barnard, "A plant-based diet is key to cancer prevention and survival."

Saladmaster® maximizes the benefits of a healthy diet by using the right equipment and cooking techniques for food preparation.



Saladmaster partners with PCRM by hosting Food for Life classes to educate the public on the healing power of food and how to put good dietary practices into action. www.pcrm.org

Cooking with Saladmaster helps protect our health by eliminating fats and oils from our cooking.

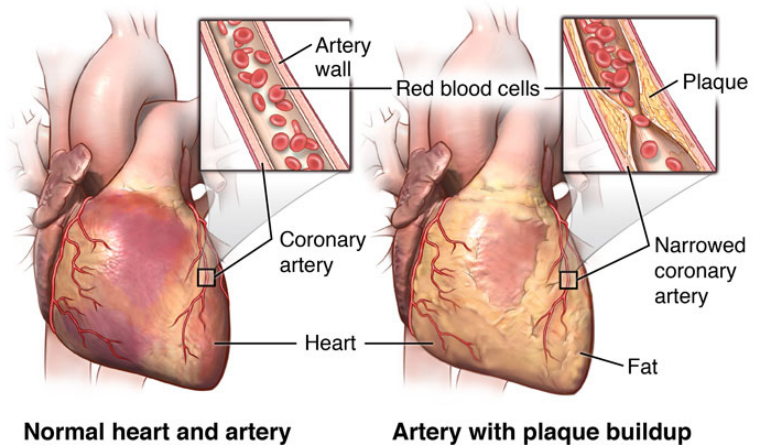
To fully understand the importance of Saladmaster cookware we first need to understand a few of the health problems in society today.

Fats are the number one cause of heart disease in the world.

I'm sorry to be morbid for a minute but the chances of dying in a car accident are 1 in 5,000.

What do you think the chances of contracting heart disease or stroke are? Its actually 1 in 4. It's the biggest killer in the UK.

Fat doesn't just gather at the waist, it also gathers in the blood stream causing plaque to build up which can block our arteries.



For more information, please contact **Pamella** on **07939 934 864** or email **pamella14@hotmail.co.uk** to find out when the next **Food for Life** cooking class will take place.

Is Your Cookware Killing You?

Health conscious people often go to great lengths to eat only organic foods with no preservatives etc. One final thing to consider, in an attempt to avoid the ingestion of dangerous chemicals, is the cookware in which you cook your food. This is because the cookware you choose can actually leach dangerous chemicals and heavy metals into your food over time, some of which are more dangerous than most man-made preservatives and artificial substances. So, avoiding dangerous cookware and using safe cookware is a factor we should all pay attention to, according to documented research. Here is a breakdown of the dangerous and safe cookware you should know about:

Some cookware is better than others and some is just plain toxic

Teflon cookware is probably the all-time worst of all cookware. Johns Hopkins Medical Center says the chemical PFOA, used in manufacturing Teflon, is now found in the bloodstreams of nearly everyone in the U.S. Early studies suggest that high PFOA blood levels in humans are linked with cancer, high cholesterol levels, thyroid disease and reduced fertility. Teflon surfaces break down and end up in your food and when heated to high temperatures, emit fumes which cause flu-like symptoms in humans (AKA: polymer fume fever) and can be fatal to birds. Manufacturers have to eliminate PFOA from all cooking products by the year 2015.



Aluminum cookware is one of the most common cookware to use, but can be very toxic as this heavy metal is absorbed into all food cooked in it. The aluminum released into foods during cooking ends up in your body. Excess aluminum has been associated with estrogen-driven cancers and Alzheimer's Disease.



Copper cookware is the choice of many because it conducts heat so well. Copper cookware releases copper into the food to be eaten and usually also has nickel in the coating, which is another toxic heavy metal and can be very allergenic.



Cast iron cookware is very durable but iron is constantly leaching into the food, changing the enzymes in it. Iron can reach toxic levels in the body with regular use and becomes a pro-oxidant which causes stress, oxidation and eventually disease.



Ceramic, enamel, and glass cookware

are manufactured with lead. Lead gives these wares shock resistance and colour uniformity. The level of lead in each product is set by the manufacturer. Never cook with anything labelled "for decoration only".



Stainless steel cookware is made from a metal alloy consisting of mostly iron and chromium along with differing percentages of molybdenum, nickel, titanium, copper and vanadium. But even stainless steel allows other metals to leach into the foods. The principal elements in stainless that have negative effects on our health are iron, chromium and nickel.



Titanium cookware seems to pose the least health risks and doesn't react with food while cooking. Part of a good cancer prevention plan is to ditch all others and buy high quality titanium cookware. Premium titanium cookware is more expensive but inferior cookware will actually cost more over time.



It's not all about the cookware

One thing we should all avoid is cooking at higher temperatures. The higher the temperatures, the more we devastate the nutrients in the food and compromise the integrity and safety of the cookware. Heterocyclic amines (HCAs), are compounds created in meats and other foods cooked at high temperatures that can boost the risk of pancreatic cancer by 60 percent and increase the risk of stomach, colon and breast cancers.

Conversely, some antioxidants are activated by cooking. This includes lycopene in tomatoes and beta-carotene in carrots and sweet potatoes. Researchers found that you actually multiply the antioxidant power of your carrots three times by cooking them - peels and all, and then pureeing them which releases cancer-fighting compounds from the carrots.

For healthy eating, find some quality titanium cookware and learn to cook foods below 200 degrees to preserve the nutrients and receive the best value out of your food.