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THE **ANTI-CANCER** DIET

THE LIFESTYLE
THAT FIGHTS CANCER



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The Anti-Cancer Diet

The Lifestyle that Fights Cancer

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“A common view among the medical profession and the lay public is that therapeutic medicine greatly influences health. Providing more hospital beds, doctors, and resources is seen as the path towards improving health. With the exception of infectious diseases, it has not reduced the incidence of disease. Efforts are focused on examinations and treatments, but evidence has shown that such a strategy is flawed. The failure of treatment, with the realization that most cancers are lifestyle-related, indicates that prevention must be our focus. Medicine must admit its severe limitations and reroute accordingly.” —D. P. Burkitt in his article *The War on Cancer: Failure of Treatment and Research: Discussion Paper*

Dedication

To my dear father. Sadly, like hundreds of millions of others, he died due to this terrible disease we call cancer, caused by a lack of awareness and an erroneous lifestyle taught to us from childhood, where we slowly kill ourselves with our own silverware by eating pathogenic foods.

He was an exemplary person who ended up a victim, like so many other fathers, mothers, brothers, children, and loved ones throughout the world, who made the same mistake he did and induced a disease that, scientifically, in the vast majority of cases, can be easily prevented through healthy habits. Recent evidence even suggests that its progression can be reversed or drastically reduced, based on new data on diet and lifestyle in the prevention of oncogenesis. With this book I hope to do for other parents what I was unable to do for my own.

I managed to get my family to change many habits over the course of my 15 years on this journey. And yet, I never managed to get them to truly become hygienists, which involves going to bed early, getting daily sun exposure, engaging in intense daily physical activity, and living primarily on raw foods, where fruits, vegetables, and nuts are the predominant sources of calories.

When we discovered my father's cancer, it had already spread to four organs and we had less than two weeks to try to help him. Unfortunately, it was too late. It was incredibly hard to realize that the knowledge I came to possess was the most valuable in the world: hygienism, also known as the science of health, could have saved his life.

I swore I'd make him proud, by spreading this information and helping others to avoid our fate. If we have scientific data on prevention, possibly reversal, or at least better health, fewer complications, and improved life expectancy with the disease, why is it not properly publicized and shared with the general public and health professionals? Why does the government allow companies motivated exclusively by profit to sell foods and substances that are proven to be carcinogenic?

I sincerely hope that all your loved ones will read this and perhaps my other books as well, sparing them from unnecessary suffering and you from watching them suffer, as I did my father, at a time when it was already too late and no lifestyle intervention could save him, except to alleviate the pain.

I sincerely hope that everyone will be saved and everyone will be healed through the science of health, the way human beings have lived for eight million years, before we started cooking our food and distancing ourselves from the forests that provided us everything we needed to thrive. I pray that all living organisms on this beautiful planet will one day be able to enjoy life to the fullest.

Instead of looking for miracle cures, I pray we understand that all animals, including us, are a part of nature. By attempting to distance ourselves from it, we will only induce our own self-destruction.

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I'd like to thank my dear parents, Tais and Odonio Corassa, who stood by my side no matter how crazy my ideas and aspirations may have sounded. I'd like to thank all my loved ones, including friends, family, and others who have supported me throughout my life, shaping me into the person I am today. I'd like to thank all my dear friends and partners, including Túlio de Paula Vidal, Carolina Patitucci, my friend and graphic designer for all my books, Joel Gustof, Clarita Maia, and Bela Martins, as well as my video editors Milena Francio, Murilo Vieira, and Adriana Leva.

I'd like to thank everyone who fights for animal rights and human health. I'd like to thank all my patients, readers, students, and followers who believe in my work and whose stories of reversing diseases and the gratitude they convey for my dedication motivate me, in turn, to keep going. To all hygienists, especially Dr. Douglas Graham and Dr. Herbert Shelton, for their persistence in spreading the information that will one day save the world from the disease, misery, and chaos that we live in today.

I dedicate this book to Mother Nature, for creating an entity as brilliant and self-sufficient as the human body. Our bodies quietly work miracles on a daily basis throughout our lives to regenerate from the damage we cause through the modern cooking practices and repulsive concoctions that is our food, aside from our harmful lifestyles.

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Introduction

“Health is achieved through a healthy lifestyle, through sunlight, sleep, physical activity, a diet appropriate for our species, intermittent fasting, and so on, not through invasive treatments to combat the pandemic of modern diseases.” —Dr. Eduardo Corassa

Choosing your treatment plan

The information discussed here is not intended to make you stop following your professional’s medical and nutritional recommendations, but rather to understand that there are other views and plenty of scientific data to support a more natural, less invasive treatment approach. As a healthcare professional, I believe that it’s the responsibility of the person’s doctor and nutritionist to analyze the disease in question and provide the patient with scientific knowledge on all the pros and cons of any given type of diet, treatment regimen, or approach. Most patients will faithfully follow the recommendations without studying the subject for themselves to confirm there is scientific data to support them. In addition, science is constantly evolving and making new discoveries. What used to be a parameter 50 years ago may have fallen by the wayside today, and your healthcare professional may not be keeping up with the latest literature.

I firmly believe that in the future people will be treated through the hygienist approach, eliminating all these synthetic treatments and drugs and instead using biological mechanisms involving diet, fasting, physical activity, sunlight, sleep, social interaction, contact with nature, and other scientifically proven components of a healthy lifestyle. However, until there is scientific data, this is just my opinion and that of hygienist professionals. Hygienism, as you may know, is a health framework, also known as the science of health, which advocates that health arises through a healthy lifestyle. It also holds that the human body has only evolved to expose itself to and process what exists in nature.

It is up to each patient, with the information they have at their disposal on the scientific data for the different approaches, to choose for themselves how to treat themselves. I chose the hygienist approach 15 years ago for all the health problems I was facing. In 15 years, I haven’t even had a sore throat. I reversed my diabetes, and gone are my respiratory problems, allergies, intense back pains, obesity, low immunity, among many other problems. I am convinced that I was so sick at 22 years of age to the extent that

I wouldn't be alive today were it not for the knowledge of hygienism, much less enjoying the extremely productive, healthy life I do now.

And even if I were to develop cancer—which I don't believe I will because of my hygienic lifestyle, the healthiest one we know of—, I'd treat myself hygienically, never opting for the standard treatments such as surgeries, drugs, and invasive therapies. I'd treat myself the way nature treats me, the way supposedly unthinking animals treat themselves: through rest, fasting, and then a return to a healthy life, with a raw diet natural to their species, physical activity, exposure to nature and the sun, proper chronobiology, among other factors.

I felt so good and it made so much sense to live in a more biological, physiological way that for me, it no longer made sense to seek out magical pills to achieve health. The only way that made sense was to adapt my lifestyle, understanding that I could go to nightclubs like every 20-year-old does, I could drink, smoke, eat processed food, and go to bed at six in the morning, but that wouldn't give me what I so dreamed of, which was true health and productivity. Just because you're alive and not suffering from a chronic illness in a hospital doesn't mean that your body is functioning at optimal levels.

I always want the best for myself and for all my followers, so I suggest moderation in life, but only in our physiological needs: moderation with physical activity, our natural diet, sun exposure, sleep, etc. However, for me there's no such thing as moderation with non-physiological needs, such as cigarettes, drugs, medicines, processed food, and the like. These didn't exist for millions of years and from a hygienist perspective we cannot exercise moderation with something that is intrinsically harmful.

But if it works, why doesn't everyone do it?

Few are interested in preventing or treating diseases through lifestyle practices, because it doesn't generate great financial returns. Who makes more money, a rural farmer or the pharmaceutical industry? A nutritionist or a surgeon? You can make a profit off solving problems, but it's less profitable to prevent them in the first place through education. Humans tend to be radically against ideas that go against the status quo. They don't like to realize that they might be wrong about something and that there are better ways. To make matters worse, no one likes to change their habits and give up something that gives them "pleasure". For ordinary people, it's easier to buy a cure than to actively and responsibly participate in the production of health on a daily basis.

To prove something, we always need to present evidence. And how can we present evidence if research is funded exclusively by those with financial incentives in it? It's usually the pharmaceutical companies themselves that invest in studies to develop a drug or prove that their drug works.

Have you ever seen a TV commercial for the cancer-fighting effects of broccoli? The benefits of the antioxidants in blackberries in the fight against cancer? The benefits of the phytonutrients in garlic or turmeric in preventing cancer? You've never seen one and you never will. We need studies, which are costly, to prove that fruits and vegetables, going to bed early, getting some sun, and exercising daily are good for your health and help prevent and treat cancer. So shouldn't they need to prove that their invasive treatments are superior to a healthy lifestyle?

We are so disconnected from reality that it needs to be proven to us that fruits and vegetables are the healthiest foods for our bodies, while animals in the wild are born knowing what they are designed to eat and how they should live. We don't see chimpanzees staying up until midnight watching movies, and we don't wonder what effects this will have on our genes and internal repair mechanisms. Or even worse, what the effects will be after decades of poor sleep and not enough of it. Imagine if you lost two hours of sleep a day, every day. That means over 700 hours in a year, which translates to ~30 days without sleeping a year! Many can't understand why they feel increasingly weaker and sicker, or why 20 years down the line they develop a chronic disease. And yet, we've never observed animals baking or frying their food, combining dozens of ingredients that are impossible to eat raw, and then adding salt and industrialized seasonings on top.

Keep in mind that the term *chronic* comes from the Latin *chronos*, which means time. It's the daily abuses that lead to more serious problems in the long run. While we still lack concrete proof in the form of a randomized double-blind clinical trial, the gold standard of science, to back up all the hygienist concepts, we already have studies for many of them, which suggest, correlate, and some even prove that a healthy lifestyle is indeed better. So, if there are no side effects to it, if it's free and pleasurable, and if it's what humans and animals have been doing since the dawn of life on Earth, couldn't it be worth a shot? Are we sure it's not scientific just because it hasn't been proven yet? Just because we lack scientific evidence doesn't mean it can't be right.

And if the rate of disease only increases as our lifestyles become increasingly unnatural, it becomes clear that one of the reasons for diseases being on the rise is that we've distanced ourselves from nature. Our lifestyles have become artificial, which leads to "artificial" results in the form of much poorer health.

Why are diseases on the rise if there are so many medical advances?

There's a great paradox in the fields of health, medicine, and nutrition. You've probably heard that eggs are good for you, but eggs are bad for you and contain cholesterol. Meat is essential, but you should avoid saturated fat and replace it with unsaturated fat. Radiation from X-rays is bad for

you, as it can damage cells and cause mutations. Technicians even shield themselves behind large metal plates to avoid constant daily radiation exposure. But, when you're sick, you can expose yourself to this radiation in "moderation". Medicines have side effects that would make a healthy person sick, but when you're sick, you should take them. Take a look at Viagra, which "cures" erectile dysfunction, but it can cause memory problems, back pain, vision and hearing loss, headaches, stomach pain, dizziness, and more.

If something is good for you, shouldn't it be good for you at all times, whether you're healthy or sick? Scientific advances have indeed been beneficial to us in many areas, but in the field of health, these advances are relative. They tend to remedy the problem, instead of removing the cause of the problem and introducing the causes of health. People tend to believe that technological advances will save them from their lifestyle "sins", which they commit against their bodies on a daily basis, often without even realizing.

In parallel, we're witnessing incredible scientific advances. Science is increasingly showing that health doesn't arise through sheer luck. It doesn't occur by mere chance. It's produced through exposure to certain lifestyle habits. Science has shown that we can live a disease-free, healthy, and long life, with limited need for medicines or invasive interventions in the vast majority of cases, just as our ancestors did. Given the increasing incidence of chronic degenerative diseases, more and more research has been done into what can be called "lifestyle medicine". Scientists over the last few decades have been proving that simple lifestyle factors such as sun, sleep, physical activity, and a plant-based diet, with minimal or no animal products and refined foods, that is rich in fruits, vegetables, nuts, and other plant-based foods, and is low in fat, is the ideal form of human nutrition, not only for improved quality of life and health but also for longevity.

Our modern diet is completely different from what it once was. Due to the nutritional composition of industrialized and cooked plant foods, which are poor in fiber, vitamins, minerals, antioxidants, and phytonutrients and high in calories and salt, as well as foods of animal origin and their low levels of micronutrients, their very low levels of antioxidants, their absence of phytonutrients, their exorbitant amounts of protein, saturated fat, and cholesterol, their high contamination of POPs (persistent organic pollutants, which are environmental toxins), and even modern production and preparation methods, which produce toxic and carcinogenic compounds such as heterocyclic amines and polycyclic aromatic hydrocarbons, these so-called foods have been correlated in hundreds of studies with the increased incidence of the main causes of morbidity and mortality (diseases and death) in Western countries.

Since the Neolithic period, there has been a shift in our lifestyle, especially our dietary habits. We spent millions of years gathering our food, on a diet primarily composed of raw fruits, vegetables, and nuts. There is evidence to suggest that if we did hunt, the amount of meat consumed and the frequency was negligible. Then we switched to a diet based on agricul-

ture and animal products, after we domesticated animals to help us cultivate grains.

Paleoanthropologists suggest that this dietary shift is the reason that no chronic degenerative diseases have been found in human fossils until the pre-agricultural period. In the last hundred years, due to the Industrial Revolution and the exponential growth of cities, there have been major dietary changes in areas influenced by industrialization, from a common agrarian diet to an extremely processed, cooked, and industrialized one, which is rich in sugars, flours, and cooked animal protein.¹

Modern technologies have enabled the production of tons of grains to feed and fatten livestock, as well as freezing and other methods of preserving them. These have allowed us to store foods of animal origin that were once highly perishable.²

There has been an exponential increase in the human population alongside a dramatic shift in farming practices, with the focus turning to monocrops instead of food forests. They prioritize the cultivation of grains such as soybeans and corn to fatten animals for slaughter, as our consumption of grains and products of animal origin are higher than than ever before in human history and prehistory.³

With the increased consumption of animal products and the refining of plant-based foods, a new diet was created generally referred to as the Western diet, the industrialized diet, or the SAD (Standard American Diet, which can be read unironically as “sad”). This diet is rich in refined foods, flours, sugars, vegetable oils, previously frozen or industrialized products of animal origin, such as processed meats, and probably the greatest reduction in raw foods, especially fruits, vegetables, and oilseeds.

In the pre-Industrial Revolution era before there were large cities, we humans still lived among the trees, consuming at least some fresh food straight from the garden, from fruit and nut trees. The small amounts of animal protein we consumed came from animals fed naturally, without feed, antibiotics, or hormones. With the current consumption of animal protein exceeding the standard dietary recommendations, which work from the premise that an omnivorous diet is the norm, even cancer institutes like INCA in Brazil suggest that red meat consumption should not exceed 80 grams per day. Alongside this drastic reduction in the consumption of fresh and whole foods, we’ve seen a massive increase in the incidence of chronic degenerative diseases.

I believe that modern medicine and the population in general’s biggest mistake is to believe that diseases are these separate things. The body is a unit, the disease is a unit. There is no such thing as a healthy brain if you have a sick heart. We know that in almost all cases, a cancer patient will show alterations in other biomarkers that are good indicators of cardiovascular disease, diabetes, obesity, immune dysfunction, and others. In other words, habits that harm health cause all these diseases. An organ may be the first to fail, or may be “attacked” by a disease, but the entire organism is

either in a healthy state or in a pathological state.

To paraphrase Dr. Luigi Fontana, “The modern lifestyle of industrialized nations, which entails the consumption of foods with high caloric and protein density, low physical activity, and high levels of adipose tissue, increases the risk of developing cancer.”⁵

Data from the World Health Organization (WHO) suggests that 41 million people die each year from chronic diseases, equivalent to 71% of deaths worldwide, 15 million of whom are between the ages of 30 and 69. The leading cause of death is cardiovascular disease, with approximately 18 million deaths, followed by cancer with 9.3 million, then respiratory diseases with 4.1 million, and, in fourth place, diabetes with 1.5 million. And the data is clear: the number only increases over each decade. According to the WHO, smoking, a sedentary lifestyle, alcohol consumption, and unhealthy diets increase the risk of these chronic diseases.⁶

In a nutritional epidemiological study of Chinese people in Singapore, frequent consumers of fast food (more than twice a week), rich in refined carbohydrates, fried oils, animal products, and processed meats, were significantly more likely to develop type 2 diabetes mellitus and cardiovascular disease than their counterparts who didn’t eat fast food. With globalization, this shift to a Western diet is becoming the norm, even in Eastern cultures that until recently had maintained their pristine dietary habits. The study concludes that lifestyle is the main factor in the development of chronic diseases.⁷

Physical exercise, an appropriate diet (rich in fruits, vegetables, and whole grains and low meat consumption), a low BMI, and never smoking are associated in several studies with a lower incidence of cancer, diabetes, vascular diseases such as AMI and stroke—diseases that kill around 75% of the world’s population. Even higher serum levels of vitamin C and carotenoids are positively associated with protection against several of these terrible diseases that plague humanity and kill most of our loved ones. This also goes to show that all lifestyle factors support and influence the improvement of our health.⁸

What is the ideal diet to combat diseases?

The USDA’s *World Agricultural Supply and Demand Estimates* report states that meat consumption in the United States, which had been increasing steadily since the 20th century, has been steadily declining in recent decades. *The Huffington Post* as well as Google Trends indicate that there is a steady annual increase in both interest and the number of people adopting vegetarian diets around the world. One of the main factors driving this change is certainly the scientific data that has been accumulating regarding the health benefits of consuming fresh plants. Plants can be classified as natural pharmacological substances, as their compounds act as medicine in our bodies.

A plant-based diet is the term for the dietary choice of an individual who chooses to eat primarily plant-based foods, completely excluding or drastically minimizing meat, fish, milk, cheese, eggs, and honey. Strict vegetarian diets were primarily adopted for environmental and animal rights reasons, but, over the last 50 years, scientific research has been proving their health and nutritional superiority when compared to omnivorous diets and even vegetarian diets (including milk and eggs).⁹

We lack sufficient clinical data to suggest that a vegan diet is better than a plant-based diet (primarily composed of plant foods, but may contain small amounts of animal protein), but we do have enough data to suggest a reduction in the currently high levels of consumption of animal protein—the substitution of an omnivorous diet involving massive daily amounts of animal protein for a more pesca-vegetarian diet, with a drastic reduction in the frequency and serving sizes of meat, fish, cheese, milk, and eggs. And yes, we also have data on diets that exclude all types of products of animal origin, which are extremely beneficial in preventing and helping to reverse chronic diseases.

Plants are richer in micronutrients that are essential to human health than products of animal origin, and also are more balanced in their proportions of macronutrients, which end up acting as biomodulators, influencing our entire biochemistry, from enzymes, hormones, genetic modulation, and serum concentrations of various nutrients to improving the entire functioning of the human organism, such as the immune, neurological, and cardiovascular systems. They are able to prevent, halt, or even clinically reverse chronic diseases considered incurable until a few decades ago.¹⁰

Phytonutrients, which are chemical compounds discovered in recent decades, are only now beginning to be understood. While thousands of these compounds have been identified, few have been studied in detail. We still don't understand their delicate and magnificent interactions and nutritional “symphony”. As the name *phyto* suggests, which means *plant* in Greek, these nutrients are found exclusively in plants, as they are produced only by plants.¹¹

A study conducted by the White House physician to former President Bill Clinton, Dr. Dean Ornish, demonstrated that even consuming excess calories but from whole plant sources, there was effortless weight loss, without counting calories or other special measures. There was an average loss of 11 kilos in one year, while the patient ate larger amounts of food and reported feeling full, with no hunger pangs, and this weight loss was effortlessly maintained even after five years. Thus, by using plants as the basis of our diet, the quality of our diet is not only improved (through increased consumption of micronutrients) but also we benefit from reduced BMI, fat percentage, and anthropometric values related to chronic degenerative diseases.¹²

The aim of this book is to present evidence that a plant-based diet is the ideal, most effective, and most economical and practical way to prevent

thousands of deaths from cancer and other debilitating diseases throughout the world. In fact, due to our anatomy, physiology, and biochemistry, the human body is adapted primarily to plant-based foods rather than those of animal origin.

If humans were designed to consume animals, we'd be born with four legs, tails, claws, and protruding jaws like carnivores. Or, if we were designed to burn our food over a fire, which almost everyone refers to as cooking, we'd have been born with stoves on our backs. Instead, we're born with opposable thumbs, the ability to see a broad spectrum of colors, the ability to taste sweetness, two legs, and two arms, all of which allow for arboreal life and the consumption of fruits and vegetables, all characteristics exclusive to the order of anthropoid primates.¹²

I suggest that the chemical cocktail—yet to be fully understood—that is produced by the nutritional and developmental process of plants and stored within plant foods points to a plant-based, whole-food, low-fat diet being the primary path towards reversing the current health crisis, as it's richer in micronutrients and contains the proportions of micro- and macronutrients that are closer to human nutritional needs, which developed over millions of years of evolution, in a habitat where fresh, natural, plant-based foods predominated in both the habitat and in our diet.

While I personally believe in animal liberation, in safeguarding the rights of sentient beings that should be free and protected, and that it is absurd to kill or exploit an animal for the supposedly “tasty pleasure” it can provide, as a nutritionist I'm not specifically against meat or animal products. However, I am in favor of science. And the amount of scientific data in addition to empirical observations of the health of people on the Western diet, or diets rich in animal products, and the incidence of chronic diseases in “developed” countries show that a plant-based, quasi-vegan, or even vegan diet, with appropriate supplementation, is more physiologically correct and beneficial to the health of all of us and the planet.

Scientific and oncological medical terminology

Apoptosis: Programmed cellular death. **Hyperplasia:** Increase in tissue due to multiplication of the number of cells. **Senescence:** Aging process in living beings. When a cell becomes senescent, it stops dividing and ends up generating inflammatory cytokines, causing harm to the body. When we fail to provide the body with a period of fasting and rest, due to our modern lifestyle and diet, senescent cells accumulate in the body, causing harm.

Neoplasia: New cell growth or multiplication. A tumor is a form of cell proliferation not controlled by the body, with a tendency towards autonomy and

perpetuation.

Benign: A slow growth, characterized by a capsule of fibrous tissue delimiting the tumor. It is localized and does not infiltrate or invade neighboring tissues. In most cases, the tumor can be completely removed and there is no risk of metastasis. The suffix -oma (fibroma, lipoma) is used for them, and yet lymphoma, melanoma, and myeloma are malignant.

Malignant: Exhibits accelerated growth and is able to invade adjacent tissues. May metastasize. Referred to as sarcoma when it is in the connective tissue (bones, muscles, fat, etc.) and carcinoma when it is in the epithelial tissue (cells that line most organs).

Metastasis: The spread and growth of neoplastic cells in places distant from their origin.

Hypo-: Low

Hyper-: High

-mia: Blood

Hypocholesterolemia: Low blood cholesterol.

Tumorigenic: Capable of causing a tumor.

Obesogenic: Causes, promotes, or facilitates obesity.

In vitro: From the Latin “inside the glass”, which occurs outside a living organism, in a glass container such as a test tube.

In vivo: From the Latin “inside the living”, an experiment carried out with a living organism.

Neurotoxic: Toxic to the neurological system.

Reprotoxic: Toxic to the reproductive system.

Chapter 1

GENETICS, OVERDIAGNOSIS AND UNNECESSARY, INVASIVE AND HARMFUL TREATMENT?

“No disease, including cancer, can occur in an alkaline environment.” —Dr. Otto Warburg, winner of the 1931 Nobel Prize for his discoveries on cancer

Cancer is currently the second deadliest disease in the world, with around 28% of the population succumbing to it. However, we know that many who develop cancer in their lifetime may die from other causes. Cancer is perceived as an omnipresent plague, but scientific data and my own years of observing people and their habits have convinced me that things don't have to be things way.

For 15 years, I've been practicing and advocating a health model put forward by American physicians around 1830, currently referred to as Natural Hygiene, or the science of health. Hygienists have always believed that health can only be produced through healthy living. That is, nature is provident and offers all the essential elements for our health. What we need to do is interact with it, to live within the biological parameters that we have evolved over millions of years. The body can thus maintain itself in a state of physiological integrity and is able to repair itself, regenerate tissue, and excrete metabolites—in other words, detoxify itself as quickly as it is intoxicated or damaged.

These days, disease is seen as normal and is associated with aging. We hygienists don't believe that diseases are inevitable. We consider diseases to be abnormal, arising from erroneous lifestyle factors that prevent the body from maintaining its optimal integrity and physiological functioning. In the vast majority of cases, an individual gets to choose between health or disease.

This explains why we have civilizations, such as from what is known as the Blue Zones, with a very low incidence of chronic diseases and very high longevity, and why we have Western civilizations, such as the United States, with a high incidence of chronic diseases and low longevity. Genes alone cannot explain these differences, because when people from long-lived civilizations with healthy habits migrate to civilizations that follow a

modern lifestyle, within a few years they are exposed to risk factors and diseases from Western, industrialized civilizations, which include diets rich in animal protein. This risk only increases the longer the immigrant spends in the new country.¹⁴

The more scientific knowledge we acquire, the more we see that cancer and other chronic degenerative diseases are much more correlated with lifestyle factors over the course of a lifetime than with genetics or bad luck. We have growing mountains of data showing that sleep, physical activity, diet, exposure to environmental toxins, sunlight, social interaction, chronobiology and chrononutrition, among other “details”, are the main factors in preventing and perhaps even reversing a pathology. And that, yes, by living an erroneous lifestyle, you can damage your child’s health, passing on problematic genetics—in other words, damaging transgenerational epigenetic factors, making them more prone to diseases, including cancer. This is not a coincidence, but rather stems from the bad habits of parents whose children inherit the damage and the repercussions of their parents’ irresponsibility, who made poor health choices. We can’t blame genetics alone.

What is cancer?

Cancer is a group of diseases characterized by the uncontrolled growth and spread of abnormal cells. According to the WHO and *Cancer, Facts and Figures 2019*, in the United States alone, 1,762,450 new cases are diagnosed annually, approximately 1,663 people succumb to the disease every day, and more than 606,880 die annually, making it the second leading cause of death worldwide, causing approximately 30% of all deaths in the Western world.¹⁵ Generally in the US, 80% of cancers occur in people over 55 years of age.¹⁶

Cancer begins when chemicals and other agents attack the genes of normal cells, producing genetically modified cells capable of eventually causing cancer. The body is capable of repairing most of the damage, but if the cell reproduces before it’s repaired, its child will retain this genetic damage. We thus must focus on primary prevention, aiming to avoid or drastically reduce exposure to carcinogenic risk factors. Cancer is simply the abnormal growth of damaged cells.¹⁷ However, we know that organisms with regenerative tissues have had to develop ways to prevent cancer, which is why we have tumor suppression mechanisms and many ways to protect and repair the body, which we’ll discuss later.

According to a study entitled *Cancer is a preventable disease that requires serious lifestyle changes*, “This year, more than one million Americans and over 10 million people worldwide will be diagnosed with cancer. Only 5 to 10% of cancers can be attributed to genetic defects, while 90 to 95% have their roots in environmental and lifestyle factors (cigarettes, diet, alcohol, sun exposure, POPs or Persistent Organic Pollutants - non-biodegradable environmental toxins, infections, stress, obesity, and physical inactivity). Cancer prevention thus requires that we stop smoking, increase

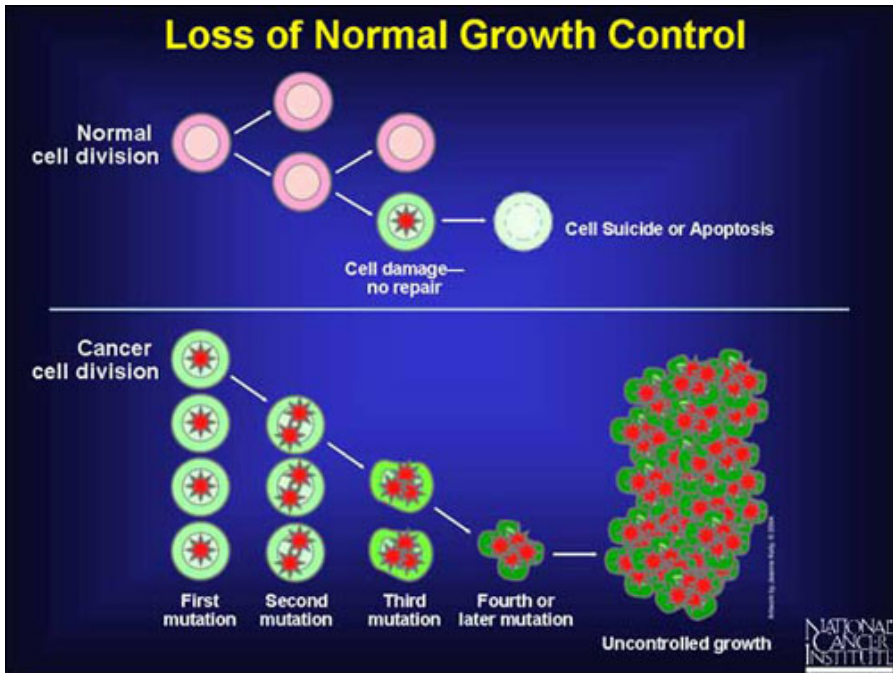
our intake of fruits and vegetables, moderate our alcohol consumption, limit our caloric intake, exercise, minimize meat consumption, and consume whole grains. We suggest that inflammation is the link between the factors that cause cancer and those that prevent it. And we also show that it is a preventable disease, which requires major lifestyle changes".¹⁸

However, despite the massive amount of research indicating that lifestyle changes are an extremely effective, inexpensive, and side-effect-free way to prevent and even treat cancer, the vast majority of health recommendations are not properly followed by the public. There is also plenty of controversial or false information in circulation, leading laypeople to feel lost about how best to live with and treat this disease. As a result, its incidence is increasingly on the rise, and treatment approaches end up focusing on medication and surgery, such as chemotherapy, radiotherapy, and tumor removal.

The 2008 guide by INCA guide, from 2015, third edition, recommends moderation with processed meats and fried/breaded foods as well as eating every three hours. In 2016, the WHO classified processed meats (sausages, ham, mortadella, etc.) as a type I carcinogen (proven to be carcinogenic) and red meat as type 2A carcinogen (possibly carcinogenic). And yet to this day in 2022, processed meats continue to be served even in kindergartens. If we must use scientific evidence to support our recommendations, I can't understand why anyone would continue to serve foods containing carcinogenic substances and risk factors. Why does the government continue to allow the sale of these foods, even to our children, the future of our country? And not only does it sell them, it also offers tax incentives for processed foods and animal protein.

What makes a cell malignant?

- Loss of control: hyperplasia (hyper = much, plasia = to shape, give shape)
- Loss of control over senescence: replicative immortality
- Loss of control over cell death: resistance to apoptosis (apoptosis = programmed cell death)
- Angiogenesis: attracting a blood supply (angio = circulatory vessel, genesis = to generate)
Invading adjacent tissues: degree of invasiveness
Colonizing distant sites: metastasis (when cancer spreads to other sites and organs)



Repair mechanisms should not be underestimated

“You don’t need treatment. Fevers, inflammation, coughs, and the like are part of the regenerative process. Just get out of the way and let them do their job! Don’t try to help nature. She doesn’t need your insignificant help. She just asks that you stop interfering.” —Dr. Herbert Shelton

Our body is brilliantly constructed of trillions of cells, which form tissues, which in turn form organs from which systems are formed. We have the respiratory, digestive, endocrine, muscular, vascular, nervous, immune, reproductive systems, and others. They all act in coordination like a symphony to carry out vital functions and enable life as we know it.

However, the body needs to fuel, cleanse, and regenerate itself on a daily basis. It uses nutrients to keep its cells functioning. Cells generate waste as a result of the functions they perform, which needs to be excreted and cleaned. As cells age they begin to wear down, meaning they need to be recycled. This is a mind-blowing process involving nutrition, excretion, and renewal at the cellular level that occurs every day. In addition, there are not hundreds but thousands of biochemical processes taking place in the body every hour. The more we discover scientifically, the more we see that we may never be able to understand the full complexity of everything the body orchestrates throughout each day, from our enzymes and metabolism to our

hormones and genetic expression.

The body is extremely resilient, capable of withstanding intense insults throughout its lifetime due to its incredible repair mechanisms. It can survive a terrible lifestyle that includes sleep deprivation, a sedentary lifestyle, chronodisruption (impairment in the control of the biological clock, also called the circadian rhythm), lack of exposure to sunlight, polluted air, exposure to xenobiotics (environmental toxins), and a diet not adapted to our species, with industrialized, processed, and extensively cooked food. These are foods that would never naturally enter the human body throughout our evolution, such as grains, tubers, meat, and milk from other species. Our bodies can endure synthetic drugs, tobacco, alcohol, and much more.

It has numerous protective mechanisms, from the simplest and most obvious, such as the skin and the lymphatic system, to antioxidant biosynthesis (it produces its own antioxidants to fight free radicals) and detoxification mechanisms, which occur in several organs but mainly in the liver. These transform harmful substances that are generally lipid-based into water-soluble substances, a chemical form that allows them to be eliminated through urine, feces, or bile.

The other “detoxification organs”, such as the skin, kidneys, lungs, and intestines, are also responsible for eliminating carbon dioxide, digestive waste, metabolites (metabolic byproducts), and the like. We have buffering mechanisms to alkalize the blood and maintain our pH in homeostasis when it's been acidified by acidifying foods, such as animal products and processed foods, for example.

There are also countless cellular and DNA repair mechanisms, such as autophagy and apoptosis. This is, respectively, the cleaning and recycling at the cellular level and programmed cell death, when the body finds that a cell is damaged or senescent, preventing the perpetuation of defective DNA in the new cell that will be generated by mitogenesis (cell division) or inhibiting the production of inflammatory substances by old cells.

There is also the immune system that protects us from infections and even cancer. The inflammatory pathways assist in the repair of tissues, coordinating the immune system to eliminate damaged cells and damaged tissues, and then obstructing the functioning of the area for tissue repair and restoration of function.

There is the ability to destroy and build new bones, carried out by osteoclasts and osteoblasts. Fasting can even activate genes that are only activated in the peri- and post-embryonic period (during gestation and after birth) that induce the regeneration of pancreatic beta cells, the cells that are destroyed by type 1 diabetes, usually in childhood.

In fact, our body has genes exclusively responsible for suppressing tumors. These genes slow down cell division in order to repair DNA damage and induce apoptosis. When these genes do not function properly, cells can develop uncontrollably, eventually leading to cancer. Our organism is inex-

plicable and miraculous, but it needs certain biological requirements met in order to function properly.

Just as when building a house, if you lack skilled bricklayers, tools, and building blocks, the house will not stay in shape and standing for long. Similarly, your body cannot be expected to function properly and repair the daily wear and tear when not provided with the biological requirements shaped by millions of years of evolution, such as sunlight, clean water, clean air, adequate sleep, interaction with the environment, synchronization of the biological clock through environmental cues, and a diet adapted to our species through millions of years of evolution.

Genetics versus lifestyle

“Genes load the gun, lifestyle pulls the trigger.” —Dr. Esselstyn, a plant-based cardiologist, one of the first to show that a plant-based diet was capable of reversing the leading cause of death for approximately 38% of the world’s population: cardiovascular disease.

The trend in recent decades has been to blame genetics for the incidence of chronic diseases. Obviously, if your family leads a lifestyle and diet that encourages the development of cancer, they’ll teach you the same lifestyle and you’ll grow up to see and learn the same lifestyle that induced cancer in your father. Instead of blaming the genes we inherited, we should first blame the habits passed down to us.

To quote research on cancer and genes: “Looking to the human genome for the solution to chronic diseases, including the diagnosis, prevention, and treatment of cancer, is overrated in today’s world. Observational epidemiological studies, however, indicate that when we migrate from one country to another, our chances of being diagnosed with most chronic diseases are determined not by where we come from, but by the country we migrate to. We know that studies of identical twins suggest that genes are not the primary cause of chronic diseases. For example, the concordance between identical twins for breast cancer has been reported to be less than 20%. It is estimated that lifestyle and the environment in which we live are responsible for 90 to 95% of all chronic diseases. The link between diet and cancer has been revealed by the wide variation in the incidence of specific cancers in different countries and the changes observed in the incidence of cancer with migration. Asians show an incidence of prostate cancer that is 25 times lower and an incidence of breast cancer that is 10 times lower than Westerners. However, the rates of these cancers increases if these Asians migrate to the West.”¹⁹

We know that genes can be expressed or silenced through a process called methylation. It’s like turning a light bulb on and off. The light bulb (cancer-promoting genes) may be in your house ready to be turned on

frequently, which may cause it to burn out and set the rest of the house on fire, but if you live and eat healthily, it will stay off forever.

The fire extinguisher (cancer-protective genes) is always ready for action, if the right lifestyle provides the “substrate”, the biological requirement for it to function, such as a specific nutrient. This is the work of what we now call epigenetics, which means “above genetics”. In other words, genes are not as important as their expression.

Gene expression and epigenetics

Epigenetics has become one of the hottest topics in healthcare today. It's the study of inherited changes in gene expression, influenced by the environment (phenotypic inheritance) that does not involve changes in DNA itself, but in gene activity and expression. The most interesting point is that these changes are reversible. They can be constantly turned on and off by lifestyle choices. Epigenetics plays an important role in different biological processes, and impairment in its functioning leads to changes in gene function and metabolic, autoimmune, neurological diseases, and cancers. Epigenetic changes precede genetic changes and usually occur early in the development of neoplasia (neo = new, plasia = growth: an abnormal mass of tissue, the result of abnormal growth). Not every tumor is cancerous, so a neoplasm can be benign and be considered the possible initiation of cancer in its early stages.²⁰

Our development in the womb and during childhood, environmental toxins, medications, aging, diet, among other factors, can influence epigenetic mechanisms. Methyl groups from food can bind to DNA and activate or suppress genes. Defects in DNA methylation, or abnormal methylation, is probably the first epigenetic marker associated with alteration of the normal function of the gene caused by cancer, which are known as hypermethylation, hypomethylation, and loss of “imprinting” (excess methylation, low methylation, and a gene expressed by only one allele – genes inherited from the mother and father that always occur in pairs). Thus, it's not your genetics that are to blame, but your lifestyle that turns on the problematic genes that will cause disease.

Should I forget about a healthy lifestyle when opting for standard treatments involving surgeries, radiation, and chemotherapy?

“They are killed by the very treatment intended to cure them. They are killed not by the disease but by its treatment.” —Dr. Herbert Shelton, suggesting that allopathic treatments may be more toxic than the disease itself.

Although much has been established regarding cancer mechanisms and how lifestyle and diet can prevent and even possibly reverse cancer

in less advanced stages, or at least prolong life and improve its quality, few understand how significant this data from the literature really is and few health professionals truly educate their patients on the importance of living a healthy lifestyle, regardless of the type of treatment chosen or the progression of the pathology. In other words, lifestyle medicine and dietary therapy are underestimated by laypeople, patients, and the vast majority of professionals who are not up to date with the latest literature on plant-based diets, FMDs (fasting-mimicking diets—fasting literally inhibits the progression of cancer in laboratory animals), TRF (time-restricted feeding) reducing cancer recurrence, and more.

Currently, cancer is treated primarily through surgical and drug interventions (tumor removal through surgery, radiotherapy, chemotherapy, drugs such as tamoxifen, etc.), with little focus on dietary therapy. When a relative of mine was diagnosed with breast cancer, the doctor's recommendation was that, since cancer is a hypercatabolic diet (excessive degradation of complex structures into simple ones, such that the body rapidly loses weight), she should increase her intake of animal protein and high-calorie foods.

However, when we analyze the recommendations of international cancer organizations, we always find that the recommendation is to increase the consumption of healthy foods (low-protein and low-calorie) and not to get more protein and calories. We truly need to base our clinical recommendations on the recent scientific medical evidence, which apparently is not being done.

Despite the fact that a war on cancer was declared over 50 years ago by US President Richard Nixon, and that billions of dollars have been invested in the search for a cure through pharmacological processes, invasive treatments, and scientific medical research, it seems that little progress has been made. The rates of this terrible disease have only been on the rise in the last few decades.

Most patients, who are unfamiliar with the most recent data on the effectiveness of standard treatments, are unaware that cytotoxic chemotherapy is actually curative in only 2% of cases of the main types of cancer and costs around 100,000 dollars per patient per year.²¹ Tumors can indeed recur (reappear) after treatment, whether with surgical removal or after radiotherapy or chemotherapy.

If they do recur, the patient is probably contributing to it on a daily basis with poor lifestyle habits. I've seen relatives and acquaintances who have undergone the standard treatments and were considered "cured" after five years. And yet, they continue to experience numerous health problems that are not cancer itself, only to die years later from another disease or have the cancer recur or metastasize to other organs.

As one of my mentors, Dr. Herbert Shelton, used to joke, if you remove your appendix, it's impossible to experience pain in your appendix again. Without the organ present, you cannot have cancer again in that organ,

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About the author

Eduardo Corassa, born 1985, is a nutritionist, YouTuber, public speaker, author of nine books, and raw food/hygienist chef, also having majored in Letters and worked for years as an English teacher. After experiencing severe health problems and attempting all the treatments in vogue, the issues persisted. Through the health framework known as hygienism, the science of health, he cured himself completely, experiencing health beyond levels he ever imagined possible. As a result, he promised himself to spread all the knowledge he obtained, after studying the main schools of thought in the world of health and nutrition.

He interned at a hygienist fasting and raw nutrition institution, and later completed a second degree at UNH (University of Natural Health), one of the only contemporary hygienist schools, as a Certified Practitioner of Natural Health and Holistic Nutrition. He aims to help people adopt a raw food diet and achieve success with it, through a holistic approach based on Natural Hygiene principles.

Having undergone several long water-based hygienist fasts, from 7 to 39 days, and living nearly two decades exclusively on a raw food/fruit-based diet—in other words, a low-fat, vegan diet consisting exclusively of fruits, vegetables, seeds and nuts, a key component in the hygienist model—he now promotes the benefits of this practice through his work. He began lecturing and offering cooking workshops on the benefits of this lifestyle in early 2009, and offers nutritional consultations to facilitate adoption of hygienism by interested clients.

He's been interviewed on Brazilian TV programs such as Globo Repórter, Sem Censura, Câmera Record, and more. His articles have been published by several respected health and nutrition magazines, and he's a contributing writer at Revista Vegane. An international lecturer with a TEDx on YouTube, he believes wholeheartedly that your health is your most precious asset.

We help you change your lifestyle

To properly practice a healthy lifestyle with all the motivation and confidence, we believe that proper professional monitoring and education on the subject is essential. In this spirit, we offer extensive materials both paid and free. The free content is online, including our YouTube channels, Instagram, and Tik Tok, as well as articles on our website and live broadcasts. The paid content includes nutritional consulting, online courses, retreats, and educational books. The more you immerse yourself, the easier it becomes to adopt good habits. We also have the first 35 pages available of each of our published books, which can be read or downloaded directly from the website.

To achieve success in the hygienist lifestyle and change your habits, we encourage you to connect with us, through our online channels and our services. Being in constant contact with what we want to learn and who we want to emulate is the best way to make any change in our lives, especially towards a healthy lifestyle.

Contact

To invite the author to give a lecture, organize buffets or dinners for events, teach cooking classes in your city, or for online or in-person consulting or cooking lessons, email saudefrugal@gmail.com. You can also reach us at +55 21 98192-8668.

To join the community of other raw foodies and health enthusiasts for support, news, and answers to your questions, access our Saúde Frugal pages below! Our addresses are:

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Our YouTube channel includes the following documentaries:

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Saúde Frugal retreats

Are you struggling with improving your diet and lifestyle on your own? Do you find it challenging to adopt these new habits when surrounded by countless temptations and people who don't exactly support your new choices? Come spend five days with us at our center in Saquarema, in the state of Rio de Janeiro, Brazil. The schedule is filled with activities such as cooking classes, educational talks, and group exercises, and there is a truly incredible amount of fruits and vegetables available to enjoy. This is where you'll get to spend time with others who are on your same page, the only such place in Brazil and one of the few in the world where you can learn the theory, science, and culinary practice of modern hygienism. With us, you'll never have to ask if meat, sugar, cooked or processed foods, and unhealthy condiments were added to the recipes. Our retreats combine culinary experiences with the theoretical aspects of this amazing health program known as hygienism.

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