

April 2016

# Today's Chiropractic Monthly Newsletter



Dr. Charles M. Laycock

## Top 5 Most Unhealthy, Cancer Causing Foods

- 1) **Genetically-modified organisms (GMOs):** It goes without saying that GMOs have no legitimate place in any cancer-free diet, especially now that both GMOs and the chemicals used to grow them have been shown to cause rapid tumor growth. But GMOs are everywhere, including in most food derivatives made from conventional corn, soybeans, and canola. However, you can avoid them by sticking with certified organic, certified non-GMO verified, and locally-grown foods that are produced naturally without biotechnology.
- 2) **Processed meats:** Most processed meat products, including lunch meats, bacon, sausage, and hot dogs, contain chemical preservatives that make them appear fresh and more appealing, but that can also cause cancer. Both sodium nitrite and sodium nitrate have been linked to significantly increasing the risk of colon and other forms of cancer, so be sure to choose only uncured meat products made without nitrates, and preferably from grass-fed sources.
- 3) **Soda pop:** Like processed meats, soda pop has been shown to cause cancer as well. Loaded with sugar, food chemicals, and colorings, soda pop acidifies the body and literally feeds cancer cells. Common soda pop chemicals like caramel color and its derivative 4-methylimidazole (4-MI) have also specifically been linked to causing cancer.
- 4) **'Diet' foods & beverages:** Even worse than conventional sugar-sweetened soda pop, though, is "diet" soda pop and various other diet beverages and foods. A recent scientific review issued by the European Food Safety Authority (EFSA) of more than 20 separate research studies found that aspartame, one of the most common artificial sweeteners, causes a range of illnesses including birth defects and cancer. Sucralose (Splenda), saccharin and various other artificial sweeteners have also been linked to causing cancer.
- 5) **Microwave popcorn:** They might be convenient, but those bags of microwave popcorn are lined with chemicals that are linked to causing not only infertility but also liver, testicular, and pancreatic cancers. The U.S. Environmental Protection Agency (EPA) recognizes the perfluorooctanoic acid (PFOA) in microwave popcorn bag linings as "likely" carcinogenic, and several independent studies have linked the chemical to causing tumors. Similarly, the diacetyl chemical used in the popcorn itself is linked to causing both lung damage and cancer. Also, approximately 85% of all conventionally grown corn in the US is genetically modified.



**HEALTH TIP OF THE MONTH:** For a great healthy snack try making your own popcorn! Buy organic popcorn and make it using an air popper! You can add some salt and olive oil to it or even some fresh grated parmesan for some extra fun!

## Today's Chiropractic Clinic

614 S. 225th Street  
Des Moines, WA 98198  
(206) 878-BACK (2225)

[www.todayschiropractic.net](http://www.todayschiropractic.net)

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### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm