

Surprise! Why Common Mustard is One of The Healthiest Cancer-Fighting Foods You'll Ever Discover

By: Mike Adams, Natural News

Most of the packaged, processed foods sold at the grocery store are sheer garbage, loaded with HFCS, MSG, aspartame and GMOs. There are some striking exceptions to this rule, however, and today I want to bring your attention to mustard.

Simply put, mustard is possibly the most nutrient-rich, anti-cancer food condiment still available in the western world today. And why is that? Because it's made from **mustard seed**, and mustard seed contains Allyl Isothiocyanate (AITC).

AITC has been scientifically shown to "strongly inhibit bladder cancer development and progression," according to this 2010 study published in the science journal *Carcinogenesis*.

But what's even more amazing is that the AITC found in mustard seeds actually blocks the cancer-causing compounds added to processed meats such as hot dogs (in the form of sodium nitrite). According to this 2010 study in the International Journal of Toxicology, "AITC protected HepG2 cells against Cytotoxic and genotoxic effects caused by nitrite and the Nitrosamines."

What this means is that the cancer-causing attributes of hot dogs can be partially blocked by eating mustard with the hot dog. Just remember, of course, that the hot dog itself, the hot dog bun and the potato chips typically served with hot dogs are all useless junk foods, often containing toxic additives.

Numerous anti-cancer ingredients

The bizarre position of the pharma-funded mainstream media, by the way, is that there is no such thing as an anti-cancer food. The official position of the FDA is that there is no such thing as a food, herb, seed or supplement that has any effect whatsoever on preventing disease. Both of these positions are patently absurd, of course, and those who attempt to defend such nonsense only discredit themselves. (Arguing that there's no such thing as anti-cancer foods is about as silly as arguing the Earth is flat.)

In truth, anti-cancer compounds are found throughout the food supply: in carrots, oranges, celery, broccoli, grapes, nuts and more. They happen to be highly concentrated in mustard seeds, too, and typical mustard products often contain other ingredients that also show powerful anti-cancer properties.

Case in point: French's 100% Natural Classic Yellow Mustard. The ingredients of French's mustard are refreshingly simple:

Distilled vinegar, water, #1 grade mustard seed, salt, turmeric, paprika spice, natural flavors and garlic powder

Believe it or not, **five of these ingredients have anti-cancer properties**: vinegar, mustard, turmeric, paprika and garlic. (And no, the French's Foods company didn't pay me to write this. I'm just tellin' it like it is!)

You can search science.naturalnews.com for all the scientific studies on these, by the way. There are hundreds of published studies supporting my statement above.

These ingredients, when added to any meal, make that meal safer to eat. For example, if you're eating BBQ, you're eating cancer-causing carcinogens from the burned meat fats. Adding mustard to your meal helps counter those carcinogens in your digestive tract.

If you wanted to make the meal even safer, you could also add food-based vitamin C supplements and superfoods like chlorella, but mustard is usually much easier to add because it's readily available at American restaurants. (I've conducted original laboratory research, by the way, showing that chlorella and strawberries bind with dietary mercury and help eliminate it from the body.)

Very low in heavy metals

Guess what? I tested French's mustard in the Natural News Forensic Food Lab. The results were really, really clean:

Lead: ZERO

Mercury: ZERO

Cadmium: .03 ppm (almost zero)

Arsenic: ZERO

Aluminum: 3.2 ppm (very low)

In other words, French's mustard qualifies for the A+++ level of clean foods as stated at LowHeavyMetalsVerified.org

This makes French's mustard vastly cleaner than superfoods like certified organic cacao, by the way, which often has up to .5 ppm lead and 1-2 ppm cadmium. I'm so impressed with the profile of French's



mustard that I'm actually eating their product myself -- and I rarely eat any mainstream packaged foods at all!

Mustard is WAY healthier than ketchup

Compared to ketchup, mustard is so much healthier that there's almost no comparison. Popular ketchup products are often made with high-fructose corn syrup (HFCS), a liquid sugar linked to diabetes and obesity.

Mustard has no such sweetener additives. Its taste, in fact, is purposely bitter, and it's one of the few "bitters" Americans still have in their diets. In a world where much of the food supply has been turned into little more than GMO corn, sugar and salt, mustard remains one of the few whole-seed superfoods commonly consumed in the American diet. It's an "accidental" superfood that Americans don't even consider to be healthful!

In fact, I think it's no exaggeration to say that **mustard is one of the few superfoods still keeping many Americans alive** in a society full of processed junk food. If not for mustard, I think national cancer rates would be even higher.

Americans don't realize mustard isn't an American food

Middle Eastern and Mediterranean diets are rich with all sorts of dietary "bitters" from spices like turmeric and cumin, but American diets almost universally lack such bitters. In fact, in many ways mustard is one of the few examples where Americans are eating Mediterranean foods but mistakenly thinking it's an American food. In truth, mustard seed has a long and rich history, as stated below from WHfoods.com:

Mustard seeds can be traced to different areas of Europe and Asia with the white variety originating in the eastern Mediterranean regions, the brown from the foothills of the Himalayan Mountains, and the black from the Middle East. Mustard seeds are mentioned in ancient Sanskrit writings dating back about 5,000 years ago. They are also mentioned in the New Testament in which the kingdom of Heaven is compared to a grain of mustard seed.

While mustard seeds were used for their culinary properties in ancient Greece, it seems that it was the ancient Romans who invented a paste from the ground seeds, which was probably the ancestor of our modern day mustard condiment. The physicians of both civilizations, including the father of medicine Hippocrates, used mustard seed medicinally.

Mustard seed is one of the most popular spices traded in the world today. As it grows well in temperate climates, the areas that produce the greatest amount of mustard seeds currently include Hungary, Great Britain, India, Canada and the United States.

The bottom line? If you want to stay healthy, make sure your diet includes plenty of real, authentic mustard.