

Regular Vitamin and Mineral Supplementation Lowers Colon Cancer Risk More Than Eighty Percent

Source: *Natural News*

Researchers publishing in the *Canadian Journal of Physiology and Pharmacology (CJPP)* have found that a diet enhanced with vitamin and mineral supplementation can lower the risk of developing precancerous colon cancer lesions by up to 84%. Colon cancer is the second most common form of the disease affecting men and women in the US, with nearly 150,000 new diagnoses each year.

Nutrition experts and alternative practitioners understand that cancer is largely a disease caused by poor lifestyle behaviors including a diet lacking an optimal intake of vitamins and minerals. Chronic illnesses including colon cancer are the result of many years and decades of low nutritional status, as support for a healthy immune response is suppressed. Scientists now provide compelling evidence in support of whole-food based vitamin and mineral supplementation to dramatically lower the risk of colorectal cancer.

Vitamin and Mineral Supplements Help Significantly Lower Colorectal Cancer Risk

The study authors used rats that were fed a high fat diet (20% fat intake) for a period of 32 weeks. Rats are commonly used for this type of research because they develop colon cancer polyps and tumors in a manner parallel to humans. The rats were divided into six groups and were subsequently exposed to different combinations of carcinogens and nutritional supplements.

The researchers found that the animals fed a high-fat, low fiber diet and exposed to a carcinogen developed pre-cancerous lesions of the colon along a pathway similar to that found in humans. The group of animals that underwent a similar treatment and diet, but were supplemented with a daily vitamin and mineral supplement showed an 84% reduction in the formation of pre-cancerous lesions and did not develop tumors.

This study is key as it demonstrates the importance of building a solid nutrient base over time to saturate cells and tissues in order to prevent common diseases such as colon cancer. The research authors concluded "multivitamin and mineral supplements synergistically contribute to the cancer chemo-preventative potential, and hence, regular supplements of multivitamins and minerals could reduce the risk of colon cancer."

Health-minded individuals know the importance of obtaining a full range of vitamins and minerals from fresh, raw or minimally cooked foods to promote health. Extensive research is now mounting to suggest that higher amounts of nutrients obtained from a whole food organic vitamin and mineral supplement may be necessary to achieve optimal health and convey maximum protection against colon cancer.