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Antioxidants in cancer treatment pdf

Marie-Josée Hamel / EyeEm/Getty Images When antioxidants appear on health news, it's usually because they're praised as powerful cancer fighters. And it makes sense: Antioxidants, found abundant in red wine, dark chocolate, blueberries and a ton of other foods, fight free radical or highly reactive molecules that pass through the body, break into cells, damage DNA and can lead to cancer. However, new research published in the journal Nature shows that antioxidants – yes, the same ones we have been told to swallow to prevent cancer – can actually exacerbate the disease. (The power well solution is the first ever plan to address the root cause of almost all major ailments and health problems.) Researchers from southwestern medical center at the University of Texas took skin cancer cells from human patients and injected them into mice. Some mice were also injected with high doses of additional antioxidant, while others did not. The researchers found that by giving mice antioxidants, melanoma spread to other parts of the body much faster than if they had not been given any supplement. MORE: 10 cancer symptoms Most people ignore what gives? When a tumor releases cancer cells into the bloodstream, antioxidants can help keep these cells alive, increasing their chances of forming a new tumor elsewhere in the body, says Sean Morrison, PhD, director of UT Southwestern's Children's Medical Center Research and lead author of the study. In fact, cancer cells seem to benefit from antioxidants even more than normal, healthy cells. This concept is not new: Previous human trials to test the effects of antioxidants on lung cancer were halted early because patients who took a concentrated dose of antioxidant supplements received more tumors than patients who did not receive the pills. This new mouse study provides an explanation for why antioxidants appear to spread cancers. Does this mean you should stop eating antioxidant-rich foods like blueberries and olive oil? I really don't. First, this study was conducted in mice with human cancer cells, so the results cannot be applied to healthy people without cancer. Morrison explains that there is no reason to be afraid of foods that naturally contain a lot of antioxidants. MORE: A simple 3-day diet detox There is a difference between eating a healthy diet and taking pills when there are staggering doses of antioxidants, he says. If you get antioxidants from food, it is a slow release into your body. If you take a pill full of antioxidants such as vitamins E and A, you will get this discharge with very different effects than you would get from food. Some of these pills have a requirement recommended hundreds or thousands of times a day. Follow the advice of the American Cancer Society: If you have cancer, it is probably best to avoid an antioxidant supplement. And if you don't have cancer, remember that research in this field is always. Always. and becoming more complex, so it's probably not wise to make downloading antioxidants your unique nutritional goal. It's also another reason to think twice about peeling a lot of money for products that tout super-high antioxidant content, such as acai berries or baobab powder: Scientists have already said that antioxidant dots you see in food packaging doesn't matter to human health - basically, it's just an insignificant marketing claim. In short, it's something you've heard many times before: Eat a healthy diet in all moderation, Morrison says. This content is created and maintained by a third party and will be imported to this page so that users can provide their email address. You may find more information about this and similar content piano.io piano.io

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