

Summer 2008 Black pepper inhibits colon cancer cell proliferation

A study at St. Louis University in Missouri was designed to determine if black pepper, resveratrol from grapes, and cinnamaldehyde from cinnamon have anti-proliferic effects on colon cancer. Quantitative effects of each substance on concentration responses and time courses of proliferation of cultured human colon cancer cells were assessed.

Black pepper showed significant anti-proliferative activity at 24, 48 and 72 hours following administration.

(Clinical Laboratory Science, Summer, 2008)

9/04 Researchers now believe too many colonoscopies are done too soon after polyps are removed. "New research suggests that many gastroenterologists and surgeons are performing surveillance colonoscopy after polypectomy in excess of guidelines, especially for low-risk lesions and hyperplastic polyps." (MEDSCAPE, 9/04)

"Whole-Grain Intake and Cancer: An Expanded Review and Meta-Analysis" David R. Jacobs, Jr, Leonard Marquart, Joanne Slavin, Lawrence K. Kushi

Consumption of phytochemical-rich plant foods, including whole grains, fruits, and vegetables, has been observed to be associated with reduced risk for certain cancers. Whole grains, which contain micronutrients and nonnutrients lost in the refining process, may have health associations different from refined grains. We previously reviewed 14 case-control studies of colorectal, gastric, and endometrial cancers and found reduced risk in high compared to low whole-grain intake in 18 of 21 mentions.

Unknown constituents of whole grain may be protective, or constituents may act synergistically. In any case, whole foods such as whole grains deliver packages of nutrients and nonnutrients that may work together to protect human health, and factors in addition to dietary fiber appear to elicit the health benefits of whole grains.

Although it would be scientifically desirable to conduct clinical trials of whole-grain intake and cancer prevention to fully assess confounding as an explanation of these findings, such trials may not be feasible because of their required size, cost, and duration. Study of the biologic effects of whole grain and its constituents is more feasible and should be pursued vigorously. Nevertheless, the findings of the present review, taken together with known beneficial action of many nutrients contained in whole grains and the possibility of synergistic action of nutrients packaged in their natural form, suggest that it would be prudent for the public to eat more whole-grain foods. Nutrition and Cancer vol 30(2):85-96 1998

EAT WHOLE FOODS, EAT ORGANIC