

The Immune System and Nutrition

A bad diet or a diet depleted in nutrition can weaken a person's body and immune system and can make them more vulnerable to stress and can lead to disease. Cancer

Genetically Modified Food

Nutrition has been removed from food through genetic modification. Broccoli and garlic that have been genetically modified have several times less nutrition than the original or non-genetically modified versions.

Food and the Immune System

You can boost your Glutathione levels with exercise, supplements, and food.

- Sulfur rich vegetables such as garlic and onions can help boost your glutathione levels. Other vegetables such as broccoli, cauliflower, cabbage, kale, and watercress are also said to be rich in sulfur but genetically modified versions like broccoli that now have a lower nutritional value may not be as sulfur rich as they once were.
- Bioactive whey protein and amino acids that contains cysteine, glycine, and glutamine are the simple building blocks of glutathione.
- A vitamin B complex (Methylation nutrients: folate, vitamin B6 and B12) is probably the most important supplement in keeping the body producing Glutathione.

Cooking and Carcinogens

Over cooking or burning food can reduce its nutritional value and create carcinogens ex: BBQ.

Microwave ovens can warp the molecular structure of food and create carcinogens.

Microwaving food in plastic containers can release toxins such as dioxins that are carcinogenic into the food.

[Dioxins and Furans from Health Canada](#) (more info)

Dioxins and furans are common names for toxic chemicals that are found in very small amounts in the environment, including air, water and soil. As a result of their presence in the environment, they are also present in some foods.

Exposure to dioxins and furans has been associated with a wide range of adverse health effects in laboratory animals and humans. The type and occurrence of these effects typically depend on the level and duration of exposure.

The biggest source of dioxins and furans in Canada is the large-scale burning of municipal and medical waste. Other major sources include:

- the production of iron and steel
- backyard burning of household waste, especially plastics
- fuel burning, including diesel fuel and fuel for agricultural purposes and home heating
- wood burning, especially if the wood has been chemically treated
- electrical power generation
- tobacco smoke**

These substances work their way up the food chain by moving into and remaining stored in body fat. Because of this, people actually take more dioxins and furans into their bodies through food than through air, water or soil. Ninety per cent of people's overall exposure to dioxins is estimated to be from the diet. Meat, milk products and fish have higher levels of dioxins and furans than fruit, vegetables and grains.

The Health Effects of Dioxins and Furans

The studies show that dioxins and furans have the potential to produce a range of effects on animals and humans. Health effects associated with human exposure to dioxins include:

- skin disorders, such as chloracne
- liver problems
- impairment of the immune system**, the endocrine system and reproductive functions
- effects on the developing nervous system and other developmental events
- certain types of cancers**

Note that firefighters who inhale smoke from burning chemicals and plastics can increase their intake of toxins such as dioxins and furans.

see Cancer page

Supplements and Cancer

Please note that information regarding supplements can change and you should consult a natural medicine professional for more information.