

Nutrition and Diet First

by Dalal Akoury, MD

Water and food are the essence of life, and the power of food control is tremendous. Providing or withholding food during times of conflict is just as potent a weapon as guns, bombs and explosives. Food is life's sustenance and nourishment.



From Natural Agriculture to Industrial Farming

Historically, people obtained food from hunting and gathering, farming, ranching and fishing. Today, most of the food consumed by the world's population is supplied by an industry that uses intensive farming and industrial agricultural methods. This modern system, which relies on the heavy use of pesticides, hormones and chemical fertilizers, is creating inflammatory

food that is actively contributing to the epidemic of obesity, diabetes, degenerative disease and cancer.

Manufactured Foods

Manufactured food ingredients appear in long unpronounceable ingredients labels. Some ingredients or contaminants aren't labeled, allowed as a byproduct of food manufacturing. Manufactured food components include margarine and other hydrogenated fats; chlorinated water; antibiotics (not always, but in many cases); aspartame and other chemical sweeteners; table salt; Mono Sodium Glutamate (MSG); pesticides; a number of carcinogens; artificial hormones, which can be present in milk; food additives, such as colorizers, preservatives and texturizers; and refined sugar. Junk and



processed, or pre-prepared consumables meant for a very long shelf life are actually "lifeless" foods and a major part of the American diet, like fried, smoked and grilled foods, soft drinks and alcoholic beverages.

The Impact of Diet on Our Genes

The nutritional quality of food is critical, because the foods that we eat communicate with our genes. Food does not change the physical structure of our genes, but changes the way the genetic message is expressed; in other words, our diet and our lifestyle can manipulate the genetic messages by either turning off or on our gene expression.

The Science of Food and Genetic Expression

Nutrigenomics is an emerging science that studies the effects of nutrients as signals to our genes. Each nutrient sends a specific message to the cells in the body about the diet. The cell obtains information through the signal from the nutrient about its environment. Different diets elicit different patterns of gene and protein expression. Each nutrient has its own dietary signatures. The science of nutrigenomics is able to demonstrate the effect of bioactive food on health, which in turn, will help us to develop functional foods.

Living Foods Diet

Organic living foods, or raw foods, are energetic and whole; they are not cooked, processed, treated with pesticides or herbicides, microwaved, irradiated or genetically engineered. Cooking destroys the ecological balance of many foods that would have been safe to eat raw. It can make as much as 50 percent of the protein unavailable, destroy 60 to 70 percent of the vitamins, up to 96 percent of the B12, and disrupts the bioelectrical structure of the food. All of these factors are important for building and maintaining our life-force energy and health.



Healing from Within

Dr. Max Gerson, a famous physician of the 1920s, pioneered treatment of tuberculosis, diabetes and cancer using the power of diet, by boosting the natural healing systems of the body to fight disease. His diets focused on organic, natural and raw foods, detoxification, juicing and natural food supplements to boost health and the immune system to allow the body to fight diseases thought incurable, from within. His success demonstrates the power of nutrition, and how nutrition should be the first and highest priority for any society that strives for health and well-being.

Dr. Dalal Akoury is the founder of AWAREmed, a holistic medical practice located at North Beach Plantation, 719 North Beach Blvd, Suite 6, with Cinzia the Spa and Beach Fit in North Myrtle Beach. For more info, call 843-492-0616 or visit AWAREmed.com. See ad page 37.

Dr. Dolly's Cancer-Fighting Foods/Spices

The following foods have the ability to help stave off cancer and can even inhibit cancer cell growth.

Avocados are rich in glutathione, a powerful antioxidant. They are rich in potassium and are a strong source of beta-carotene.

Broccoli, cabbage and cauliflower have a chemical component called indole-3-carbinol that can combat breast cancer by converting a cancer-promoting estrogen into a more protective variety. Cruciferous vegetables—broccoli, cauliflower, kale, brussels sprouts and cabbage—contain two antioxidants, lutein and zeaxanthin, which may help decrease prostate and other cancers.

Carrots contain a lot of beta-carotene, which may help reduce a wide range of cancers, including lung, mouth, throat, stomach, intestine, bladder, prostate and breast cancer.

Chili peppers and jalapenos contain a chemical, capsaicin, which may neutralize certain cancer-causing substances (nitrosamines) and may help prevent cancers, such as stomach cancer.

Figs are rich in benzaldehyde, highly effective at shrinking tumors.

Flax contains lignans, which have an antioxidant effect and block and suppress cancerous changes. Flax is also high in omega-3 fatty acids, which are thought to protect against colon cancer and heart disease.

Garlic has immune-enhancing allium compounds (diallyl sulfides) that increase the activity of immune cells that fight cancer.

Grapefruits, like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body. Some studies show that grapefruit may inhibit the proliferation of breast-cancer cells in vitro. They also contain vitamin C, beta-carotene and folic acid.

Grapes, red contain bioflavonoids, powerful antioxidants that work as cancer preventives. Grapes are also a rich source of resveratrol, which inhibits the enzymes that can stimulate cancer-cell growth and suppress immune response.

Licorice root has a chemical, glycyrrhizin, which prevents the growth of prostate cancer.

Mushrooms — shiitake, maitake, reishi, agaricus blazei murill and coriolus versicolor—contain polysaccharides, especially

lentinan, powerful compounds that help in building immunity. They are also a source of beta-glucan.

Nuts contain the antioxidants quercetin and campferol that may suppress the growth of cancers. One Brazil nut contains 80 micrograms of selenium, which is important for those with prostate cancer.

Oranges and lemons contain limonene, which stimulates cancer-killing immune cells.

Papayas have vitamin C that works as an antioxidant and may also reduce absorption of cancer-causing nitrosamines from the soil or processed foods.

Raspberries contain many vitamins, minerals, plant compounds and antioxidants known as anthocyanins that may protect against cancer.

Rosemary helps increase the activity of detoxification enzymes. An extract of rosemary, termed carnosol, has inhibited the development of both breast and skin tumors in animals.

Seaweed and other sea vegetables contain beta-carotene, protein, vitamin B12, fiber and chlorophyll, as well as chlorophyllones—important fatty acids that may help in the fight against breast cancer. Many sea vegetables also have high concentrations of the minerals potassium, calcium, magnesium, iron and iodine.

Sweet potatoes contain many anti-cancer properties.

Tea, green and black teas contain certain antioxidants known as polyphenols (catechins), which appear to prevent cancer cells from dividing. Polyphenols are abundant in green tea, red wine and olive oil, protecting against various types of cancer.

Tomatoes contain lycopene, an antioxidant that attacks roaming oxygen molecules, known as free radicals that are suspected of triggering cancer.

Tumeric, a member of the ginger family, inhibits the production of inflammation.



Our unique massages combine traditional Chinese massage with Western techniques.

Our Services Include:

Tui-Na & Deep Tissue Massage • Acupressure & Trigger Point •
Lymphatic Drainage & Swedish • Ashiatsu • Couples Massage • Hot
Stone Massage • Reflexology • Hydro-therapy • Body Treatments



*Massage Therapy
& Bodywork Spa*

854 Jason Blvd, Myrtle Beach (across from Sun News)

Nationally Certified and SC licensed therapists.



Visit our new website:

TaoMassageMyrtleBeach.com

for appointment:
843.213.1145

M-F 10am-9pm • Sat 8am-6pm
Sun 12-8pm