

## "animal protein contributes to disease" - Google Search

Universally a reduction of animal products is recommended in cancer patients (and most disease). The question is how little animal is the correct amount? and why? This document will point you in the direction to seek your right amount.

"animal protein contributes to disease"

Web Images Maps Shopping More Search tools

14 results (0.37 seconds)

[My appointment today - Dr. McDougall](#)  
[www.drmcDougall.com](http://www.drmcDougall.com) > Board index > General > The Lounge  
Apr 26, 2011 - 7 posts - 5 authors  
Whats wrong with just telling people all **animal protein contributes to disease**? We could have health warnings on packaged meat and dairy ...

[Amazon.com: Customer Reviews: The China Study: The Most ...](#)  
[www.amazon.com/The-China-Study...ebook/.../B0041D843M?...2](http://www.amazon.com/The-China-Study...ebook/.../B0041D843M?...2)  
Campbells main conclusion in the China Study is that all **animal protein contributes to disease** and all plant protein prevents disease. In the original project, they ...

[Vegan in the Dairyland: But where do you get your protein?!](#)  
[veganinthedairyland.blogspot.com/.../but-where-do-you-get-your-protei...](http://veganinthedairyland.blogspot.com/.../but-where-do-you-get-your-protei...)  
Jan 18, 2011 - A diet high in **animal protein contributes to disease** and health problems. These health problems include, but are not limited to: osteoporosis, ...

[Healthy Foods for Energy -- Learn All about Them!](#)  
[www.naturally-healthy-eating.com/foods-for-energy.html](http://www.naturally-healthy-eating.com/foods-for-energy.html)  
... much as we're brainwashed into thinking we need—and how **animal protein contributes to disease** and affects an athlete's performance, among other things.

[US to criminalize taping of animal cruelty - Page 12 - Team Liquid](#)  
[www.teamliquid.net](http://www.teamliquid.net) > Forum Index > General Forum  
Apr 13, 2013 - 20 posts  
Campbells main conclusion in the China Study is that all **animal protein contributes to disease** and all plant protein prevents disease.

[Link - They are the pictographs from five thousand years -](#)  
[rinku.livejournal.com/1690983.html?thread=7901543](http://rinku.livejournal.com/1690983.html?thread=7901543)  
Nov 24, 2009 - Campbells main conclusion in the China Study is that all **animal protein contributes to disease** and all plant protein prevents disease.


[Has anyone here read The China Study? - Page 5 - Diet & holistic ...](#)  
[www.acne.org](http://www.acne.org) > Forums > Lifestyle > Diet & holistic health  
Jun 17, 2010 - Campbells main conclusion in the China Study is that all **animal protein contributes to disease** and all plant protein prevents disease. In the ...

[Bisphosphonates Protein Supplement - Users posts on Treato ...](#)

## vegan diet cures cancer - Google Search

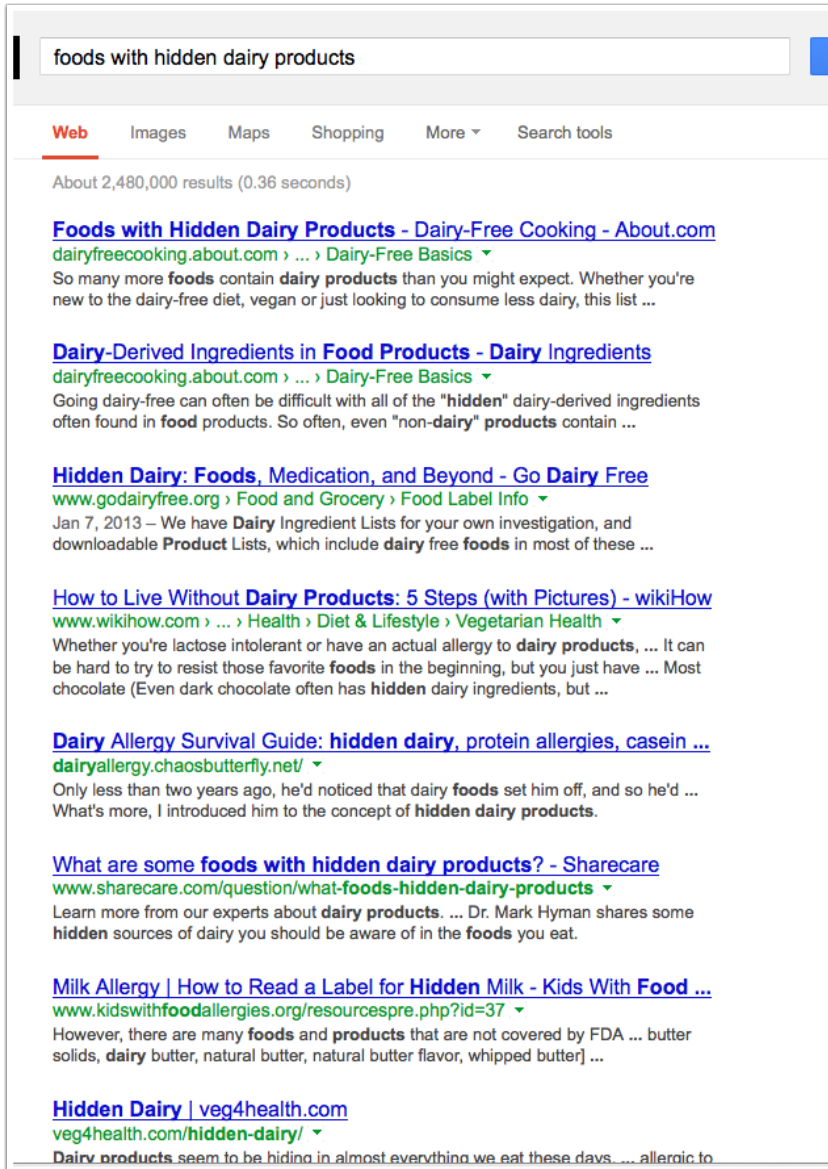
Consider eliminating all animal based food until you are cancer free and beyond

**Web** Images Maps Shopping More Search tools  
About 1,350,000 results (0.45 seconds)

- [Can a Plant-Based Diet Cure Cancer? - Oprah.com](http://www.oprah.com/health/Can-a-Plant-Based-Diet-Cure-Cancer)  
[www.oprah.com/health/Can-a-Plant-Based-Diet-Cure-Cancer](http://www.oprah.com/health/Can-a-Plant-Based-Diet-Cure-Cancer)  
... of nearly every type, including **cancer**, and a plant-based (**vegan**) **diet** is not only good insofar as ... Becoming vegan will never **cure** any **cancer** you may have.
- [Man with Stage 3 Colon Cancer Refuses Chemotherapy & Cures ...](http://tv.greenmedinfo.com/man-with-stage-3-colon-cancer-refuses-chemother...)  
[tv.greenmedinfo.com/man-with-stage-3-colon-cancer-refuses-chemother...](http://tv.greenmedinfo.com/man-with-stage-3-colon-cancer-refuses-chemother...)  
In this short and powerful testimony Chris Ward shares his story of how he refused chemotherapy and **cured** himself with a raw **vegan diet**. "If you don't do.
- [Can A Vegan Diet Cure Cancer? - The Flaming Vegan](http://www.theflamingvegan.com/view-post/Can-A-Vegan-Diet-Cure-Cancer)  
[www.theflamingvegan.com/view-post/Can-A-Vegan-Diet-Cure-Cancer](http://www.theflamingvegan.com/view-post/Can-A-Vegan-Diet-Cure-Cancer)  
Mar 9, 2013 – More and more over the last few years I have been finding out about the health benefits of a **vegan diet**, and they are really quite astonishing, ...
- [Kathy Freston: A Vegan Diet \(Hugely\) Helpful Against Cancer](http://www.huffingtonpost.com/kathy.../vegan-diet-cancer_b_2250052.html)  
[www.huffingtonpost.com/kathy.../vegan-diet-cancer\\_b\\_2250052.html](http://www.huffingtonpost.com/kathy.../vegan-diet-cancer_b_2250052.html)  
Dec 9, 2012 – This is empowering news, given that most people think they are a victim of their genes, helpless to stave off some of the most dreaded diseases ...
- [Grandfather with 'incurable' cancer is given the all-clear after ...](http://www.dailymail.co.uk/.../Grandfather-incurable-cancer-given-clear-swap...)  
[www.dailymail.co.uk/.../Grandfather-incurable-cancer-given-clear-swap...](http://www.dailymail.co.uk/.../Grandfather-incurable-cancer-given-clear-swap...)  
Sep 17, 2012 – Max Gerson used **diet** to **cure cancer** in the 1930s. ... other organic things. she had change her life lifestyle to **vegan** and the **cancer** had gone.
- [Gerson Therapy \(PDQ®\) - National Cancer Institute](http://www.cancer.gov/cancertopics/pdq/cam/gerson/.../page1/AllPages)  
[www.cancer.gov/cancertopics/pdq/cam/gerson/.../page1/AllPages](http://www.cancer.gov/cancertopics/pdq/cam/gerson/.../page1/AllPages)  
Aug 10, 2012 – The **diet** is strictly **vegetarian** for at least 6 weeks and consists of .... Gerson M: The **cure** of advanced **cancer** by **diet** therapy: a summary of 30 ...
- [Vegans and Cancer: A Diet of Plants Wont Prevent or Cure Cancer ...](http://yourdoctorsorders.com/2012/.../vegans-and-cancer-china-study-...)  
 [yourdoctorsorders.com/2012/.../vegans-and-cancer-china-study-...](http://yourdoctorsorders.com/2012/.../vegans-and-cancer-china-study-...)  
by Terry Simpson - in 54 Google+ circles  
Aug 17, 2012 – The China Study contends that a **diet** in whole plants can turn off and prevent most **cancers**. This based on their research as well as the work in ...
- [How I used the Raw Vegan Diet to Beat Cancer - Chris Beat Cancer](http://www.chrisbeatcancer.com/the-raw-vegan-diet/)  
[www.chrisbeatcancer.com/the-raw-vegan-diet/](http://www.chrisbeatcancer.com/the-raw-vegan-diet/)

## foods with hidden dairy products - Google Search

Warning: Look out for added dairy and animal products especially in protein supplements



foods with hidden dairy products

Web Images Maps Shopping More Search tools

About 2,480,000 results (0.36 seconds)

**Foods with Hidden Dairy Products - Dairy-Free Cooking - About.com**  
[dairyfreecooking.about.com](http://dairyfreecooking.about.com) › ... › Dairy-Free Basics ▾  
So many more **foods** contain **dairy products** than you might expect. Whether you're new to the dairy-free diet, vegan or just looking to consume less dairy, this list ...

**Dairy-Derived Ingredients in Food Products - Dairy Ingredients**  
[dairyfreecooking.about.com](http://dairyfreecooking.about.com) › ... › Dairy-Free Basics ▾  
Going dairy-free can often be difficult with all of the "hidden" dairy-derived ingredients often found in **food** products. So often, even "non-dairy" **products** contain ...

**Hidden Dairy: Foods, Medication, and Beyond - Go Dairy Free**  
[www.godairyfree.org](http://www.godairyfree.org) › Food and Grocery › Food Label Info ▾  
Jan 7, 2013 – We have **Dairy** Ingredient Lists for your own investigation, and downloadable **Product** Lists, which include **dairy free foods** in most of these ...

**How to Live Without Dairy Products: 5 Steps (with Pictures) - wikiHow**  
[www.wikihow.com](http://www.wikihow.com) › ... › Health › Diet & Lifestyle › Vegetarian Health ▾  
Whether you're lactose intolerant or have an actual allergy to **dairy products**, ... It can be hard to try to resist those favorite **foods** in the beginning, but you just have ... Most chocolate (Even dark chocolate often has **hidden** dairy ingredients, but ...

**Dairy Allergy Survival Guide: hidden dairy, protein allergies, casein ...**  
[dairyallergy.chaosbutterfly.net/](http://dairyallergy.chaosbutterfly.net/) ▾  
Only less than two years ago, he'd noticed that dairy **foods** set him off, and so he'd ... What's more, I introduced him to the concept of **hidden dairy products**.

**What are some foods with hidden dairy products? - Sharecare**  
[www.sharecare.com/question/what-foods-hidden-dairy-products](http://www.sharecare.com/question/what-foods-hidden-dairy-products) ▾  
Learn more from our experts about **dairy products**. ... Dr. Mark Hyman shares some **hidden** sources of dairy you should be aware of in the **foods** you eat.

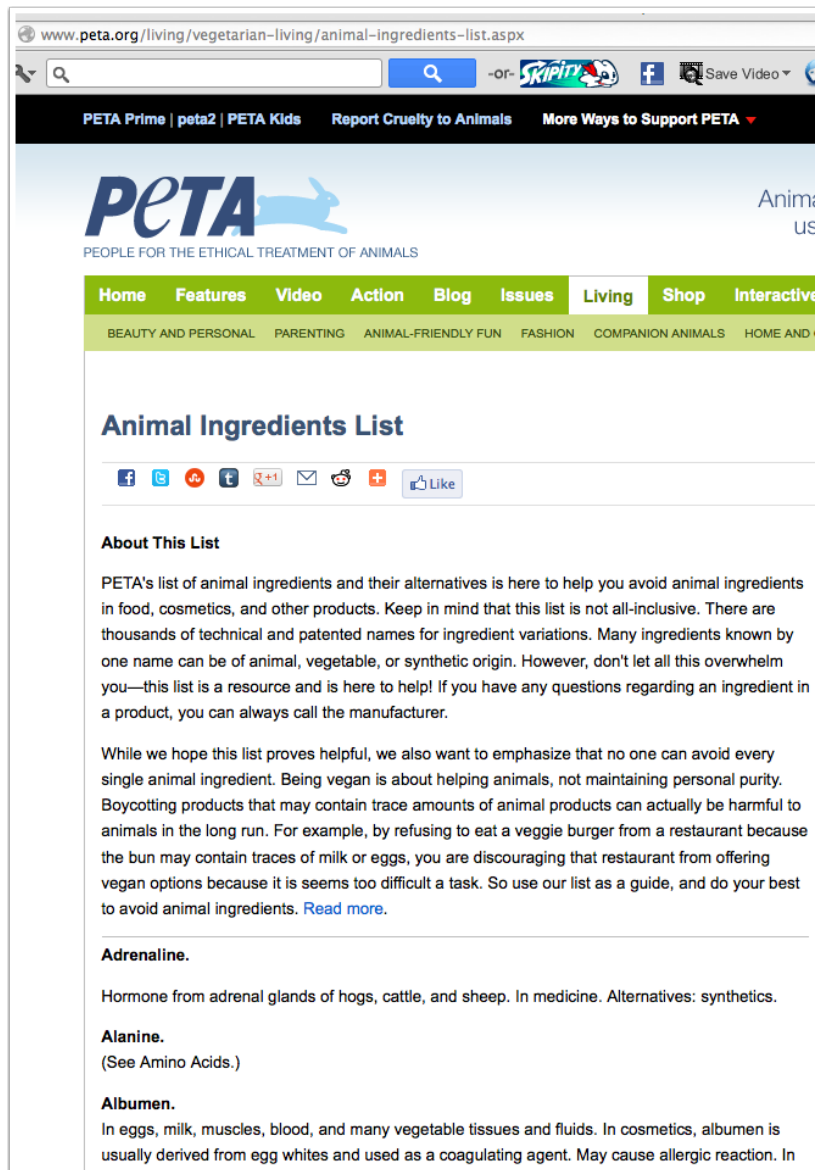
**Milk Allergy | How to Read a Label for Hidden Milk - Kids With Food ...**  
[www.kidswithfoodallergies.org/resourcespre.php?id=37](http://www.kidswithfoodallergies.org/resourcespre.php?id=37) ▾  
However, there are many **foods** and **products** that are not covered by FDA ... butter solids, **dairy** butter, natural butter, natural butter flavor, whipped butter] ...

**Hidden Dairy | veg4health.com**  
[veg4health.com/hidden-dairy/](http://veg4health.com/hidden-dairy/) ▾  
**Dairy products** seem to be hiding in almost everything we eat these days. ... allergic to

## Animal Ingredients List | PETA.org

<http://www.peta.org/living/vegetarian-living/animal-ingredients-list.aspx>

Check this handy list when considering a "healthy" protein - Avoid all animal, dairy at least until you are DIS-EASE free then you can take a chance if you insist.



[www.peta.org/living/vegetarian-living/animal-ingredients-list.aspx](http://www.peta.org/living/vegetarian-living/animal-ingredients-list.aspx)

PETA Prime | [peta2](#) | PETA Kids | [Report Cruelty to Animals](#) | [More Ways to Support PETA](#)

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### Animal Ingredients List

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#### About This List

PETA's list of animal ingredients and their alternatives is here to help you avoid animal ingredients in food, cosmetics, and other products. Keep in mind that this list is not all-inclusive. There are thousands of technical and patented names for ingredient variations. Many ingredients known by one name can be of animal, vegetable, or synthetic origin. However, don't let all this overwhelm you—this list is a resource and is here to help! If you have any questions regarding an ingredient in a product, you can always call the manufacturer.

While we hope this list proves helpful, we also want to emphasize that no one can avoid every single animal ingredient. Being vegan is about helping animals, not maintaining personal purity. Boycotting products that may contain trace amounts of animal products can actually be harmful to animals in the long run. For example, by refusing to eat a veggie burger from a restaurant because the bun may contain traces of milk or eggs, you are discouraging that restaurant from offering vegan options because it is seems too difficult a task. So use our list as a guide, and do your best to avoid animal ingredients. [Read more.](#)

#### Adrenaline.

Hormone from adrenal glands of hogs, cattle, and sheep. In medicine. Alternatives: synthetics.

#### Alanine.

(See Amino Acids.)

#### Albumen.

In eggs, milk, muscles, blood, and many vegetable tissues and fluids. In cosmetics, albumen is usually derived from egg whites and used as a coagulating agent. May cause allergic reaction. In

## Dr. Greger: NutritionFacts.Org - YouTube

<https://www.youtube.com/user/NutritionFactsOrg/search?query=cancer>

The screenshot shows a YouTube search results page for the channel 'Dr. Greger: NutritionFacts.Org'. The search query is 'cancer'. The channel has 11,904 subscribers. The search results list several videos:

- Breast Cancer and Alcohol: How Much is Safe?** by NutritionFactsOrg · 25,554 views · 2 days ago. Video length: 4:29.
- Flaxseed vs. Prostate Cancer** by NutritionFactsOrg · 12,869 views · 1 month ago. Video length: 4:00.
- Carnitine, Choline, Cancer and Cholesterol: The TMAO Connection** by NutritionFactsOrg · 13,212 views · 1 week ago. Video length: 9:14.
- Cancer, Interrupted: Garlic & Flavonoids** by NutritionFactsOrg · 15,944 views · 3 months ago. Video length: 4:24. Description: Garlic and flavonoid phytonutrients found in fruits, ...
- Flaxseeds & Breast Cancer Survival: Epidemiological Evidence** by NutritionFactsOrg · 4,338 views · 1 month ago. Video length: 3:08. Description: EVERY 3 MINUTES A WOMAN IS DIAGNOSED WITH INVASIVE BREAST CANCER.
- Breast Cancer vs. Mushrooms** by NutritionFactsOrg · 7,214 views · 4 months ago.

## How Plant-Based to Lower IGF-1? - YouTube

Reverse Cancer cell growth

<https://www.youtube.com/watch?v=BqkwPL0mSGw>

**Figure 1: Effect of diet and exercise on serum IGF-1 and IGFBP-1.**

Parameter	Baseline (Mean ± SE)	Post (Mean ± SE)
Serum IGF-1 (ng/mL)	~320 ± 30	~260 ± 20*
Serum IGFBP-1 (ng/ml)	~35 ± 10	~55 ± 10*

*Fig. 1. Effect of diet and exercise on serum IGF-1 and IGFBP-1. Serum IGF-1 and IGFBP-1 levels were assessed using ELISA. Values are means ± standard errors (SE). \* $p < 0.01$ , compared to baseline.*

**Video Title:** How Plant-Based to Lower IGF-1?

**Channel:** NutritionFactsOrg · 706 videos

**Subscribed:**

**Views:** 6,261

**Engagement:** 68 likes, 2 dislikes

## How Plant-Based to Lower IGF-1? - YouTube

Long Term VEGAN and walking It just gets better

<https://www.youtube.com/watch?v=BqkwPL0mSGw>

The figure consists of two bar charts side-by-side. The left chart shows Serum IGF-I (ng/mL) on the y-axis, ranging from 0 to 400. The x-axis has three categories: Baseline, Post, and Long-term. The Baseline bar is at approximately 320 ng/mL, the Post bar is at approximately 260 ng/mL, and the Long-term bar is at approximately 150 ng/mL. Asterisks are placed above the Post and Long-term bars. The right chart shows Serum IGFBP-1 (ng/ml) on the y-axis, ranging from 0 to 100. The x-axis has three categories: Baseline, Post, and Long-term. The Baseline bar is at approximately 35 ng/ml, the Post bar is at approximately 55 ng/ml, and the Long-term bar is at approximately 85 ng/ml. Asterisks are placed above the Post and Long-term bars.

Parameter	Baseline	Post	Long-term
Serum IGF-I (ng/mL)	~320	~260*	~150*
Serum IGFBP-1 (ng/ml)	~35	~55*	~85*

*Fig. 1. Effect of diet and exercise on serum IGF-I and IGFBP-1. Serum IGF-I and IGFBP-1 levels were assessed using ELISA. Values are means  $\pm$  standard errors (SE). \* $p < 0.01$ , compared to baseline.*

0:40 / 2:32

How Plant-Based to Lower IGF-1?



## How Plant-Based to Lower IGF-1? - YouTube



The image is a screenshot of a YouTube video player. The browser address bar shows the URL: <https://www.youtube.com/watch?v=BqkwPL0mSGw>. The YouTube logo is visible in the top left. The video player shows a text overlay with the following text:

**Vegan proteins may reduce risk of cancer, obesity, and cardiovascular disease by promoting increased glucagon activity**

These considerations enable the prediction that a low-fat vegan diet will be profoundly protective with respect to risk for postmenopausal breast cancer.

Medical Hypotheses (1999) 53(6), 459-485  
© 1999 Harcourt Publishers Ltd  
Article No. mehy.1999.0784

therefore has the potential to influence the balance of glucagon and insulin activity. Soy protein, as well as many other vegan proteins, are higher in non-essential amino acids than most animal-derived food proteins, and as a result should preferentially favor glucagon production. Acting on hepatocytes, glucagon promotes (and insulin inhibits) cAMP-dependent mechanisms that down-regulate lipogenic enzymes and cholesterol synthesis, while up-regulating hepatic LDL receptors and production of the IGF-I antagonist IGFBP-1. The insulin-sensitizing properties of many vegan diets high in fiber, low in saturated fat, should amplify these effects by down-regulating insulin secretion. Additionally

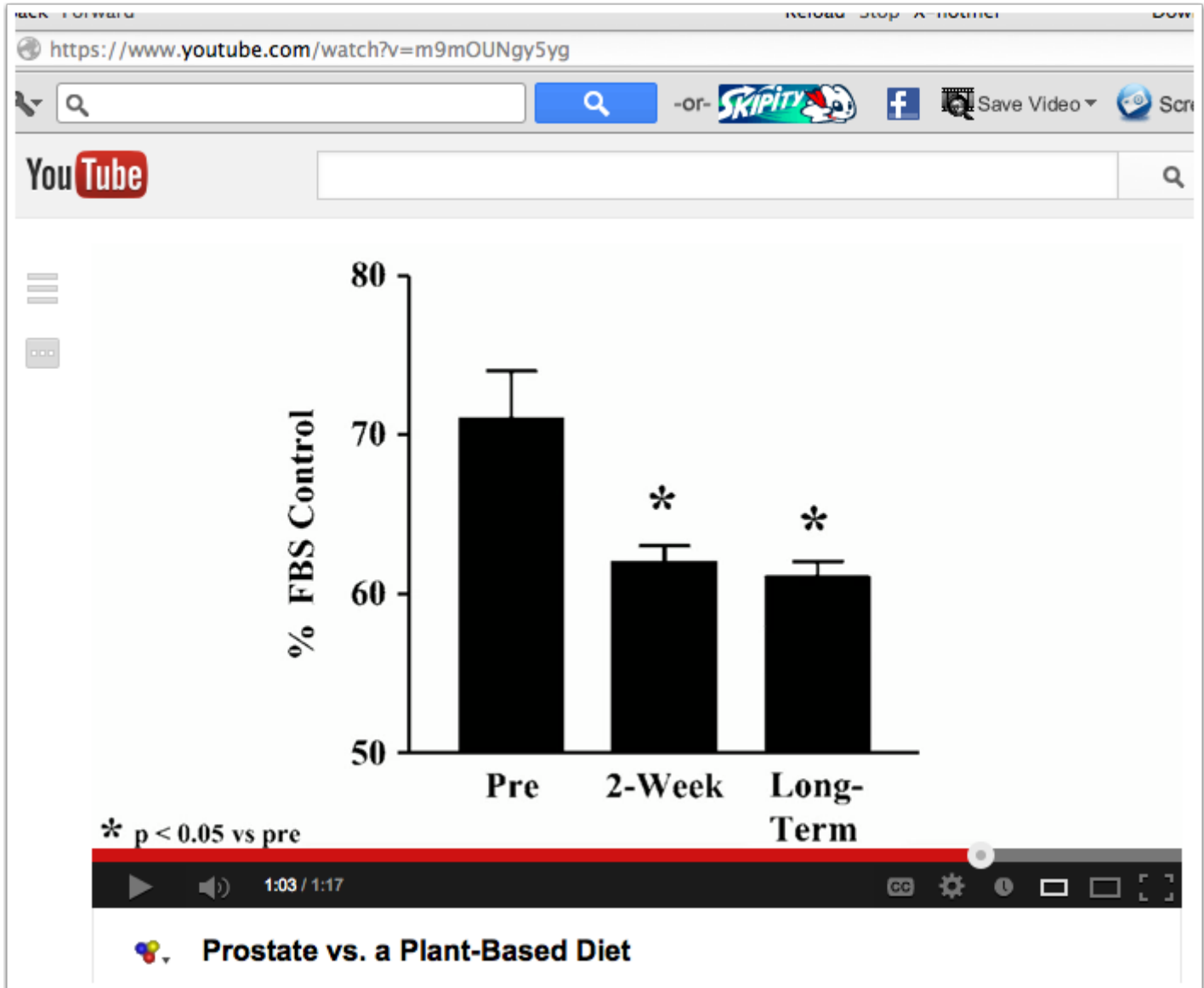
2:27 / 2:32

How Plant-Based to Lower IGF-1?



## Prostate vs. a Plant-Based Diet - YouTube

<https://www.youtube.com/watch?v=m9mOUNgy5yg>



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help desk <http://www.roadtohelp.com>

Link to the page below: <http://www.road-to-health.com/go/probiotics>

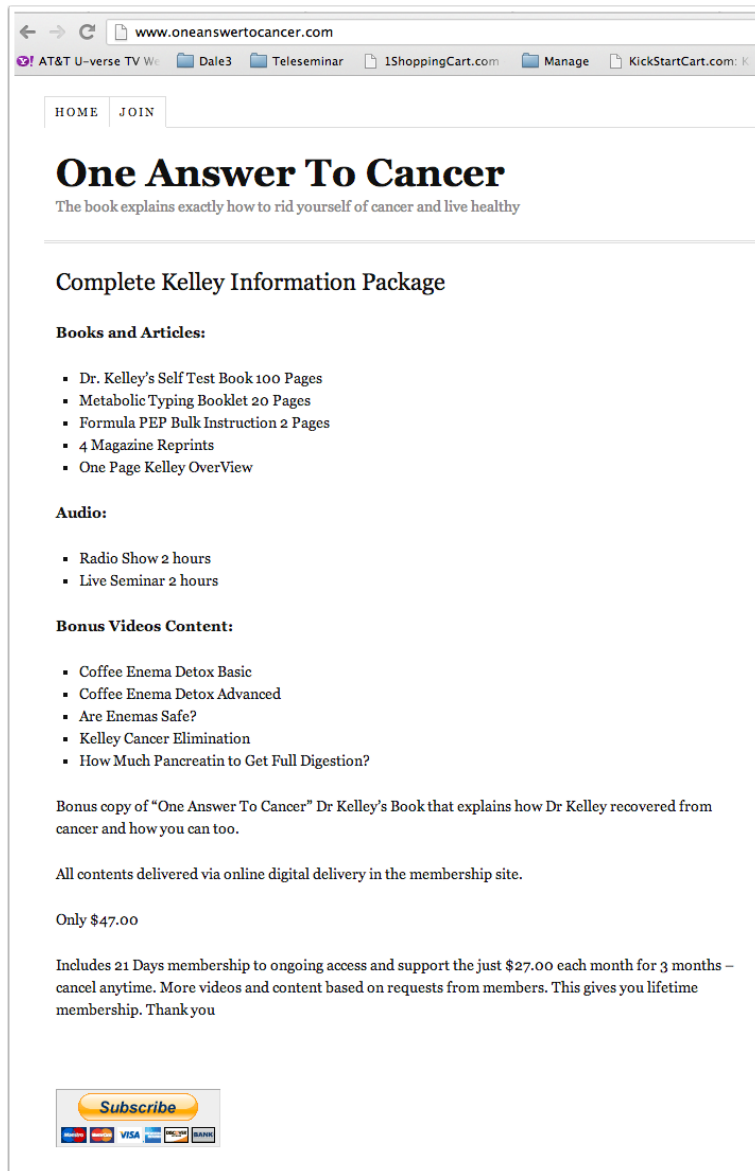
Services	Price
Coaching is Provided By Dale Maxwell, ChT, NLP, Health Researcher, Professional Coach	
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Candida, Digestion Problems Initial Consultation: What Alternative Health Protocols would be best for you... (40 Minutes)	<a href="#">+ Add To Cart</a> \$125.00
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<http://www.oneanswertocancer.com/>



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