

sci.med.nutrition: The mechanism behind the recent claim about red meat and colon cancer.

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Bruce Fife (and others), outside "mainstream" biomedicine, understood the mechanism behind the recent study which the media has been trumpeting lately (concerning the connection between red meat and colon cancer) more than five years ago. Here is a germane passage from his 1999 book, Saturated fat may save your life (page 153):

When meat is cut or ground, it not only increases its exposure to oxygen, but iron is also released from the cells. This iron attacks the fat within the meat, greatly accelerating oxidation. Ground meat would be affected most because kore tissues are boken and exposed. The older the meat, the more time is allowed for lipid peroxidation to occur... The degree of oxidation will also vary with fat content. The more polyunsaturated fat in the meat, the more peroxidation will occur. Saturated fat is resistant to oxidation, so meat with a higher saturated fat content will be safer to eat. Unfortunately, most animals nowadays are given feed high in polyunsaturated fats ans so their tissues also contain more of this fat. So the meat we eat has undergone more lipid peroxidation than that eaten by our grandparents.

And then there's this report from www.sciencedaily.com that also makes the connection between the kinds of fat you eat and the damage in the body (as well as the role of antioxidant substances), though the journalist (as usual) fails to mention that saturated fatty acids do not go rancid in your body and do not cause damage. They raise serum cholesterol levels slightly (in general) which is fine if you stay away from the unsaturated fatty acids (except in trace amounts) and cook food with a high lipid content correctly (boiled is best, and do not consume homogenized dairy).

1/12/2005

Discovery Shows New Vitamin C Health Benefits

CORVALLIS – Researchers in the Linus Pauling Institute at Oregon State University have made a major discovery about the way vitamin C functions in the human body – a breakthrough that may help explain its possible value in preventing cancer and heart disease.

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The study, which explores the role of vitamin C in dealing with the toxins that result from fat metabolism, was just published in a professional journal, Proceedings of the National Academy of Sciences.

It contradicts the conclusions of some research that was widely publicized three years ago, which had suggested that this essential nutrient might actually have toxic effects.

The new OSU study confirmed some of the results of that