

## Re: lectins and cancer

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2005-04/msg00377.html>

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- *From:* "montygram" <nazztrader@xxxxxxxx>
  - *Date:* 12 Apr 2005 11:38:41 -0700
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Nature has given us stressor substances (such as fish oil) and anti-stressor substances (for example, antioxidants). Our powers of reason should allow us to determine which should be used under specific conditions, but that does not always happen, for example, because there is money to be made in selling "supplements." I recently posted a paper about the atherogenic qualities of peanut lectins. Generally, lectins have stressor qualities, so I avoid them, especially in legumes. I do eat a bit of soy tempeh, because it is fermented and the lectins are no longer a major problem.

With regard to the OP:

When it is said that something is "anti-cancer," that is not saying much. Killing cancer cells sounds good, but if the healthy cells die too, what have you accomplished? What you want to do is to enhance your body's natural defences against cancer, but this has been obliterated in Western societies because high omega 6 polyunsaturate consumption leads to excess PGE2 and LOX5 metabolization from AA, and this sets up a perfect situation for cancer. You need to get the AA out of your body first and foremost, and while doing that, you should eat antioxidant rich foods and avoid polyunsaturates and oxidized cholesterol, and make sure you aren't getting too much iron, even from your cookware.

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- *Follow-Ups:*
  - ◆ ***Re: lectins and cancer***
    - ◇ *From:* Yibbels
- *References:*
  - ◆ ***lectins and cancer***
    - ◇ *From:* Yibbels
  - ◆ ***Re: lectins and cancer***
    - ◇ *From:* Robert
  - ◆ ***Re: lectins and cancer***
    - ◇ *From:* Yibbels

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◆ **Re: lectins and cancer**

◇ *From:* Robert

- Prev by Date: **Re: doctors overprescribe costly cholesterol-lowering drugs for minimal benefits**
- Next by Date: