

Motto:

"Iubitule, mă rog să ai spor în toate și să mergi bine cu sănătatea, precum bine mergi cu sufletul."

A treia Epistola Sobornicească a Sfântului Apostol Ioan

Numărul 32

Health through lifestyle

Sanatate prin stil de viata

- Editorial:

Proiect Nera - prima clinică de
Recuperare Oncologică

- Igiena sufletului:

Viața viitoare

- Principiile dietei naturiste:

Orezul negru

- Greșeli în alimentația modernă

Posibilități de falsificare a cărnii

- Prudența - Maica Înțelepciunii

Reacții adverse: Medicația
antiaritmică

Fondator:
Centrul Medical



NATURALIA GROUP

History

Naturalia Group is formed of commercial companies, a philanthropic foundation which takes care of the persons with cancer and a research organization undertaking the biggest project concerning the first Oncology Recovery Clinic from Romania.

The first company was incorporated in 1995 in Voluntari Town, at the outskirts of Bucharest, the capital of Romania.

The founding members of the group are a family formed of specialist doctors, professors and doctors of sciences.

Naturalia Medical Center was created out of a scientific and humanitarian motivation:

- all the statistics from the specialty literature demonstrate that a third of the diseases is due to a wrong lifestyle, therefore there are diseases which can be avoided if our own lifestyle is improved.

- prolonged experience as doctors in medical clinics has shown to us that a great number of persons do not know or do not show a great importance to a correct life style.

- in the purpose of promoting the concept of ecological products, products which are properly made, in Romania this aspect being very little developed.

Naturalia Group began its activity by opening some cabinets in field of alternative therapies: homeopathy, fitotherapy.

Shortly we have become aware of the enormous importance of a correct, natural, traditional and organic food. That is how we decided to open the first organic store for the prophylaxis of diseases and in order to bring our support in curing sick people. We opened this store with organic and traditional food 13 years ago in a modest space, an old car shed.

The consumers, but also the merchants and producers, have started to gradually show a greater interest for organic food.

At present Naturalia Group has 4 stores in central areas of Bucharest, whose turnover progressively increases, as well as franchises and partners all over the country.

In the meantime, new activities were undertaken; the journal of Naturalia Center, social-philanthropic activities, periodical courses for a new and correct lifestyle, conferences, researches in the domain, own lab for testing the food that comes into our network, as also distribution activities to other partners from Bucharest and in the country.



WHAT IS NATURALIA GROUP

Naturalia is a center of alternative therapies and the prophylaxis of diseases through a correct lifestyle.

The cabinets of alternative therapies offer the possibility of treating the diseases through fitotherapy, homeopathy and dietotherapy. The majority of patients who refer to Naturalia Clinic are sick people who cannot tolerate chemical medication or who have no result to chemical medication.

We offer approximately 2500 examinations each year. In the pathology of these sick people it is often reflected a wrong lifestyle. The bakery and organic pastry lab produces 52 assortments: yeast bread, bread without yeast, crackers, pies, cakes, chocolate – all using organic or traditional ingredients (whole wheat flour, whole rye flour, eggs, dairy, brown sugar, mushrooms, fruits).

The majority of formula are a creation of our Centre.

Naturalia stores are well located in the capital city. They have a total surface of 300 m². Naturalia produces its own products and of other

manufacturing companies: bread, dairy, cheese, wine, beer, medical plants, gastronomic tools, cosmetics.

We started a demarche in order to open a franchise for other Naturalia stores in the country, already having collaborators in many cities.

The distribution of own products and which are imported is the newest activity of the group and it is more and more developed, being based on the partners networks stores.

Other activities

Education and promotion of a correct lifestyle

Naturalia Center has been publishing for two years the Naturalia journal named "Health through lifestyle" It has monthly issues with a number of 28 pages and a print of 5000 copies that is distributed for free to sick people that come to Naturalia Center and to customers of Naturalia stores.

The journal is structured as it follows:

1. information and news on lifestyle and organic products
2. principles of healthy food
3. description of new products
4. special warnings on the danger regarding some denaturated food with

- additives or successive refining.
- 5. warnings on the adverse effects of medicines
- 6. the causes of the diseases reporting to a wrong lifestyle

I. Books edited by the specialists of Naturalia Center

- Balanced food of healthy man
- Do not feed the cancer
- Curing
- Prevention of diseases through lifestyle
- The sick person as a victim, the answer of naturopathic medicine
- The medical and aromatic plants field in Romania

II. TV shows, radio programs, conferences

Activities that do not aim the profit and which are philanthropic – see cover 3.

Naturalia Center works for the principles of social economy.

Founding members of Naturalia Group

Founding members:

Pavel Chirila, a founding member, is a primary physician of internal medicine, university professor in this field, as well as specialist in alternative medicine, homeopathy and fitotherapy, being also a Boiron member. He has written or contributed to the achievement of over 15 books in the field of Naturist Medicine, of a correct lifestyle or psychology, being the main founder of Naturalia Group. He is recognized especially for his philanthropic activities carried out along the time. He has performed many studies, researches and development projects, being currently involved to achieve the Foundation from Aiud, for the construction of Martyrology Centre of Romania.

Maria Chirila, a founding member, was an immunology – allergology doctor as well as CP2 researcher, being acknowledged and appreciated as homeo-fitotherapist. She was a militant of democracy ideals and individual rights. She carried out many researches, studies, specialized writings and articles in the field of naturist medicine, fitotherapy – homeopathy as well as specialized books. She left us forever in 2007.

Popescu Ema Mădălina, a founding

member and immunology, allergology doctor, MD in sciences, graduated the University of Medicine from Wien, then she returned in Romania where she practices medicine in Naturalia Cabinets. She has written many specialized books being at the same time the President of Sfanta Irina Foundation which takes care of patients suffering from cancer in final stage.

Cristian George Popescu is the director of the Naturalia organization, at the same time teaching (Ph.D lecturer) at the University of Bucharest in the field of agrifood and organic marketing. He has several projects underway, including some as project manager. The fields of interest in the conducted studies are from the field of economic sciences with applicability in agriculture, including multidisciplinary research combining the social and technical part with the social one. He has developed projects with applicability in both trade and social or scientific projects.

Sfanta Irina Foundation is in charge to care sick people in final stage, having the biggest hospital of such specialization in Romania. It carries out also other philanthropic activities, it is recognised as being one of the most active organizations of this field, being awarded the first prize for three times in the last 5 years at Civil Society Gala

on the health section. Currently, it is carrying out a large-scale project, the performance of the first Oncologic Recovery Clinic in Romania.

Naturalia Group consists of the following organizations:

Naturalia Comercial Trading SRL, deals with the manufacturing of Bio bakery and pastry products and not only, being one of the famous brands in Romania on this segment.

It has 4 own stores, having partnerships or other collaborations under the form of franchise with the greatest urban areas of Romania.

Nera SRL is the company dealing with export and import of BIO products on international market as well as with the products distribution to the beneficiary. Currently, its portofolio includes over 10 external collaborator organizations. The company has been recently established, intending to bring on the Romanian market the best and advantageous BIO products that should also comply with a correct lifestyle.

Naturalia has several fields of interest in its activity:

- Research through laboratory tests of food products that are sold in Romania as well as of medicinal herbs
- It has contacts with research centres and universities in the country in the field of agriculture from where it purchases plants, seeds, and together

with the researchers from these centres develops some research papers

- Is involved in trade and distribution activities of natural and organic products

- It has laboratories for the preparation of natural remedies used for health improvement

- It is comprised of employees from all occupational groups, including researchers, bio-chemists, physicians, economists, engineers, and a large network of collaborators throughout the country and abroad

- It developed a network of associations and foundations with

philanthropic and charitable activities, managing the only hospital for end-stage patients in the south of Romania as well as developing the only oncology recovery sanatorium in Romania

Naturalia Medical Cares represents the company being in charge of medical cabinets, having employees for the medical staff, pharmacists, bio-chemists, nurses as well as laboratory technicians. It has its own pharmacy and alternative medicine cabinet for homeopathy and fitotherapy.

NATURALIA PRODUCTS

ECOLOGICAL WHOLE WHEAT BREAD

Made of flour from ecological whole wheat grains, water, yeast and whole non-iodized salt, the ecological bread contains all principles for a healthy nutrition: fibres, minerals, vitamins, without of pigments, leavening agents, preservatives or “traces” of pesticides and fertilizers.

Due to the increased content of fibres, it offers a long term satiation, provides a constant maintenance of blood glucose and a removal of cholesterol. All these characteristics provide a high quality to the common bread.

OUR SPECIALITY:

Whole wheat bread without yeast (with own leaven)

Only 3 ingredients: whole grain of grist, water and non-iodized salt. Obtained through a slow fermenting procedure with common leaven of whole wheat flour.



TASTY AND NOURISHING

BAKERY AND PASTRY PRODUCTS:

Enjoy quality bakery and pastry products taking into account first of all their composition. We present our specialities made of ecological whole flour and natural ingredients. The short validity term for any product represents a warranty of freshness, quality and last but not least, lack of preservatives.

Advantages:

- They are excellent for picnic, snacks, for parents who want surprise their children with something delicious in their schoolbag, anytime and anywhere;

- Hand made of ecological whole flour, they have a higher content of mineral substances : potassium, magnesium, zinc, iron and vitamins B;

- They are tasty and nourishing;

- They contain brown sugar.

Comparatively, refined white sugar presents a disease risk

(diabetes)

- They are made with pleasure by our bakers.

- THEY ARE JUST FOR YOU...

Among the most appreciated products made in Naturalia laboratory, we enumerate:

ECOLOGICAL WHOLE MACAROONS, ECOLOGICAL HOMEMADE BISCUITS, FASTING APPLE MUFFINS (no sugar), FASTING APPLE POUND CAKE, ECOLOGICAL WHOLE KOURABIETHES , FASTING NUT HORN-SHAPED COOKIES, POPPY/ SESAME PRETZEL, SESAME CRACKERS, ECOLOGICAL RAISINS COOKIES, FASTING ECOLOGICAL GRISSINI, SOFT GRISSINI, ECOLOGICAL CHEESE STICKS, POPPY/ SESAME CHEESE STICKS.



NATURALIA SWEET BREAD

We offer Natural sweet bread (Romanian "cozonac") in two sortiments:

HOMEMADE and for FASTING. Made only of natural ingredients and without additives, they manage to be better even than those made by your grandmother!

And because we know that you will like them very much, we invite you to try also WHOLE FLOUR HOMEMADE and FASTING SWEET BREAD. Let us know in good time on celebrations... they are sold like hot sweet bread....



FLOURS, CEREALS AND LEGUMINOUS PLANTS IN A VARIOUS RANGE:

Ecological whole wheat flour, ecological whole rye flour, ecological whole barley flour, ecological shorts, whole rice flour, whole chickpea flour, buckwheat flour, bird seed flour, soya flour, mixture of cereals for soup, cereals with 1 mixture of whole cereals powder, ecological wheat, ecological wheat, ecological rye, rough rice, oats, buckwheat, rough bird seed, chickpea, red lentil, green lentil, etc.



Occurrence of oncogenic factors

By its nature, the human individual is energetically and plastically dependent on the environment. He cannot carry out his activity (movement, physical effort, intellectual effort, breath, digestion, excretion etc.) and also he can not grow up without an organic relation with the material and biological universe where he was placed along with the world creation. Mr. Stăniloae asserts that the individual relationship with the created universe should have an Eucharistic essence, meaning that the individual should protect holily the purity of the creation over which God made him master.

Up to 150 years ago, the environment was clean, as it had always been. The ecological balance was self-regulated because there was no interference from disturbing factors outside it.

We will cover and analyze, within this chapter, also the very recent "discoveries" with carcinogen effect:

- certain E-numbers;
- certain substances released from plastic recipients when they are exposed to sunlight;
- meat abuse;
- food treatment at high temperatures;
- obesity;
- mould of certain cereals etc.

Oncogenic risk factors

For many successive centuries, the individual ate only natural food - however, it was the only existing solution. The individual could not eat wrongly for the simple reason that there were only natural foods. The single abuse that he could make was the quantitative one (under-nourishment and over-nourishment).

The first big mistake in modern nourishment occurred in 1870, when the individual discovered white flour and started to give up to whole flour.

But the refinement age was to bring also other digressions from the notion of "whole": refined sugar instead of whole one, extra fine salt instead of the whole one, refined oil or double refined oil instead of cold pressed oil, powder milk instead of the whole one etc.

The second big mistake, even catastrophic we could say, occurred also at the end of the XIX century, was the discovery and usage of chemical fertilizers in agriculture. This moment led to the production increase and also to the soil quality decrease. At the same time, also the natural capacity of the plant defence against pests was damaged. This called forth the third big mistake: the more and more intense usage of insecticides.

The fourth big mistake followed: use of

additives (E-numbers) to modify the organoleptic qualities of foods (in order to be more and more attractive and appetizing despite the negative effects upon health).

Finally, the fifth big digression from “natural” occurred by the emergence of genetically modified organisms (GMO).

Facts do not stop here, as there are also other mistakes in modern nourishment that we can enumerate and which turn against us:

- plants cultivated in greenhouses, poor in chlorophyll;
- aggressive preservations: radiations, sodium benzoate, ultraviolet temperatures, extended refrigeration etc.;
- giving up at natural lactation;
- aggressive mixture of food and implicitly, giving up at mastication and oral digestion;
- food abuse (quantitative);
- giving up (or absence of) the habit of fasting;
- abusive usage (the most frequently without being necessary) of nourishing supplements.

Hereinafter, we will present and analyse the most important oncogenic risk factors.

1. Nitrates

The first source of nitrates is represented by *chemical fertilizers*. Currently, there are several forms of nitrous fertilizers.

Anhydrous ammonia is considered the most valuable: it has a water solubility of 89,9% g/100 cm³ at cold. In USA, almost half of the total applied N originates from anhydrous ammonia (NH₃).

Ammonium sulphate is a fertilizer resulting from synthetic yarns and fibres industry and from steel industry. “Under submersion conditions (macrobiosis), the sulphate ion is reduced to hydrogen sulphide (H₂S), which is toxic for plants”.

Ammonium nitrate, NH₄NO₃, contains 33-34% nitrogen. It has a solubility of 118,3 g/100 cm³. In the presence of oil products, ammonium nitrate explodes. The nitrogen efficiency in agriculture increases as the humus content decreases.

Between the chemical and organic fertilizers there are negative interactions, namely the combination between them gives lower productions than if they were used separately.

At present, the usage of chemical fertilizers in Europe is huge:

- in Western Europe, there are used approximately 10 millions tons per year of fertilizers with nitrogen(N)

and around 17 millions tons per year of mixed NPK fertilizers (Nitrogen, Phosphor, Potassium);

- in Central and Eastern Europe, there are used approximately 2 millions tons per year of fertilizers with nitrogen(N) and around 3 millions tons per year of mixed NPK fertilizers (Nitrogen, Phosphor, Potassium), with an increasing tendency more than double.

Also, it is important to note the fact that NPK ratio is much in favour of nitrogen, namely this is used by 2-4 times more than P and K.

The second important source of nitrates is water, because nitrates are water soluble. Around 20% of the nitrates quantity entering the human body originate from water

The factors influencing the quantity of hydrosoluble nitrates are:

- extended action of sun rays, which decreases the quantity of nitrates (that is why plants cultivated in greenhouses have a high concentration of nitrates);

- in summer there are less nitrates in plants, because the plant organism use them for the protein synthesis;

- in winter, there are more nitrates, because the sun is weak and they are not neutralized;

- in the morning, the nitrates

concentration is higher than in the evening;

- the highest quantity of nitrates is located in stalk and leaves.

The analyses of different conventionally cultivated vegetables show the following levels of nitrates:

- **high level:** salad, endives, kohlrabi, beetroot, radishes, celery;

- **medium level:** fennel, cabbage, spinach, kale;

- **low level:** eggplants, bean, cauliflower, broccoli, chicory, pea, cucumbers, pepper, mushrooms, potatoes, tomatoes, onion, leek, asparagus.

A high level of nitrosamine is found also in the conventional beer because the barley fertilized with nitrates is processed by burning.

Here are **the negative effects** of nitrogen application in soil:

- nitrogen fertilization (especially when used unilaterally or in excess) influences negatively the proteins content. In moderated doses, the protein increases to the detriment of carbohydrates and lipids;

- it reduces the quantity of lysine;

- the accumulation of mineral nitrogen determines, on field vegetables, vegetative increases, delays in maturation and depreciation of fruits quality;

- "nitrogen excess determines a

blocking of plants metabolism, as accumulations even fitotoxic of N – mineral to the detriment of the protean one. Thus the nitroreductases activity is disturbed and the crop quantity and quality is depreciated“.

Sodium nitrate and sodium nitrite can be found in plants, meat and dairy products (originating from soil and water).

Vincent De Vita quotes S. Palmer, who, based on some epidemiologic studies coordinated in USA, England, South America, Iran, Japan and China, proves a certain association between the consumption of nitrates and nitrites and the incidence of stomach and esophagus cancer.

The formation of nitrosamines from nitrates is proven by P. Magee – quoted by the same author. Dr. Gene Spiller warns upon the same phenomenon and says that the disastrous effect of nitrosamine may be combated, at least partially, by a substantial application of Vitamin C. That means that, if you made the mistake of eating thermally treated cold meats, then you have to drink immediately a fresh of citric fruits.

Nitrates and nitrites in meat products

Normative acts provide that the maximum dose of nitrites (identified as E 249 and E 250) is 150 mg/kg and the

maximum dose of nitrates (E 251, E 252) is 300 mg/kg, with a sediment of 250 mg/kg. R. G. Casseus, quoted by Colin T. Campbell, sounds the first alarm in 1970, that nitrites might be subject to reactions in our body, forming nitrosamines. It is considered that 17 nitrosamines are carcinogenic for the individual.

The reactive species of nitrogen ingested in the individual body become carcinogenic through N - nitrosamines, substances used also experimentally to provoke cancer in the experimental laboratory.

The Italian authors assert the same fact, mentioning that nitrates and nitrites react with the degradation products of proteins and form nitrosamine, so the association with meat is thus more dangerous. Nitrosamine increases the incidence of digestive cancer (intestine, liver). The same authors quote EPIC study (European Prospective Investigation into Cancer and Nutrition), performed prospectively in 10 countries, on 500.000 persons – study confirming the carcinogenic role of nitrates from meat products.

Colin T. Campbell evokes several studies proving the carcinogenic role of nitrites:

- in 1970, Nature magazine sounded the first alarm, asserting that nitrates form in our body carcinogenic nitrosamines;

- in 1978, a new study, carried out at MIT (Massachusetts Institute of Technology), decided that nitrates increase the incidence of lymphatic cancer on rats.

The treaty Oncology: An Evidence – Based Approach, performed under the editorial office of Alfred E. Chang, incriminates the nitrates from foods as having a role in increasing the incidence of gastric cancer, in combination with *Helicobacter pylori*. Philippe Desbrosses adverts to a long term danger: chemical fertilizers diminish up to disappearance the soil biological processes of fermentation, with the risk of deserting some increasing surfaces.

Nitrites and nitrates transform easier in carcinogenic nitrosamines at high temperatures, that is why the thermal treatment of meat products is much more dangerous. The nitrite resulting from nitrate reacts with the amines from the protean connections at temperatures over 1300 C and form carcinogenic nitrosamine (it is the case of frying and barbecue). The formation of nitrosamine is influenced by the temperature level, duration of thermal treatment and content of fats.

The transformation of nitrate in nitrites in the human body is made in the stomach, in very acid medium. There are two pathogenic mechanisms upon the organism:

- haemoglobin binding, which induces a degree of cellular hypoxia and, consequently the fermentation way of sugars is amplified along with the increase of lactic acid level and the stimulation of cellular atypias;

- nitrites react with the amines from proteins and form nitrosamines about which the International Agency for Cancer Research says that they represent the most “carcinogenic” substances.

Umberto Veronesi discovered that in Forlì, Romena, Firenze areas, the incidence of stomach cancer is four times higher than in the rest of the country and connected this statistic reality to the population abusive custom in these areas to eat salami with nitrates.

The authors of the international edition Cancer Principles & Practice of Oncology consider that N–nitroso compounds are genotoxic carcinogenic, interacting with DNA. Their effect is amplified on smokers and on those with infections of the digestive tract. The carcinogenic effect upon the stomach of NITRO compounds was proved also experimentally, on animals. The same treaty mentions nitrosamines as oncogenic pathogenic factor also in the case of biliary ducts cancer.

2. Sugar

Refined sugar has been used on the market for above 200 years. What we call today “sugar” is in fact a disaccharide consisting of glucose and fructose.

Refined sugar is more and more disputed as nutriment, due to the several studies proving its implication in cancer genesis, in cardiovascular and metabolic diseases.

Indeed, carbohydrates have a major role in the metabolism of live organisms:

- they represent the main form of solar energy storage by photosynthesizing organisms;
- they represent the most important form of energy for heterotrophic organisms;
- they are the main component of the individual and animals nourishment;
- they are reserve substances, both in animals world (glycogens), as well as in vegetal world (starch);
- they are part in the structure of the cellular wall on vegetal (cellulose) or of the external skeleton on arthropods (chitin);
- they are part in the composition of nucleotides and nucleic acids (ribose and deoxyribose);
- they serve as intermediary metabolites (glucozo-6 phosphate, fructozo-1, 6-biphosphate);

- they play a role in lubrication;
- they have a role in the immunity metabolism;
- they participate at intra-cellular communication.

Glycocalyx, composed of carbohydrates groups of glycoproteins and glycolipids, is found in the cellular membrane and expresses the cellular individuality (“cell identity card”). It has a role in the physiological death of some cells.

Sugar consumption

Sugar consumption at worldwide level is huge. Colin T. Campbell estimates that **42%** of Americans eat refined sugar. NHNES statistics (*National Health and Nutrition Examinations Survey*) show that men consume more sugar than women (when it is about *sugar drinks*) and the age period when they abuse of sugar the most is 2 – 38 years old.

Between 1800 and 2000, in USA, the annual sugar consumption per person has become 12 times higher. In 1830, the consumption was of 5 kg sugar/inhabitant/year. The German author Hans Grimm presents sugar consumption nowadays: **33 kg/individual/year**, considering all sugar-based preparations (cakes, chocolate, candies, refreshing drinks, ice cream, syrups, sweets etc.) plus

sugar consumption as such (added in coffee, tea).

In 2010 – 2011 period, 167 millions tons of sugar were consumed worldwide (by 10% more than the previous year), being currently over 100 countries which produce sugar.

Negative effects of sugar

Sugar is considered one of the most harmful “elements” on the last century market.

Physio-pathologically, sugar **acts negatively** upon the organism, thus:

- it challenges intensely pancreas to secrete insulin whenever it is ingested;
- it creates intestinal dysmicrobism, affecting the eubiosis quality of saprophyte intestinal flora;
- deviates PH of humours towards the acid, favouring the occurrence of immune, inflammatory and neoplasia diseases;
- damages physiology of the selective share for carbohydrates , favouring dependence;
- increase glycaemia index, with all respective consequences.

Upon the abusive ingestion of carbohydrates with increased glycaemia index (sweets with rapid absorption of sugar type), the organism is forced to secrete much insulin so that

cells may use appropriately glucose. Meanwhile, adipose cells mass increases and obesity appears. But adipose cells can not absorb easily glucose and the continuous stimulation of insulin becomes aggressive. This phenomenon is called **insulin-resistance**.

All the clinical studies confirm that sick people who consume much sugar, obese and insulin-resistant have a significant percentage of cancers, especially on breast, prostate and colon.

Italian authors assert that insulin acts in oncogenic manner by the stimulation of the cellular growth factor. Dr. Jean Seignalet classifies sugar in terms of risk factor on the second place after meat and saturated fats. Kevin Trudeau appreciates that refined sugar behaves like a **drug** since so many people want it although it is not a natural, whole food.

In order to see what negative effects sugar refinement has, we present the comparative analyses on the composition of refined white sugar and of whole sugar from the book of this author.

Table 7: *White sugar vs whole sugar*

<i>Composition</i>	<i>White sugar</i>	<i>Whole sugar</i>
Saccharose	99,6	88-91
Glucose	–	2-6
Fructose	–	3-6
Potassium	3-5	600-100
Magnesium	–	40-100
Calcium	10-15	80-110
Phosphor	0,3	50-100
Vitamin A	–	120-1200
Vitamin B1	–	0,023-0,1
Vitamin B2	–	0,06-0,15
Vitamin B6	–	0,02-0,09
Niacin	–	0,03-0,19
Pantothenic acid	–	0,34-1,18

John T. A. Ely develops largely the connection **cancer – refined carbohydrates**:

- even since Galen it was noticed the fact that starved animals did not make any tumours;

- in the last century, glucose intolerance has been noticed on 62 of 70 patients with tumours (in a study of E. Freund); the author quotes A. S. Glicksman et al that reviews several studies and reports that 35% (of 557 patients) have values over 200 mg% on the test of glucose tolerance;

- cellular mediated immunity decreases drastically at old people: at people immunosuppressed after transplant and those with hyperglycemia; at sick people immunosuppressed for transplant, the frequency of malignant tumours is 100 times higher;

- the increased incidence of cancer is alarming in the last century – exactly since refined carbohydrates are consumed on large scale;

- glucose damages the four functions of neutrophil: chemotaxis, adherence, phagocytosis and *intracellular killing*;

- extended increase of cortisol in blood inhibits the interferon production, atrophies thymus, spleen and lymphatic ganglions; the author quotes Yudkin et al., who proves that an excessive consumption of sugar induces the increase of glycaemia, insulin and cortisol; it is known the fact that insulin stimulates the cellular increase factor and cortisol has immunosuppressive “lympholytic” effect.

Hems, summing up the studies in 41 countries, finds a significant

correlation of cancer incidence with sugar abuse.

Johannes F. Coy, the discoverer of TKTL1 gene, explains the pathogenetic mechanism of cancerogenesis: the increase of glucose level in the human organism determines, in the cell, its metabolism through fermentative mechanisms (not through combustion – which is the normal way). The fermentative process produces much lactic acid, fact leading to the pH decrease up to 2, which makes it a favourable medium for the release and development of cancer cells.

Lactic acid, also, inhibits strongly NK lymphocytes activity (*killer*), the main fighting way. Moreover, lactic acid breaks the contact cell-cell, destroying gradually the matrix of the intercellular relation and thus, the malignant cell develops at ease.

3. Water pollution

The treatment of water from urban networks by chlorine generates the production of two types of organic compounds:

1. **halogenated non-volatile organic compounds**, with high molecular mass – TOXNV (chlorine and benzene chloride, chlorophenols, chlorotoluene etc.);
2. **halogenated volatile organic**

compounds, with low molecular mass – TOXV (haloforms or trihalomethanes – THM).

Lucreția Pavkov et al quotes the studies of Eschembrenner and Mills, who ascertained on laboratory animals the carcinogenic effect of HCCl. The epidemiological studies performed in USA suggest a certain association between THM levels from potable water and the frequency of cancer with various localizations.

Liliana Ursu et al quotes an analysis performed on 30 epidemiological studies made worldwide on the human population; the authors of these studies conclude, unanimously, that there is a direct correlation between the chlorinated water and the increase of colorectal cancer risk.

Statistical data show that during the period 1994-1995, 45 millions Americans were supplied from 18.500 unsafe water supply systems (polluted).

NDC (*Natural Defense Council*) appreciates that, because of water, about 900.000 people get sick yearly, out which 100 deasease. A part of such cases are cancers.

Since 1979, *methyl tertiary butyl ether* (MTBE) has been added in petrol in order to increase its octanic number, replacing lead tetraethyl. A part of such pollutant gets in water. The intoxication is possible through

consumption, but also by air. The first experiments on rats show the carcinogenic effect.

Network water pollution

A series of undesired substances and impurities **may pollute network water:**

- radon;
- fluoride;
- arsenic;
- iron;
- copper;
- lead;
- nitrates;
- asbestos;
- cyanide;
- herbicides;
- pesticides;
- various microorganisms: viruses, microbes, parasites;
- chlorine;
- detergents;
- aluminium sulphate.

4. Meat and fats abuse

Several **studies** prove the carcinogenic effect of meat and fats abuse:

Anhydrous acid released in high quantity from red meat has a proinflammatory effect. If it is summed up to an inflammatory chronic digestive diseases (esophagitis, gastritis, Crohn disease), the cancer risk incre-

ases, as the chronic inflammation increases cancer incidence.

Researches performed by Dr. Carroll, quoted by Colin T. Campbell, prove, on a geographical statistics, the fact that the animal fats abuse (unlike vegetal fats) increases the incidence of breast cancer.

The discoveries from China proved that "a fats reduction in diet from 24% to 6% led to the reduction of breast cancer risk".

Another study of Armstrong (quoted by Colin T. Campbell) proves that the incidence of colon cancer increases directly proportional to the meat consumption.

An EPIC study quoted by Anna Villarini proves that those consuming 200 grams red meat per day have a double risk of colon cancer compared to those consuming 50 grams/day.

The carcinogenic effect of meat is due to the following **causes:**

- the increased quantity of iron, which favours the formation of nitrosamines (carcinogenic) in the digestive tube;
- preparation on grill or treatment at aggressive temperatures, generating on the meat surface aromatic hydrocarbons and heterocyclic amines—potentially carcinogenic;
- content of saturated fats, which have also a carcinogenic potential.

Good to know!

- Meat increases the level of growth factors (IGF-1), stimulating the occurrence or development of tumours.
- Hydrogenated fats (solidified vegetal fats) damage the membrane permeability, followed by two potentially carcinogenic phenomena: insulin-resistance and free radicals intoxication.

- A high consumption of red meat increases the risk of being taken ill with colon cancer and prostate.

S. J. D. O'Keefe et al noticed that white South-Africans have a frequency of colon cancer by 17 times higher than black South-Africans. This huge difference is correlated to the same big difference on the consumption of proteins of animal and fats (see Table 8).

Table 8: *Consumption of proteins of animal origin*

<i>White South-Africans</i>	<i>Black South-Africans</i>
Proteins of animal origin 77 g/day	Proteins of animal origin 25 g/day
Total fats 115 g/day	Total fats 71 g/day

5. Salt

B. Peleteiro et al proved into a study performed in Portugal the **oncogenic effect of salt abuse**. Within this study, 122 sick people with gastric cancer were evaluated, compared to 649 witness cases. 86,5% of cancers had a non – cardio localization. It was noticed no difference compared to *H. pylori* infection and either depending on sex. The appreciation of salt consumption was made under two criteria: an usual scale and the salt content of some conditioned foods

(meat products – 16% bread - 1,4%, concentrated soups – 15%, cheese - 6,7%).

The authors came to the conclusion that a high level of salt share increases the risk of gastric cancer. Also, they notices the relation between nitric salts (from cold meats) and gastric cancer.

6. Aflatoxin

Aflatoxin is a mycotoxin which develops on cereals stored for a long period in warm and wet atmosphere. EFSA (*European Food Safety Authority*) does not allow to a food to be

contaminated with more than 4 µg/kg.

Colin T. Campbell quotes an Indian research in which, experimentally, aflatoxin was used in order to release cancer on rats. The research was performed on two lots:

- those having received a diet by 20% proteins (hyperproteic diet) were all taken ill with liver cancer;
- those having received 5% proteins did not have liver cancer at all.

This proves that diets with poor share of proteins inhibit the cancer generation on the experimental animals.

7. Food additives

Food additives (conventionally marked by letter “E” followed by a number) are not at all harmless from foods safety point of view.

Paediatric Oncology Clinic of Düsseldorf published a list of additives with oncogenic potential that we also present below:

- E330 (citric acid);
- E621 (monosodium glutamate);
- E211, E131, E142, E213, E214, E215, E217, E 239, E123 – already forbidden in Western Europe;
- E110, E124, E102, E120.

On internet there are also other additives with oncogenic potential:

- Acesulfame K
- Acetaldehyde

- Acrylamide
- Alpha Hydroxy Acid
- Ammonium Glycolate
- BHA–BHT
- Butylparaben
- Coal Tar Dyes
- Coumarin
- Dimethicone
- DMDM Hydantoin
- Fluoride
- Formaldehyde
- Methylene Chloride
- Hydroquinone
- Isobutylparaben
- Padimate–O (PABA)
- Perchlorate
- DEG–12 Distearate
- Polyethylene Glycol (PAG)
- Potassium Bromate
- SLES (Sodium Laureth Sulfate).

Finally, prof. Gh. Mencinicopyschi updates the list of additives with oncogenic potential:

- E 110 – Sunset yellow
- E 123 – Azomilina Carmoizina
- E 123 – Amaranth
- E 124 a – Poncean Red
- E 127 – Erythrosine
- E 128 – Red 2G (forbidden in EU)
- E 129 – Allura Red AC
- E 131 – Patent blue V
- E 132 – Indigotine, Indigo Carmine

- E 142 – Green S, Green Brillant Acid

- E 155 – Brown HT, Chocolate

Brown HT

- E 160 a – Beta Carotene
- E 214 – Sodium ethyl para-hydroxybenzoate
- E 230 – Biphenyl(forbidden since 2004)
- E 249 – Potassium nitrite
- E 250 – Sodium nitrite
- E 251 – Sodium nitrate
- E 252 – Potassium nitrate
- E 320 – Butylated hydroxyl-anisole
- E 407 – Carrageenan
- E 422 – Glycerol
- E 432 – Polyoxyethylene Monolaurate (Polysulfate 20)
- E 433 – Polysorbate 80
- E 434 – Polysorbate 40
- E 435 – Polysorbate 60
- E 436 – Polysorbate 65
- E 951 – Aspartame
- E 952 – Cyclamate
- E 954 – Saccharin
- E 1202 – Polyvinylpyrrolidone

8. High temperatures treatment of proteins of animal origin

It was proved the fact that, treated at high temperatures, meat releases substances with sure carcinogenic effect:

- heterocyclic amines (17 types have been identified up to present);
- polycyclic aromatic hydrocarbons

(especially in foods prepared on grill – close to carbonization);

- acrylamide (another toxic substance classified by IARC – *International Agency for Research on Cancer* – as carcinogenic for the individual; it develops in hasty potatoes).

9. Alcohol

If consumed in big quantities, alcohol increases cancer incidence, especially of that located at the digestive tube level: pharynx, esophagus, stomach, liver, pancreas. Distilled alcohol is more harmful from this point of view, then the other types of alcohol. Probably the resveratrol of red wines has a protective anti-mitotic role.

De Vita mentions the oncogenetic role of alcohol in esophagus and liver neoplasia. Umberto Veronesi mentions alcohol as risk factor for esophagus, liver and pancreas cancer.

10. Obesity

There have been lately more and more studies regarding the pathogenic connection between obesity and cancer. Quite probably, the more increased level of IGF (*insulin like growth factor*) and of steroid hormones on obese persons are oncogenic factors which determine the increase of cancer

incidence. Moreover, obesity generates a “proinflammatory condition” contributing also to the increase of oncogenic risk.

The same oncology treaty finds a correlation between obesity and cancer at the following localizations:

- **breast:** the risk increases by 18% for each 5 kg/m² – growth of CMI (corporal mass index);

- **colon:** the risk is equal both for obese men and women and is connected particularly to the distal localization of tumour; the explanation suggested by authors would be the more increased level of insulin and IGF (growth factor index) associated with *insulin resistance*;

- **endometrium:** the pathogenic connection to obesity was proven both at women on post-menopause and those on premenopause;

Lagergren et all. assert that obesity increases by 16 times the risk of **esophageal** adenocarcinoma when BMI (corporal mass index) is higher than 30 kg/m²; one of the probable mechanisms would be the gastroesophageal reflux, much more frequent on obese persons;

- **kidneys:** the connection with obesity is more frequent on women;

- **pancreas:** the risk of pancreatic cancer on obese people increases by 12% for each 5 kg/m² BMI (corporal mass index) and is higher on men than

on women.

The conclusions were reached on 21 studies performed in USA, Europe, Japan, Korea and published between 1993 and 2006. Fat represents a hormonal receptacle (female hormones) and the risk for obese women to be taken ill with breast cancer after menopause is 50 % higher.

Another oncology treaty released under the editorial office of Alfred E. Chang conveys the same conclusions:

- obese women have an increased risk of cancer for the following localization: endometrium, cervix, ovary, breast;

- obese men have an increased risk of cancer for stomach and prostate;

- both sexes – obese women and men – have an increased risk of cancer for esophagus, colon, liver, pancreas.

The assertions are based on monitoring a cohort of 900.000 subjects by ACSS (*American Cancer Society Study*) for 16 years and on a Danish study performed on 44.000 subjects.

Richard Béliveau presents a statistics which proves that 35% of cases with colon cancer and 60% of cases with endometrial cancer were obese persons. The statistics made on emigrating populations prove that once “adopted” occidental lifestyle, as the obesity degree increases also the cancer risk increases.



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NATURALIA GROUP
Social-philanthropic activities

The same founding members of Naturalia Companies have laid the bases of Saint Irina Foundation, which is devoted to taking care of sick people with cancer. After a few years, after the opening of the Foundation they succeeded in building a hospital, Hospice type, where until now more than 2000 sick persons with cancer in terminal stage received free health care.

In Romania cancer is a national priority because it is the country with the highest incidence rate from Europe. The first hospital of palliative care doubled its capacity after 5 years of running. At present the Foundation opened a new building site in order to build the first Oncology Recovery Clinic from Romania.

NERA
the first Oncology
Recovery Clinic
from Romania





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