

REVIEW ARTICLE

Reducing Dietary Acid Load to Lower Cancer Risk: An Overview of Nutritional Strategies

Hassan Bahrami*

Independent Health/Nutrition Researcher, Tehran, Iran

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*Corresponding author:

Hassan Bahrami, PhD;

Independent Health/Nutrition

Researcher,

Tehran, Iran.

Tel: +98-9107790749

Email: hbahrami.research@gmail.com

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ABSTRACT

Dietary acid load is a known and important risk factor for non-communicable diseases such as cancer. However, despite the link between cancer and acid load in the body, strategies related to this effect have not been properly investigated to reduce the risk of cancer. According to the Warburg Hypothesis, inadequate oxygen delivery to the tissues and an acidic cellular environment are the main causes of cancer. Hence, many cancers may be controlled by maintaining an optimal alkaline pH at the cellular level along with sufficient oxygenation and providing essential nutrients. An acid-forming diet may produce more acid than is excreted by the kidneys and lead to chronic acidosis and a significant increase in the risk of cancer. This unfavorable situation can be effectively managed by presence of sufficient alkaline compounds in the body and by neutralization of excess acids produced around the cells that can lead to the control of the growth and spread of cancer cells too. This review shows the correct and practical use of the Warburg hypothesis for more effective control of preventable cancers. considering Warburg hypothesis as a potential complementary strategy, it may help improve cancer treatment outcomes and increase survival rate.

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Introduction

Cancer is still a worldwide major public health problem that has seriously affected the health, economy and the social development. Nutritional status was demonstrated to have association with certain cancers (1).

It is generally believed that reducing dietary acid load may lower the risk of developing cancers (2, 3). However, the related mechanisms and diet-based treatment strategies are unclear, mainly due to the high focus of cancer studies on diagnosis and medical treatments, with little attention paid to understanding the nutrition-related mechanisms involved in the prevention and control of cancers (4-6). The link

between cancer and excess acid load in the body was first revealed by Otto Heinrich Warburg (1883-1970), a German medical scientists and Nobel Prize winner (7, 8). Warburg's most important discovery was that in a cellular environment that chronically lacks oxygen, cells gradually become cancerous and produce high levels of lactic acid that can acidify the cellular environment. The excess blood acidity due to lactic acidosis can further lead to a more extensive and aggressive cancer progression. When the cells are exposed to excess acidity, especially around tumors, they may become inflamed and mutate into new cancer cells (9-11).

According to the Warburg's theory of cancer, all

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Planning Meals that Lower Cancer Risk Karen K. Collins, Jerry M. Rivers, American Institute for Cancer Research, 1990 **Bibliography of Agriculture with Subject Index**, 1993 **The Pesticide Question** David Pimentel, Hugh Lehman, 2008-08-15 Pesticides have contributed impressively to our present day agricultural productivity but at the same time they are at the center of serious concerns about safety health and the environment Increasingly the public wonders whether the benefits of pesticides the perfect red apple outweigh the costs of environmental pollution human illness and the destruction of animals and our habitat Scientists and government officials are suspected of promoting commercial interests rather than protecting human welfare **Food and Nutrition Quarterly Index**, 1987 **Journal of the American Dietetic Association**, 2003 **Cancer of the Breast** William L. Donegan, 1988 Very readable comprehensive and up to date throughout A well written well documented comprehensive text of breast cancer care Annals of Surgery review of previous edition This trusted resource offers in depth coverage of all aspects of breast cancer from epidemiology and pathology through surgical and non surgical management to psychological and legal issues The meticulously updated and revised 5th Edition provides cutting edge information on genetics screening mammography and sonography lymphatic mapping and sentinel node biopsy in situ carcinoma and early invasive carcinoma biologic response modifiers reconstruction and much more **Saunders Comprehensive Review for the NCLEX-PN® Examination - E-Book** Linda Anne Silvestri, Angela Silvestri, 2024-01-04 Get the best review for the NCLEX PN exam from the leading NCLEX experts Written by Linda Anne Silvestri and Angela E Silvestri Saunders Comprehensive Review for the NCLEX PN Examination 9th Edition provides everything you need to prepare for success on the NCLEX PN The book includes a review of all nursing content areas more than 4 600 questions for the NCLEX detailed rationales test taking tips and strategies and questions for the Next Generation NCLEX NGN The Evolve companion website simulates the exam taking experience with customizable practice questions along with realistic practice tests Based on Silvestri s proven Pyramid to Success this complete review is a perennial favorite of students preparing for the NCLEX More than 4 600 practice questions in the text and on the Evolve companion website offer ample testing practice Detailed test taking strategy is included for each question offering clues for analyzing and uncovering the correct answer option with rationales provided for both correct and incorrect answers Pyramid Points icons indicate important information identifying content that is likely to appear on the NCLEX PN examination Pyramid Alerts appear in red text highlighting important nursing concepts and identifying content that typically appears on the NCLEX PN examination Priority Concepts two in each chapter discuss important content and nursing interventions and reflect the latest edition of Giddens Concepts for Nursing Practice text Priority Nursing Action boxes provide information about the steps nurses will take in clinical situations requiring clinical judgment and prioritization New graduate s perspective is offered on how to prepare for the NCLEX PN in addition to nonacademic preparation the CAT format and test

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Essentials of Nutrition and Diet Therapy Sue Rodwell Williams, 1990 Abstract This textbook is designed to meet the needs of beginning students in the allied health professions on the community college level Major areas covered are introduction to human nutrition community nutrition and the life cycle diet therapy and topics of current relevance Appendixes include food composition tables nutritional analysis of foods and brand name products exchange lists conversion tables and a glossary *Subject Guide to Books in Print* ,1997 **The Nurse Practitioner** ,1995 Directory of Food and Nutrition Information for Professionals and Consumers Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information

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