Does Your Vitamin Cause Cancer?

Before you begin:

This research summary is a work in progress. This document is being researched, updated and written as long as this document has the red "Draft" watermark. Reference section will be reformatted as time permits.

In the interest of research time and document space many of the references are limited to 1-2 per statement. Not all cancers are listed.

Cancer is caused by several issues coming together including food, lifestyle, hormones, toxins and genetics.

The following information has not been evaluated by the FDA. The following information should not be used a medical advice. You should consult with your health care provider prior to making changes in your health care program.

Beta-carotene

High intake of beta-carotene increases the risk of

- Bladder cancer[1]
- Breast cancer[2]. Low levels may increase breast cancer risk.[3]
- Breast cancer in men[4]
- Lung cancer[5]
- Lung cancer in smokers[6]
- Prostate cancer[7]
- Stomach cancer[8]

Beta-carotene increases the risk of cancers in people that smoke.[9] Other carotenoids, including beta-cryptoxanthin, alpha-carotene and lutein-zeaxanthin, do not appear to increase the risk of cancer.[10]

Beta-Carotene supplementing increases the risk of

- Lung cancer in people that smoke and are exposed to asbestos[11]

Calcium

Calcium supplementation is associated with increase risk of

- Breast Cancer in men[12]
- Cancer death (high dose)[13]
- Lung cancer[14]
- Prostate cancer[15]
- High dose calcium decreases the risk of
- Colorectal cancer in normal weight people[16]

Copper

Copper is an essential trace element required for many functions in the body.

Most water is acidic and causes ionic copper to be released into the water. This ionic copper is readily absorbed into the body from the digestive system and the skin where it is available for many functions, good and bad, in the body.

Copper damage is also associated with other health conditions including Alzheimer's disease, Parkinson's disease, and many cancers (see references on the below).

I'm focusing on cancer in this research summary.

Copper encourages angiogenesis, the development of new blood vessels to all parts of the body including cancer cells and tumors.[17] [18] [19]

The development of new blood vessels to tumors is not desired as it allows essential nutrients into the cancer tumors and encourages metastasis. The focus of several chemotherapy drugs is antiangiogenesis or stopping new blood vessel growth.

Researchers at the Swiss Institute for Experimental Cancer Research found long term exposure to elevated copper levels in drinking water, at the same level allowed in public water supplies, stimulated proliferation of cancer cells and new pancreatic cancer tumor growth in mice.

Researchers then gave the mice a chelation drug to reduce the copper levels inside the body. The reduced

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copper levels impaired the proliferation of cancer cells and pancreatic cancer cells.

The antiproliferative effect of the copper chelation was enhanced when combined with products that inhibited the body's ability to use glucose (sugar) for energy. Both copper and glucose helped tumors to develop and grow.[20]

These mice didn't even take a daily shower or bath in the water with copper! They just drank the water!

Copper is associated with or increases the risk and/or growth of:

- Bladder Cancer[21 22 23]
- Breast Cancer[24 25 26 27]
  - Triple Negative Breast Cancer[28]
- Cervical Cancer[29 30 31 32]
- Colon Cancer[33]
- Gastrointestinal Cancer[34 35]
- Esophageal Cancer
- Glioblastoma[36 37 38]
- Leukemia[39]
- Liver Cancer
- Lung Cancer[40 41]
- Non-Hodgkin's Lymphoma
- Oral Squamous Cell Carcinoma[42]
- Ovarian Cancer[43 44 45 46 47]
- Pancreatic Cancer[48 49 50 51]
- Prostate Cancer[52 53 54 55]
- Thyroid Cancer
- Uterine Cancer

Researchers and drug companies are researching the combination of copper chelation lowering products with chemotherapy drug treatment. Lowering copper levels in the body increase chemotherapy effectiveness by allowing metal-based drugs access into cancer cells[56 57] and decrease tumor resistance to chemotherapy.[59 60 61]

Taking chelation products to lower copper levels should be done under supervision of a qualified health care practitioner. Chelation products do not know the difference between copper, zinc, iron, calcium magnesium and many other necessary minerals. Improper use of chelation products may lead to very serious health issues, heart problems, hospitalization and perhaps death. [62 63]

Copper Sources:

- Some drinking and bathing water
  - Copper pipes
  - Faucets
  - KDF (brass) in some but not all water filters
- Some Cosmetics[64]
- Most Vitamin and mineral supplements
  - Check the ingredient label to see if yours has copper

Folic Acid (FA)

High dose FA helps cancer cells to grow in laboratory cancer cell studies.[65]

MTHFR C677T is significantly associated with thyroid and breast cancer risks.[66] MTHFR SNPs contribute to alcohol increasing the risk of breast cancer.[67] Decreased conversion of folic acid to methylfolate increases the development of cancer.[68]

Higher blood levels of folate reduce the risk of lung cancer.[69]

Methylfolate may not be an issue. Check out the Homocysteine section below.

Glutamine

L-Glutamine is used in the production of proteins in your body. It is made by the body and available as supplements and in many protein powders. Glutamine is required for cancer cell growth. Limiting glutamine intake slows cancer cell growth.[70]

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Glutamine food sources include:

beef, chicken, fish, dairy products, eggs, vegetables like beans, beets, cabbage, spinach, carrots, parsley, vegetable juices, wheat, papaya, Brussels sprouts, celery, kale and fermented foods like miso.

Iron

Iron intake increase the risk of

- breast cancer in those with low antioxidant levels[71]
- Lung cancer[72]

Selenium

Higher intake of selenium is associated with increased risk of

- Digestive cancers in people that drink alcohol[73]
- Gastric cancer and lung cancer in those with existing higher levels of selenium[74]
- Prostate cancer[75]
- Selenium supplementation in individuals with low selenium may decrease the risk of cancers.[76] [77]
- **Vitamin A**
- Higher doses may increase the risk of
- Lung cancer[78]
- prostate cancer[79]
- Lung cancer and Prostate cancer in men exposed to asbestos or tobacco smoking.[80] [81]

Vitamin B's

High intakes of vitamins B2, B6 and folate are associated with reduced odds of BrCa in overall and all ER, PR and HER2 subtypes. Also, high intakes of vitamin B12 reduced the odds of all subtypes of BrCa except ER- subtype.[82]

High levels of Vitamin B12 and supplemented Folate are associated with higher risk and invasiveness respectively of breast cancer.[83]

Vitamin B12, Folate and homocysteine are not associated with breast cancer risk.[84]

Higher vitamin B6 and B2 levels are associated with reduced risk of breast cancer.[85]

Homocysteine

Elevated levels of homocysteine are associated with

- Breast cancer[86]
- Gastric cancer[87]
- Liver cancer[88]
- Multiple myeloma[89]
- Ovarian cancer[90]
- Rectal cancer[91]

Manganese (Mn)

Higher levels of manganese may decrease the effectiveness of radiation treatment.[92] Check you multiple vitamin to see if it has manganese.

Vitamin E

Higher intake or doses of vitamin E are associated with increase risk of

- Breast cancer in men[93]
- Colorectal cancer[68]
- Digestive cancer in those that smoke tobacco[94]
- Head and neck cancer in those that drink alcohol[95]
- Prostate cancer[96]

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Are you toxic in Copper?

Assess, Don't Guess!

If you are passing copper into your urine you are getting too much and are toxic in copper.

You can test your urine in two different ways:

1. Great Plains Laboratory Metal & Mineral Urine Test for copper, lead, mercury, other toxic metals and good minerals. https://flourishrx.com/shop
2. Heavy Metal Screening Test

   You can do an inexpensive, simple water and urine Heavy Metal Screening Test at home.

   Additional water and urine Copper and Heavy Metal Screening Test information is available at:

   http://www.naturalcancerreports.com/Copper-Urine-Test.html

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