

عنوان مقاله:

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

محل انتشار:

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خلاصه مقاله:

Dietary acid load is a known and important risk factor for noncommunicable 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.

کلمات کلیدی:

cancer, Diet, Dietary acid load, Blood pH, Alkalization therapy

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