

## Annotated Bibliography

Donaldson, Michael S. "Nutrition and Cancer: a Review of the Evidence for an Anti-Cancer Diet." *Nutrition Journal*, BioMed Central, 20 Oct. 2004, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC526387/>.

Dietary changes can prevent and arrest certain cancers. Michael Donaldson concludes that dietary changes could reduce cancer by 60 to 70% in breast, colon, and prostate cancers and 40 to 50% in lung cancer along with other cancers (1). Donaldson proposes that Americans eat too many refined flours and sugars, which changes their glucose metabolism and leads to inflammation in the body, an environment in which cancer thrives (2). He further contends that Americans overeat red meat, which creates an imbalance of omega-3 and omega-6 fat, increasing cancer risk (10). Donaldson proposes Americans eat more allium and cruciferous vegetables for sulforaphane, which is beneficial to humans. To Donaldson, vegetables and nuts provide humans with prevention supplements like selenium, folic acid, vitamin B12, vitamin D, chlorophyll, and antioxidants like lycopene, lutein, carotene, and cryptoxanthin (12). Through his research, Donaldson provides dietary guidelines to prevent cancer and help people recover from cancer (14).

This publication is helpful in my area of research because it discusses food as a mechanism for disease. It also gives readers a way to prevent cancer through a vegan diet. It discusses how the Western diet creates obesity and hypoglycemia. It outlines how Western diets are low in fiber and westerners eat red meat, have omega-3 imbalances, and are common in fruits and vegetables. All of these areas create disease for Westerners. Donaldson gives specific dietary recommendations, which are also helpful for my inquiry into whether a vegan diet alone can reverse and eliminate the disease in individuals. He further discusses the vitamins and vegetables which have the most significant impact against disease. Donaldson's study confirms that the Western diet is associated with cancer which is a preposition to my research.

Reviewing this literature led to two ideas but one primary concern. First, this article is from 2004, which means it is not newly researched data. There has been a movement in the United States for many years, predominantly supported by agricultural subsidiaries that lobby the FDA to suppress information about the health effects of Americans' food. *In Defense of Food*, Our textbook by Michael Polan addresses that food is big business and industrialized agriculture food growers are not interested in creating a healthy American diet but instead interested in profit. Profit often leads to suppression of information for healthy decision-making, so few current publications on this subject area. However, a primary concern of this research is that the researcher himself, Michael S. Donaldson, is a research scientist for the Hallelujah Acres Foundation. The Hallelujah Acres Foundation was created for the Hallelujah Diet to provide funding for the Hallelujah Acres Foundation, indicating a direct and clear conflict of interest.

J., Le LT;Sabaté. “Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts.” *Nutrients*, U.S. National Library of Medicine, <https://pubmed.ncbi.nlm.nih.gov/24871675/>.

*In Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts*, Professors Tai Le and Joan Sebate review how a vegan diet affects overall health and disease outcomes (2131). Le and Sebate examine vegan cohorts of Adventists in North America to non-vegan cohorts of Adventists to determine the dietary effects on health. Le and Sebate find a vegan diet protects against diabetes, cardiovascular diseases, metabolic risks, cancers, obesity, hypertension, and mortality. They also find that males receive more significant benefits from vegan diets than females. Le and Sebates conclude their publication advocating for more research using other large randomized populations to make meaningful recommendations (2133).

This publication is helpful in my inquiry regarding whether a purely vegan diet is essential to lessen disease and mortality rates in the United States. Le and Sabate perform a considerable literature review of relevant articles examining Adventist cohorts that are vegan and non-vegan, which adds to pertinent information for my research project because it is a previously performed research study. They cross-reference 348 articles that are directly relevant to the dietary patterns affecting American Health. For my research, I am particularly interested in the 8% that were pure vegans and how mortality rates declined due to these individuals' diets. Besides the considerable literature review, another benefit of using the Adventist cohort data is that Le and Sebate use an actual population of people on a vegan diet. However, it is essential to take a step back and

realize that their research compares many publications to a large population; however, only 8% of that population is entirely vegan.

*Nutrients* is a peer-reviewed publication. The researchers, Tai Le and Joan Sebate, are professors in the Department of Nutrition at Loma Linda University in California, which leads readers to believe they have expertise in their field. This publication is more current than many in this field, having a 2014 publication date. The researchers use secondary data which was previously collected and published to support their study. Using previous credible data adds validity to this study and makes these authors' work unbiased. Furthermore, there is no disclosure or conflict of interest statements. One limitation is that this publication is limited to Adventist Cohorts. Also, their focus was on cardiovascular disease and cancer rates and did not include obesity, diabetes, and neurological disorders. It Compares many Articles to a large population; however, only 8% of that population is in my area of interest.

Madigan, Mariah, and Elisa Karhu. "The Role of Plant-Based Nutrition in Cancer Prevention."

*Journal of Unexplored Medical Data*, 8 Nov. 2018,

<https://jumjournal.net/article/view/2892>.

Mariah Madigan and Elisa Karhu believe that in the United States and many "other industrialized countries death is preventable and diet is the number one cause of premature death(1)". They conclude that a vegan diet can protect against many causes of death, like cancer, heart disease, and diabetes. Madigan and Karhu look one step further into the causes of these diseases and believe a vegan diet is one tool that improves the treatment of these conditions. Madigan and Karhu conclude the effects of a vegan diet

have been studied on many different cancers like breast, prostate, colon, and gastrointestinal cancers. There is strong supporting evidence that eating vegan reduces the risk and improves recovery from disease (1). The publication also discusses heterocyclic amines (HCA's), which are cancer producing carcinogens that come from the muscle of beef, pork, fish, and poultry when it is cooked for a long time. The HCA's also increase the risk of breast, colon, esophagus, pancreatic, prostate, and stomach cancer (4). There is a significant benefit to using a vegan diet as a medical therapy as part of the first-line treatment towards habilitative diseases and cancer. To Madigan and Karhu, diet is still underestimated and undervalued in treating various Cancers and debilitating diseases.

This publication is helpful in my inquiry regarding whether Western diets are responsible for the high incidences of cancer in Western society because it finds a high intake of fruits and vegetables to prevent and manage the disease. This article also discusses pure vegan in contrast to a vegetarian diet. The vegan diet lowers IGF-1 and protection against growth hormones and increases binding protein. Also, the HCA in cooked meat has estrogen, which is responsible for feeding hormone-positive cancers. In response, the authors propose flaxseed to be healthy moderate foods to modulate estrogen. The authors also specifically give dietary advice besides avoiding cooked meat consumption, including soy, green tea, flaxseed fiber, and vegetables (5). This publication offers solutions for reducing heart disease, diabetes, and cancer through diets, enhancing my research study area (9).

The Journal of Unexplored Medical Data, created in 2016, is a newer journal. This publication is in 2018, which adds to the validity of the research because researchers cannot view it as outdated. The lead author researches in Canada, outside the United States; therefore, the publication may be more readily accepted in the literature. In the United States, research is influenced by the National Institute of Health (NIH) and the Food and Drug Association (FDA) according to the Standard of Care Americans receive regarding their pharmaceuticals and food intake. The publication website says, “Submitted articles will be peer-reviewed and evaluated, regardless of outcome novelty, based on research integrity, high ethical standards and objective determination of scientific and methodological soundness,” which means the authors have expertise and credibility in the field. They are also Medical Doctors and have worked in or are currently working in Schools of Medicine.

*Pollan, Michael. In Defense of Food: an Eater's Manifesto. Penguin Books, 2009.*

In his book, *In Defense of Food: An Eater's Manifesto*, Michael Pollan covers many topics related to the damaged American food supply chain. A significant part of his book highlights the Western diet and its adverse effect on every American's health. Pollan discusses the health benefits of eating plant-based foods and proposes that most scientists agree on this point. He believes they may not know precisely why they agree or for what reason to eat plant-based food, but they do know it's in a person's best interest to do so (162). Pollan discusses the value of how vitamin C reduces inflammation and increases cell metabolism. Pollan also shares the added benefits of how antioxidants from plant-based foods break down toxins in a person's body. Pollan says, “Literally

scores of studies demonstrating that a diet rich in vegetables and fruits reduces the risk of dying from all western diseases” (164).

Pollan's research is helpful to my inquiry regarding replacing adverse health effects which come from consuming foods found in the traditional Western diet with a vegan diet. In support of my position, Pollan further discusses the positive health benefits of eating plant-based foods (vegan) and how eating a vegan diet stimulates cell growth and promotes antioxidants to eliminate harmful chemicals from the body. Pollan's research is also valuable to my inquiry because he is brutally honest in his representations of how uneducated Americans are about the foods they eat and their effect on their bodies. This line of investigation is essential to reduce disease, promote health, and educate Americans on having a healthy plant-based diet.

Pollan's book, *In Defense of Food: An Eater's Manifesto*, was written in 2008. Although written 14 years ago, the information is still current today. This was when people were more health-conscious, so many publications will be dated from this period. Since the writing of this book, the rates of heart disease, diabetes, and cancer have climbed significantly. There has been no significant public policy campaign shared with the public regarding the dangers in the Western diet due to the backlash from agricultural subsidiaries and large pharmaceutical companies (Forks over Knives). The book, *In Defense of Food* was not peer-reviewed; however, the concepts found in this book have been published in peer-reviewed publications.