

# Surgeon Strongly Recommends Vegetarianism to Cut off the Nutrient Supply for Cancer Cells

By Tseng Hsiu-Ying

As we approach the new year, the pandemic and food safety remain highly concerning issues. Dr. Yu Cheng-Chan, Director of the Department of General Surgery, Taichung Tzu Chi Hospital, shares his personal experiences with plant-based diets which can be summed up with the following statement “I couldn’t care less about pork or beef with ractopamine residues. Vegetarian diets ensure my own and my family’s gastrointestinal health. Vegetarianism guarantees physical well-being!” He also cites the example of Angiostatin, an important ingredient of anti-cancer drugs, to advocate a diet rich in vegetables and fruits which can cut off the nourishment for cancer cells.

Director Yu, who is an expert in the field of cancer surgery,



points out that this terrifying disease is the leading cause of death in Taiwan. A large number of cancer causes are associated with westernized diets and a rising intake of animal-based fats. The latest US healthcare concepts stress the benefits of daily diets rich in vegetables and fruits for hypertension, heart disease, stroke, and diabetes patients in addition to their weight

loss, anti-aging, and beauty enhancing effects.

Director Yu states that the latest medical research findings indicate that cancer cells start sending out signals to blood vessels in the vicinity to grow extensions when the cells reach the size of a ballpoint pen tip to ensure a constant supply of nutrients and continued growth before they can launch their attack and siege of the human body. Angiostatin has therefore turned into a key ingredient of new cancer drugs since it blocks the growth of new blood vessels (angiogenesis)

caused by cancer cells and therefore deprives these cells of their required nutrition, which causes them to wither.

As a matter of fact, many nutrients in fruits and vegetables have anti-angiogenesis properties. Director Yu gives the following examples: Isoflavone in soybeans, lycopene in tomatoes, and catechin in green tea. In addition, cellulose contained in fruits and vegetables is highly conducive to the growth of good bacteria in the human body. It also improves the gastrointestinal flora and has health promoting effects. A vegetable-rich diet



**Dr. Yu Cheng-Chan, Director of the Dept. of General Surgery, Taichung Tzu Chi Hospital, who has been a vegetarian for over 30 years, is always full of energy and vitality and highly focused.**

is the best anti-cancer drug because it cuts off the nutrient supply for cancer cells and strengthens the human immune system.

Director Yu further points out that many people voice the concern that vegetarian diets could result in a lack of physical strength since they are meat free. As a surgeon he acknowledges that operations performed in a standing position represent his daily routine. However, he has never experienced a lack of physical strength or concentration over the past 30+ years since he became a vegetarian. On the contrary, he is even more focused now.

In the past, it was generally believed that the gastrointestinal tract is only responsible for the digestion process, but this view is now obsolete. The latest medical research findings indicate that this tract features numerous nervous systems. It is therefore also known as the “Second Brain of the Body”. The gastrointestinal tract is also highly relevant for the metabolic and immune systems.

He explains that the gastrointestinal tract is the organ system which has most intensive interactions with the outside world. The surface area of this tract is roughly equivalent to that of a soccer field. Medical research shows that the selection of the right

ingredients can reinforce the treatment of numerous diseases. Weight loss results and curing of symptoms can be achieved through diets high in vegetables and fruits. Unhealthy diets, on the other hand, have a devastating impact on the human body. This clearly shows that dietary habits are of paramount importance.

