Morning everybody today's webinar is fight with food how can you reduce your risk for cancer my name is Christy Goff I'm a registered dietitian with Pacific Medical Center thanks so much for joining me throughout the presentation if you have questions you can use the chat bar or the question answer Tab and we will get to those as well still be a couple pulling questions so feel free to participate in the month if you would like so I know a lot of you probably know of someone personally that's been affected by cancer today we're really going to focus on some of the research around prevention the not going into different treatment options are different things to eat while undergoing cancer treatment but if you have any specific questions about that I can make sure I give you guys some resources in your follow-up email I'm with Pacific Medical Center with a team called the Living Well Alliance I have an intern with me today Diego and he's going to be offering us some information on one of the slides as we get there so you'll hear from him in a little bit are learning objectives when I want to make sure you guys get out of today's presentation is going over slightly what is cancer a really brief introduction and then we'll spend most of our time on factors that affect cancer risk and then we'll end with some tips for common types of cancer around screening and where are we most likely to get these cancers let's start by learning what is cancer of cancer is a term used to describe a group of more than a hundred multifactorial diseases in which we have abnormal cells reproduce in an uncontrolled manner so normally we have some checks and balances with ourselves where if something is damaged or something doesn't look right your body will actually signal to have that sell explode or get rid of essentially but you can see in the slide that with cancer there's some kind of uncontrolled cell growth think of a baby they have to Triple their size in the first year of life so they're experiencing a lot of Rapid cell growth however once we get to are adult cells were not growing anymore so a lot of that cell reproduction closed down so this would be kind of what you would say maybe if we were developing something but it's uncontrolled there's no stops and they slightly change in their function so if it's breast cancer cell after a cancer it could be traveling other places and it could be a lot less defined to stay in that region there's a lot more information website below around cancer.gov that's one of the better sites to get your cancer information they're very research base the most cancers form a solid core with the exception of blood cancers that start with the little bit different these are two terms you might have heard malignant means that spreading throughout the body this usually equates to cancer itself and then you might have someone get a benign tumor which means there's some uncontrolled growth but it's staying local and it's easy to remove so things like some lesions on your skin could be a benign cancer cell and they might be able to remove that without undergoing extreme cancer treatment so malignant not as good of outcomes because it does spread throughout the body attacking other organs that might not normally have that interaction with them let's see what some of the samples are we name a cancer based on where the cell originates so breast cancer is with our breast cancer cells even if they travel somewhere else when they actually are forming that tumor or that you need to remove that organs of a sink there are a couple of things that we looked at so the eyes of cancer stems from something going ask you in the jeans however we know a from a lot of research that environment and lifestyle also play a big factor so we'll look at today risk factors which means anything that increases a person's chance for developing cancer will also look at protective factors so anything that decreases a person's chance for developing busy so they go hand-in-hand and not together is our prevention so there are a couple things that we know are lifestyle factors that can relate to an increase cancer risk I'm going to start with a cool with you guys what items and you can choose one that you think but there are four that are true which risk factors are are considered to increase your cancer risk using alcohol artificial sweetener breast implant cellular phone the type of fat in their diet fluoride lack of physical activity smoking or are or tanning so choose whichever answer that you believe has some scientific research behind it might have heard a little about all of these at some point I want to make it clear that we don't exactly know why one person develop cancer over another so I never want to feel like you're being blamed if you've had cancer before a loved one has cancer because again it's a more complex picture then just doing one action overtime and getting cancer because the same person that's in your family might be doing the exact same thing and not get cancer so it's still a little unknown how all of your genetics and lifestyle factors work together so good a lot of you are choosing smoking there some that are choosing artificial sweeteners or fat in the diet going to close that pole thanks for participating let me show you some of the rainbow tell if we look at the answers we do have some evidence that alcohol is related to cancer risk as well as smoking with most of you got tanning and lack of physical activity so if you go to the cancer. Gov site like I just mentioned they have a whole host of risk factors that you can look more deeply into there is some unique statistic that come from the risk factors so you'll see I put some percentages next to some of the risk factors so for example when you look at the alcohol consumption alcohol can be attributed to 5.6% of all cancer so that cause right it also 4% alcohol can be attributed to cancer so they kind of pull out some of their research what that person is doing and put a percentage based on risk I want you to turn your attention to that bottom one that's a backhoe 19% of all cancers can be attributed back to tobacco use 29% of all cancer deaths are also attributed to tobacco use so that one will definitely go over today at the most connected as far as a lifestyle Factor the will go over a couple of these risk factors today and give you some information about what again the research is saying what you can do to prevent yourself but again risk factor doesn't need cause so there might be certain things that you are already doing that could be a protective factor and there's other things that may be willing you may be willing to to I guess utiliser have that risk in order to be able to for example drink alcohol or do some of these other thing says about that kind of balancing out of what can we do to protect ourselves and what can we get rid of that might not be helpful for a cancer risk so yes all types of alcohol can increase the risk for various types of cancer I put some of the common ones that it's linked to so for example liver cancer is associated with alcohol use as you might have expected but also Colo rectal cancer and breast cancer these are higher on the list and when we look at breast cancer research the reoccurrence of breast cancer occurs more greatly if someone is consuming a lot of alcohol so the Cancer Society in the last couple years now put the safe levels as none this is the most stringent of all of the recommendations around alcohol you'll notice that in the heart recommendations and some of the other National organizations they will still give you some guidelines around one drink per day for women and two standard drinks a day for men so again if this is something that we can start to wean off of or at least get to these mild recommend things that can be beneficial if you're worried about cancer reoccurrence you might be more stringent about your alcohol use they think this is because again there is some toxic chemicals that come from our alcohol and definitely something we don't want in her body for very long so it can cause some cell damage as it being processed especially through the liver which is why you see that hire increase of cancer in the liver let me know if you guys have any questions about the different types of alcohol is surprisingly we know that when we talked about the standard recommendation for beer we are saying it's around 5% alcohol lower the craft beer that we're seeing out there that are upwards of 7/8 even 10% would more count like to beverages or that person says about the alcohol percentage rather than the amount that we're drinking so I'm going to go back I had a question about the percentage here so it's 17% of all colorectal cases can be attributed back to alcohol use so that means that people aren't that are getting diagnosed with this type of cancer 17% of them have use alcohol regularly in their life I would have to get on specifics of how much alcohol there are doing but again they are just looking kind of in general if people are using alcohol and how these cancers already so hopefully that explains it and same with the breast cancer 6.4% of people that have breast cancer at can be pinned back to alcohol use and again it's hard to get that percentage and cheese out all the lifestyle factors so these are all just kind of estimates and averages the next big one on alessa's physical activity there's strong evidence that physical activity is associated with a reduced risk for cancer especially of colon cancer and breast cancer we know that several studies also reported link between physical activity and a reduced risk for prostate cancer lung cancer and endometrial which is the lining of the uterus cancer so there's other benefits the physical activity as well including helping us control our weight maintaining healthy bones and Joint reducing the risk of developing high blood pressure and diabetes and heart disease and the risk for premature death so again cancer is kind of lumps in there as a point for healthy lifestyle these are the recommendations currently for exercise me when I get a minimum of 150 minutes of moderate aerobic exercise at a week so that could be around 30 minutes a day for 5 days a week it could be higher intensity for Less minutes because it's again about how you feel faster getting your heart rate up essentially we all know that some of you might be to reading the winter months because our gyms are closed and there's not much motivation for exercise if you have any recommendation of what you do to stay active in the winter put those in the chat bar the question is her Tylenol make sure you guys hear those responses we can try to motivate each other we go through so we probably know that smoking smoking damages nearly every organ in our body and its link to 10 different cancer specifically we also know that accounts were somewhat around 30% of all cancer deaths like we saw in the beginning there it cost billions of dollars each year as well just from something that we are picking up as kind of doctor he have it right we know that lung cancer is a leading cause of cancer deaths among both men and women and a lot of that is treatable or preventable from not smoking essentially you can see some of the other organs that are affected by the cigarette smoke or your mouth throat is stopping gel Cancer all of them kind of hitting where the smoke won't damage surprisingly there is a really high chance of bladder cancer for people that are regular smoker so about 50% of all bladder cancers can be attributed back to smoke this one's an unusual cancer to get if you're not a smoker so it's very low percentage where is on there are some other chances you could get lung cancer from other lifestyle factors so just throwing that out there we also want to be concerned with second-hand smoke this is mostly those people that are smoking indoors but we never that that can also lead to certain types of cancer if someone is regularly exposed to secondhand smoke there's a lot of chemicals still in there as well so as you can imagine there's no safe level of smoking obviously the more that you quit that every year you get less and less of risk for developing lung cancer for example also you can regenerate some of the cells that are damaged after quitting smoking or getting away from secondhand smoke for so to speak so just a pod we have people doing some yoga are indoor cycling strength training with bands are getting some of those stretchy bands the weather always look the worse from the window I like that so trying to go outside and actually seeing if the rain is bearable or the coldest terrible getting some lights and repeat another suggestion from the group I love that it's getting dark but that doesn't mean we can't go outside still one question around secondhand smoke says there's if you were exposed to secondhand smoke a lot as a child but not as much as an adult does that affect your chances it could but when when we look at the data it really does your body does regenerate so if you haven't had any problems at this point there could be a chance that that could affect your cancer risk going forward but we wouldn't be as much concern that percentage of risk will decrease from every year that you're not exposed that Feeder first hand smoke or secondhand smoke good question I don't think for participating in some of that we're breathing through these so that we can get through in the half an hour but again you can read more in your follow-up email I'll pull out of resources there for you another risk factor for cancer is excess body weight so this is usually defined with that body mass index greater than 3 this is likely because we know that fat tissue tends to produce more hormones particularly excess amounts of estrogen which is why it's Associated so closely with breast cancer and your material and some other hormonal cancer so this one is interesting because the good news is we is just an outcome of a lot of our lifestyle factors that were just talking about some getting good nutrition and regular exercise is all your protective factors so even if you are a BMI over 30 and you're doing these healthy lifestyle factors that make counteracts risk that you get from an excess body weight so I just want to make sure that's clear that it's this outcome of Lifestyle factors as opposed to exactly everyone that has excess body weight is at higher risk for example so again focus on changing habits and not so much the numbers on the scale but the habits are really going to be important for reducing some of your risk I have another pulling question for you as we go through these so the biggest category around cancer prevention in my world is nutrition cuz I'm a dietitian right so we'll spend a little bit of time on some of the research around nutrition and cancer prevention so if you think about types of fat that was one of our risk factors at the beginning and it's not necessarily about needing less fat but it's about the types of fat that were eating so have you guys heard about unsaturated fat versus saturated fat maybe some of you have in the media so saturated fat is a diet lower in saturated fat is more protective against cancer than a diet high in saturated fat saturated fat can come from animal products that can come from dairy products some fried food that sort of thing where the unsaturated fats are more of the liquid fast and those are better associated with heart health but also less cancer risk so there is sound research around omega-3 fatty acids specifically this is an unsaturated fat that they can reduce cancer risk as well so more research on benefiting brain health and a little bit more and heart house but cancer research and definitely finding that knows a mega threes are really helpful for lowering overall inflammation in the body so your turn can eating fiber prevent cancer let me pull up the pool in question here what bear with me open Paul so this is that true or false can eating fiber help prevent cancer oh there is a question about how much of a decrease the risk of cancer if you stop smoking after smoking for about 30 years on let me pull up some statistics on that I don't know them off the top of my head but I know it's significantly drops once you have at least 10 years off from smoking it question alright close in the pool looks like you mostly all got it right here so it is true eating fiber is one of those things that we keep going back to in the cancer research solo by dietary fiber is linked to about 10% of all the causes of cold so this one world see a lot when we look at specific Foods if it has a good fiber content is usually showing a reduced risk for specifically: cancer but also a couple other cancers so we'll go more into that in the next line and then what do you think will eating more fruits and vegetables lower cancer you can put this answer in the chat bar I didn't make a pulling one for this and dietary fibers include a wide variety of plant carbohydrates that are not digestible by humans so when we look a little bit closer there's two types of fiber one is soluble fiber and one is insoluble fiber and they both are helpful for reducing your cancer risk because when you look at Kohl's colorectal cancer a lot of it is as development of inflamed polyps in your intestine so fiber kind of help clean those out and make them basically not able to worm yes fruit and vegetable lots of your thing yes I mean fruits and vegetables help with everything right one question around fiber supplements are they as effective as food yes order the colon cancer prevention we're finding that those fiber supplements so aren't as great at getting the good diversity in our microbiome so all of those little bacteria in our body they're going to eat various types of fiber from food we find that if you're doing like a fiber supplement or Fiber One bar or Metamucil you'll still get the benefits of like cleaning out the colon and preventing for the colon cancer and diverticulitis for not finding as much of the bacterial diversity that we get normally from fiber so that was just an interesting study done like a year or two ago so it'll be interesting to see if they've made any progress on that too but yes it's good for cancer prevention all right will eating more fruits and vegetables lower cancer risk yes again they look at the opposite is linked to oral cancer lung Cancers and many many more will find exactly about what's in their vegetables that are helping so much with cancer prevention so frozen vegetables just as good as fresh as I had a question around that so definitely you'll still get the same amount of phytochemicals and antioxidants a lot of times in those frozen canned are a little bit more process they are adding maybe some salt and sugar in there so again user your best judgment to see if that's going to be healthy for you but the vegetables themselves are for sure all right I'm turning the presentation over to Diego he's going to look at the sugar feed cancer another question that we get play we're going so I'm going to start with another for question does sugar feed cancer see what everybody thinks Earth and closing the Poltergeist 3 the result like about 3 2/3 of you said true and another 30% false so actually sugar does not feed cancer cells first actually before all other cells so sugar feeds all cells at the same time regardless if it's cancer cells or just write themselves there's no scientific data consumption of sugar and if that leads to increase of cancer cells so there's still a lot more research to be done so we can say that that statement is true but at the moment is actually it's not at the moment is refined sugar can increase body weight increases the risk for other diseases like Lyme disease diabetes Cancers and other diseases if you're interested in more about that follow up email so that leaves as to what are we eat we know that fruits and vegetables are good for us we know that fiber is good for us but what am I fruits and vegetables that are making us a little more protected against cancer I'm one of the things if you have heard of eat the rainbow it's because of all these colors are actually different phytochemicals that have some effect on her body they're not giving us calories they're not giving us those essential nutrients that we need but they're giving us something additional that they give to plants to protect them either against the Sun or past or anything that they're exposed to so for example we see that there are more than a thousand phytochemicals that are discovered so far some of the common ones are beta carotene lycopene that we find in tomatoes isoflavones that are from soy and then luton's which are really great for Eye Health that are found in a lot of our fruits and vegetables so it's not to say that there is one specific food that are is going to prevent you from cancer but there's definitely a way of eating that's going to enhance that protection Factor there's a healthy eating plate with his from Harbor and that's taking the traditional my plate and putting a little bit more emphasis on your water whole grains a healthier protein so lower in saturated fat and then a lot of fruits and vegetables on every plate we taught a diabetes class last night we say the same thing for them right we should always eating in this manner depend either with a chronic condition or went out to kind of add to that prevention P they also add on this is healthy oil which I really like because it's focusing on of those unsaturated fats like olive oil and canola oil on that the Mediterranean regions do so maybe you've heard of me talk about those Mediterranean diets and how they're basically eating like this and there are a lot lower incidence of cancers in those countries in the Mediterranean region because of their lifestyle and their food choices finally we always here like all can I just take a multivitamin for all of these nutrients because it's hard to get buy vegetables in every single day that can be supporting some of those essential nutrient but again we recommend that they're not going to take the place of food so we don't get the phytochemicals in our vitamins most of the time and even if we do they're not that well regulated by our FDA so it's more of like they can put whatever they want in them without it having unknown a consequence a lot of these things fruits and vegetables work synergistically so they need the fiber they need the vitamins they need the calories to process some of these phytochemicals and antioxidant so usually I say no it doesn't multivitamin can't take the place of it but I can support you if you feel like you're missing a certain nutrient I know a lot of people individually for example calcium or vitamin D since those are harder to keep up with occasionally let's continue on I see some questions there I'm going to just make sure I get to them by the end of the presentation when person is asking about iron supplements that can cause constipation should there be a concern regarding: cancer so there's are different types of iron supplements that can assist with relieving some of that constipation on let me put that in your follow-up email because it's blinking on which is the one that causes less constipation it's usually long-term results for cancer right it's not going to be one day of doing something or one week of having constipation but if it's a chronic problem we do want to address that because we want to make sure things are exiting the body and not kind of staying in too long so I wouldn't say that this early if it's a problem but maybe we can find a different way to help you manage that constipation with regards to the sugar is there a difference between consuming natural sugars vs. processed sugar not necessarily when it comes to cancer cells are going to be thriving on those individual sugar molecules to make sure they're fed and happy so both the healthy cells and the not so healthy cells once you have cancer are going to be eating out but that's not to say you need to take out all sugar because what we bind and people going undergoing cancer treatment is that they typically get some taste changes and lose weight so you want to support the healthy cells as the unhealthy cells so there's not much research about taking out sugar or going on a keto diet if you have cancer on a lot of oncology dietitian will just make sure that you're not getting malnourished that's first and foremost and then supporting a diet with as much of these natural fruits and vegetables as you can manage sometimes. regular good questions okay I'll read a couple of those more at the end one of my favorite websites for looking up information around cancer is the American Institute for cancer research I put the link down below they have this whole plethora of information around certain food and lifestyle factors that can help you get assisted L7 newsletter that is really great and they make a lot of great handouts what some of you will get in your follow-up email so this is just a first-time list of what they're saying is foods that fight cancer most of them are because again they have some fiber in them so that comes up over and over again and others have a certain phytochemical is there an antioxidant that might be beneficial for cancer for example broccoli and cruciferous vegetables like kale cauliflower cabbage have a detoxing in your liver so they basically help you get rid of things that you know that aren't really serving you that you need to get out so that can be really important for cancer when you're trying to get toxins out of the body and it's not like a cleanse where you have to drink certain food but who is themselves are providing you those minerals to enable this natural detoxification process in the body the two I wanted to point out and I definitely will get to coffee because I was asking about that but blueberries have a lot of research on their antioxidant capability there in lower sugar and they're rich in these compounds that I'm calling the plant compounds phytochemical which they have a link to reducing your risk for cancer now again with actual research studies in the actual website this is kind of just the headlines for it they give you tips about how much you should be eating they give you recipes and other reading material each of these food items so definitely check that out if that interests you for example several studies found that eating blueberries increases your antioxidant activity in the blood as well as showing potential to prevent the DNA damage that's like cellular damage right at the core studies are limited but and results vary so much more research is needed to see that on a lot of them as well I got so many questions about soy intake with breast cancer soy foods do contain a spinal chemical called isoflavones These are phytoestrogens which means they mimic estrogen in a weaker way than actual estrogen and because we know that high levels of estrogen linked to certain breast cancer there was fear that eating a lot of these isoflavones may increase the risk however they are showing that there is a difference between our whole food forms of soy thing tofu soy beans soy milk edamame are all like in their natural form right we haven't process them out and these are finding that they actually lower your risk of breast cancer because of this phytoestrogen effect so again most colleges are now paying people to eat soy even with breast cancer now again we don't want to go crazy and eat like soy every single meal for every single day but we do find that it's actually a protective risk for things that are hormonal a face like you're hot flashes and menopause some there's some research on that and then also for breast cancer to they looked at studies of folks that eat these kind of soy products all through their life and they actually have a lot lower risk for breast cancer when people that aren't eating soy now when when we look at those really specific soy protein that they take out to put in like all of ours or soy protein powder even some of those fake meat products still have some risk associated with it for cancer now it's not a strong Association and you can read more about like the different type on this website but it is just encouraging you to eat more of that whole form as opposed to the really really process stuff cuz that again has more salt added to it potentially some other types of additives that could go along with the rest as well I noticed someone asked about coffee coffee on there is said there's a tremendous amount of evidence that coffee and cancer risk are either they're inconsistent self some studies are showing that it's helpful for cancer and some are showing that it's not so helpful for cancer the consensus on this website is it is essentially that there are really good antioxidants in coffee but the amount tell if you're drinking one or two cups a day that might be protective if you're drinking it with a lot of sweeteners and sugars and cream that could decrease the effectiveness of that coffee but if you're also eating like 10 cut or drinking 10 cups of coffee a day that could have some negative consequences out of it as its own so caffeine is something that your body still wants to experience in process out as fast as possible so there could be some if there's too much caffeine in someone's that there could be some rest there I'm not sure about collagen supplements and we was asking about that with cancer prevention I can look that up quickly on this website for you in the follow-up but I haven't heard anything today at whether collagen is helpful for cancer specifically usually used in a lot of beauty products for skin help but not necessarily as like an antioxidant or something that's lowering inflammation all right then I have a question about eating organic vs. non-organic fruits and vegetables for cancer risk at this time there's no evidence that eating non-organic causes cancer non-organic produce is fairly well regulated by our Environmental Protection Agency for the amount of pesticides that can be legally on your crop at the store so even though they might use pesticides in the growing process there's a very few that actually get on the food that are in the grocery store and buy washing them just with your hands and water that can also read you some of them as well there's more evidence that most of us just need to eat more fruits and vegetables in general so if you can only afford the non-organic just to get more in your body that's actually going to be a better bet than thinking about the maybe slight slight risk that you get from some of the pesticides on it again I can put a follow-up email on that too there's a great article about how the EPA really looks at the concentration of pesticides in organic vs. non-organic all right so I really encourage you to check that website out it's really interesting to just find different who is and what's going on in the research I know we're a little bit over so I apologize about miss this is my last slide on tips for knowing you're popular types of cancer here so it is breast cancer awareness month that's all of October so there's a big push to do any preventative measures I know we might have waited a little bit longer this year to get some of these tests and mammograms and colonoscopies and things like that because of the pandemic but now we're finding it it's going to be much safer to go into your doctor's office now and it out the the cons outweigh the benefits of getting some of these tests done so there's a lot of precautions now in healthcare facilities to make sure you're not getting exposed to the virus and their safety precautions for all involved basically one of the things to know is that with skin cancer I found that there's a difference of where men and women tend to get skin cancer so I thought I'd share that with you women have a higher incidence on their legs and eat and then have a higher incidence on their back so that could be just exposure right with summer time so definitely make sure you're checking for are regular spot and when skin cancer gets into the body of the called maloma and that can be really dangerous so a lot of topical skin cancers can be removed the really easily so nice to get those checked immediately I am but once it gets into your body at the harder cancer to treat so that is why it's one of the more common ones but a lot of it is prevented breast cancer cervical cancer again these are all have great preventive measures if you're seeing your doctor every year every couple years tops mirrors are now on every 3 to 5 years depending on the last pap smear that you got so whether that was normal or irregular and then colorectal I know we don't talk about it a lot but that's I think they're wearing as much as around March it is the second leading cause of cancer death worldwide and the most preventable so again we talked about fiber here but we also want people to be exercising that can be a great reduction or colorectal cancer as well as not smoking to so you can read more about this I'll put the some extra tips in your email and right now the pacmed page is all dedicated to breast cancer awareness so you can find a lot of information just on our home page right now what is the second most common cancer for men yes I do talk a little bit about I think I put some in my notes here but I will check on what the second most common cancer for men that's a good question any other questions that I can help me with I have a question around vegetables and fruit washing liquids worth using I haven't found them to be 11 in space necessarily so I know a lot of them just have like a little bit of lemon in them or a little vinegar or something like that but they they say that just washing them with water is perfectly fine they don't recommend washing them with soap or anything like that because then you're going to be eating some of those compounds that you're just washing it with so so just water is fine usually and that's what I recommend some people like to get those brushes for potatoes are carrots that maybe a little bit more dirt dirty or have premises and so those are fine to use as well let me just make sure I got all of your questions from earlier you can keep adding them to the chat bar that you want so there's a question about types of fat so we'll go back to that there is some evidence that doing vegetable oils are more unstable for cooking at higher heat and actually can cause more harm than some animal fat good point so there are different cooking methods for different types of oils if you're doing a lot of high-heat cooking I recommend them or processed oil like canola oil has a higher smoke point on the grapeseed oil someone mentioned earlier has a higher smoke point they're pretty comparable to the animal sources of fat so I spill usually recommend me to unsaturated sources if you're going to be cooking a lot what I usually tell people is that but there are some ways that we can just cook at a lower temperature for a little bit longer and still use some of those more delicate unsaturated fats so it's I have a great chart that I'll send you about all that the temperatures of cooking and Pregnant stop the difference between some of these vegetable ones versus animal one good questions so fish oil vs. flaxseed oil benefits of fish oil is going to be a direct source of EPA and DHA which are they Active Components in omega-3 fatty acid when we think of flax seeds and chia seeds and hemp seed these are all in a form called alpha lipoic acid ala and they do you have to be converted into the active form the EPA and DHA in order to actually do something in the body so I if you are not vegetarian I usually recommend fish oil as they are safest bet black seed oil can have other benefits around those isoflavones that I talked about it with the estrogen affect but more so for cancer and heart health ICU the fish oil being recommended okay I'm just checking to see if I got all of your question thanks for asking all of them is either great just using water or veggie broth or something you need to cook sometimes you can mix oil together if they're forgotten beginning of that when cooking you can just use water or vegetable broth that's a good suggestion yeah specially if you're like keep adding oil I find that a lot with certain things that just suck up the liquid is so trying to add just a little bit of water and help eczema and cook it a little bit faster for the Browning effects you do you usually want to use some kind of oil but oil can oxidize at high temperatures I forgot to mention when I was answering that last question again there is some evidence that doing a lot of burnt or eating a lot of burnt oil or the charter part of a grill can be a risk for cancer so cooking meat in some kind of oil can protect that or just at a lower temperature let me put my email on the screen here you'll get a follow-up email from me so you'll have that but feel free if you have more questions after today to just shoot me an email and I have a plethora of resources for you to review so I'll just add a bunch of them to that follow up email and you can freeze what looks interesting for you but just know that 50% of most cancers can be preventable so cancer is a scary word for a lot of us and it seems like we're not in control when we get and that we love gets cancer but know that there is a lot we can do just for a healthy life and if we are healthier going into cancer treatment that's better for our odds as well so even if it doesn't necessarily prevent cancer altogether they can help me out come of that cancer so get checked early eat healthy and I hope you guys have a great rest of your afternoon