



Health Hint article by David Coory

David Coory is the author of the nutrition book "Stay Healthy by Supplying What's Lacking in Your Diet" and Executive Director of Zealand Publishing House and Health House.

Protect yourself against melanoma with Sunshine, Vitamin D and Omega 3

The idea that sunshine is harmful, and sunscreen is necessary to protect against melanoma cancer, is a widespread myth.

Sunscreen in fact promotes cancer, by blocking your skin's absorption of ultraviolet rays from the sun, which is virtually your body's only source of Vitamin D.

Vitamin D is a great protector against cancer. Canadian cancer researcher Dr. E. Giovannucci has challenged anyone to find anything that has more consistent anti-cancer benefits than Vitamin D. In one study, the number of people who reduced their risk of cancer by taking a Vitamin D supplement was so high, at 60 percent, that the figure was at first believed to be a typo error. Vitamin D is now the world's most commonly deficient vitamin.

It's obvious to most people, that unlike other kinds of skin cancer, melanoma seldom occurs in areas of the body subject to sunburn. The incidence of melanoma in Australia is lower among surf lifesavers, than office workers.

Research has also shown that people who have high sun exposure, prior to contracting melanoma, have a much better survival rate than those with limited sun exposure.

Research also found that men with high exposure to sunshine, had half the risk of prostate cancer.

Sunburn, should of course be avoided.

But if sun is not the main cause of melanoma, what is? The answer is, excess omega 6 oils (margarine and vegetable oils) and not enough omega 3 (fish and flaxseed oils).

To quote from the "Cancer Research" journal: "Epidemiological, experimental, and mechanistic data implicate omega-6 fat as stimulators and long-chain omega-3 fats as inhibitors of development and progression of a range of human cancers, including melanoma."

One Australian study revealed a 40% reduction in melanoma for those who regularly ate omega- 3 rich fish.

Call free on **0800 140 141** or

visit www.healthhouse.co.nz

