

[IMAGE]

Can You Stomach That Much Salt?

Although the number of deaths caused by stomach cancer has dropped dramatically over the past decade, it's still one of the leading forms of cancer fatalities worldwide. According to recent data, the disease accounted for an estimated 776,000 deaths in 1996. One factor that may contribute to stomach cancer is salt, which can lead to a precancerous condition called atrophic gastritis. In this study, researchers evaluated the impact of salt intake in more than 39,000 middle-aged Japanese men and women over an 11-year period. High salt intake was linked with an increased incidence of stomach cancer in both men and women. Men who consumed the most salt had twice the risk of developing stomach cancer compared to those who ate the least salt; the risk was less in woman, but still significant. To reduce your risk of stomach cancer, avoid foods naturally high in salt, along with foods processed using high amounts of sodium. Your doctor of chiropractic can help coordinate a comprehensive wellness plan that includes plenty of nutritious foods and limits those with high sodium content.

Reference:

Tsugane S, Sasazuki S, Kobayashi M, et al. Salt and salted food intake and subsequent risk of gastric cancer among middle-aged Japanese men and women. *British Journal of Cancer* 2004;90, pp128-134.

Want to know more about nutrition? Visit www.chiroweb.com/find/tellmeabout/nutrition for information on vitamins, minerals, herbal supplements and foods key to staying fit and healthy.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=194&no_paginate=true&no_b=true