

Want to reduce cancer risk? Go for organic diet

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The reduced risk may be because those who eat organic are not exposed to the chemical pesticides and medicines generally used to treat regular fruit, vegetables, meat and fish, the study suggested

Eating organic food could cut the risk of cancer, a new study has found.

Non-Hodgkin's lymphoma and breast cancer rates were lower among those who more frequently eschewed conventional food, according to researchers from the Centre of Research in Epidemiology and Statistics in Paris, who examined data from nearly 70,000 French adults.

The reduced risk may be because those who eat organic are not exposed to the chemical pesticides which are used to treat regular fruit, veg, meat and fish, they suggested.

"Because of their lower exposure to pesticide residues, it can be hypothesised that high organic food consumers may have a lower risk of developing cancer," said lead author Julia Baudry. "If the findings are confirmed, promoting organic food con-

sumption in the general population could be a promising preventive strategy against cancer." But Dr Baudry admitted that such a diet appeared to have no effect on the risk of contracting bowel or prostate cancer.

The finding — published in the JAMA Internal Medicine journal — comes amid rising concern about the health risks of pesticides.

In August American groundsman DeWayne Johnson, was awarded \$250m (£195m) in compensation after a jury found his terminal cancer was probably caused by frequent use of Roundup weed killer.

The new researchers followed 68,946 participants from 2009 to 2016, asking them to report if they got cancer. After factoring in other known causes of cancer they found that those who ate organic were 25% less likely to get the illness. THE INDEPENDENT

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