

The case of pandemic cancer in Kenya: a preventive and corrective measure model

Cancer is a global pandemic. According to the World Health Organization (WHO) the number of new cases will rise by about 70% over the next two decades yet this can be prevented. In Kenya, cancer is now rated third among causes of death according to the 2014 Economic Survey. Our changed local dietary habits are to blame for the rising death toll in our part of the world due to increasing and unwarranted consumption of rabble-raising foods and less and less tendencies towards vegan-cum-vegetarian inclusions in our daily food consumption. The potential cancer victims are eating their way to the sure infected end-points whereas the fewer and fewer non-prone cancer people are eating their way into cancer free lives. This study presents a preventive and corrective measure model as a superior remedy to our current health disaster attributed to cancer. It presents a dietary formula that minimizes inflammation, insulin resistance and oxidative stress as well as improved immunity. It also suggests a trend that reduces dietary habits which have been specifically linked to modifiable risk factors to cancer occurrence. For the cancer patient it recommends a release of suffering and contributes to improved quality of life eventually impacting positively against cancer recurrence and progression through consumption of a novel dietary inclusion and habit. The model delivers both through preventive and corrective measures.