

mariebrouchet@gmail.com

Brussels, 10 January 2011

Dear Madams, Sirs,

It is with great pleasure that I send you my Kanker Barak project proposal.

Thank you in advance for your attention and interest.

If you are willing to support the organization of a Kanker Barak Pilot Atelier in your country, please contact me. Meanwhile, I remain at your disposal to answer any questions you may have or to provide additional information.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Brouchet', with a large, stylized initial 'B' and a horizontal line underneath.

Marie Hus-Brouchet

*“Is cancer an enemy to be destroyed
or a friend to be starved?”*



© Walter Hus

This project was thought up by a woman during her personal daily experience of combating breast cancer.

It addresses other women who have survived breast cancer and other cancer survivors in general.

This project equally touches people who are unaffected, but who want to try and prevent the occurrence of certain types of cancer.

It also touches close family, parents and friends.

The territory it addresses is secondary prevention, and concerns those who are in treatment or those whose treatment is behind them but who want to improve their prognosis through a targeted nutrition with protecting effects, in the context of scientific research conducted in laboratories around the world.

It will acquaint itself with the conclusive evidence of research conducted by renowned scientists for more than 30 years and try to put the benefits of these findings into practice in everyday cooking, in a simple and inexpensive, enjoyable, and tasty form...

I – Project – Kanker Barak

1 – Pilot Atelier on the creation of anti-cancer cuisine, a “space for expression” and a cancer support group.

- Adapting the results of scientific research into anti-cancer nutrients conducted in laboratories towards day-to-day use of these nutrients.
- Questioning one’s personal eating habits within a “space for expression” and cancer support group.
- Studying anti-cancer cooking gestures in the context of a targeted nutrition with protecting effects, within a balanced and varied diet.
- Discovering a new and pleasurable way to eat differently.
- Creating new dishes and eventually publishing handy recipe cards, the proceeds of which will go to the Cancer Foundation so that cancer survivors will once again feel useful to others.

In the context of the Atelier, the focus will be on developing protecting choices and gestures, and tracking down harmful choices and gestures.

Sometimes it’s hard to change one’s eating habits, despite the desire to change the terrain, the fertile ground, in which the seeds of cancer first germinated.

2 – Differential questioning

Attempting to understand which mechanisms result in 1 woman in 8 being a victim of breast cancer in America and Europe, while in Japan only 1 woman in 80 is touched by this disease, in the knowledge that genetic factors play no determining role.

Studying the behavioral differential between American/European and Japanese eating habit reflexes, as well as the eating habit reflexes in America/Europe, Crete and Pakistan – Crete being the least touched by cancer and Pakistan being the most touched.

3 – Statistics from the Pilot Atelier and its “Ateliers”

Over a period of 5 years and in collaboration with the Université Libre de Bruxelles (ULB) and/or the Vrij Universiteit Brussel (VUB) in Brussels, the project will collect statistics (x.000 people over 5 years) that can point both patients and researchers in new directions.

These statistics will unquestionably be a tool of the first order in a strategy for primary cancer prevention, which is to say, targeting people who are not already affected by this disease.

4 – Ideal location for the Pilot Atelier

A hospital or institution specialized in cancerology, with a resident team of doctors and researchers, and in collaboration with external researchers, is the ideal location for the Pilot Atelier.

II – Operational framework

- A reminder to participants by a dietician of the recommendations on primary cancer prevention made by WHO (World Health Organization) in its latest report.

- Use of the book *“Foods That Fight Cancer: Preventing Cancer Through Diet”* - Editions Robert Laffont - by the Canadian researchers, Drs Richard Béliveau and Denis Gingras. This book is based on their research relating to foods that protect and inhibit the growth of cancer cells and cells derived from tumors. This laboratory research studied the effects of certain nutrients when injected into the solid tumors of mice.

- Use of the book *“Cuisine Anti-Cancer - Prévenir par une alimentation adaptée - 237 recettes”* - Editions ESI - by Dr Chantal Tse, biologist pharmacist (Doctor of Pharmacy and Doctor of Science), specialized in cancer biology and in breast and digestive tract cancer – Hôpital Tenon, Paris.

- The presence of a psychologist throughout the Atelier.

- The presence of a dietician at the Atelier.

III – Purpose of the Atelier

- To encourage the participants to adopt an active attitude in their fight against cancer, instead of remaining isolated and bewildered in their suffering. The Atelier will be a space for expression, where participants can question themselves about their personal eating habits, but this will also be an interactive Atelier, where participants can suggest new recipes and anti-cancer cooking gestures.

- Ensure that the recommendations made by WHO concerning primary cancer prevention are known and understood by all participants.

- A space for learning and integrating anti-cancer gestures, with nutrition as the “guiding thread”.

- The creation of “memo” sheets for daily use.

IV – Need for the Atelier

Classic dieticians, having no specific advice available to give their patients on secondary prevention, find themselves disarmed and can only offer advice on primary prevention, advice destined for a general population not touched by the disease.

But, specific nutritional advice is necessary.

Just as important as nutrition, is an environment of understanding and cancer support that can bring great comfort in face of the disease, the fear of relapse, and the fear of death.

Relapse is often violent, because, for example in the case of breast cancer, it usually manifests itself in the liver, brain, bones and lungs.

Some observant nurses say that after a long and very heavy period of cancer treatment, many patients presumed cured, feel abandoned when this period of caring attention by kind nursing staff comes to an end.

This Atelier would act as an additional “wellbeing” support and a precious buffer zone between the safe world of the hospital and the outside world.

V – Absence of WHO instructions

WHO offers no instructions to those who already have cancer.

At the heart of a traumatic situation, this deficiency opens the way for hidden, irrational and mistaken practices that the patient is ashamed to confess to their doctor.

For example, circulating around the corridors of cancer treatment centers are the secrets of and addresses for obtaining the famous “Kampo” (the cold sweat of frogs, collected with a stick from a poor frog that has been given the fright of its life), or shark cartilage and other para-anxieties such as bloody chicken claws to place around the bed.

The first victims are often the parents of sick children, who are prepared to mortgage their house for a miracle cure.

To ignore this deficiency would be cruel.

VI – Urgency of the Atelier

Cancer is classified as a chronic disease.

Relapse usually occurs during the first three years following the appearance of cancer and its treatment. Once these decisive three years have passed, the specter of relapse tends to recede. The “first gestures” set the tempo and the dynamic of this long struggle.

Following cancer diagnosis and the physical and emotional trauma, the ritual of food – often passed down from mother to daughter – is brutally transformed into a source of failure and anxiety. The medical world agrees that changing one’s eating habits is the first reflex dictated by survival.

In the case of breast cancer, hit by the violence of the cancer, swept along in a program of treatment, mutilated by surgery, emptied by chemotherapy, burnt by radiation, castrated by hormone therapy, saved at half-time by Herceptin, betrayed in her role as nurturing mother, split in her self-image, the woman must urgently rebuild herself and in her suffering, she must somehow create a nutritional survival strategy.

Despondency, loss of confidence in oneself and others, a sense of guilt for having cancer, often go hand in hand with anger, linked to a sense of injustice and powerlessness.

Therefore, the challenge of changing one’s eating habits under these urgent circumstances is an act of pure heroism, or simple impossibility.

VII - Reality

The Canadian researchers, Drs Richard Béliveau and Denis Gingras have shown through laboratory experiments conducted on animals, that certain foods may prevent the reoccurrence of cancer and even help to cure it once it has declared itself, by the intake of protecting nutrients.

Dr. Chantal Tse, along with other renowned scientists, agrees and writes that protecting oneself against cancer through food is a reality today.

VIII - Anti-cancer cuisine: targeted nutrients

Here I want to return to the logic of my opening maxim:

“Is cancer an enemy to be destroyed or a friend to be starved?”

Cancer:	intelligent and adapts itself like a weed
Enemy:	mortal
Destroy:	surgery, chemotherapy, radiotherapy
Friend:	attentive
Starvation:	knowing what nourishes it: hormone therapy,

starvation...

Anti-cancer cuisine: the meaning of the Atelier will be to starve the cancer by giving it a hostile terrain, through one's new eating habits, moral support and renewed physical activity.

IX - Atelier code

The objective of Kanker Barak is obviously not to play sorcerer's apprentice, nor to replace one illusion with another.

It is not a question of replacing the illusion of immortality, shattered by the diagnosis of cancer, by the illusion that food will save you.

It is a question of trying to intervene, with others, on one's prognosis of relapse in the context of nutrients tested in the laboratory.

Each person is unique. Each cancer is unique.

A psychologist will supervise the Atelier, so that the Atelier will be able to support the subjects of cancer and death.

X - Atelier vocabulary

Scientists have established different degrees of links between nutrition and cancer and the vocabulary of the Atelier will be as follows:

“Convincing” or “probable”: for scientific certainty;

“Limited but suggestive”: for strong hypotheses;

“Limited and inconclusive”: without conclusive proof.

XI - Certainty

One thing can be certain: the secondary benefits of the Atelier will be important for the participants, because in addition to the moral support offered by the group, the objective is to move away from bad calories and towards increasing vitamins, whilst maintaining regular physical exercise.

This Atelier is about the “wellbeing” of each person.

XII - Forecast by the International Agency for Research on Cancer for 2030

The doctors Richard Doll and Richard Peto, who in 1981, were the first to establish a link between food and cancer, estimated that 35% of deaths from cancer were caused by dietary factors.

The International Agency for Research on Cancer (IARC) predicts that by 2030, the global incidence of cancer will increase by between 20 and 25 million cases per year. This figure is simply terrifying.

One in eight women fight the battle against breast cancer.

One in four people fight the battle against cancer.

Thank you for your kind attention.



Marie Hus-Brouchet

Bibliography: Doctors: R. Doll, R. Peto, R. Béliveau, D. Gingras, C. Tse.

Planned annexes:

- Summary of the essential points from the book by Drs. Béliveau and Gingras and the book by Dr. Chantal Tse
- Correction of the summary by the responsible dietician
- Creation of information cards about “anti-cancer” cooking techniques
- A timeframe for the Pilot Atelier

Acknowledgements

I would like to thank Walter and our children, our family, Madame Ginette Brouchet, all our friends, the Bordet Institute team, “Les Amis de l’Institut Bordet” and also the conference “Cancer and Nutrition” held at the Bordet Institute in November 2009.