**Processed meat causes cancer and is very bad for asthma**

Eating processed meat might make asthma symptoms worse, say researchers.

Consuming more than four portions a week is a risk, suggests the study of nearly 1,000 French people, published in the journal Thorax.

The researchers believe it could be a preservative called nitrite used in meats such as sausages, salami and ham that aggravates the airways.

But experts say the link has not been proved and more investigations are needed.

Rather than worry about one type of food, people should be eating a healthy and varied diet, they advise.
Processed meat has already been linked with cancer.

**What is processed meat?**
**How much of a cancer risk is processed meat?**
Experts say people should eat no more than 70g a day of red and processed meat for good health. That's about one sausage plus a rasher of bacon a day.

**Meat wheeze**

The people in the study had been taking part in a French survey about food and health, spanning a decade from 2003 to 2013. Around half of them were asthma patients. The rest - the control subjects - had no history of the condition.

The survey looked specifically at asthma symptoms - breathlessness, wheeze, chest tightness - and intake of cured meat: a single portion was two slices of ham, one sausage or two slices of salami.

Among the people with asthma, higher meat consumption was linked with a worsening of their lung symptoms.

People who said they consumed more than four portions a week - eight slices of ham or four sausages, for example - had the biggest deterioration of their asthma by the end of the study.

The experts stress that their work cannot prove diet is definitely to blame. There are lots of factors in a person’s life that can make their asthma worse.

The researchers tried to eliminate the most obvious ones, controlling for things like obesity, and the link between processed meat and worsening asthma remained.

Dr Erika Kennington, Head of Research at Asthma UK says: "Although certain foods can be triggers for allergies in some people, there is no specific dietary advice to manage asthma symptoms generally. For most people with asthma, healthy eating advice is exactly the same as it is for everyone else: follow a balanced diet that includes plenty of fresh and unprocessed food and is low in sugar, salt and saturated fat."

Catherine Collins of the British Dietetic Association recommended "a varied and Mediterranean-style diet", containing plenty of fresh produce, "whether you have asthma or not."

http://www.medicalexpose.com/
We Now KNOW that Bologna is responsible for millions of cancers worldwide.

**BOLOGNA MATTERS**

**PAID FOR BY CITIZENS FOR HEALTH, WE ARE THE FUGLY, DELICIOUS PARTY IN A BOLING/PESTLE HAMMER SHIELD.**

**EXACTLY WHO INVENTED BOLOGNA,** we’re not quite sure; nevertheless its reputation for deliciousness quickly spread throughout the planet and proved itself a resilient force. Bologna has caused such epidemics as cholera and the plague, several international wars and debilitating natural disasters. Perhaps if people had been eating less... fun bologna we wouldn’t have had such terrible incidents! Just sayin’.

**BOLOGNA PRONUNCIATION:**
(buh-LO-nee) OR (buh-LOG-nuh)

**WHAT DOES YOUR BOLOGNA SAY ABOUT YOU?**

YOU are happy you’re eating bologna
YOU have come across more bologna
YOUR bologna has been snatched by a hungry squirrel

**ARE YOU READY TO RECEIVE BOLOGNA INTO YOUR LIFE?**
Don’t answer that. You are. And we are always here for you. For help on your journey, visit www.imune.net

**CANCER CAUSED BY**
You or your children have been told you have Cancer.

For your Stupidity
Avoid Using these Processed Meats

**HEALTHY HOT DOGS**

**Processed meats increase colorectal cancer risk.**

PCRM.org
Children eating 12 or more hot dogs per month have 9 times the normal risk of developing leukemia.

- University of California Med School

Anatomy of a Hot Dog

What's in a hot dog, and why does it pose serious health risks?

- **Nitrates and Nitrites**: Produce carcinogenic compounds. They also cause the hardening of arteries and may increase risk of diabetes.

- **Heme Iron**: Is related to the formation of N-nitroso compounds that may lead to colorectal cancer.

- **Heterocyclic Amines (HCAs)**: Are carcinogens formed by cooking and grilling at high temperatures.

- **Saturated Fat and Cholesterol**: Lead to LDL deposits in arteries, causing narrowing and blockage which can result in heart attacks or strokes.

- **Salt**: Is linked to both high blood pressure and stomach cancer.

- **Trimethylamine N-oxide (TMAO)**: Is a chemical compound that increases the risk of heart disease.

Physicians Committee for Responsible Medicine
Anatomy of Bacon

Studies show that consuming bacon can negatively impact the body and dramatically increase the risk for heart disease, diabetes, and certain types of cancer.

- Increases stroke risk by 13%
- Doubles the risk of dying from heart failure
- Leads to weight gain
- Increases bladder cancer risk by 33%
- Ups colorectal cancer risk by 21%
- Raises risk of early death by 44%
- Increases risk of diabetes by 41%
- Reduces sperm quality
- Raises risk of prostate cancer by 10%

Red meats are associated with increased carcinoma risk

The non-human sialic acid Neu5Gc differs from Neu5Ac (found in all humans and animals) by one oxygen atom.

Source: Oliver M. Pearce, Ph.D., University of California, San Diego
DANGERS OF PROCESSED MEAT

HIGHER STROKE RISK
A 2012 American Heart Association study linked stroke risk to processed meat consumption, with risk increasing by 13% for every daily serving.

INCREASED RISK OF DEATH
In 2013, the American Journal of Epidemiology reported that processed meat products are linked to increased risk of death.

DOUBLE THE RISK OF LUNG DISEASE
A 2007 study found that men who eat processed meat daily have more than double the risk of developing lung disease compared with men who rarely or never eat processed meat.

DOUBLE THE RISK OF HEART DISEASE, CANCER, & DIABETES
A 2014 Harvard study found that processed meat raises women’s risk of cancer, heart disease, and diabetes. And a 2012 British Medical Journal Open study linked processed meat consumption to increased risk of heart disease.

INCREASED RISK OF COLORECTAL CANCER & EARLY DEATH
In 2013, the American Cancer Society found that colorectal cancer survivors who consume the most red or processed meat are more likely to die over a 7.5-year follow-up.

INCREASED RISK OF BLADDER CANCER
A 2010 NIH study found that consumption of processed meat increases risk for bladder cancer.

INCREASED RISK OF PROSTATE CANCER
A 2009 NIH study found that processed meat increases prostate cancer risk. Every 10 grams of processed meat consumed raises prostate cancer risk by 10%.

A 2013 Harvard study found that men who consume the most processed meat have more abnormalities in sperm count, size, and shape.

for more information, please visit PCRM.org/DropTheDog