

Prevention over cure

Many health conditions are preventable if people practise healthy habits and strengthen their immune systems

A CHANCE encounter with a cancer-stricken mother changed Dr Jau-Fei Chen's life forever.

While researching on cancer, Chen visited cancer patients in hospitals. There, she chanced upon a patient in the terminal stage of cancer.

The patient was recording a message for her young children on her cassette recorder. She wanted so much to be there for their milestones in life — their graduation, weddings and the birth of their children.

This encounter affected Chen deeply and made her rethink her cancer research. She had spent years in the laboratory, searching for a cure to help patients like this young mother. It was time to try something different, to focus on prevention instead.

Chen began researching on the link between nutrition and the immune system. This led to the birth of the science of E. Excel Nutritional Immunology.

"When I started researching on Nutritional Immunology, it was a concept that was foreign to others," said Chen. "Nutritional Immunology isn't a science that's based on vitamin pills or medication. It is a way of life that advocates prevention over cure, through a healthy diet and daily habits.

"Many people lead sedentary lifestyles now. Many of us sit all day, and sometimes, we are too lazy to even leave the office to buy lunch and just order in food. Too much unhealthy and empty-calorie foods. Too little exercise. The stress of living in a fast-paced modern society. Unhealthy lifestyle habits such as smoking and drinking. All these are linked to various health conditions that are actually preventable.

"I want to help more people live a long and healthy life by empowering them with knowledge — the knowledge of eating wholesome plant foods to strengthen their immune systems so that they can better fend off diseases."

The passion to help more people with her research findings and the need to fund her research led Chen to establish E. Excel International in the United States in 1987.

So how can people fend

Fruits, vegetables, and mushrooms, in addition to regular exercise, can help keep the immune system working well.



off diseases and live a long and healthy life? According to her, the secret to longevity lies in the supermarket and in lifestyle choices. Fruits, vegetables, and mushrooms, in addition to regular exercise, can help keep the immune system working well.

"Our immune system is like our internal army. It works round the clock to help us fend off foreign invaders, such as harmful bacteria and viruses. And like any army, it needs to be fed daily and fed right so that it is in the best condition to fight.

"In the past, meat was a luxury that many could only afford on festive occasions. Today, animal-based foods are a big part of many people's daily diet.

"But animal-based foods lack fibre, and are generally high in fat, calories and cholesterol. And long-term consumption of animal-based foods has been linked to obesity,

diabetes, hypertension, cardiovascular disease, cancer, and weakening of the immune system."

These are not mere claims. According to a study published in the American Journal of Clinical Nutrition, meat eaters have a higher risk of stomach cancer, cancers of the lymphatic and hematopoietic tissue, and multiple myeloma. On the other hand, vegetarians had a slightly lower risk for all cancers when compared to the meat eaters.

Another study — the European Prospective Investigation into Cancer and Nutrition (EPIC-Oxford) study — found that people who regularly consumed animal-based foods had a higher risk of hypertension than vegetarians.

"To achieve your potential of living a long and healthy life, start with your diet and lifestyle. Take care of your health. Because without health, you would not be able to strive for your dreams and take care of your loved ones."

Visit www.eexcel.com.my to find out more about Nutritional Immunology today.



Chen has researched cancer for many years.