

## *Healthy Lifestyle Elicits Cancer Remission and Significantly Improves Overall Health!*

Cao et al. Environmental and genetic activation of a brain-adipocyte BDNF/Leptin Axis causes cancer remission and inhibition. Cell 2010 142 (1).

### QUOTE BOARD:

"We show here that EE (enriched environment) leads to a remarkable suppression of cancer proliferation in all three models tested, even when delayed until the tumor was well established."

### What You Need to Know:

A group of researchers at Ohio State University led by Lei Cao, PhD, recently conducted a study showing that when mice were put into a more natural mouse living environment they showed significantly less tumor growth and significantly increased cancer remission compared to mice in a less natural habitat.



The researchers investigated whether putting mice together in groups of 18-20 in a large cage with a stimulating physical and social environment versus keeping them in standard cages in groups of 5, as is the norm in cancer research, would change the outcomes in terms of tumor growth rate and survival time. It did, significantly. Mice in the more natural social environment had a 77 percent reduction in tumor size compared to the mice kept in standard cages!

Seventeen percent of the mice in the more natural environment were tumor-free compared to zero in the caged group!

The study also showed that increasing opportunities for normal exercise and socialization significantly improved learning and memory, immune function, body composition, insulin metabolism, leptin levels, and overall health. No cancer drug or any other drug in history has ever produced such results!