

# MIND & BODY

## Cellular Sediton: A New Paradigm on Cancer

Cancer is form of cellular revolt,  
and a new theory finds that  
insight to be full of potential

By Conan Milner

**C**ancer is a disease as old as recorded history, and yet modern science still hasn't managed to cure it.

There's certainly a huge incentive to find a cure. Cancer has been a leading cause of death worldwide for decades. In the United States and other industrialized nations, cancer is second only to heart disease in regard to fatalities, claiming about 600,000 lives a year.

In pursuit of a cure, President Richard Nixon famously declared a "war on cancer" in 1971 with the National Cancer Act. Billions of taxpayer dollars have gone into fighting the disease every year since. Just for 2024 alone, the proposed budget of the National Cancer Institute is \$7.8 billion.

But finding the magic bullet that will finally put an end to this brutal war has taken much longer than anticipated. Throughout the '70s and '80s, the annual cancer death rate only grew. Annual cancer fatalities did finally see some decline in the 1990s, but not because of new cures. Instead, the credit goes to public health efforts to cut cigarette smoking.

So what exactly have we learned in the more than 50 years since this war began, and why do we still lack better weapons to fight it? Dr. Jason Fung examines these questions in his book "The Cancer Code, a Revolutionary Understanding of a Medical Mystery."

Fung says that while the miracle medicines we've eagerly awaited have been slow to materialize, we have gained many insights into how the disease forms and the ways in which we can prevent it.

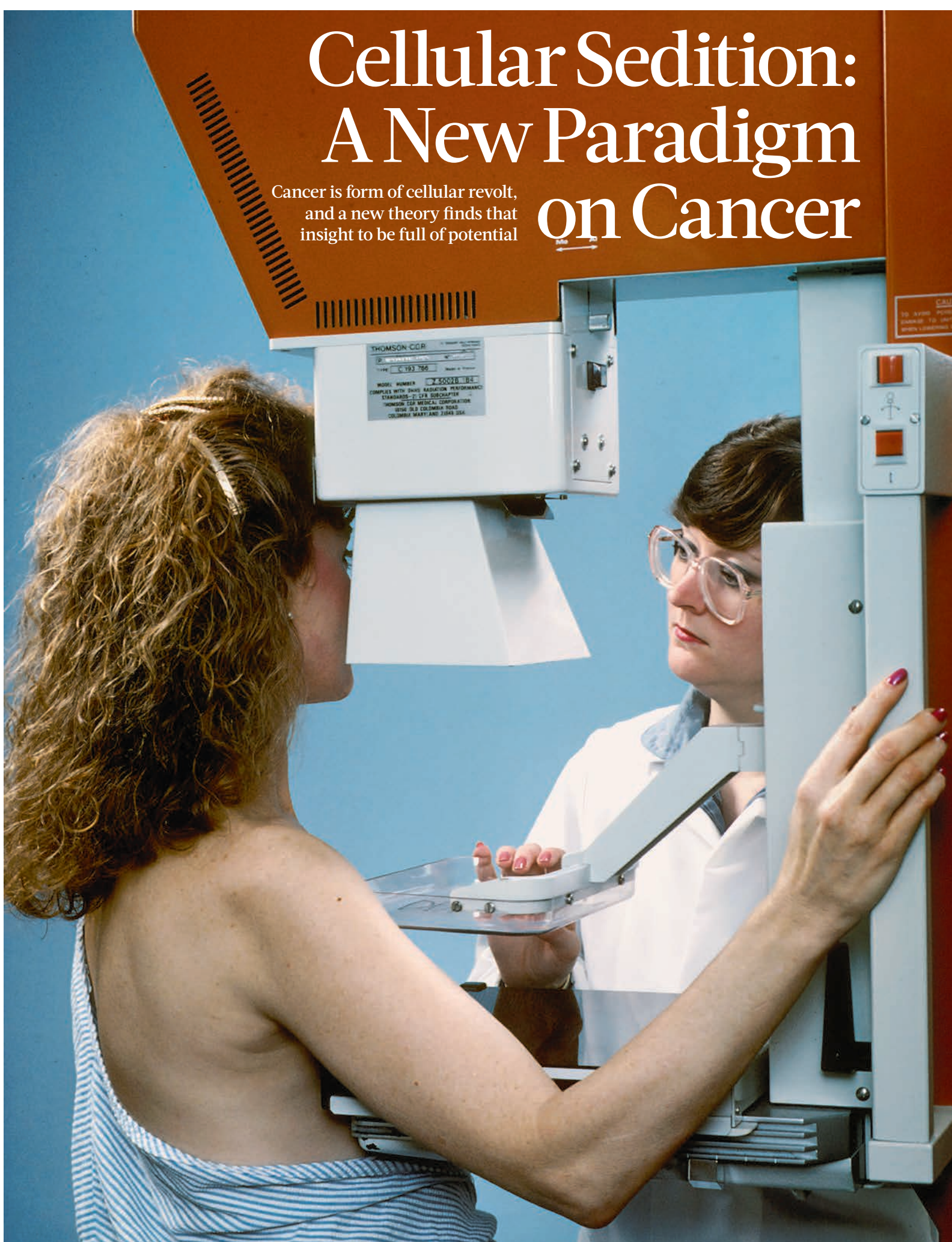
### A Variety of Causes

Fung is a Toronto-based nephrologist best known for his work in treating diabetes with diet. His interest in cancer began as he was examining its connection to obesity. Large cohort studies find that individuals with severe obesity present an elevated risk of some types of cancer by up to seven times.

In 2016, after reviewing more than a thousand studies, the International Agency for Research on Cancer concluded that 13 different cancers are clearly obesity-related.

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NATIONAL CANCER INSTITUTE/UNSPASH



### SUPPLEMENT WELL

## 9 Science-Backed Benefits of Creatine

This natural supplement is a super fuel for our brain, body, and immune system

By Sheramy Tsai

In the bustling world of fitness, the cacophony of clanging weights often mingles with tales of the latest and greatest supplements—metabolic boosters, muscle builders, and fat burners.

Scan the room, and you'll spot the gym bros, their arms clutching shaker bottles filled with a spectrum of rainbow-hued liquids. Creatine, a key component of these vibrantly colored brews, holds court as a favorite for those pursuing their next personal best.

Yet, the power of this naturally sourced supplement doesn't stop at aiding those who are seeking sculpted biceps or chiseled abs. With roots in everyday proteins, creatine delivers a host

of surprising health benefits that are gaining attention beyond the gym walls.

### Nature's Lesser-Known Power Player

Do you ever wonder how sprinters can maintain such high speed over short distances or how weightlifters can hoist hefty loads? That's creatine at work.

During strenuous activities, our bodies rapidly convert creatine into creatine phosphate, which in turn produces adenosine triphosphate (ATP)—our bodies' primary energy currency. When muscles contract, ATP is broken down to produce energy. The more ATP is available, the more energy can be utilized, enhancing performance and faster recovery.

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DOLLAR GILL/UNSPASH

◀ Creatine is well known to muscle builders but its benefits are far more extensive than previously known.













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# Looking Beneath the Edipeel Produce Coating

Is this new protective coating for fruits and vegetables a cure for food waste or a potential health hazard?

How fresh is your fruit? While Edipeel prolongs the appearance and crispness of produce, the preservation of nutrients isn't yet established.

By Conan Milner

Fruits and vegetables are healthy food choices—but they don't last. Before you have a chance to eat your avocado, orange, or apple, it may spoil. Within just a few days of purchase, many of these highly perishable foods can turn to trash. It isn't just a problem in individual households; it's a liability throughout the entire supply chain. According to the U.S. Department of Agriculture (USDA), between 30 and 40 percent of the nation's food supply never makes it to a belly. One company has developed a prod-

uct aimed at tackling this problem by substantially increasing the shelf life of foods that tend to spoil quickly.

The company is called Apeel Sciences, and their solution to food waste is called Edipeel: a thin, odorless, tasteless, and colorless film used to coat fruits and vegetables. It's designed to slow moisture loss and reduce oxidation on produce so it's more likely to make the journey from farm to table.

You probably haven't noticed this invisible layer, but starting a few years ago,

Edipeel has come to cover a variety of produce from all over the world. And its reach continues to grow. In May, Apeel partnered with a major California-based lemon and avocado grower, Limoneira, to coat their produce. Limoneira also has the rights to license Edipeel to other lem-

Edipeel has come to cover a variety of produce from all over the world.

on producers. In a concerted effort to slow food waste, the grand aim is to make Edipeel an industry standard. Limoneira owner Harold Edwards said his goal is to cover every lemon in the world with Apeel's coating.

With claims that Edipeel can extend produce's shelf life to five times what it would otherwise be, it's easy to see the draw for growers and distributors.

However, some doctors, food advocates, and consumers aren't so sure. A big part of the suspicion comes from the globalist-minded organizations behind the company. The CEO and founder of the Apeel is a World Economic Forum Young Global Leader. And the grant used to kickstart the company in 2012 came from the Bill and Melinda Gates Foundation.

However, concerns about Edipeel go beyond its affiliations. It's the same concern *Continued on Page 16*

KETUT MAHENDRI/SHUTTERSTOCK

## The Gut Microbiome That Helps You Live to Be 100

Researchers take a closer look at the bacteria—and viruses inside them—found in Japanese centenarians

By George Citroner

A diet rich in fermented foods enhances immune responses.



Researchers discovered a distinct gut microbiome in examining 195 centenarians from Japan and Sardinia that may unlock the secret to this segment of the population's exceptional longevity, a new study published in *Nature Microbiology* says.

This research represents a significant leap forward in understanding the pivotal role played by the gut microbiome in safeguarding health and combating diseases.

"We are always eager to find out why some people live extremely long lives," first author of the study Joachim Johansen, from the Infectious Disease and Microbiome Program at the Broad Institute of MIT and Harvard, said in a statement. "Previous research has shown that the intestinal bacteria of old Japanese citizens produce brand-new molecules that make them resistant to pathogenic—that is, disease-promoting—microorganisms." Mr. Johansen further emphasized

that the protective properties of these people's unique microbiome likely contribute to their extended lifespans.

Viruses Play a Key Role in Gut Health

The gut microbiome consists of trillions of microorganisms (bacteria, viruses, fungi) in the human digestive system. Unlike other parts of the body, it's highly dynamic and responsive to environmental factors, such as diet, medication, and stress. Researchers found that viruses are crucial in maintaining a healthy microbiome and overall health.

According to the study, among three groups—younger adults, people between 60 and 99, and centenarians—centenarians had the most diverse virome (collection of viruses), including previously unknown viruses associated with the gut bacteria *Clostridia*.

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# Loneliness and Insomnia Linked to Work With AI Systems

THEVISUALSOUNEED/SHUTTERSTOCK

Loneliness contributes to cardiovascular disease, dementia, depression, infection, anxiety, and more

By Jane Nguyen

People frequently working with artificial intelligence (AI) can be lonely, which can lead to insomnia and increased after-work drinking, a new study found.

The research was published online June 12 in the Journal of Applied Psychology.

Researchers noted that these findings establish correlations and don't prove that working with AI systems causes loneliness or other responses. The study, conducted across different cultures in the United States, Taiwan, Indonesia, and Malaysia, consisted of four experiments. The findings were consistent across cultures.

**According to the report, the effect on mortality of being socially disconnected is similar to that of smoking up to 15 cigarettes per day and is even greater than those of obesity and physical inactivity.**

"The rapid advancement in AI systems is sparking a new industrial revolution that is reshaping the workplace with many benefits but also some uncharted dangers, including potentially damaging mental and physical impacts for employees," said lead researcher Pok Man Tang, an assistant professor of management at the University of Georgia.

"Humans are social animals, and isolating work with AI systems may have damaging spillover effects into employees' personal lives."

However, working with AI systems

may have some positive aspects. The researchers found that employees who frequently used AI systems were more likely to offer help to their colleagues, but this response may be triggered by their loneliness and the need for social interaction.

The researchers also found that participants with high levels of attachment anxiety, which is the tendency to feel insecure and worried about social connections, reported that working with AI systems made them more likely to help others. They also suffered from loneliness and insomnia.

In one experiment, 166 engineers at a Taiwanese biomedical company working with AI systems were asked about their feelings of loneliness, attachment anxiety, and sense of belonging over three weeks. Coworkers rated each individual on their helpful behaviors, while family members of the focus subject reported on the workers' insomnia and after-work alcohol consumption. The results showed that employees who interacted more frequently with AI systems were more likely to experience loneliness, insomnia, and increased after-work alcohol consumption. However, they also showed helping behaviors toward their coworkers.

In another experiment with 126 real estate consultants in an Indonesian property management company, half were told not to use AI systems for three consecutive days, while the others were encouraged to work with AI systems as much as possible. The findings for people who worked with AI were similar to the findings of the previous experiment, except there was no association between the frequency of AI use and after-work alcohol consumption.

There were similar findings from an online experiment with 214 full-time workers in the United States and another 294 employees at a Malaysian tech company.

Mr. Tang suggested that developers of AI technology consider equipping AI systems with social features, such as a human voice, to emulate human-like



interactions. Employers can also limit the frequency of work with AI systems and offer opportunities for employees to socialize.

"Mindfulness programs and other positive interventions also might help relieve loneliness," Mr. Tang said. "AI will keep expanding, so we need to act now to lessen the potentially damaging effects for people who work with these systems."

According to a recent report from the U.S. surgeon general titled "Our Epidemic of Loneliness and Isolation," loneliness is more than just a bad feeling; it harms individual and societal health. It's associated with a greater risk of cardiovascular disease, dementia, stroke, depression, infection, anxiety, and premature death.

According to the report, the effect on mortality of being socially disconnected is similar to that of smoking up to 15 cigarettes per day and is even greater than those of obesity and physical inactivity.

Large population studies have documented that among initially healthy people tracked over time, those who are more socially connected live longer, and those who experience social deficits, including isolation, loneliness, and poor-quality relationships, are more likely to die earlier, regardless of the cause of death, according to the report.

"Each of us can start now, in our own lives, by strengthening our connections and relationships," Surgeon General Dr. Vivek Murthy wrote. "Our individual relationships are an untapped resource—a source of healing hiding in plain sight. They can help us live healthier, more productive, and more fulfilled lives. Answer that phone call from a friend. Make time to share a meal. Listen without the distraction of your phone. Perform an act of service. Express yourself authentically. The keys to human connection are simple but extraordinarily powerful."

Beth Brelje contributed to this report.

The family members of people working with AI systems reported their loved one suffered increased insomnia and drank more alcohol after work.



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