



# Chirothots

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## BBQs, Cancer, and Health



Men, before you start freaking out at me because of the title, just know that I BBQ often and it is my favorite way to cook so I am not going to tell you that you can't do it! I will however, tell you that if you are not careful about how you BBQ, it can increase your risk of cancer and other health issues, guaranteed. As a GP, Dr. Mercola points out, **"there have been massive public health agendas aimed at the importance of thoroughly cooking your meat to prevent food poisoning, but very little has been said about the danger of overcooking your meats. Ironically, if you get meat from a reputable source such as a small organic farm (THAT IS FED IT'S NATURAL DIET LIKE 100% GRASS FED AND FINISHED FOR COWS), the risks of food poisoning from undercooked meat drastically diminish"**. As an example, I have eaten totally raw venison and grass fed beef fillet, and I have no concern about it because I know that bacteria like e-coli only flourish in sick animals fed an unnatural diet such as grains for cows. This changes the animal completely including ph and enzymes so unhealthy bacteria flourish as a result. Not true for grass fed cows / bison or wild animals. One of the key points with BBQ'd meat is that the high temperatures can create some nasty chemicals which are linked to pancreatic, digestive, breast and prostate cancer. **The more well done it is cooked, the more chemicals are produced**. A recent study found those who ate a lot of well-done steak had a 60 percent greater pancreatic cancer risk than those who ate steak less well done. The main chemicals produced from high heat BBQ cooking are: Heterocyclic Amines (HCAs) found primarily in the blackened section of cooked meat. Polycyclic Aromatic Hydrocarbons (PAHs) in the smoke from fat dripping onto the flame which transfer to the food if you have a lid on your BBQ. Advanced Glycation End Products (AGEs) from any high temperature cooking (including when food is pasteurized or sterilized), lead to oxidative stress, inflammation and an increased risk of heart disease, diabetes and kidney disease. Overcooking meat also makes the food very hard to digest and it remains in your gut for a lot longer.

### How to Make BBQing Healthier

1. Make sure you're eating plenty of other raw foods in your diet alongside cooked meats.
2. You can reduce the amount of PAHs when you grill by not cooking fatty meats, and by trimming the fat off before you grill. Choose tenderloins, flatirons, and sirloins over more fatty steaks.
3. When grilling, cook your food with indirect heat by turning the burner down or off below your meat, and use the other burners to provide indirect heat. Cooking on a cedar plank is also helpful.
4. Always avoid charring or even searing your meat (and don't eat the black or brown parts).
5. Cook fatty meat like ribs or chicken partially before putting it on the grill, or cook smaller pieces of meat, which take less time to cook, and therefore give HCAs less time to form.
6. Marinate meat with OIL+ ACID+ ANTIOXIDANT for 4-6 hrs or even red wine or beer, proven to reduce the amount of AGEs and HCAs in your food (according to some studies by 90 percent or more). Use natural ingredients for marinades, and keep them thin to avoid charring.
7. Flip your burgers often, to cut down on HCAs. They are done once juices go from red to clear.
8. Avoid grilling hot dogs, bratwurst and other processed meats unless they are 100% nitrate free.
9. Only grill high-quality, 100% grass-fed or wild meats, organic if possible.
10. Cook the meat as little as possible. Rare or medium-rare at the most. You can also quickly cook the meat on both sides, leaving the inside mostly raw. That is how it is done in much of the world, and your body digests it much better that way! With wild meat or grass fed beef, never go past medium rare, cook on indirect heat mainly, and remove the meat just before it's done and let it rest for 5 minutes to let juices disperse and cool.

### **RESEARCH PROVEN MARINADE RECIPE : OIL + ACID + ANTIOXIDANT** **MARINADE FOR OVER 4 HOURS IN**

- 1: COCONUT OR AVOCADO OIL IF HIGHER TEMP. OR OLIVE OIL IF COOKING AT LOW TEMP.**
- 2: LEMON JUICE, LIME, OR A VINEGAR FOR THE ACID**
- 3: FRESH HERBS, GARLIC, GINGER, TURMERIC, CAYENNE, PAPRIKA FOR ANTIOXIDANTS**
- 4: HONEY AS A SWEETENER ONLY IF ESSENTIAL**

**ANY LIQUID MARINADE IS HELPFUL – RESEARCH SHOWS TO USE BEER OR RED WINE AS 2<sup>ND</sup> BEST  
CONSUME ANTIOXIDANTS WITH YOUR MEAT (chimichurri sauce, pesto, herbs, cruciferous veggies, salad, red wine)**