

# Which gives you cancer sooner: Cigarettes or deli meats? New research reveals they're both Class 1-A carcinogens

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([Natural News](#)) Could eating processed foods, such as breakfast and deli meats, be detrimental to your health? Well, according to the World Health Organization (WHO), the answer is yes. Research has shown that eating lunch meat, bacon, or sausage on a daily basis equates to smoking a pack of cigarettes each day and has a similar effect on your health. So, which is actually worse for you, processed meats or smoking? Which causes more deaths worldwide? To find out, let's delve deeper into the world of junk science. After all, deli meats and cigarettes are both labeled Class 1-A carcinogens by the WHO.

## Is feeding your child cold cut deli meats now considered “child abuse?”

Surely you wouldn't put cigarettes on a sandwich and eat it, because then you'd be consuming ammonia, bleach, aluminum, formaldehyde and insecticide. But, if you eat American processed meats, you've just consumed all of those carcinogens anyway. Did you just pack a BLT or a ham and cheese sandwich in your child's school lunch box? If so, you could be doing some serious damage to your their health.

The WHO has made the declaration that eating processed meats regularly is just as dangerous to your health as smoking cigarettes, when it comes to the main causes of cancer. Wonder why? Well for one, the [nitrites and nitrates](#) used to preserve meats and protect their color are precursors to N-nitro so compounds (NOCs) that induce tumors in several organs in multiple animal species.

In fact, a study published in the journal *Cancer* links these [preserved cold cut meats](#) to bladder cancer at a 30 percent higher risk for those who consume them. The study used over 300,000 men and women from eight U.S. states over an eight-year period.

What's worse is that when humans consume sodium nitrite it forms some of the most highly carcinogenic chemical compounds EVER RECORDED in the nutrition world (they're called nitrosamines). Therefore, feeding your child cold cuts regularly is just as bad as buying them a pack of cigarettes each week and saying, “smoke up!”

And that, my friends, is child abuse.

## Top Cancer-Causing Carcinogens: Cigarettes, Alcohol, Asbestos, Arsenic and... wait for it... Bacon, Ham and Sausages

Yes, the UN health body has added a new “terrorist” to the health watch list – cured and processed meats. These group 1 carcinogens lead to bowel cancer, pancreatic cancer and prostate cancer. Who knew? Well, vegetarians and

vegans have known for years. It's not just about farm animal cruelty, but human cruelty too. The IARC ([International Agency for Research on Cancer](#)) experts concluded that just one two-ounce portion of processed meat daily increases your chance of getting colon cancer by nearly 20 percent. That's pretty scary. By the way, that's only about two SLICES of ham, turkey, chicken, roast beef, salami or bologna, and most people pile them on so thick you can't even hold the sandwich with one hand.

Just to think everybody, for years, has been avoiding red meat, thinking THAT was the main culprit of disease and disorder, now only to find out it's basically all cured and processed meats, no matter the color. So much for that red meat myth. Another mainstream lie debunked. Thus, avoiding "red meat" is not a health strategy.

In a statement from the IARC that was published in the journal [Lancet Oncology](#), "We've known for some time about the probable link between red and processed meat and bowel cancer, which is backed by substantial evidence."

Bottom line: Keep your kids off cigarettes, bacon, hot dogs, sausages and deli meat as much as humanly possible. Actual scientific research is proving that the typical American diet of bacon cheeseburgers, ham sandwiches, [flu shots](#) and [mainstream television](#) turns out to be quite the effective serial killer.