



Media Release

CHC Emphasises the Importance of Research

In light of a recent paper published in the Royal Society's *Open Biology* journal, proposing a theory that antioxidants can be detrimental in the late stages of cancer treatment, the Complementary Healthcare Council (CHC) of Australia emphasises the importance of clinical trials and studies into the prevention and treatment of cancer. Executive director of the CHC, Dr Wendy Morrow, highlighted this theory as being interesting and warranting more research.

'In this paper, Professor Watson proposes a theory that encompasses many thought-provoking concepts, some of which are backed by evidence, the rest however, are contradictory to well-documented findings. Putting forward the idea that multivitamins can't be used with other treatments is quite a stretch', Dr Morrow said.

'When looking at new approaches to cure something as catastrophic as cancer, theories like this are exactly what are needed. They encourage researchers and scientists to think outside the box, instead of following the conventional approaches that may or may not be working', she went on to say.

'This theory does warrant further research, however at this stage it is still a theoretical link, and individual taking multivitamins should not be intimidated into moving away from supplementing their diets where they have a genuine need for it. Clinical trials and studies are fundamental in finding out how to foster good health and avoid disease. Studies do not always yield the expected results, and that is the exact reason they are conducted, to find out more information and discover previously unknown facts. We see studies released every day that present new findings on ingredients that may have a potential impact on population health outcomes. It is fundamental that continuous studies and clinical trials are conducted and their significance cannot be undermined', Dr Morrow concluded.

In supporting individuals' decisions to supplement vitamins and minerals, the CHC together with the CM Industry, strongly advocate following instructions and dosage guidance on labels, as with any medication, and to seek advice from a healthcare provider.

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