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The Problem With Cancer Screening

Choosing Cancer
Treatment: Natural
or Conventional?

Cancer:
The Enemy
Within

7 Ways to
Prevent Cancer

Anticancer Eating:
Nature's Best Foods

HomeCures *That Work*

Cancer Screening

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We do a lot of irrational things in medicine--but especially in the "war" on cancer. People are frightened by cancer and therefore tend to do things that make no logical sense in their efforts to fight it.

This is understandable, of course. Cancer is serious and it's scary.

Many people, once handed a diagnosis, rush into treatment decisions because everyone thinks something should be done yesterday. But just because we can detect a disease earlier doesn't mean we need to do something about it.

We've known for years that PSA screening for prostate cancer is unreliable. There are too many false positives that lead to unnecessary biopsies and treatments.

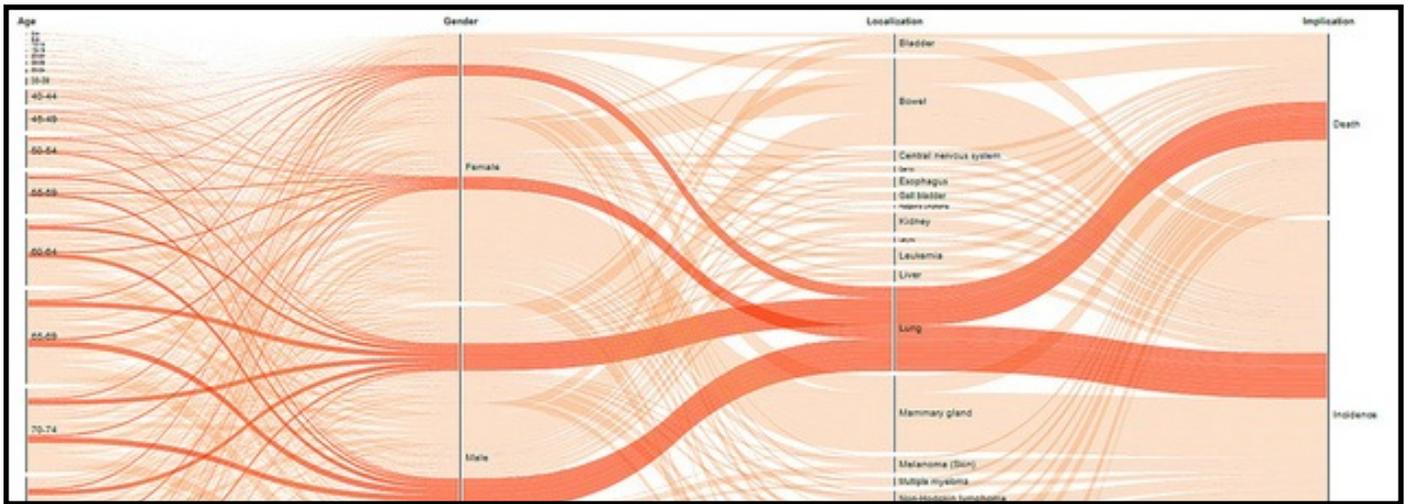
The best thing you can do is educate yourself. Take the time to get all of your alternative options in a row. Home Cures That Work can help you choose preventative cancer treatment, question the safety of cancer screening and direct you in natural courses of medicine to counteract the sometimes-unavoidable mainstream methods that attack cancer.

Nature has done a pretty good job of programming us for survival. Believing this with all of your heart and soul will be one more positive weight on the balance scale of our health, but fear will tip the scales toward some sort of disease.

This month, Home Cures That Work uncovers simple ways to reduce your risk of getting cancer and introduces natural treatments that allow your body to fight cancer at its source. It is easier and cheaper than you think.

For your health,

Cheryl Ravey
Editor, Home Cures That Work



The Problem with Cancer Screening

by Dr. Scott Saunders, M.D.

Cancer testing is a large part of a doctor's business. We have been told that if we find cancer early, and cut it out, burn it with radiation, or poison it with chemotherapy, we can make a bigger difference.

While there is a lot of debate over this issue, we still continue to try to detect cancer early – or before it even starts. I'm going to focus on the most common cancer screening tools, the ones you've all heard about and were told you should do – or else! These include:

1. Mammograms
2. Colonoscopy
3. PSA testing
4. PAP smears

I started studying cancer screening over ten years ago when I had a patient with an inexplicable case of cancer. Because there were many cases in her family, Cecilia was always afraid of getting cancer and did all she could to prevent it by eating all organic and exercising regularly. She even got all her cancer screening tests, PAP smears, annual mammograms and a colonoscopy at age 50.

One day, she came in to see me with a lump in her left breast. It was large, a couple of centimeters, and not tender. I looked at the mammogram report done only a few months before and it was negative for any signs of malignancy. I reassured her that it was probably a cyst, but we would send her for an ultrasound to be sure. A biopsy was done; it was cancer and in spite of all the treatments, she died just over a year later.

Since I had known Cecilia for years and knew she was diligent in her health care, I was shaken by her death. I wondered how we could have missed such a large tumor. How could the mammogram have missed it only months before? I asked the radiologist to review it and he found no evidence of

any mass in that exact location at that time. So, I started doing some real research on the test itself, and was shocked by what I found! Not only were mammograms questionable, but most of the cancer screening tests did more harm than good!

Mammography

A mammogram is an x-ray, and x-rays don't distinguish the difference between normal tissue and cancer. Instead, the radiologist looks for tiny calcium deposits that indicate there is some inflammation in the tissue. The problem is that calcium deposits happen with any kind of inflammation and are not specific to cancer. Thus, many women who don't have cancer are told they do and the aggressive *real* cancers are missed like in Cecilia, because they don't form calcium deposits.^[1] The newer mammograms are better able to distinguish tissues with less radiation; however, the problems with screening persist.

The primary problem with mammograms is that they don't decrease mortality, at all. In the long-term studies, including the Canadian study^[2] and the Oslo study (noted above) after 25 years and 14 years, respectively, the incidence of mortality from breast cancer remained the same – in spite of finding more cancer.

The Canadian Study showed that 22% of the women who were treated for cancer *didn't even have cancer!* Or, they would not have died from it if they did.

Thus, the statistics of women having a mammogram and getting “cured” of cancer with chemotherapy and radiation may only represent those women who never had it in the first place!

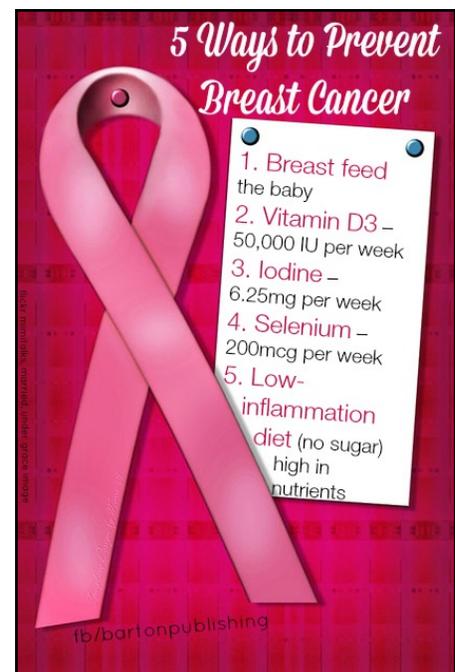
The eight major long-term studies have been reviewed extensively. The most detailed study of all of them, the 2011 Cochrane Review^[3], said:

“Screening is likely to reduce breast cancer mortality. As the effect was lowest in the adequately randomized trials, a reasonable estimate is a 15% reduction corresponding to an absolute risk reduction of 0.05%. Screening led to 30% over-diagnosis and over treatment, or an absolute risk increase of 0.5%. It is thus not clear whether screening [mammography] does more good than harm.”

In short: The risk (0.5%) is greater than the benefit (0.05%) by TEN TIMES! In other words, you are ten times more likely to end up with treatment for a cancer you didn't have, than to prolong your life span by finding and treating a tumor earlier.

What do I do to screen for breast cancer?

Other screening tests for breast cancer have similar problems... and that is finding something that gets treatment, but would not have become life-threatening if left alone. One of my



patients wanted MRI screening tests because she was afraid of the radiation (there is about a 1/5000 risk) from a mammogram and didn't want her breasts pinched in the machine. A mass was found and biopsy showed it was an Interductal Carcinoma In-Situ; she was told she needed surgical removal, radiation, and chemotherapy. She opted-out of treatment and she is still fine – with her mass that continues to grow – twelve years later. She would have been considered a “cure” if she had been treated.

Whether you use MRI, ultrasound, mammogram, or thermogram, you must consider what you will do once you find a bump! Do you wait? Do you treat aggressively? Unfortunately, we have more questions than answers. Judging by the numbers in the Cochrane study above, I might opt out of screening for this one. Instead, I would do my best to prevent breast cancer from forming in the first place:

1. Breast feed the baby
2. Vitamin D3 – 50,000 IU per week
3. Iodine – 6.25 mg per week
4. Selenium – 200 mcg per week
5. Low-inflammation diet (no sugar) high in nutrients

Colonoscopy

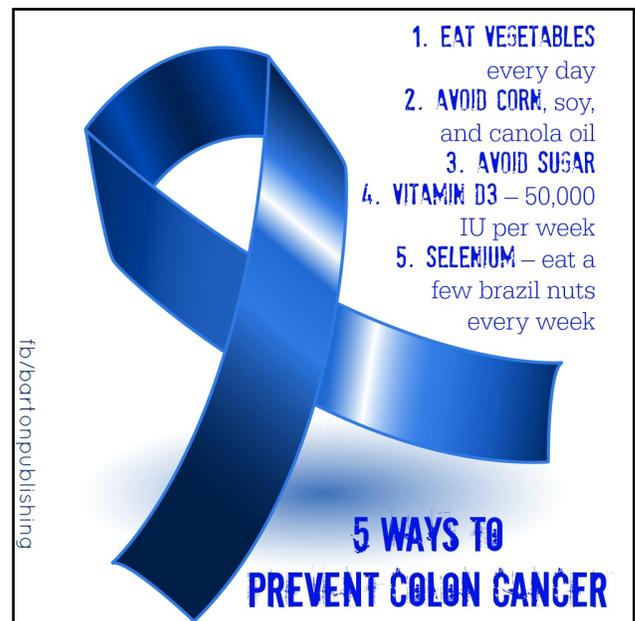
You enter the GI doctors' office having been up all night with diarrhea to clean out your bowels. They give you sedation to ease the pain. You climb into the upside-down chair and hear gloves snap as the doctor inserts a long scope into...

OK. Is this good? It's not comfortable, but is it worth the pain? Let's look at the risks and benefits.

The biggest risk of colonoscopy are related to perforation – or puncturing a hole – in the colon. Other risks are bleeding, Dysbiosis (bad bacteria growing back) and inflammation. A hole in the wall of the colon allows stool to get into the abdomen, causing infection, and sometimes death. These happen most often in the elderly and those who are disabled. It happens between 2 in a thousand and 5 in a hundred, depending on the study and the one who performs the procedure.[4]

The risk of death from colonoscopy is not small: 1/3,000 to 1/30,000 depending on the study and circumstances.[5] risk of death from colon cancer in the United States is around 1/10,000.[6] Thus, the risk of complications from colonoscopy is on the same level as the risk of death from the cancer.

It's very hard to interpret the studies on colonoscopy because they are done for so many different reasons. The statistics seem to indicate that there



are as many as 50% fewer advanced cancers diagnosed if you get a screening test; however, the death rate doesn't change very much.[7]

So, this test has a different problem than the mammogram. It is risky; you can have significant harm or death – and this risk must be weighed against the benefits. The benefits of finding cancers is useful if they can be removed and by so doing prevent problems. But, don't think it will prevent you from dying of this dreaded disease.

I would weigh the risks and benefits. I would not personally do a screening test unless there was some reason to do so, such as blood in the stool, or a family history, or inflammatory bowel disease. I would work on colon cancer prevention instead:

1. Eat vegetables every day
2. Avoid corn, soy, and canola oil
3. Avoid sugar
4. Vitamin D3 – 50,000 IU per week
5. Selenium – eat a few brazil nuts every week

PSA testing

Last week, my brother went through his second biopsy of the prostate gland. He didn't want to do it, but the doctor said he must to determine if there is any cancer in there. You see, he had a PSA test, which was elevated, so he was sent to a urologist for further evaluation. The urologist had nothing else to do, so he did a biopsy, which was negative. Now, this requires follow-up, just because someone thought of it. So, my brother repeats the PSA, and it's still high so he suffers 12 more needles in his prostate (the Spanish Inquisition should have thought of this!).

Medicare quit paying for the PSA screening test because it causes a lot of procedures for no benefit. What was found in multiple studies was essentially the same problem as the mammogram, but on STEROIDS!

PSA screening helps to find TEN TIMES more prostate cancer, but death from prostate cancer doesn't change.

So, we're finding it, radiating it, surgically removing prostates, giving all sorts of poisons, but the overall rate of death remains the same.[8]

In this case, we even have several studies to indicate that treatment may do more harm than good, as noted in the NIH Consensus Paper on the subject:

“More than half of cancers detected with PSA screening are localized (confined to the prostate), not aggressive at diagnosis, and unlikely to become life-threatening. However, 90 percent of patients receive immediate treatment for prostate cancer, such as surgery or radiation therapy. In many patients, these treatments have substantial short- and long-term side effects without any clinical benefit. Appropriate management of screen-detected, early-stage, low-risk prostate cancer is an important public health issue given the number of men affected and the risk for adverse outcomes,

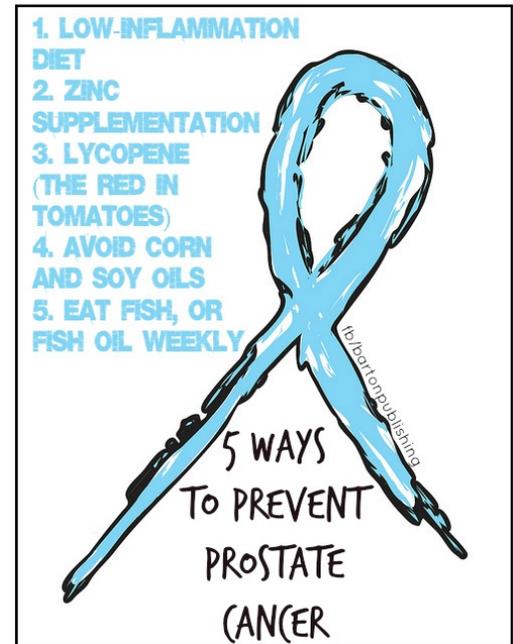
such as diminished sexual function and loss of urinary control.”[9]

Though the doctors recommend expensive and painful tests and treatments, they offer no benefit to the patients. In fact, they often do more harm than good.[10]

The PSA test is not a bad test as an indicator of prostate inflammation, generally. The problem is that it has become associated with cancer, so if it is high everyone gets overly concerned about that and miss the real problem. If we could instead look at the PSA as an indicator of prostate inflammation only, then it might become a useful test.

Primary prevention of prostate cancer includes:

1. Low-inflammation diet
2. Zinc supplementation
3. Lycopene (the red in tomatoes)
4. Avoid corn and soy oils
5. Eat fish, or fish oil weekly



PAP smears

The Papanicolaou (PAP) Smear has much less controversy than the other screening tests. All of the problems surrounding this test revolve around fine-tuning who should have it, when, and how often. There is also an issue of adding on the HPV test for the virus that causes cervical cancer.

Though there has never been a randomized trial to evaluate this test, it has been shown in multiple populations to decrease the incidence of cervical cancer, as well as lowering the death rate.[11]

Moreover, there is no risk to doing this test, besides the possibility of having an unnecessary procedure if it is wrong. However, unlike the potentially deadly results of the other tests, colposcopy, biopsy, or even a surgical procedure carries little risk to the patient.

The only group that has greater risk from screening is those women under 24 years of age. This is because the incidence of cervical cancer is so low, and because most who get HPV infection will clear it without developing cancer. Thus, PAP smears are not recommended for women under 24.

The interval of screening could be anywhere from annually, for those who have high risk, to every 5 years for those who are at low risk. Generally, women who have had three normal PAP tests and have a monogamous, or no, relationship I recommend every 5 year screening. Those who have had a previous abnormal test and have a high-risk HPV test should be screened every year or two. If there is a question, I recommend getting the HPV test along with it. This virus is necessary, though not sufficient, to cause cervical cancer.

The best way to prevent cervical cancer is to have a monogamous relationship with a single individual for life.

Conclusion

In short, I don't recommend cancer screening tests, except the PAP smear. I think primary prevention is the ideal, meaning preventing the cancer before it starts, and secondary prevention, meaning finding a cancer in an early stage to facilitate treatment, is not beneficial in the large majority of cases.



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[1] http://tidsskriftet.no/article/2220635/en_GB

[2] <http://www.bmj.com/content/348/bmj.g366>

[3] Gotzsche PC, Nielsen M. Screening for breast cancer with mammography. *Cochrane Database Syst Rev.* 2011;1:CD001877

[4] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2811793/>

[5] *Common Questions about Colonoscopy.* American Society for Gastrointestinal Endoscopy. Nov. 2005. 13 Oct. 2006 [<http://www.askasge.org/pages/procedures/colonoscopy/questions.cfm>].

[6] http://seer.cancer.gov/csr/1975_2009_pops09/

[7] <http://www.nejm.org/doi/full/10.1056/NEJMoa1301969>

[8] <http://www.cdc.gov/cancer/prostate/statistics/index.htm>

[9] <http://consensus.nih.gov/2011/prostate.htm>

[10] <http://jama.jamanetwork.com/article.aspx?articleid=1700496>

[11] <http://www.cancer.gov/cancertopics/pdq/screening/cervical/HealthProfessional/page2>



Anticancer Eating: Nature's Best Foods

By Amanda Box, N.D

“Everything causes cancer!” You’ve heard the phrase. It usually comes out of the mouth of someone who is so frustrated hearing how everything they eat, drink and come into contact with causes cancer.

- Sunscreen, once touted for its ability to prevent skin cancer, is said to be a cause of cancer from the chemicals in the lotion itself.
- Grilling meat, which was thought to be a healthy method of preparation that adds natural flavor, is now discouraged because the charred marks are carcinogens that can cause cancer.
- And the list goes on.

It’s no wonder people throw their hands in the air and quit trying. They feel like no matter what they choose, it’s going bad for them, so why try? I am here to plea with you that it does, in fact, matter. Yes, I understand the frustration and apprehension you may have when being healthy seems like an impossible task. But it really isn’t as difficult as you may believe. Using common sense and a healthy bit of skepticism is a good thing. You aren’t expected to live in the forest, breathing perfectly clean air, drinking pure water, and surviving on only organic natural foods. However, making the best of what you have in the world you live can literally add years to your life and prevent a lot of pain and discomfort.

Artificial Foods and Cancer

Over the years, as changes and so-called advances in manufacturing have occurred, man-made chemicals have replaced our once naturally grown foods. For example, an ear of corn isn’t what it was 50 years ago. It has now been modified so much that its genetic makeup is totally different from its once all-natural design. Scientists have spliced and diced genes, crossing them with other

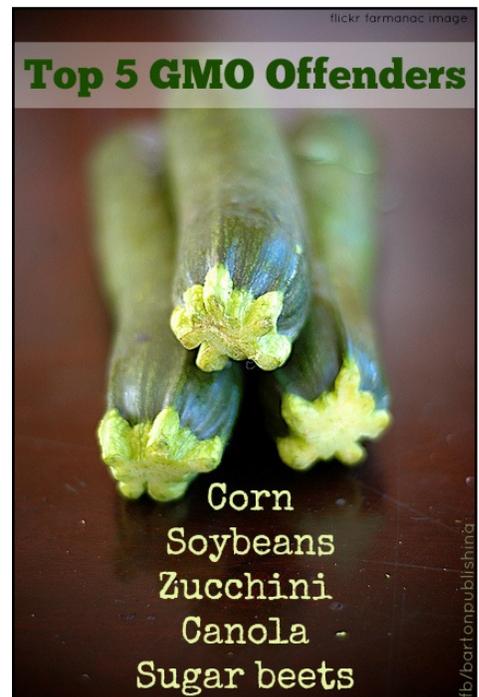
species, bacteria and viruses in an attempt to “improve” our foods. But, that isn’t all! These foods are then sprayed with chemical pesticides to keep away bugs.

As our lives have become busier and faster paced, processed and packaged foods have replaced home cooked made from scratch meals. So much of the food we eat isn’t even food anymore, and our body knows the difference. We weren’t designed to get our nutrition from artificial means. Many times our body doesn’t know how to cope with these counterfeit foods and it responds as if these foods are invaders. If these artificial foods are eaten regularly, a chronic immune response occurs which leads to inflammation. This inflammation can result in:

- Digestive Issues
- Joint Pain
- Autoimmune Disease
- Cancer

Artificial food can cause cancer in other ways, as well. The lab-created foods can also cause mutations in healthy cells throughout the body. These mutated cells can grow and reproduce leading to cancer. Avoiding these foods is not an impossible task. With a little practice it will become second nature. If you think about it, it is truly going back to the basics: cooking from scratch and eating the real all-natural foods that our ancestors ate. It isn’t rocket science and it definitely isn’t as inconvenient as you may think. It truly boils down to priorities.

Do you care more about the speed and convenience of the food you eat, or the nourishment and health benefits it provides your body? Below is a simplified list of what to avoid in the foods you eat in order to avoid their potential cancer causing side-effects. Write this list down and take it with you to the grocery store until it becomes second nature. Read the ingredient lists on everything you purchase and keep your eyes peeled for the following ingredients:



- **Genetically Modified Foods (GMOs):** The top 5 include:
 - Corn
 - Soybeans
 - Zucchini
 - Canola
 - Sugar beets(Unless these specify Non-GMO, buy the organic version or skip it all together.)
- **Artificial Colors:** These are easy to spot. Any color listed with a # number behind it is artificial. There are natural colors and those are okay, but they will specify natural.
- **Artificial Flavors:** My rule of thumb is if you cannot pronounce it, then don't eat it. Most natural flavor enhancers are nearly impossible to pronounce and the most common is monosodium glutamate (MSG).

- **rBST:** This is a hormone given to cows to increase milk production. It will not be listed on the label if it's used, so look for a label on dairy that says no rBST or organic and buy it instead.
- **Artificial Sweeteners:** Nearly every “diet” or low-calorie product contains some sort of chemical based sweetener. The most common are aspartame and sucralose. Use safe sweeteners instead like stevia or xylitol.

Sugar and Cancer

There is a lot of debate about whether or not sugar feeds cancer. It is true that cancer cells, like all our body's cells, need sugar (glucose in our blood) to grow and survive. However, I believe the debate is really around the wrong issue. The focus has been on whether when we eat sugar it feeds cancer like gasoline fuels a fire. Whether or not this is exactly true, what can be agreed upon, and what has been proven in scientific studies, is that chronically elevated blood glucose can both increase your risk of getting cancer and also speed cancer's growth. For instance, those with diabetes are up to twice as likely to get either pancreatic or colon cancer!^[1]

There is also a link between high blood sugar levels with cancers of the breast, liver and many others. Plainly said, although eating a cupcake after a healthy dinner may not directly cause cancer to grow, eating sugar and starches high on the glycemic index on a regular basis can. When battling or preventing cancer, the importance of staying away from sugar is to ultimately keep your blood glucose levels normal. Having chronically high levels of glucose in the blood provides the perfect pH and a nearly unlimited source of glucose for cancer growth. Therefore, cutting high starch and high sugar foods out of your diet would be a very wise choice.

Like I mentioned earlier, artificial sweeteners are not a suitable substitute. Instead, I recommend trying stevia, a safe herbal-based sweetener that will not affect your blood glucose levels. It is great to sweeten your tea or coffee and there is even a version for using in your favorite baked goods!

Foods for Cancer Prevention

Everything doesn't cause cancer. In fact, there are many foods that prevent it! Thankfully, there are foods packed with vitamins, minerals, antioxidants, and cancer fighting chemicals in everyday foods! I mentioned earlier what you should avoid in the foods you eat. Now I'm going to tell you what foods you should be eating to both prevent cancer and fight cancer.

Eating real foods cooked from scratch is going to be the best way to change your diet for the better. Instead of snacking on crackers, chips, and other boxed foods, grab an apple or some pre-cut veggies. Avoid fast food chains and instead come home to a meal you have cooking



in your crockpot. It will definitely be a lifestyle change for many of you, but the outcome from this change is literally life enhancing! Some fantastic foods for cancer include:

- **Green Tea:** Green tea contains chemicals called polyphenols, which can slow the growth of cancer and increase survival rates.
- **Broccoli:** Broccoli contains an anticancer chemical called sulforaphane. It also is high in antioxidants, which help prevent cancer and fight cancer.
- **Garlic:** Garlic is a wonderful immune boosting food; it has antibacterial, antifungal, and antiviral properties. In studies, it reduces the incidences of lung, colon, and breast cancer.
- **Tomatoes:** Tomatoes contain a substance called lycopene, which can stop the growth of cancer cells in the body. Be wary of canned tomatoes though as the cans are lined with toxic BPA, which leaches into the tomatoes. Fresh tomatoes are best!
- **Colorful fruits and veggies:** The brighter the color, the more antioxidants, vitamins, minerals, and cancer fighting substances the vegetable or fruit is likely to have. For example, grab mixed greens instead of iceberg lettuce and a sweet potato instead of a russet potato. Always pick the most colorful and you can't go wrong!

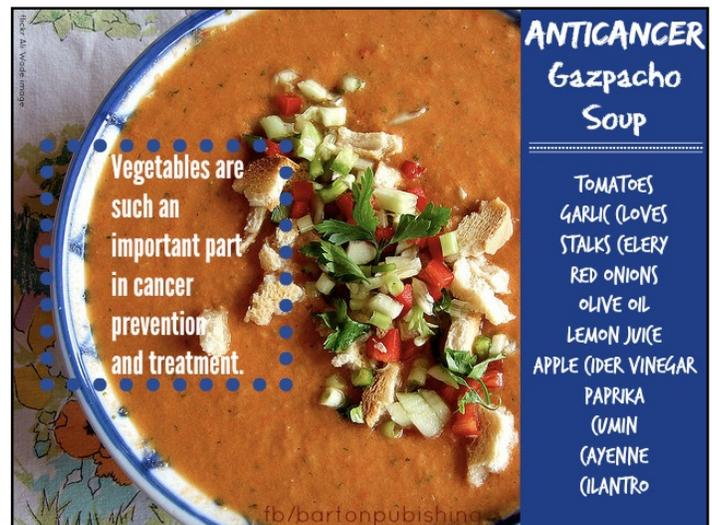
Anticancer Recipes

Vegetables are such an important part in cancer prevention and treatment. Unfortunately, I often find it hard to get in my daily dose of fruits and vegetables. I have found that soup is an easy way to incorporate a lot of vegetables into one dish! With spring upon us, we are coming out of soup season. However, this gazpacho is a cold soup designed to be eaten in the warmer months. It is packed full of anticancer nutrients and is delicious, refreshing, and a cinch to make!

Gazpacho Soup^[2]

Ingredients:

- 8 tomatoes, peeled, seeded and chopped
- 5 garlic cloves, peeled and chopped
- 5 stalks celery, chopped
- 2 medium red onions, chopped
- 5 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tsp raw apple cider vinegar (Bragg's)
- 2 1/2 Tsp paprika
- 1 1/2 Tsp cumin
- 1/4 Tsp cayenne (optional)
- 1/2 cup cilantro, coarsely chopped
- 1/2-1 cup filtered water
- Sea salt and pepper to taste



Preparation:

1. Mix all ingredients except water together.
2. Process in batches in a food processor or blender until not quite smooth.
3. Thin to desired consistency with water.
4. Season to taste with sea salt and pepper.
5. Serve well chilled.

Matcha green tea powder is one of the best forms of green tea you can put into your body. It's bright green color boasts it's high levels of polyphenols and antioxidants. You can make hot green tea or incorporate it into a smoothie or latte like the recipes below!

Green Tea Matcha Latte

- 1 cup almond/coconut milk blend (unsweetened)
- 1 Tbsp coconut oil
- 1.5 Tsp matcha
- 2 Tsp coconut sugar or 5-10 drops liquid stevia
- Put in a blender and blend to combine well. Serve over ice.

You can also drink this hot. Just whisk all the ingredients together over medium heat until combined and then use an immersion blender to make it frothy.



- * 1 cup almond/coconut milk blend (unsweetened)
- * 1 Tbsp coconut oil
- * 1.5 Tsp matcha
- * 2 Tsp coconut sugar or 5-10 drops liquid stevia

Whisk all the ingredients together over medium heat until combined and then use an immersion blender to make it frothy.

Green Tea Raspberry Smoothie

- 4 oz. frozen organic raspberries
- 1 cup unsweetened coconut milk
- 2 packets of stevia (Nu Naturals)
- 1 Tsp matcha
- 3 large ice cubes (use more for a thicker smoothie)
- Blend until smooth and enjoy. Feel free to try different fruit combinations, as well.

Though the world around us has changed and cancer-causing substances seem more abundant than ever, this is not a death sentence. Please, don't throw your hands in the air in dismay and give up! Taking the time to simplify your life and incorporate natural foods into your diet will not only will help battle existing cancer, but will help prevent its occurrence.

Take charge of your life and your body and watch your health and well-being improve. Don't be a slave to societies artificial food revolution. Putting God-designed natural foods into our God-designed bodies is a wise and fruitful choice. Go back to the basics of eating and start cooking from scratch, eat your fruits and veggies, and watch their vibrant colors and nutrients bring energy and nourishment to your life.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at:

<http://amandabox.blogspot.com/>

[1] <http://www.sciencedaily.com/releases/2013/02/130201100149.htm>

[2] Adapted from <http://thenourishingcook.com>



7 Ways To Prevent Cancer

By Sarah Stanley

Cancer.

The mere word strikes fear in most people. And with justified reason. Who wants to be diagnosed with this terrible disease? But, what many people don't realize is that cancer is 90%-95% preventable, making just 5%-10% of cancer diagnosis, genetic.^[1]

Through the right lifestyle this disease *is* preventable and here are 7 ways to prevent cancer.

1) By Knowing What's In Your Food

Are you eating food...or disease?

You probably know by now that our food system is pretty toxic. From GMOs to coloring dyes, Red 40, Blue 1, Blue 4, Yellow 5 to name a few, plus BHT, artificial sugars, white flour and refined white sugars, we are no longer eating food, but food-like products.

And the consequences of the Standard American Diet (SAD) are taking a toll on our health. It's called SAD for a reason!

Food coloring dyes, in particular, have been linked to tumors and cancer^[2]. From bread to cookies, to gum, to mints, to crackers, artificial dyes are in many products. And these coloring dyes are in many food-like products produced by Big Food (i.e. ConAgra, Campbell, Hershey, General Mills, Coca-Cola, PepsiCo, Nestle, Kellogg, M&M Mars and Tyson are some Big Food companies).

BHT is another preservative found in Big Food products. Butylated hydroxytoluene (BHT) stabilizes fats and is used to retain food smell, color and flavor. It's interesting to note that England bans this preservative because of the health dangers of it. In animal studies, BHT was found to be toxic in the liver, kidneys and thyroid^[3]. It's also attributed to damaging heart cells.

Diet (as in the food you eat) is so very important in preventing cancer. By eating real, organic, whole foods in their natural state, you can prevent cancer! God knew what he was doing when he made fruits, vegetables and other plants to help prevent disease and cancer. Eat your organic kale!

2) By How Active You Are

Believe it or not, fitness plays a major part in preventing cancer. A sedentary life leads to many health problems. So, if you need yet another reason to get up from your desk chair or couch, here it is!

Exercise boosts your immune system, which is critical for good health. A weak immune system is the gateway for sickness and disease. Sweating actually increases your immune cells so you can fight off cancer and disease!

It's also important to note that different types of exercise are important: aerobic and anaerobic.

- With aerobic exercise, oxygen is carried through your breath to the muscles giving them the energy needed to sustain the effort. Common types of aerobic exercise include running at a comfortable pace (you should be able to talk without breathing too hard), swimming, and biking.
- Anaerobic exercise is very high intensity or at your maximum level of exertion. Examples include sprinting and weight-lifting.

This means aerobic exercise cardio (running, cycling, swimming, brisk walking) and anaerobic strength training (HIIT- High Intensity Interval Training) is a fantastic way to get your heart rate up quickly and then recover quickly. Those who are obese have a greater chance of being diagnosed with cancer, so get up and get moving!



3) By What You Put In Your Mouth

As you probably know, what you put in your mouth does matter. And it's not just food. It's also things like gum, mints, cigarettes, cigars, prescription drugs (Rx) and over the counter (OTC) drugs.

- Daily use of Tylenol over a 5-year period showed breast cancer increased by 81% and daily ibuprofen use increased your breast cancer risk by 51%!^[4] Other things like gum, mints, Altoids and TicTacs contain artificial ingredients, including those risky coloring dyes that we already talked about.
- Smoking, of course, is a major cancer risk. Use of tobacco products increases the risk of 14 different cancers!

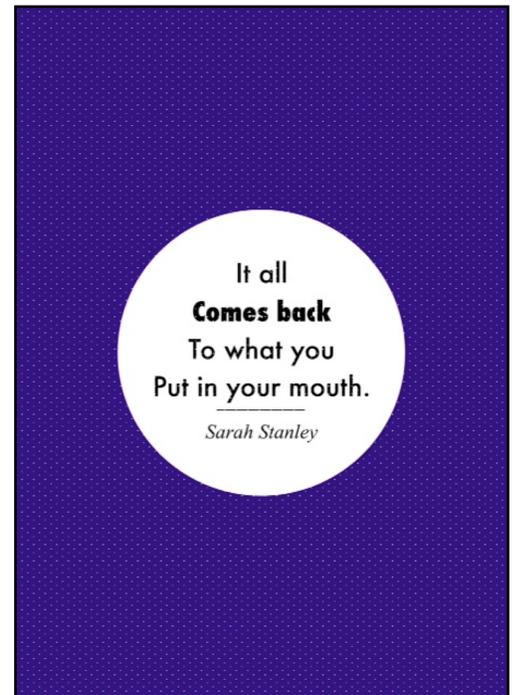
Building healthy habits will help prevent disease and cancer. Always get in the healthy habit of reading the label before you put anything in your mouth and know what those ingredients do to your health. Even though that FDA has "approved" over 3,000 additives, does not mean they are safe. In fact, many countries ban what the US approves. Know you put in and on your body and it will be the link to good health and disease prevention. The FDA has approved more than 3,000 additives, most of which you've never heard of. But the truth is, you don't have to know them all. You just need to be able to sort out the bad stuff. Do that and you'll have a pretty good idea how your future will shape up—whether you'll end up overweight and unhealthy or turn out to be fit, happy, and energized.

4) By What You Slather On Your Skin

Some people are great about eating real, organic food, but don't stop to think about other toxic category of products: beauty care, including deodorant, sunscreen, baby products, soap, cosmetics, face & body lotion, to name a few. These products are notoriously filled with cancer-causing products. One such ingredient is FD&C Color and Pigments.

Besides being used in almost all Big Food food-like products such as gum and Altoids, FD&C color and pigments are also used in commercial skin care products. These artificial colors are derived from coal tar and contain heavy metal salts that absorb directly into the skin, causing skin sensitivity/irritation. Absorbing these toxins can cause depletion of oxygen and even death. Various studies have connected the use of permanent hair-dyes, in particular the darker shades that contain chemical FD&C color, to an increased risk of cancer. Almost all animal studies show that they are carcinogenic.

Avobenzone, benzophenone, octyl methoxycinnamate and PABA are known as free radical carriers. They are the most common ingredients used in sunscreens. These chemicals are reported to damage DNA and lead to cancers.



Another major additive to watch out for is triclosan. This synthetic antibacterial ingredient is found in commercial toothpaste, antibacterial and beauty products. The EPA registers it as a pesticide as it poses health risks to humans and the environment. It's classified as a chlorophenol and suspected to cause cancer in humans.

Phthalates are generally not listed on labels because it's classified as proprietary. They are used as an ingredient to enhance fragrance and/or make it last longer. They are primarily found in perfumes, fragrance, hair products, deodorants, body lotions and nail polish.

Health concerns from phthalates include damage to liver & kidneys, birth defects, decreased sperm counts and early breast development in boys & girls, DNA disruption and cancer. Avoid buying products with ingredients labeled *fragrance* or *perfume*.^[5]

Few beauty products are worthy of your money. A few that I do approve include are SKINourishment (including sunscreen), Nourish Organic, Rocky Mountain Soap Company, and For Pits Sake Deodorant. Raw, cold-pressed coconut oil is also a fantastic face & body moisturizer as well as for your hair too!

5) By Not Consuming A Lot Of Fed Meat

Another reason plant-based diets rock? It naturally prevents cancer! A diet heavy in red meat leads to gastrointestinal, colorectal, prostate, bladder, breast, gastric, pancreatic and oral cancers.

Did you know that charcoal cooking and smoke curing of meat produces carbon compounds that are carcinogens? So what can we learn here? Eat little to less meat, avoid grilling meat and make sure your plate is filled with fresh, organic veggies!

Instead of grilling a burger, why not make a quinoa salad? Or a purple kale salad with hemp seeds? When it comes down to it, preventing cancer is a lot easier than we think. And cheaper, too!

6) By Watching What You Drink

Alcohol is inflammation and inflammation is the catalyst for disease.

When drinking alcohol, it's like pouring gasoline on a bonfire! Not only is alcohol inflammation, but also chronic drinking is a risk factor for the following cancers: liver, pancreas, breast, mouth, upper aerodigestive tract, oral cavity, pharynx, hypopharynx, larynx, and esophagus.^[6]

Is happy hour not looking so good anymore? Instead of traditional alcohol happy hours, why not opt for a truly healthy happy hour? Have organic, cold-pressed juice "shots" or kombucha (a probiotic drink). Or, snack on some raw rosemary crackers or raw nut truffles. (Ever had Two Moms In The Raw?! Yum!)

And, of course, drinking plenty of filtered water in a glass bottle is a great healthy habit to get into if you aren't already.

7) By Reducing Stress

You may not think this as preventing cancer, but reducing stress is another way to prevent cancer. Psychological stress (mental, physical, or emotional pressure) can take a toll on our bodies. Chronic stress has many adverse side effects not limited to digestive problems, urinary problems, digestive issues, headaches, depression, anxiety, more susceptible to the flu or colds, and a weakened immune system.

As mentioned above, a weakened immune system can be a gateway for cancer. For one, psychological stress accelerates tumor growth rates. Plus, when people are under stress they turn to unhealthy behaviors (smoking, fast food, sitting, drinking alcohol), which all increase the cancer risk.

If you have chronic stress in your life, then start by coping with healthy habits. Life is too short to drown stress with negative behaviors! You may need to overhaul your entire lifestyle. Move to a quiet countryside where you can see trees instead of skyscrapers. Reducing stress can be your gateway to health, happiness and disease prevention!

In Conclusion

So there you have it: 7 simple ways to prevent cancer. What a relief it should be to learn that prevention strategies not only exist, but also are remarkably effective at lowering your risk of most types of cancer.

Preventing cancer really comes down to lifestyle. What you put in your mouth, what you eat, drink and think all play a part in either giving you health or disease. In the world today, it's so important to be educated with what we put in our bodies. Build healthy, preventable disease habits!



Sarah Stanley is a wellness educator, endurance athlete, speaker, author, and founder of #wellnesschat & {wellprint}. Passionate about healthy living Sarah lives what she speaks about, practicing a whole foods, plant-based lifestyle that fuels her ultrarunning adventures. Her goal is to empower others to be knowledgeable about what they put in & on their body so they can live healthy, disease-free and happy life. She's been featured in SELF, SHAPE, Ladies' Home Journal and Washingtonian. Find Sarah on Twitter (@SarahStanley), G+ (+SarahStanley) and visit SarahStanleyInspired.com to start your wellness journey today!

- [1] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>
- [2] <http://cspinet.org/new/pdf/food-dyes-rainbow-of-risks.pdf>
- [3] <http://www.inchem.org/documents/sids/sids/128370.pdf>
- [4] <http://www.holisticcarehawaii.com/Non-steroidal.htm>
- [5] <http://www.ncbi.nlm.nih.gov/pubmed/15513900>
- [6] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>



Choosing Cancer Treatment: Natural or Conventional?

by Amanda Box

There are three words that no one ever wants to hear in their lifetime: “*You have cancer...*”

It is, in fact, a death sentence for millions across the globe each year. This unapologetic disease invades a person’s body, often times with no manifestations or symptoms. It can silently spread far beyond the ability of medical intervention to come to the rescue. Thousand are left with no hope, no options, and no future other than an impending death. No wonder those three words are so frightening to hear!

Though the medical field has advanced and made headway in cancer treatments, it typically uses the same mode of action. It becomes a “War on Cancer” as most treatments are aimed at seeking out and destroying cancer cells. This is a war well fought and it deserves credit for the many lives that it has saved.

However, the flip side is that these treatments often cause many casualties, as well. Many cancer treatments carry the warning that they may cause other forms cancer and can only delay death instead facilitating healing...Cancer causing cancer treatment? Sounds a bit like a tongue twisting oxymoron; yet, it’s true.

Chemotherapy drugs and radiation can mutate healthy cells into cancer cells. And because these treatments also suppress the immune system, these cancer cells have a better chance of multiplying and, therefore, establishing another area of cancer in the body.

Choosing a Cancer Treatment

Even with all the advances in medicine, it is strange to note that most chemotherapy drugs used today are the same toxic blend of chemicals that have been used since the 1970s. Yes, chemo kills cancer cells and this is why it is a chosen mode of treatment. The same is true of radiation. Radiation and chemo battle against cancer cells, but many healthy cells are also destroyed in the process.

Is this really the best route? Wouldn't naturally supporting the body's own immune system to fight cancer without destroying otherwise perfectly healthy cells be a better idea? Most oncologists will disagree with me, and I'm certainly not here to convince people to go against their doctor's recommendations or argue statistics. There are parents who have gotten their children taken away from them because they didn't follow their doctor's recommendation for cancer treatment and sought alternatives instead. I personally find this ludicrous! It only solidifies my belief that the pharmaceutical industry has its hands in the government's pockets! Either way, cancer treatment remains extremely controversial and often times very dangerous territory.

My belief is that information is power and we should be given the opportunity to choose our mode of treatment, whether mainstream cancer treatment, alternative, or both. I am not here to judge one's choice and I have often asked myself what I would do if one of my children or I were diagnosed with cancer. It is a decision that should never be taken lightly. Although I am not 100% sure what my decision would be if given the dire circumstances of cancer, I know I would never turn my back on the wonderful natural remedies and treatments I have come to know throughout the years. The wonderful thing about natural remedies is that even if one chooses a more mainstream approach such as chemotherapy or radiation, many natural approaches can also be adhered to alongside or following these treatments to provide the body with support and proper nourishment.

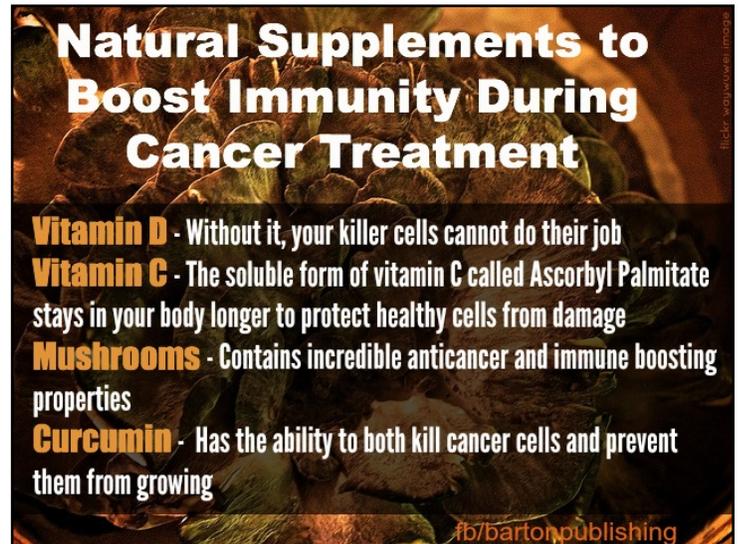
Boosting Immunity During Cancer Treatment

Many who are diagnosed with cancer are unaware of natural treatments that can either complement their existing regime or help to lessen the many side-effects of most conventional cancer treatments. However, it is also important to note that many natural supplements *cannot* be combined with conventional treatment because they can work against each other. For example, cleansing and detoxing can be dangerous and even possibly life threatening *during* chemotherapy treatment. However, detoxing *after* chemotherapy is complete can be helpful in eliminating the excess damaging toxins that chemo can leave in the body.

Using natural methods to boost the immune system during conventional cancer treatments can also be extremely beneficial. Although treatments like chemotherapy and radiation can shrink tumors and kill cancer cells, they don't facilitate the healing that needs to occur in your body even

after the cancer is killed. This is why natural supplements can be so helpful; they facilitate the body's own healing and restoration process!

If you or someone you know is undergoing cancer treatment, please take note. Secondary infections during cancer treatments are very common and can be life threatening. Keeping the immune system as strong as possible during cancer treatments can help prevent secondary infections, prevent cancer recurrence, and encourage your body to heal from the damage of both the cancer and the side-effects of treatments.



We all have cancer cells in our bodies, yet most of us don't get full-blown cancer because our immune system destroys these cells before they get a chance to multiply and grow. This is why keeping our immune system strong and healthy is so vitally important, especially when undergoing treatments like radiation and chemotherapy that are known for creating cancer cells as a side-effect.

There are a lot of natural supplements that boost the immune system. However, not all of them combine well with conventional cancer treatment. Below are some of the best and also safest supplements to take while undergoing cancer treatments to boost the immune system and promote overall health.

Vitamin D

Adequate vitamin D in the blood is crucial for strong, healthy immune system. Without enough vitamin D, our killer cells cannot do their job! Unfortunately, most people are vitamin D deficient because we have been taught to shun the sun, even though it gives away an endless supply of vitamin D. However, 20 minutes a day of sun exposure is healthy and is a fantastic way to build your vitamin D levels! Supplementation is extremely helpful, as well. I recommend 35 IU per lb of body weight. Monitor your levels via blood work and shoot for levels between 70-100 ng/ml for cancer treatment. There are mounds of studies that support the evidence that vitamin D can prevent and help fight cancer.

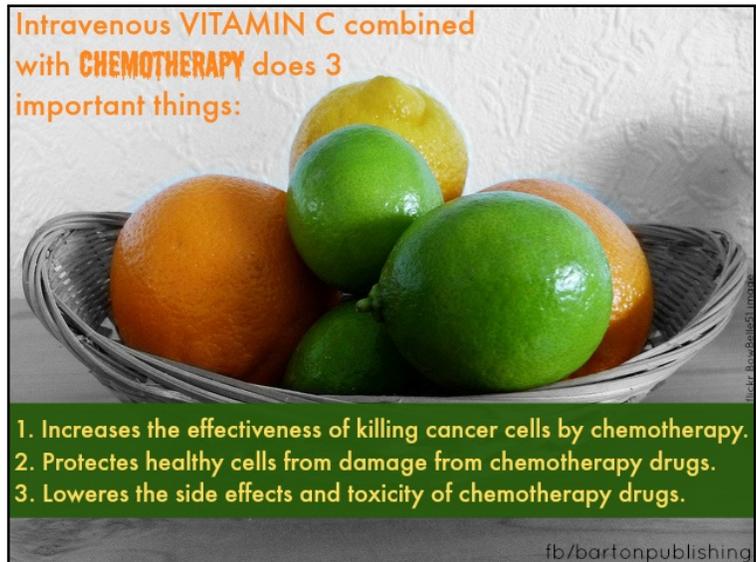
Vitamin C

Intravenous vitamin C is a method of interest in mainstream cancer treatment. This is because studies performed by the University of Kansas showed that intravenous vitamin C combined with chemotherapy did three important things:

- Increased the effectiveness of killing cancer cells by chemotherapy.
- Protected healthy cells from damage from chemotherapy drugs.
- Lowered the side-effects and toxicity of chemotherapy drugs.

This is fantastic news for those looking for a way not to only prevent the side-effects from their mainstream cancer treatment, but to enhance its effectiveness! I recommend inquiring with your doctor about administering vitamin C alongside your chemotherapy.

Intravenous vitamin C shows much greater results than supplementation in pill form. However, if you do take a pill form I recommend taking the fat soluble form of vitamin C called Ascorbyl Palmitate. Because it is fat soluble rather than water-soluble, it stays in the body much longer.



Mushrooms

Many different mushrooms have some pretty incredible anticancer and immune boosting properties. Eastern medicine has used these mushrooms for thousands of years for treatment of cancer and many other ailments. Maitake, Shiitake, Reishi, and Turkey Tail are the most commonly used mushrooms for cancer and immunity.

Though you can eat these mushrooms, they can be difficult to find. I recommend using them in supplement form as they concentrate the medicinal aspects of these mushrooms into a pill making them more effective. RM-10 from Garden of Life and Host Defense's Comprehensive Immune Support are both fantastic mushroom blends for cancer treatment and prevention.

Curcumin

Curcumin is the main active component of the spice turmeric. It is a powerful antioxidant and has shown positive results in lab experiments in its ability to both kill cancer cells and prevent them from growing.

Antioxidants are a bit controversial when it pertains to them being taken alongside treatments like chemotherapy. Some experts believe that antioxidants can lower chemo's effectiveness, while others have seen their amazing ability to lower levels of pain and fatigue. I personally believe the benefits of antioxidants far out way the unproven possible negative results.

In my opinion, the strongest and most effective curcumin on the market is Europharma's Curamed. One pill of Curamed is the equivalent to ten pills of typical curcumin. I personally take it daily for immune system support, cancer prevention, and also for its amazing ability to quell inflammation in the body.

Supplements for Side-Effects

Unfortunately, most conventional cancer treatments are packed with side-effects:

- Nausea
- Vomiting
- Hair loss
- Pain
- Diarrhea
- Fatigue
- And the list goes on

Finding natural ways to help combat these often incapacitating side-effects can greatly improve the quality of life of one going through these treatments.



Ginger

Ginger is a fantastic herb for nausea that is very safe and effective. It can be taken alone, or alongside prescribed anti-nausea medications. A recent study showed that cancer treatment patients who drank a high protein drink with ginger twice a day were less nauseous and required less anti-nausea medication. I recommend pill form as it is the easiest form to taken and generally the most effective.

L-Glutamine

I remember the first time someone told me that the Mayo Clinic had recommended they take L-Glutamine during their chemo. I had never heard of this recommendation before, but I was thrilled that a natural supplement was being suggested to help those undergoing chemotherapy treatment.

I later found out that cancer lowers levels of glutamine in the body as does chemotherapy treatments. Supplementing with glutamine during cancer and chemotherapy has protective properties against damage to the stomach lining, the heart, and our brain. Often times, chemotherapy's toxic chemicals can damage those parts of the body and l-glutamine provides protection from those toxic effects!

No matter what path you choose in treating your cancer, whether conventional or alternative, you can always incorporate nature's best remedies into your plan of action. Whether it's reducing nausea, protecting your body against chemotherapy's toxic effects, or boosting your immune system, there are effective and safe natural treatments and solutions at your disposal.

Take advantage of what nature has to offer! Cancer is not something to be taken lightly and using every cancer treatment means necessary, both natural and conventional, is commendable in your journey to health and restoration!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>



Cancer...The Enemy Within

by Michael Tyrrell

Morpheus: “This is your last chance. After this, there is no turning back. You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill - you stay in Wonderland and I show you how deep the rabbit-hole goes.”

Welcome, dear reader, to our monthly trip down the “rabbit hole” in search of the truth in the midst of pulp culture fiction. As always, I will be your tour guide through the next 1,500 plus words that will hopefully (at the very least) open your heart and mind to the possibility that things may not always be as they appear.

Often, our perspective is flawed. Hence, the necessity to draw attention to true north at times when we are tempted to accept “magnetic” north as our reality.

You see, there is a good reason why the message, “Objects in mirror are closer than they appear,” is indelibly printed on the side-view mirror of your vehicle. The manufacturer *knows* that the mirror’s perspective is skewed and they don’t want the actual proximity of another vehicle in an adjacent lane to prove it to you!

The human mind is a vast uncharted wilderness capable of functions that far exceed Einstein’s assessment of 10% utilization...90% of its ability remains virtually untapped! With that in mind (no pun intended!), consider this passage from the Bible,

“For as he thinketh in his heart, so is he.” Proverbs 23:7 (KJV)

Is it possible that what we *believe*, we *conceive*? In the book of Job, Job makes this telling statement:

“What I feared has come upon me; what I dreaded has come true.” Job 3:25 (NLT)

And that, dear reader, is our introduction to this month’s topic: cancer.

Top 7 Causes of Cancer

Before I continue, I want to be crystal clear as not offend any of my readers who may be battling this terrible disease.



I am NOT saying cancer is only a “by-product” of negative thinking. What I am saying is there are several different theories on *how* cancer manifests in the body and I want to start by addressing some of them.

Scientists tell us there are at least 200 types of cancer and mention dozens of ways to get it. Here are the top 7 causes of cancer:

1. Carcinogens

The list is quite exhaustive. From everything from solvents to asbestos, food and tobacco, even to the air we breath, so as the old maxim says, “Everything causes cancer in laboratory rats!”

2. Age

Scientists say as we age, we become more fragile and our immune systems become weakened, so we are more susceptible to cancer. I have to admit after having three “centenarians” in our family and a mom and dad that play golf, walk at least a mile a day and hit the gym regularly in their 70s, this one is a real stretch for me.

3. Genetic disposition

No argument, here! However, there is more to that story that I will share later!

4. Sun exposure

As far as skin cancer goes this one is a no-brainer. If you spend a good portion of your time outdoors, then a quality sunscreen is your best friend.

5. Smoking

As far as lung and throat cancer, there is no doubt that it raises your chances of cancer!

6. Bacterial infection

Yes, if the helicobacter pylori bacteria is present, then stomach cancer is a possibility.

7. Viruses

Again, anything that compromises the immune system gives ANY opportunistic disease an advantage.

Now, if you have already surmised that I probably have a different view, from another lens, you would be correct!

Cancer's Shadow

Here is the Webster's dictionary definition of cancer:

1. A serious disease caused by cells that are not normal and that can spread to one or many parts of the body.
2. Something bad or dangerous that causes other bad things to happen.

Did you catch that second definition? Here is where I ask you to be open-minded and forget what you have previously *believed* about cancer.

What images does the word, *dreadful*, create in your mind? If one is full of dread, then that leaves little room for anything else now, doesn't it?

I know of few things on earth that can instill more fear in a human being than a doctor's prognosis of cancer. It is paralyzing and rife with morose images and a supposed death sentence.

In the book of Luke (as an interesting side note, Luke was a physician!), we find this statement,

“Men's hearts failing them for fear...” Luke 21:26 (KJV)

Interesting, I poured over a myriad of statistics, lists of cancer causes, both by the leading oncologists and cancer societies both in America and the U.K. and not one of them mentioned or even eluded to the possibility of *fear* having any connection to cancer... whatsoever!

Do you recall Job's statement at the introduction of this article?

“What I feared has come upon me; what I dreaded has come true.” Job 3:25 (NLT)

Why, with all we know about the body's response to fear, would the medical community not even mention the remote possibility of fear being a factor in a disease that wreaks havoc on a cellular level???

Have you ever been on a drive when suddenly a police car was right on your tail? The red and blue lights are flashing and the officer is motioning you to pull over! What did you *feel* the moment you saw the police car in your rearview mirror? Fear, dread, and a sick feeling in your stomach, right? That was your body's response to sudden dread. Immediately, your chemistry changes, an

overproduction of stomach acid occurs, your heart races, you perspire, etc., simply at the mere appearance of an officer of the law!

The psalmist writes in Psalm 23:4 (NIV), “Even though I walk through the valley of the *shadow* of death, I will fear no evil for you are with me.”

Do you see it? God’s presence, His *light*, revealed the truth to the psalmist; it wasn’t actually death, but merely the *shadow* of death. As dreadful as it appeared, a shadow cannot kill you!

Often, that is all the doctor sees when he looks at your x-ray, a shadow, and yet it is instantly perceived as death when the prognosis comes.

Regardless of medicine or theology, one thing remains an immutable fact: fear and faith can NEVER coexist; they are diametrically opposed.

If you are fearful, then you are faithless. If you are faithful, then you are fearless...period.

Cellular Memory

Earlier, I promised to expound on how genetic disposition can be a possible cause of cancer (cause of cancer #3). So, now I will keep my promise.

There is some “cutting edge” scientific research that has been making waves lately called *cellular memory*, which proposes that latent memory is “stored” in our cells, both good and bad.

For example, from the exhilaration we feel at the birth of our first child to the anguish we feel at the loss of a loved one, life-changing memories are embedded into our cells.

Is cellular memory so hard to believe? After all, you can find out anything you want to know about a tree by its growth rings. Years of draught, years of flooding, a year when a fire burned close by and the year there was an earthquake is all faithfully recorded in the rings of a tree.

So, here is a side of genetic disposition we may not have considered...What if our parent’s cellular memory is passed on to us at birth? I know I am really stretching you here, but knowing that your parents DNA is responsible for how you look, is it really that hard to believe that your cells are affected by what affected your parent’s cells and so forth and so on?

There are many accounts of transplant patients (especially the heart) feeling quite different about things after the surgery; some even changed their color preference!

Here is another example. A pastor friend of mine told me a story about a beautiful young woman who had attended his church for several years. The girl’s mother dropped dead of a heart attack on her 35th birthday and the pastor said that since that day, no matter what he said to persuade her otherwise, the girl would always tell everyone, “I am going to die of a heart attack on my 35th

birthday just like my mother did.” The pastor looked at me and said, “Michael, she dropped dead of a heart attack on her 35th birthday, at the same exact time her mother did.”

Recall our second definition of the word cancer, “Something bad or dangerous that causes other bad things to happen.”

So, right now you are probably thinking, “Okay, Michael, I am tracking with you...but what can I possibly *do* about it?”

First, whatever protocol you are currently following does not have to change. I am not your doctor, oncologist or holistic practitioner, but I am a friend and minister who is bringing to light a spiritual condition that once properly dealt with could change your life substantially!

You see, I have NEVER counseled anyone with cancer that didn’t also suffer from fear, bitterness, an unforgiving heart, or all three. Often, once these deep-seated emotions (and the *images* or *memories* that trigger them) are dealt with and healed, the cancer patient responds miraculously!

Often, it is the very things you *don’t* see that are manifesting as the things you *do* see. We are beings composed of body, soul and spirit, thus if we are only focusing on physical symptoms, a problem may also be present in the other two-thirds of us that we are not aware of!

Spiritual Defense Against Cancer

Here is your “spiritual protocol” to defend yourself against cancer.

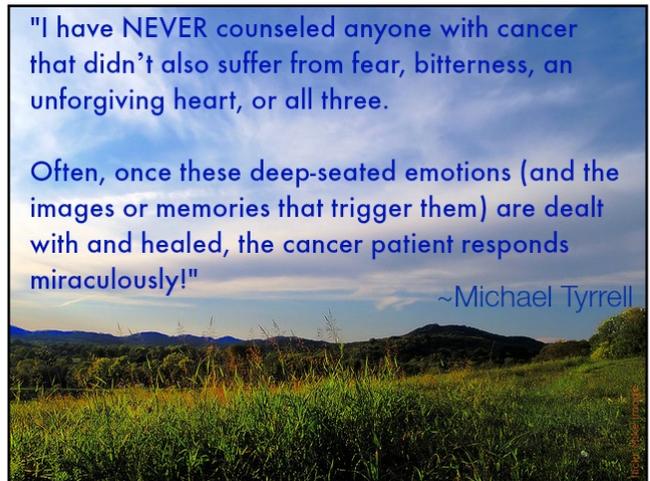
Spiritual Protocol #1

First, grab a fresh piece of paper and pen and write down the names of people (including loved ones) that you feel a grudge, anger or bitterness toward and realize that the negative feelings you have toward each of them are not NOT hurting them...they are hurting YOU. In most cases, they have no idea that you are still harboring these feelings toward them.

Secondly, take a moment and pray. You may want to say something like,

“Dear Lord, I choose to forgive (insert name) and I ask that you would heal my heart from all of these negative thoughts and memories I have held on to. Amen.”

Afterwards, if you still *feel* unsettled, then you may want to phone or visit with the person and ask *their* forgiveness, as well. This is up to you. Forgiveness is an amazingly powerful attribute that keeps our “ledgers” clean and releases us from bondage and cellular “clutter” so we can be released and healed.



“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not eagerly angered, IT KEEPS NO RECORD OF WRONGS.” 1 Corinthians 13:4-5 (NIV, emphasis mine)

Yes, dear friend, it is time to love one another (even your enemies!). Burn the record books and move on toward your total healing.

Finally, I would be remiss in my duty as a minister if I didn't mention a cancer so virulent and deadly that it not only affects your life in this world but also in the next.

What is this horrible cancer's name? Its name is UNBELIEF!

It is a cancer that can keep you from any hope of life eternal and the embrace of the one who gave His life for you in hope that you would choose Him. And, dear reader, nothing on earth could be more tragic than missing what awaits us after our time on earth comes to a conclusion.

If you do not have a personal relationship with Jesus, then you are not living; you are merely surviving. As your friend, I implore you to give your life to the only one qualified to save it: Jesus!

Spiritual Protocol #2

Find a quiet place and talk to Jesus. Ask Him those questions that have been gnawing at you for years. BE HONEST and don't worry about offending Him; He has heard it all.

Then, you might want to pray something like this:

“Dear Lord, my life is a mess and the harder I try to ‘fix’ it, the worse it seems to get. I give up! I give you this mess of a life. Please forgive me for all of my sins and stupidity. I ask you to make a place in my heart and fill me with your Spirit and transform me into your image. Thank you for loving me enough to die for me. Thank you for saving me. Amen.”

And with that said, I expect things are going to improve exponentially from here on out! Know that all of us at *Home Cures That Work* truly care and love to hear from you! Please drop us a line and let us know how you are...the good, the bad and the ugly but praying for “the good.”

P.S. Morpheus: “Neo, sooner or later you're going to realize just as I did that there's a difference between knowing the path and walking the path.”



Michael Tyrrell, www.michaeltyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Parachurch ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaeltyrrell.com>

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