

Natural Healing Express Weekly

Column Volume 132 Cancer, Part 3-- Seven Simple Steps to Prevent Cancer, part 1

As you may know by now, I am dedicating a few (I really don't know how many yet) columns towards this disease that has touched so many lives, most with a negative result. I am not going to harp on its nastiness or all the negative surrounding this disharmony any longer. I consciously have chosen to forgive what took my friend. That part is over. You know how I feel about anger and holding on to it.

In further victory and as a tribute to her, I plan to provide as much education to prevent this as I can. She would have wanted that. She craved knowledge, was an avid reader with a very astute mind and occasionally full of mischief. I guess that's what I loved about her most. She was a doer with a get 'er done attitude I am taking the same approach.

Here are some tips that I have been studying from Dr. David Brownstein. He is a board certified family physician and one of the foremost practitioners of holistic medicine. He is in an ever growing battle against cancer and has done a ton of research on the subject. I hope to meet him soon. In the meantime, I will bring you information on this topic. If it helps one soul out there, then I am counting it as a win.

I am going to give you a CLIP and POST list first, and then go into further detail. Put this on your frig or wherever for a reminder on how to prevent this obnoxious disease.

7 Simple Steps to Prevent Cancer

1. Don't Smoke Cigarettes
2. Maintain Adequate Iodine Levels
3. Avoid Synthetic Chemicals
4. Don't eat White Foods
5. Watch out for Heavy Metals
6. Avoid Radiation Exposure
7. Supplement Your Immune System

Number One---Don't Smoke Cigarettes...Need evidence? Here are some stats. The National Cancer Institute estimates lung cancer is the leading cancer among both men and women in the United States. About 90 percent of lung cancers deaths among men and 80 percent of cancer deaths among women are due to smoking.

Here's some advice from yours truly, if you smoke, QUIT. If someone you love smokes, talk to them about quitting and show them these statistics. It ain't pretty people. There are great programs out there to help you stop. FIND ONE. Why? Because it's not just lung cancer that becomes the issue. As Dr. Brownstein states, "Smoking also causes cancer of the esophagus, stomach, pancreas, kidney, bladder, cervix and acute myeloid leukemia."

Hello? Isn't that enough evidence? Come on, you've probably gotten kids, grandkids and/or a significant other. At least someone loves you and wants you on the planet. Improve your odds, QUIT!

Number Two---Maintain Adequate Iodine Levels..Iodine is in every cell, yet our bodies do not make it. It has to come from what we eat or a supplement. Iodine is concentrated in the glandular system (thyroid, breasts, ovaries, uterus and prostate). When Iodine is deficient, cysts form, from there they cysts get firmer and abnormal cells begin to form, and these are a precursor to cancer. Some things to look for are goiters.

Want the good news? Studies are finding that proper dosages of iodine can reverse or halt this cell progression to cancer.

Average doses of iodine supplementation are 12 to 25 mg per day. However, damaged cells require more, perhaps as much as 50mg daily. Want further proof? Our beautiful Great Lakes region is one of the highest in this deficiency according to the American Thyroid Association.

If you are in all-star, check out their website at <http://www.thyroid.org/iodine-deficiency/> for more details.

Here is a chart which helps to identify foods that are rich in iodine. Just watch the aspartame in the yogurt products!

Common Sources of Dietary Iodine

Cheese
Cow's milk
Eggs
Frozen Yogurt
Ice Cream
Iodine-containing multivitamins
Iodized table salt
Saltwater fish
Seaweed (including kelp, Dulce, nor)
Shellfish
Soy milk
Soy sauce
Yogurt

Next Week – Steps 3 through 7 !!! Work on these two for now.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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