

## Natural Healing Express Weekly

### Column Volume 133 Cancer, Part 4 Simple Steps to Prevent Cancer, cont'd

This column will complete our Seven Simple Steps to Prevent Cancer that we started last week. Again, I will show the CLIP and POST and give credit to Dr. David Brownstein for coming up with the list. Put this on your frig or wherever for a reminder on how to help 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

Here's where we left off from last week. If you don't have last week's paper, call the Flash or better yet, call up and get subscribed to the Flash Online. You can also view these articles on our website, [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com), but we are usually a couple issues behind. Plus, there is always lots great news at The Flash Online. Call them today and get signed up. So, here we go more steps to help prevent cancer.

Number Three-Avoid Synthetic Chemicals..To me, this sounds like a no brainer, but most of the time, we don't actually know we are "eating" these chemicals. They show up in unsuspecting places such as animal products. Avoid animal products that contain synthetic drugs to speed up their growth cycle. If it comes from a large producer, it's likely these animals have had hormones and lots of antibiotics injected into their system. And, guess what, after you eat them, so do you. Organically raised animals and free range cattle, chickens, turkeys are a much better choice.

Also, pesticides are carcinogens. I am a farm kid; I know why many feel they are necessary. Just know the risks and work to reduce them, that's all I will say about that. Next up are these artificial sweeteners. Don't even get me started on my aspartame rant; we'll be here for days. Let's just suffice it to say, aspartame has become the leading carcinogen in the country. THE LEADING CARCINOGEN... Yes, that is the junk many put in their coffee. Artificial sweeteners carry chlorine atoms which can inhibit iodine (see last week's on this deficiency) and many have a percentage of methanol which is what is included in rat poison. Tasty.

Number Four----Don't eat white foods. These are the refined foods completely depleted of all nutrients. Ok, let's go over this another way. If a food has NO nutritional value, why the heck eat it? Seriously, we are better off to go chew on some cardboard, you will be taking in less toxins. These white foods are basically white SUGAR, SUGAR and SUGAR, then white flour and processed white salt. Why are these such a problem? Because your white blood cells are your first line of defense for your immune system and refined sugar reduces white blood cell activity for up to five hours. These means, your first line of defense against invaders is placed on shut down and the bad cells such as cancer can already begin wreaking havoc.

This leaves the body vulnerable for attack. There are many, many healthy alternatives available as substitutes for these items. If you need help figuring that out, schedule a Nutrient analysis with us today, we will help you figure out your Bio-Individuality and make recommendations. Cost is 35 bucks. I know I have spent a lot more on things much less valuable. Call us for an appointment.

Number Five---Watch out for Heavy Metals.. Get tested for heavy metal toxicity at some point. The vast majority of Americans carry high levels of heavy metals such as mercury, lead, arsenic, cadmium and nickel, with the leading one being MERCURY. This comes from amalgam dental fillings. One way to help remedy this issue is to work with a trained practitioner that can help you to chelate the heavy metals out of your body. We can help.

Number Six---Avoid Radiation Exposure----This is difficult for every X-ray, CT scan, dental X-ray and PET scan falls into this category. Less is definitely more in this case. All of these procedures expose the body to radiation that can damage the DNA of your healthy cells. When needed, check and double check to make sure they are absolutely necessary.

Number Seven---Supplement Your Immune System...In this particular step, I feel very obligated to discuss BIO-Individuality. Your body and your immune system are as unique as your fingerprint. I always refer back to the George Burns example. Why could he drink, smoke, eat lots of not good foods, chase the ladies and live to be 103? And, then another tries this same approach and passes away by 45? Well, folks, that is the prime example of BIO-Individuality. Learn your body; know how far you can push it. Don't just guess and hope for the best.

As mentioned before, we have a fairly straight forward nutrient analysis here at NHE. Come in and have it done. It will show your deficiencies and help to select the supplement you actually NEED, not the ones being discussed every afternoon on television.

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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