

Natural Healing Express Weekly

Column Volume 134 Cancer, Part 5

This week I want to share some staggering statistics with you regarding the cancer epidemic.

In 2013, approximately 16,210 men and 46,500 women developed thyroid cancer.

In 2013, Over 22,240 women were diagnosed with ovarian cancer. Over 14,000 died.

In 2013, Over 61,000 women were diagnosed with uterine cancer. Over 12,000 died.

In 2013, Over 232,340 women were diagnosed with breast cancer, nearly 40,000 died.

In 2013, millions of people lost a loved one to cancer. In 2014, I joined them.

In 2013, I felt empathy for those who lost the battle. In 2014, I decided to do something.

ARE THESE NUMBERS GETTING YOUR ATTENTION? They sure opened my eyes. In the last two weeks we shared 7 simple steps to help prevent cancer. In the last two weeks hundreds have died from it. What's it gonna take to make a difference here? I believe we start with EDUCATION...

This may be repetitive, but here are more methods to help protect yourself and your loved ones from this vicious, evil disease.

Firstly, KNOWLEDGE IS POWER. A substance that is known to cause cancer is called a CARCINOGEN. Look for carcinogens in your environment and find a way to protect yourself from them. The American Cancer Society has a wonderful document called "Occupation and Cancer" which describes the associations between occupations and a certain type of cancer. For instance, liver cancer has been associated with exposure to arsenic and vinyl chloride. Cancer of the lymphatic systems and bone marrow has been related to exposure to herbicides, x-rays and benzene. Lung cancer has been associated with exposure to asbestos, arsenic, cadmium, nickel and radon. Bladder cancer has been linked to aluminum production and benzene. Look this up and figure out if your occupation could possibly be a contributing factor.

And for goodness sake, look at the ingredients in Diet Soda. Do you see aspartame? IT's the LEADING CARCINOGEN IN THE COUNTRY. Stop. Just Stop.

Second, a healthy diet is CRITICAL for prevention of cancer. If you are eating nutritionally deficient foods, then your body is nutritionally deficient. If you put GARBAGE into your body, expect a GARBAGE outcome. Simply, you cannot expect your body to function properly if you are not feeding it properly, no more than you can expect your car to run well without gas or oil.

Third, eat only organic meat. This reduces the intake of synthetic hormones which wreak havoc with the body. Also, watch the fish that you consume. Wild caught fish is the best. Buy from local farmers. If you need to find a farmer near you, go to www.localharvest.org. It is estimated that North America has lost more than 650,000 family farms in the past decade. Small farmers need support.

A healthy cancer fighting diet is full of unrefined foods, including organic fruits, vegetables, meat, eggs, nuts and seeds. This means avoiding the white foods in your diet – white sugar, salt and flour are void of nutrients. They do nothing for the body and can cause more harm than good. Visit your local farmers market.

Fourth, boost liver function. Your liver is the largest organ (second if you count skin) in the body and it is responsible for keeping the blood clean and it also neutralizes toxic substances. Toxins contribute to cancer growth. A great supplement to aid in boosting liver function is Milk Thistle.

Also, Vitamin C is perhaps the best known antioxidant and it is also an essential nutrient. This means we cannot produce it in our own bodies and we cannot live without it. Vitamin C has been known to inhibit tumor growth. The richest dietary sources of vitamin C are organic fruits and vegetables. One can also supplement. There are recommendations of 3,000mg a day needed to fully saturate immune system cells.

And finally, utilize anti-cancer nutrients such as alpha lipoic acid which helps to prevent the symptoms of Vitamin E and C deficiency. It is also a very potent antioxidant.

Iodine is another widely studied nutrient for treating and preventing cancer. However, just like Vitamin C, we cannot manufacture iodine and must get it from food or supplements to survive. When iodine levels are low glandular tissues such as ovaries, uterus, breast, prostate and thyroid develop problems such as cysts and nodules.

Iodine is also shown to have cancer killing properties and the best iodine dosage is from 6 to 50 mg per day.

If you need help putting together a healthy diet, come see us. We offer a nutrient analysis for 35 dollars. Find out what your levels are and what you need to balance them.

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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