

Natural Healing Express Weekly

Column 273 Minimize Cancer Risk

First, I want to give a resounding THANK YOU to the many great folks in the Lena Area who participated in our weeklong Winterfest 2017. Many fun-filled events occurred from a wine walk to snowcar. It is wonderful to see the many outstanding folks in our region coming together. They were having fun for a good cause and experiencing a joyous and festive time while doing so.

Our 2017 Winterfest King and Queen are Mark and LuAnn Jordan. Crowned as our Princess is Addison Potter and Benjamin IIs will serve as our Prince. Our Duchess is Trina Green who has done an amazing job serving as our 2016 Queen. Thank you to everyone who had a part in Winterfest!

As we celebrate Community events such as Winterfest, we witness healthy, vital living folks who are out enjoying themselves at various ages. As a Dr. of Natural Health, I cannot help but take notice of those who are taking good care of themselves and enjoying life to the fullest. However, I witness many each week that are not. Why such a difference in the health of people the same age?

Recently, I was asked a somewhat perplexing question from someone newly diagnosed with the disharmony of cancer. She looked into my eyes and wondered, "I have done everything right. I eat perfectly, I have raised a family, have a wonderful husband, I exercise, I go to church and yet here I am. Why?" "And, you know what? That's a darn good question! And, quite honestly, only God knows.

So, I decided to take a risk and put something out there that has been on my heart for years. This article mentions a few steps you can do to invoke your own power to reduce the risk of cancer. In my humble opinion, taking matters into your own hands is the best response!

And, I am a firm believer in the theory that Emotions Buried Alive Never Die. What that means is if you repress your feelings, they have to go somewhere. If they stay "in" the body, they will eventually do harm. (Go to www.naturalhealingexpress.com for further articles on this)

In step one of cancer, Carcinogens gather from the environment and from inside the body. Environmental toxins such as sun, radiation, air pollutants and substances on the skin contribute. Dietary toxins such as pesticide, oxidized fat, burned foods and artificial additives make a huge difference in raising your risk. Do not even get me started on ASPARTAME. It is the worst food additive out there today. Use Stevia people!! Arghh.

Now, let's chat about those byproducts of human metabolism. Those being Free Radicals and Oxidized Hormones. These babies can do a ton of damage throughout the body and they occur naturally.

So what happens to those carcinogens? One of two things. First, they can be safely eliminated from the body and all is well. Or, second, they linger inside the body and attack cells, hoping to change them.

When this occurs, cells are changed due to DNA damage and improper genetic expression. Then precancerous cells are formed. If they die, we are all good again. If not, they can multiply and begin to

form tumors. All the while, in a healthy immune system, your body is working to kill off these awful cells. If some escape from the immune system, they can multiply and form tumors. Once new blood vessels are formed to feed the tumors (angiogenesis) they will support the spread of these cells throughout the body (metastasis).

So, what can be done? First, minimize the carcinogenic load in the body! If you need help identifying the toxins in your world, come see us, we will help you!

Secondly, support the body's ability to eliminate (detox) carcinogens. Have adequate protein throughout the day! Increase fiber, sweat, drink clean water (lots of it) and exercise!

Third, enhance your immune system. Build the efficiency of your immune system by using supplements that support it. Vitamin C, Folate, B12, Zinc. Occasionally, grab an extra boost. We have an amazing immune blend tincture that works wonders for this.

Address what is impairing the immune system. Reduce Stress (use the Nutri-Calm if you cannot) , keep your Carbs under control, Lessen your excessively Fatty Meals, GET ADEQUATE SLEEP, correct depression and anxiety (if you need assistance, come see us!) And Avoid and eliminate Toxins, especially mercury. And, know your Vitamin K, it can provide wondrous assistance if taken properly.

Step four – take in adequate Omega-3s, from a great company who does their research in balancing their product. Keep folate in balance. Keep Cholesterol in check.

If you can more questions or need assistance, please check in with us at any of the ways listed below.

Our café is set to open next week! Yee ha!

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.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

