

Natural Healing Express Weekly

Column Volume 136 Cancer, Part 7 Cancer Recap

This week we will do a recap of the last 6 articles on Cancer. Number one, we looked at the way our emotions affect our bodies. I gave you a few tidbits from "Feelings Buried Alive Never Die" by Karol Truman. We talked about the correlation between repressed feelings such as anger playing a major role in contributing to cancer. Holding on to deep anger, resentment, hate, revenge and jealousy can cause permanent damage, sometimes irreparable damage.

We talked about forgiveness and the benefits its freedom allows. Remember, forgiveness is NOT about the person/situation/thing that created the issue for you. Forgiveness is about you! Forgiveness is about you CHOOSING to let the anger subside and truly letting it go for your OWN sake. I didn't say you had to be best friends with the person/situation that you choose to forgive, I am merely suggesting that you do what it take for you to release its negative hold on your life by FORGIVING and MOVING ON. In this manner, you free yourself from the negative emotions associated with whatever caused it in the first place.

Next we discussed at length Dr. Brownstein's 7 steps to prevent cancer. Here they are again in a CLIP and POST format. They are simple to follow and will no doubt make a difference in your overall health. Those steps are as follows;

#### 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

Next we discussed those alarming statistics. Again, take a look at these and help me make a difference in reducing these numbers for 2014.

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.

Finally we discussed ways to improve your immune system by changing your eating habits. As usual, we abide by the theory, "let thy food be the medicine and thy medicine be thy food". We suggested more raw foods, more greens and proteins, with a lot less processed food and artificial sugars.

As we close this series, I give you my heartfelt gratitude for reading these articles. Thank you for trying to make a difference in your own life as well as others. If we help one person lessen the hold this horrific disease has on our society, then I feel it is was successful.

Finally, I dedicate this series to my dear friend Rita Lobdell,(who I know is in a better place) for inspiring me to take on this monster topic. I further dedicate this work it to all families who have encountered cancer, those who have won the battle and even more so, to those who have suffered and lost. Godspeed.

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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