



## **Cancer - The Dreaded disease.**

Cancer is responsible for the deaths of over one half million each year, and thus is the second leading cause of death (behind heart disease) in this country. It is diagnosed in almost 1.4 million people each year, and many people who die of other causes have undiagnosed cancers. Although certain types of cancers tend to occur in specific age groups, the risk of getting cancer increases with age, and over 60% of cases are diagnosed in people older than 65.

### **How does cancer develop?**

All cancers start with a single cell. This cell undergoes change, or mutation, to an abnormal cell. The problem with this cell is that it does not obey the rules that other cells live by. For example, cells next to each other stop growing so they don't crowd each other out. A cancer cell disregards this, and continues to grow. Cancer causes symptoms by growing in size and having mass effect, or by secreting substances that harm the body.

The reason that the cancer cell does not obey the rules is that its blueprint for how to function, the DNA, is damaged. The cell's map for how to live and function is deranged, and the cell grows without regard for other cells. DNA damage occurs with great frequency in our bodies. But, there is an elaborate system of checks and balances that ultimately lead to the destruction of cancerous cells. However, in some persons, for some yet unknown reason, the body's ability to destroy the rogue cell is impaired, and the cancer develops.

Although we do not know exactly why the cancer will start, there are a couple of things that are implicated. The person's genetic background plays a role; Colon, breast, prostate and many other cancers tend to run in families. Those people have an inherited tendency. In these people, and in some others without the hereditary component, a substance called a carcinogen (cancer causing agent) triggers the mutation. In others, free radicals may be the trigger. Free radicals are unstable substances produced in the body, which cause damage and may be a leading cause of many chronic diseases.

Since you cannot do anything about your genetic makeup, the only ways to prevent cancers are to minimize your exposure to carcinogens, and minimize free radical damage. The body has a complex system of substances called antioxidants, which help quiet any damage done by free radicals. These substances, called antioxidants can be augmented by diet and dietary supplements, thus helping the body ward off the dangerous effects of free radicals.

### **If one has Cancer**

- 1 - 3 x Phytodefence sachets per day or 3 – 9 Carotenoids p/day. One can up the dosage of Carotenoids, Flavonoids, and Cruciferous to 9/6/3 respectively per day.
- 1-3 Nutrishakes or GR2 Shakes per day
- 1 x Vitality Pack sachet per day or 2 x Formula IV capsules p/day.
- 3-6 Omega 3 per day.
- Cancer of the colon - Take extra Fibre and Aloe Vera Plus
- Stop intake of all Nutritional supplements 2 days before chemotherapy and restart nutritional supplements 2 days after.
- Aloe Vera Plus to counteract nausea from chemotherapy - to be taken before and after chemotherapy and as needed.

### **Cancer Prevention**

- 3 x Carotenoid every day
- 2 x Flavonoids every day
- 1 x Cruciferous every day
- Garlic Allium Tabs – As directed.
- Add Fibre and the digestive herbal formula for colon Cancer.
- The other antioxidants are also great for prevention such as the VA, VC and VE. Look at the info on these ... including the
- Betaguard 2 tabs daily – for prevention and detoxification.
- Detoxification program – Stage 6 – 2-6 at night (Start Slowly) and 6x Betaguard per day or 10x Garlic Allium complex per day.
- Do the obvious... Follow a healthy balanced diet especially taking care to include Coloured veggies and fruits... and cruciferous vegetables such as Cabbage, broccoli, brussel sprouts, cauliflower. Etc. Do not smoke. Don't drink excessively – exercise! Follow a healthy lifestyle. Avoid high stress levels.