

BEATING CANCER

Age-old wisdom tells us to eat a high plant diet, meats from the wild or pastured, be active every day, limit alcohol consumption, and avoid the health risks of obesity and metabolic syndrome. A cancer diagnosis is not too late.

But, age-old wisdom never needed to address sugar. If you have cancer or disease, you need to remove ALL added sugars, NOW! Research shows that cancer cells selectively burn glucose (sugar) for fuel (Hou 2018). Both high blood sugar levels and high insulin levels (given to “correct” high blood sugar in diabetics) provide a selective advantage for cancer cell growth (Amadou 2013).

Get some sun & eat cold-water fish: Vitamin D regulates the cell’s ability to break down and recycle dysfunctional or unused parts (a process called autophagy) (Tavera-Mendoza, 2017). Analyzing data from nearly 27,000 individuals across a decade, the less serum 25[OH]D (prohormone vitamin D that the liver makes from D3) below 50 nmol/L (20 ng/mL), the greater risk of getting cancer, having more advanced cancers, larger cancers, metastatic cancers, having a treated cancer come back, dying from cancer, and also dying from cardiovascular problems. People with very high D, serum values above 125 nmol/L (50 ng/mL) had better cellular health, a more robust immune system, and better overall health (Gaksch 2017).

Promote a positive outlook: Have a good belly laugh, get some “just for me” time, take a nap, watch a funny movie, meditate, spend time with loved ones, touch and be touched. These all immediately increase natural killer cell activity—part of your body’s ability to fight cancer and infected cells (Hayashi 2007).

Reduce inflammation: This is a big one! Cancer cells form, divide and metastasize in a chronically inflamed body. The healthy body has the ability to recognize and eradicate sick, dying, or altered cells. The inflamed body cannot keep up.

- ◇ **Choose your food:** That whole foods, no nonsense, diet—high in vegetables (roots and shoots), with some fruits, poultry allowed to pasture, and wild fish lowers risk of cancer or its recurrence cancer by about 30%.
- ◇ **Lose weight in a healthy fashion:** Improve natural killer cell activity (Bähr 2017). The perfect cancer host is obese (inflamed), living on packaged foods (so-called healthy or not), and using popular skin care products (that often contain estrogen-like chemicals). Maintain or return to a healthy weight to reduce cancer risk.
- ◇ Excessive weight, weight gain, or obesity is responsible for one of every five diagnoses of cancer in the US (Bähr 2017). Central (around the waist) obesity increases the risk of dying from “breast cancer” by 34%. Adipose is a source of excess estrogen that fuels many cancers (Amadou 2013). Sugar helps create estrogen dominance.
- ◇ What about red meat? Studies linking red meat with cancer only evaluated commercial, grain-fed meat. The problem? Growth hormones, estrogens, antibiotics, and other chemicals stimulate cancer growth. Additionally, feeding ruminants grains elevates harmful bacteria like E. Coli which break down the gut barrier (leaky gut) and require antibiotic treatment that also kills good bacteria. Commercial meat and dairy are high in bacteria and bacteria-toxins; consuming it makes your body think it is under attack (inflammation) (Zhang 2016).

The ruminant stomach contains probiotic bacteria that convert grass into vitamin D, manufacture anti-inflammatory fats, precursors for Vitamin A and E, cancer fighting antioxidants, and more (Daley 2010). In fact, the role of dietary fat—untainted by fat-stored hormones and toxic chemicals— in aggressive cancers remains unclear. But don’t go overboard either; too much red meat isn’t healthy for most people.

Get and stay active: regular physical activity greatly reduces the risk of dying from all cancer types. Risk of breast cancer decreased by 3% for each 4 hours a week spent walking at 2 miles an hour or 1 hour per week jogging at 10 minute miles. Risk decreased 5% for more vigorous exercise (Wu 2013). Both low intensity, longer duration and shorter, high intensity physical activity can lengthen lives and quality of life by protecting from all causes of illness and death (Kopperstad 2017).

Sleep: Too little (under 7 hours per night) or too much (more than 10 hours regularly) is associated with higher risk of death from all causes (Collins 2017). Individuals who habitually sleep less than 6 hours nightly have a 62% greater risk of dying from cancer than those who snooze at least 7 hours each night.

Restore health to your thyroid While hypothyroid individuals do have greater risk of cancer, thyroid hormone treatment increases cancer cell division, migration, and invasion and reduces the chances of beating cancer (Sarosiek 2016). Do everything possible to restore your thyroid health.

Alcohol is a carcinogen. Although 1-2 glasses of red wine may be cancer and cardiac-protective, the more a person drinks all other alcoholic beverages, the higher the risk for breast and pancreatic cancers (Brennan 2010, Ma 2017) possibly because alcohol blocks liver function including removing excess estrogen.

Reduce your risk and even reduce early stage cancer with nutrient-dense foods and whole food supplements:

Supplements? One reason supplement studies show mixed results is they test single, synthetic products without providing cofactors. Vitamins and minerals do not work individually in the body; in natural food they are found with other synergistic nutrients. While insufficiencies can result in poor cancer protection, excess can stimulate cancer growth. To date, only two nutrients have good safety profiles and decent positive evidence: ~2 gm EPA/DHA fish oil (*must* be from a vendor with contaminant quality control) and 10-20 gm melatonin; alone or with chemotherapy. Supplement D3 only if your serum D is low, avoid synthetic vitamin A (Vernieri 2018). A professional can help select whole food supplements to round out a healthy diet.

The best cancer-fighting strategy includes the rainbow of plants (6-9 servings daily) Note: if you juice, put the fibers back into the drink—otherwise the juice spikes your blood sugar which cancer loves and your gut is not supported:

“Detoxifiers” cabbage, bok choy, broccoli, Brussels sprouts, cauliflower, collards, kale, mustard greens, radishes, rutabaga, turnips, watercress... These help liver function and also bind and eliminate estrogens and chemicals.

“Sulfurs” garlic, onions, leeks, shallots, green leafies, beans, nuts... Sulfur helps eliminate toxic chemicals.

“Reds” Peppers and tomatoes with powerful anti-oxidants

“Phyto-colors” Berries: (unsweetened) cranberries, blueberries, raspberries and strawberries... Roots: beets, radishes... Fruits: green apples

“Yellows” with carotenoids: acorn squash, carrots, pumpkins, sweet potatoes, yams

“Fats” Extra virgin olive oil, cold-pressed flaxseed oil, fish and butter from pastured cows are anti-inflammatory

Mushrooms: Turkey tail, Maitake, Chaga, and Reishi boost the immune system synergistic with chemotherapy

Green tea interferes with every step of carcinogenesis. Five cups per day provides polyphenols as anti-oxidants and anti-inflammatories. Green tea also helps rebalance the digestive tract—under stress by cancer therapies.

Selenium: 200-300 mcg/day for maximum cancer protection. This is approximately 2-3 large Brazil nuts.

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