

Cancer

By Christa Way

In terms of nutrition, studies have shown that a diet that is rich in fiber, fresh fruit and vegetables, and whole grains actually helps the body to fight cancer. I would take a very radical approach, which is to eat all raw foods and lots of vegetable juices, and look at cleansing and alkalizing the body as much as possible. In terms of the Life Force products, there are definitely some wonderful nutritional advantages—so let's start here.

First of all people with any type of cancer require higher than normal amounts of Vitamin A. However, taking an isolated Vitamin A can be highly toxic in the amounts required. **Body Balance** is very high in natural carotenoids, which are the precursors to Vitamin A. What that means is that the carotenoid complex is what the body uses to create Vitamin A, so it is the best and safest form to use.

Carotenoids actually enhance natural killer cell activity, and low carotene levels have been associated with cancer. There is often severe mineral depletion that needs to be balanced as much as possible, and it is well known that sea vegetation protects the body from radiation damage. All nutrients are essential for normal cell division and function, and a form that is easily assimilated is really vital.

Lignans, phytonutrients found in sea vegetables, have been shown to inhibit angiogenesis, or blood cell growth, the process through which fast-growing tumors not only gain extra nourishment, but send cancer cells out in the bloodstream to establish secondary tumors or metastases in other areas of the body. In addition, lignans have been credited with inhibiting estrogen synthesis in fat cells as effectively as some of the drugs used in cancer chemotherapy. In postmenopausal women, fat tissue is a primary site where estrogen is synthesized, and high levels of certain estrogen metabolites (the 4OH and 16OH metabolites) are considered a significant risk factor for breast cancer.

Dr. Ivan Danhof, in his article entitled "Internal Uses of Aloe Vera," cites research in which a specific molecule derived from Aloe vera was shown to possess anti-cancer activity against lymphocytic leukemia. Additional investigations revealed that another molecular species derived from Aloe vera had antitumor activity, but the action was a bolstering of the immune system rather than direct anti-tumor activity. According to Dr. Danhof, Aloe vera causes the release of tumor necrosis factor Alpha, which blocks the blood supply to cancerous growths.

The **OsteoProCare** is also highly recommended, as calcium, magnesium, potassium and Vitamin D are all important for the treatment of many forms of cancer. Added to this is the fact that when a person has a condition such as cancer, the body has become very acidic. Calcium is the most alkalizing of all nutrients,

and essential in bringing the pH back to some form of equilibrium. (It is said that cancer cannot survive in an alkaline environment.) Calcium also protects in that it prevents precancerous cells from becoming cancerous.

AminoCharge - Amino acids in a bio-available form like this are highly beneficial. There is a therapy that is used for cancer treatment called Antineoplastin therapy, that uses amino acid derivatives to inhibit the growth of cancer cells. The different aminos have specific parts to play here. For instance, carnitine protects against damage from free radicals and toxins; glutathione is essential for the functioning of the immune system, and has always been found to be deficient in cancer patients; taurine functions as foundation for tissue and organ repair and is essential for white blood cell activation; cysteine detoxifies harmful substances and is particularly important for the liver and other organs, and has shown preventative effects against cancer.

TrueGreens is full of phytochemical compounds that are leading the way in cancer research. Foods and herbs that contain high levels of chlorophyll show pharmacological evidence of cancer prevention, perhaps because pigments in green vegetables (and algae) bind with and thus stimulate excretion of cancer-causing chemicals. If cancer cells are stopped before they can form colonies, your body's naturally occurring cancer cells won't be able to run amok and develop into symptomatic cancer. Chlorophyll is very similar to the molecular composition of human blood and is able to increase hemoglobin production and build red blood cells. With more red blood cells and hemoglobin in the bloodstream, more oxygen is carried into the cells. Increased oxygenation is not only of benefit to the health and maintenance of normal cells, but it is a deterrent to cancer cells. According to "Human Biochemistry and Disease," normal cells make their energy through the oxygen-dependent process of oxidation phosphorylation, but cancer cells make energy by fermentation phosphorylation, which requires the conditions of low oxygen and acidity to occur.

Both wheatgrass juice and barley grass juice have a strong alkalizing effect, which means they reduce acidity within the fluids and tissues of the body. The blood is carefully maintained at an alkaline pH measurement of around 7.35, but many processed foods and beverages are acidic and create imbalances in the body. Wheatgrass and barley grass restores balance and alkalinity to the blood and cells of the body, which is of particular importance with cancer. According to "Human Biochemistry and Disease," cancer needs an acidic environment to reproduce and

flourish, while alkaline tissues inhibit cancerous processes. Wheatgrass and barley grass are especially rich in chlorophyll, representing 70 percent of their content. As well as chlorophyll, broccoli and kale are also rich sources of cancer-fighting flavonoids, as are other vegetables and fruits such as carrots, tomatoes, blueberries, bilberries and pineapple.

Shitake mushrooms are promoted to fight the development and progression of cancer and AIDS by boosting the body's immune system. A compound called lentinan is believed to stop or slow tumor growth. Another component, activated hexose-containing compound (also known as 1,3-beta glucan), is also said to reduce tumor activity and lessen the side effects of cancer treatment. The beta glucan polysaccharide is believed to stimulate the immune system and activate certain cells and proteins that attack cancer, including macrophages, T-cells, and natural killer cells. In laboratory studies, beta glucan appears to slow the growth of cancer in some cell cultures.

A new study conducted at the University of Kentucky in the United States, and published in the journal *Clinical Cancer Research*, found that leukemia cancer cells exposed to grapeseed extract (GSE) were rapidly killed through a process of cell suicide known as "apoptosis." In a healthy person, cancer cell apoptosis is a normal, healthy part of biology. Every living system creates cancerous cells. There are hundreds or thousands of "microtumors" in every human being living today, but cancerous cells in healthy people destroy themselves once they realize they're flawed. This cellular "realization," however, requires healthy cell communication, and that's dependent on the correct nutrients, minerals and proteins being available in the body. Grapeseed extract appears to accelerate this process in cancer cells, helping them more rapidly assess their own flawed state so they can engage in apoptosis (cell suicide), thus protecting the larger organism (the body).

Nature's most effective iron-chelating molecule is inositol hexaphosphate (IP6), found naturally in flax seeds, amaranth and rice bran. IP6 is a selective agent against cancer cells. Because cancer cells are high in iron content, IP6 directs most of its attention to abnormal cells. IP6 selectively removes iron from tumors cells, which deprives them of their primary growth factor. IP6 does not remove iron from red blood cells which are tightly bound to hemoglobin. Unlike cancer drugs, healthy cells are not affected with IP6, so IP6 has very low toxicity.

Spirulina is richly supplied with the blue pigment phycocyanin, a biliprotein which has been shown to inhibit cancer-colony formation.

Taheebo is a must! The main constituent of Taheebo is something called lapachol, which has been shown in lab tests to kill cancer cells it comes in contact with. However, that is the isolated lapachol, which is actually toxic to humans in its isolated form. When the whole herb was given in clinical studies, it produced clinical anticancer effects without the toxic side effects. Lapachol is believed to stimulate the production of red blood cells in bone marrow. This improves the oxygen-carrying capacity of the blood. This, in turn, has important implications for the health of tissues throughout the body. Taheebo also contain ingredients such as quercetin, xloidone and other flavonoids. These contribute to its effectiveness in the treatment of tumors and infections.

Another very powerful cancer prevention agent is MSM, contained in **FlexeoPlus**. MSM (Methyl Sulfonyl Methane) is an incredible form of sulphur, the third most common chemical in our body. MSM makes cells permeable (which is known to aid in the treatment of cancer), strengthens collagen (which helps stop the spreading of cancer and thus may turn malignant tumors into benign tumors), helps maintain a proper pH (which cancer cells don't like), and causes a host of other benefits for treating cancer, some direct and some indirect. It is also a powerful immune builder, which is vital in helping to fight something like this.

TruBoost contains potassium d-glucarate, a natural substance found in fruits and vegetables. Many studies have shown it to be highly protective against cancer, as well as decreasing lung, skin, liver, breast and colon cancer. D-glucarate has also been found to have an inhibitory effect on cancers of the bladder and the prostate. The healing benefits of d-glucarate were actually discovered by researchers at the M.D. Anderson Cancer Center, the second largest cancer center in the United States. D-glucarate also helps the body's process for eliminating harmful toxins and carcinogens that occur naturally from things like tobacco smoke, pesticides and other foreign substances. In addition, calcium D-glucarate helps eliminate excess amounts of chemicals produced in the body that promote cancer, such as estrogens and androgens. With more of these substances eliminated, an individual may rid his or her body of some of the things that lead to cancer.

TruBoost also contains two adaptogenic herbs, ashwaganda and tulsi, that have been shown to enhance energy levels while helping to alleviate fatigue.

Ashwaganda increases our immunity, is antioxidant, is adaptogenic, and thus this botanical exerts its effect on cancer in multiple roles. Remedies made from the herb are also used in other countries in the treatment of cancer. The herbal extracts of the ashwaganda herb increase the platelet count, and the total red blood cell count, along with the total white blood cell count which tends to dip during the

chemotherapy treatment. The ability of the ashwaganda to sensitize cancer cells against radiation treatment have also been demonstrated in several studies undertaken in the country of India, the home of the herb. In fact, the use of ashwaganda during the radiation treatment made the treatments approximately fifty percent more effective than normal. The ability of the ashwaganda and its effectiveness in putting cancer tumors into a state of regression has also been observed in certain studies.

Cancer begins when free radicals in the body alter a cell's genetic makeup, causing the cell to divide more frequently than it should. Tulsi has large amounts of enzymes that have the ability to destroy these free radicals. Although every plant contains some enzyme or the other, tulsi has been shown to have sufficient amounts of anti-cancer enzymes to be effective.

Vitali-C Plus - Nearly 30 years after Nobel laureate Linus Pauling famously and controversially suggested that vitamin C supplements can prevent cancer, a team of Johns Hopkins scientists have now shown that vitamin C - and potentially other antioxidants - can indeed inhibit the growth of tumors. It seems the antioxidants' actual role is to destabilize a tumor's ability to grow under oxygen-starved conditions.

Pinecone extract dramatically enhances production of mature dendritic immune cells. Dendritic immune cells control immune function by acting as the “generals of the immune system”. This means that dendritic immune cells are responsible for determining the presence of pathogens and then educating the rest of the immune system to their presence. Without dendritic immune cells, the immune system cannot tell the difference between friend or foe, and often ends up attacking the body and not the pathogens. Their ability to uptake, process, and present antigen to T cells is central to the development of immune responses against cancer cells.

The fruit juice of New Zealand black currant, or cassis berry, was found to contain a polysaccharide-rich substance, which was designated cassis polysaccharide (CAPS), with macrophage-stimulating activity. CAPS has shown to have a certain cytotoxicity directly against tumor cells. Also polysaccharides in the cassis berry (polyphenols/anthocyanins) have been demonstrated in laboratory experiments to inhibit inflammation mechanisms suspected to be at the origin of cancer.

Studies have shown that quercetin has activity against some types of cancer cells. This may be due to its antioxidant or anti-inflammatory properties, or it may be due to other mechanisms. Recent studies suggest that quercetin can slow the growth of cancer cells and can help foster apoptosis, a form of natural cell death that doesn't happen in most cancer cells as we have noted above. Some studies

have shown that quercetin may also help protect against certain types of cancer, particularly colon cancer.

Quercetin is a cytotoxin (agent that kills infection), and kills HeLa (cancerous) cells. Quercetin inhibits the replication of cancer cells according an CAPS has shown to have a certain cytotoxicity directly against tumor cells according to the American Medical Association . Quercetin has been studied by the Cleveland Clinic and many other reputable clinics, hospitals, universities, and labs. Findings have been similar: Quercetin, a potent antioxidant, is chemically attracted to damaged cells, bonding to them and rendering them harmless, thereby inhibiting the replication of damaged, diseased cells.

Other Recommendations:

A good Coenzyme Q10 product plus Coenzyme A is also something I would look at. COQ10 is vital for improving cell oxygenation, while COA facilitates the repair of RNA and DNA and supports the immune system's detox of many dangerous substances. It can also streamline metabolism, ease depression and fatigue, and increase energy.

EFA's are needed to metabolize COQ10. Good sources of EFA's include fish oil, borage oil and olive oil.

In terms of diet, limit consumption of dairy products—a little yoghurt, kefir or raw cheese occasionally is sufficient.

Do NOT consume any of the following: peanuts, junk foods, processed refined foods, saturated fats, salt, sugar or white flour. Also DO NOT eat any animal products, ESPECIALLY things like luncheon meats, hot dogs, or smoked or cured meats.

Get a juicer, and make up fresh vegetable juices. The best ones are carrot, beet and cabbage juice. Also apple juice is good to add to any of these to make them more palatable.

Eat plenty of fresh veggies and fruit, as well as whole grains such as millet and brown rice. (Millet is actually a good source of protein).

Soaked almonds are wonderful, as they contain laetril, which has anticancer properties. Just soak them in water overnight and rinse them in the morning.

Eat as many tomatoes and tomato-based products as you want. Lycopene, an antioxidant agent in tomatoes protects cells from oxidants associated with cancer, especially pancreatic cancer.

Drink spring or steam-distilled water, not tap water.

Bathing in chlorinated water is in some ways even worse than drinking it, as it is highly absorbable through the skin. If possible filter all the water, and if not, take showers instead of baths.

Drinking green tea is also helpful, as it is high in certain antioxidants that have been shown to fight cancer.