



Health Talk Inc

Creating a Health Conscious Community

Cancer and You

The Psalmist says in Ps. 139:14 that “I will praise thee for I am fearfully and wonderfully made: Marvelous are thy works and that my soul knows right well” Yes the psalmist was right when he acknowledged how wonderful the human body is! In his perfect design, God made the human body from the dust of the earth and with his divine breath. The top world scientists continue to marvel at the incredulous ways in which the human body works. It takes only divine wisdom to really understand the wonderful architecture of the wonderful creation of God – Human beings.

A Self- Healing Body

Giving the right nutrients at the cellular level, the human body builds up new healthy cells through a complex cascade of enzymatic interactions. New cells replace old cells and the body is able to build a better immune system that is able to prevent diseases. Unfortunately, through man’s own actions, the human body has been plagued with many chronic but preventable diseases one of which is cancer.

What is Cancer?

According to the American Cancer Institute, cancer is a term for diseases in which abnormal cells divide without control- the cells in the body have gone crazy. I understand cancer to be poisons or filth in the body, which destroys the immune system. Cancer cells can invade nearby tissues and can spread through the bloodstream and lymphatic system to other parts of the body. There are many different types of cancers and most of the cancers are named according to the location in which the tumor cell is found. For instance if the cancer is in the colon, it called colon cancer and in the breast, it is called breast cancer. All are prone to the development of cancer and according Dr. Campbell, by the time you are diagnosed with cancer, it has been in your body for at least 10 solid years.

Many People Dying from Cancer

Globally, cancer is now in epidemic proportions and each year many people die from this dreadful killer disease. In the USA and in most western cultures, cancer is the second killer disease! There has been an alarming increase in the number of cancer deaths. Whilst in 1951 there were about 110,000 cancer deaths, in 1998, the number has more than doubled to over 282,000. In Japan however, although the number of cancer deaths is also on the increase, the reported deaths for the same time period as in the USA are respectively 34,000 and 167,000.

The statistics above indicate that there has been a linear increase in cancer deaths over the years and this is more so in western countries where lots of fats in the form of dairy and

oils and animal products are consumed. In the USA, blacks are on top of the list for the most common cancer deaths like breast, prostate and colon cancers.

What really causes Cancer?

The medical scientists do not seem to agree on the actual causes of cancer. In spite of the numerous studies and billions of dollars worth of research on cancer, most scientist still believe that the actual cause is not known. Some medical publishers continue to say that the cause of cancer is not known just as the cause of many chronic diseases are not known.

But is the cause of cancer really unknown? Cancer is really a life-style disease, which occur slowly over time. As indicated above, most of the killer cancers are found predominantly in western cultures where lots of fats and animal products form a major part of the diet. Communities or cultures that also tend to adopt the western culture of eating, tend also to see an increase in the incidence of cancer. The China project clearly illustrates this trend. The two main requirements for the development of cancer according to some cancer experts are the seeds or carcinogens and the fertilizers or the various animal proteins. One of the modern times prophetess (E. G. White) through divine inspiration predicted in the 1890's that cancers, inflammatory diseases and respiratory diseases are solely due to animal flesh consumption! This revelation has been undoubtedly proven by true science!

The American Institute of Cancer research has clearly documented that the incidence of cancer is lower in communities or in individuals that predominantly consume a lot of vegetables, fruits and complex carbohydrates. This institute therefore advises the general public to consume two thirds of their meals as fruits and vegetables. At least 60% of all cancers could be prevented by the elimination of animal products from the diet.

Bad food (fats and oils and dairy, animal flesh, commercialized processed foods with toxic additives) and bad life-style (lack of exercise, water, sleep etc) are the main cause of cancer. Whether it is heredity or bad genes that cause cancer, the simple truth is that good genes are built on good food and better lifestyles over the years. The immune system in the body that fights diseases depends on a good diet and lifestyle.

Scientist have no choice but to agree with God's prescription of the original diet given to man at creation in Genesis 1:29-31. Remember also that the life span of man on earth became shorter after meat (animal flesh) was added to the diet.

What is in these bad foods that can cause cancer?

Too much fat and oils as seen in the western diets tips the hormonal balance in the body and this can cause some types of cancer. Bile is needed for the digestion of fat for easy absorption, but unfortunately, the bacteria in the intestine turn these bile acids into cancer promoting secondary bile acids. Meats in addition to containing lots of fats also promote bacteria growth that forms the carcinogenic secondary bile acids. Also cooking the meats produces carcinogens on the surface of the meat and as with breast cancer, the over consumption of meats is associated with increased risk of colon cancer. Another protein in the blood that can cause cancer is insulin-like growth factor –I(IGF-I). Over consumption of refined carbohydrate, dairy products and animal flesh tend to increase the IGF-I in the blood and this can cause cancer. Food additives like monosodium glutamate

(MSG), (BHT) butylated hydroxy toluene and butylated hydroxy anisole (BHA) are a few of the toxic chemical additives that are known to cause cancer.

How does Cancer Develop?

The cells in the body have a life span and as old cells die, new cells replace them. This is the normal process at the cellular level. But when unhealthy cells are made, bad genes are developed and this leads into the situation where the cells in the body continue to divide without stopping and without dying. This process leads to the formation of tumor or immature cells called cancer. As one patient puts it “cancer is an imbalance in the immune system showing that the cells in the body have gone crazy”

When cancer develops, it is in the whole body and not necessarily restricted to specific organs like the prostate, breast or the colon. It is the whole immune system in the body that is in trouble and therefore building a stronger immune system with good nutrition and better lifestyle would greatly decrease the incidence of cancer.

What are the Risk Factors for the incidence of Cancer?

The following are generally thought to be the risk factors for the development of cancer.

Age: The most common cancers that claim the lives of people are generally rare in the younger generation. But over time, and with the adoption of diets as explained above and with bad habits especially after age 50, the cells in the body begin to go crazy and cancer develops.

Family History (Heredity) Cancers like many chronic diseases do not just happen. With the consumption of lots of animal products and junk processed foods over the years, the cells in the body develop faulty genes that are passed on from one generation to the next. To me heredity is bad food and bad lifestyle running through the family!

Race: Blacks in general top the list for prostate, breast and colon cancer deaths and until we learn to change our eating habits and invest heavily in our health, this bad trend would unfortunately continue.

Diet and Dietary Factor: Let us all learn to eat simple prepared fresh meals. We should learn not to eat for taste, cost and convenience. More freshly prepared vegetables and fruits are a must. We need the green salads / leafy greens that we sometimes tend to hate.

What are the Treatment Options for Cancer?

Chemotherapy, radiation therapy, use of hormones and surgery are the most common treatment options adopted by conventional medicine for the treatment of cancer. On the other hand, alternate medicine recommends good nutrition and better lifestyle.

According to Lorraine Day, MD and George Malkmus, who have both suffered from cancer and are now cancer free, cancer is a deficiency disease of the immune system in the body, and never a deficiency of chemotherapy, radiation therapy or the use of hormones or surgery. They both advise rebuilding the body's immune system with proper diet – a complete vegan diet and a better lifestyle which follow the natural laws of health when faced with cancer! This simply means removing the poisons or filth in the body through serious detoxification!

The scientific literature clearly shows that both radiation and chemotherapy do not discriminate between cancer cells and healthy cells and would therefore destroy healthy cells as well as the cancer cells in the body. These treatment options end up destroying the body's immune system or other vital organs, making the body prone to many life-threatening diseases which ultimately speed up your journey to the grave yard. You may also do a search on the internet on the dangers of chemo and radiation therapy to learn more about what other experts say. Surgery as an option for cancer most of the time, offer only temporal relief of the discomfort or the removal of a benign tumor and not necessarily the cancer, which normally is a reflection of a deficiency in the body's entire immune system.

What is my Responsibility towards cancer prevention?

Cancer is obviously spreading fast and claiming a lot of innocent lives. But cancer does not just happen. It develops slowly over time as we eat the wrong foods and adopt poorer lifestyles, which in turn create unhealthy cells and poor genes as we grow older. We can therefore decrease the incidence of cancer and increase our life span by eating simple healthy meals.

- Adopt the ABLE diet and lifestyle program and simply apply the principles and this would greatly help improve your immune system.
- Eliminate all commercially prepared animal products.
- Make your own fresh juices in your home
- Avoid all commercially processed foods, because there is no life in these foods and are mostly loaded with toxic cancer promoting preservatives. Remember also that commercialized processed foods have been overcooked and contain more cancer causing materials.
- Exercise daily to tone up the body and build a better immune system.
- Drink more water, at least 12 cups to one gallon a day. In the beginning God did not create Soda!
- Remember to eat simple to live longer
- God does not want us to be sick. – 3 John 2. It is our own actions that bring us diseases. My people perish for lack of knowledge Hosea 4:6. We need to invest in our health today to enjoy a healthy life tomorrow. We need to be like Daniel of the Bible now. Quick fixes are not a solution to a healthy lifestyle. Your health is in your own hands.

Call Health Talk Inc. today and make an appointment to learn more about how you can avoid most of these chronic killer diseases at 703 822 7471