

Cancer Prevention

Cancer occurs when our bodies are exposed to a factor or combination of factors that damage normal cells and makes them start dividing uncontrollably. In America it has escalated to epidemic proportions, now striking 1.3 million and killing about 550,000 annually. Below you will see a list of cancer causing substances commonly called carcinogens. This is a very short list compared to the actual list of known carcinogens sold in our market. In 1987, of the more than 50,000 chemicals in commercial use, only 284 had been tested on animals for their cancer-causing potential by the government in the preceding 10 years. Of these, 144 had been shown to cause cancer in animals. It is not safe to assume that anything for sale in the stores has been proven to be safe for you and your family.

Items to eliminate or severely limit in your diet:

- Meat – eat only organic meats from a local farmer that you can interview.
- Processed meat of any kind- nitrates, hot dogs, luncheon, smoked or cured meat
- Organ meats - liver, kidney, brains and such
- Skin of fowl - even clean organic fowl stores its toxins in the skin and fat layer
- Fried foods
- Dairy unless organic from a local source
- Alcohol
- Refined sugar, flour
- Hydrogenated oils

*External and lifestyle factors account for 80% of cancer deaths.

Chemicals to limit exposure to:

- Synthetic Estrogens
- Pesticides and herbicides
- Flame retardant clothing
- Artificial preservatives: nitrates, nitrites, nitrosamines
- Solvents
- Chemicals in household products- including disinfectants

- Avoid prescription and OTC, many are minor carcinogenic agents
- Detergents
- Plastics

Suggested Food Plan:

- Fowl with skin removed - farm raised
- Clean fish at least three times a week - wild, not farm raised
- Yogurt products no hormones, antibiotics
- Whole grains - variety of grains per week – whole grains are freshly milled by you.
- Purified water
- Organic cheese
- Nuts, Brown rice
- Cruciferous vegetables
- Onions, garlic, leeks

Cooking utensils:

- Use only glass for storage
- Use wooden or stainless steel cooking utensils
- Use water-less stainless steel cookware or stainless steel
- Avoid non-stick and aluminum products

Supplementing your diet:

These supplements are vital to building healthy cells in your body. Healthy cells are your best defense to any disease.

- Vitamins A, C, E - selenium, B-complex, Magnesium, Omega 3, Zinc
- Soluble fiber
- Beta-carotene
- Natural interferon

When diagnosed with cancer, the need for supplements and a diet high in fruits, veggies, and whole grains increases tremendously.

Recommendation and Consultations:

Through nutrition, supplements and personal coaching, **Dr. Sandra Bevacqua** guides individuals to obtain and maintain optimal health. She has a PhD in molecular and cellular Biology and has completed many studies at the universities for cancer research. Dr. Bevacqua does consultations for persons who wish to understand the use of natural products while fighting cancer or to help with rebuilding after / during chemo and radiation.

Her website is <http://www.wish4life.com/>. From the web site you can find her phone number to inquire about her services. This would be my first stop if I was diagnosed with cancer.

Another source for prevention is **Your Future Health** Blood Testing. This company is what I use to track my blood test yearly to see if changes happen long before any cancer can be detected. www.yourfuturehealth.com

Sources:

Cancer Prevention Coalition web site

The National Institute of Occupational Safety and Health web site

Toxic Overload, Baillie-Hamilton, Paula, M.D. 2995 ed,

Prescription for Nutritional Healing, Balch

The Safe Shopper's Bible, Macmillan, 1995 ed.