Nutrition for Preventing, Enduring and Surviving Cancer

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- Information gathered from:
  - Dr. Bevacqua: wish4life.com website
  - www.nyas.org
  - American Society of Nutrition
  - CDC
  - American Cancer Society
  - Your Future Health

- This information is educational only and does not replace conventional medical treatment. It is not designed to diagnose or cure.
Never Give Up
The View is Worth the Effort
What Can We Learn for Prevention

◆ What is happening in 2012?
◆ What causes Cancer?
◆ What can we do today?
◆ 6 Steps for Prevention
◆ Never Give Up
What is Happening in 2012

- 1,638,910 New Cases this year
  (Almost 2 million)
- 577,190 Deaths in 2012 (from Cancer – not from other ill effects from the cancer)
- 1 in 2 men in their lifetime will have cancer
- 1 in 3 women in their lifetime will have cancer

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What Causes Cancer - Part 1

- The Risk Factors:
  - Obesity
  - Smoking
  - Nutritional Deficiency
  - Low Fiber & Low Water Diet
  - Air, Water, and Food Pollutants
  - Diet High in Conventionally Raised Animals

We have control over most of these.
What Causes Cancer – Part 2

Sources of Carcinogens

Eliminate
- Smoking
- Toxic metal exposure
- Hormones which are not bio-identical
- Plasticizers- phthalates
- Flame retardants
- Pesticides/Herbicides/Fungicides
- Preservatives: Nitrates, Nitrites, etc.

Avoid
- Disinfectants
- Prescription and Non Prescription Drugs
- Alcohol

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The Never Ending Battle of the Cancer Detox System and the Cancer-Causing Chemicals

Cancer Detox System
- Glutathione
- Vitamin C
- Vitamin E
- Cysteine
- Thiol Proteins
- Phospholipids
- Carotenoids
- Glucuronic Acid
- Epoxide Hydrolase
- Acetyl Transferase
- NAD
- Methionine
- Niacin
- Zinc
- Selenium
- FAD
- Riboflavin

Cancer-Causing Chemicals
- Oxygen Radicals
- Electrophiles
- Environmental Pollutants
- Workplace Pollutants
- Over the Counter Drugs
- Prescription Drugs
- Cigarette Smoke
- Excessive Sunlight
- Genetic Defects
- Environmental Pollutants
- Dietary Deficiencies
- Stress
- Free Radicals
- Obesity
- Charcoal Cooking
- Strenuous Exercise

A.P. John Cancer Institute, 2003
The Body Produces Its Own Cancer

- Produced During Metabolism of Food and Toxins
- Toxic Substances from our Food, Air and Water exacerbate the natural production of radicals in the body increasing the probability of cancer induction.

It is Your Own Body That Will Determine If, When, and Where You Will Develop Cancer In Your Life Time.
How can we fight it?

- **Be Proactive** – don’t wait for a diagnosis
- **Be On Guard** – treat each day as an opportunity to build a defense
- **Be Smart** – Don’t be fooled by labels
Be Proactive

- Don’t wait for a diagnosis
- Be alert to any changes in your body
- Do you or your family members have colds more than twice a year, do they have allergies, asthma, aches, pain – all of these are symptoms that the immune system is not up to par. Take notice of symptoms, even minor, and learn about your body. Then make changes in the diet and supplements to get to the bottom of the problem.
- Symptoms are not necessarily a sign of cancer but they are a sign that something is not right.
- NUTRITION DEFICIENCY TEST - Have each family member take this test from the Designed Healthy Living website under the Happy/Healthy tab. Make changes accordingly to the diet and supplements.
- WELLNESS PROFILE – have each member of the family fill out the wellness profile (on website) and then send in to appointments@designedhealthyliving, a consult can then be scheduled with one of our Nutrition professionals.

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Be On Guard
Treat each day as a chance to build a defense.

Protect your largest organ – your skin.
- Use pH balanced lotions on the body.
- Do not use anti-bacterial hand or body cleaners.
- Use Basic H2 in a foamer bottle to make your own hand cleaner.

Protect your digestive system
- Take probiotics daily

Protect your liver
- Follow the Liver Cleanse on the Designed Healthy Living website at least once a year. Fall is the best time.
Be Smart

- Use products and consume food to help build your defense.
- Don’t be fooled by labels.
- Remember the two highest number of cancers are in the digestive tract and the reproductive organs.
6 STEPS FOR PREVENTION

- Eat God’s Food – 3 Principles
- Exercise
- Eliminate Excess Weight
- Evaluate Your Lab Scores – Regularly
- Enrich Your Diet with Supplements
- Enjoy Love and Laughter Everyday

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1. Eat the foods God called food for us to eat.

2. Eat the foods as close to His design, with little alteration.

3. Don’t let any food become an addiction.

Read the *Treasures of Healthy Living* Bible Study
Great health begins with great meals.  
*God is great, God is good, let us thank Him for our food.*  
*Amen.*

- A diet rich in colors and variety (not artificially added)
- Cruciferous vegetables
- Berries
- Fish – wild caught: 2-3 times per week
- Almonds, seeds, nuts daily
- Seed oils, olive oil: 1-3 T daily
- Eat at least 15-25 grams protein at each meal.
- Avoid pork and conventionally raised animals
- Get to know your farmer.

- Make meal time important, plan your day around it.
- Take time to share, laugh and enjoy the company at the table.

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Exercise

Reviews, reports and studies have suggested that exercise has consistent positive effects on:

- Vigor/vitality
- Cardiorespiratory fitness
- Quality of life
- Depression
- Anxiety
- Fatigue
- Delayed aging process
- Better digestion
- Relief of tension and stress
Eliminate Excess Weight

Increases in Cancer Risk with Overweight & Obesity

Probable Evidence that Cancer of the Ovary & Gallbladder are Weight-Related

Eliminate Excess Weight – Fat Facts

- Fat grows. It grows like a tumor, it outgrows its own blood supply. As it does so many of the fat cells die attracting in White Blood Cells from the bone marrow to clean up dead fat. As these WBC come in they set up a system wide chronic inflammation. This chronic inflammation leads to chronic diseases and aging.
- Get rid of fat – decrease inflammation in your body.
- Fat is more pro-inflammation around the waist than the hips.
- Get rid of fat – improve your immune system.
Evaluate Your Lab Scores

Get your entire family tested regularly for cancer screening

Suggest: Your Future Health
Yourfuturehealth.com
877.468.6934

- CA 125
- CEA
- CA 15-3
- CA 19-9

Know your ‘normal’ scores. React if they change.
The score of 115 was out of this patient's normal range. Some doctors would have missed this if the patient did not know her normal.

She had early stages of Pancreatic Cancer and was cured.
Enrich with Supplements

With the proper nutrients the body can neutralize more carcinogens

The Necessary Components:

**Anti-Oxidants:** β–Carotene, Vit E, Vit C etc.

**Phytochemicals:** Flavanoids, Carotenoids, Curcumin, Olive Leaf Extract, Grapeseed Extract, Limonene

**Glutathione:** B12, Folic acid, Zinc, Selenium

**Superoxide Dismutase SOD:** Copper, Manganese

**Cytochrome p450:** Molybdenum, Chromium

**Glucuronic acid**

**Probiotics & Vitamin D**

**Brand Name Supplements:** Nutriferon and Vivix

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What will protect you?

- A great gene repair system
- A clean liver
- An alert immune system
- Adequate anti-oxidant intake
Vitamin E: Tocopherols and Tocotrienols

- Strongest class of antioxidants known
- 15 recent studies all agree that the Vitamin E class protects and reduces the growth of cancers of the colon, pancreas, liver, oral cavity, and lungs
- Least toxic of the fat soluble vitamins
- Without it free radicals can now attack the cell directly
- Reduce chromosomal damage
- Protect against oxidative stress in liver tissue thereby reducing liver cancer incidence.
- Increase anti-proliferative activities.
- Decrease multiplicity and size of tumors in many studies.
- “Low levels of Vitamin E increase your risk of cancer. Your risk of cancer is 2 times as great if you have low levels of Vitamin E and 10 times as great if both Vitamin E and Selenium are low”.

Dr. James Scala

Info from Dr. Bevacqua
Vitamin A and Carotenoids

- Responsible for directing the development of epithelial cells; origin of 90% of cancer cells
- NCI- 70% subjects with Leucoplakia supplemented with beta carotene regressed.
- Univ. of Okinawa, 20 yr. study with 265 K subjects, those with high beta carotene in diet were half as likely to get any type of cancer.
- European Union study, 8000 subjects, those with low beta carotene were 2.6 times more likely to get any type of cancer as those with high levels
B-Complex – Including Folic Acid and Vit. B12

- Decreases cervical and breast cancer.
- Inhibits tumor cell growth in mice; When mixed with Vitamin C there is greater inhibition exhibited.
- Effective treatment of diarrhea caused by pelvic radiotherapy.
- Severe deficiencies caused by most chemotherapy and radiation treatment.
- Folate deficiency plays a crucial role in early cervical cancers.
Resveratrol – Specifically Vivix™

- *Most notable* of the dietary polyphenols for prevention of cancer and CVD.
- *Highly abundant:* makes up 10% of grapeskin biomass.
- **Anti-inflammatory** - COX-2 and phorbol ester-resp. protein kinase C isoenzymes inhibition.
- Stimulating Various Immune Functions
- Vivix reverses DNA damage caused by cancer cells
Calcium

- Decreases the incidence of colon cancer. Average Americans get 600 mg per day.
- Sloan Kettering, 1250 mg per day are needed to prevent colon cancer.
- National Institute of Health recommends 1500 mg.
Selenium

- Depleted now from heavily farmed soils.
- Integral part of the glutathione peroxidase system.
- Partners with Vitamin E to protect against many forms of cancer.
- Effective detoxifier of heavy metals.
- Reduces breast cancer in rats fed selenium enriched garlic.
- Selenium alone inhibits colon cancer in rats.
- Supports proper immune function.
- Adults: 100-200μg/day
Zinc

- Is vital for the metabolism of Vitamin A
- Strengthens and restores immune function
- Protects against the release of cancer cells into circulation during surgery
- Several studies report increase survival in patients with melanoma
- Decreases toxicity of certain chemotherapies
- Zinc deficient diets increased the number of tumors generated by cadmium exposure
- Adults: 15-50 mg per day
Daily Suggested Supplements

- Multi Vitamin
- Vitamin E with Selenium
- B- Complex – with proper amounts of all 8 ‘B’s”
- Vitamin D
- Probiotic – every day
- Calcium – up to 1500 mg per day
- Zinc – add to the multi
- Nutriferon – creates an alert immune system
- Vivix – Repairs DNA damage in all 4 areas plus allows cell to combat cancerous attacks
- Alfalfa – creates a pH balanced digestive tract
- Betacarotene – carotenoids and flavonoids

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What Causes Cancer – Part 2
Sources of Carcinogens

Avoid

Use Instead

- Disinfectants

Shaklee Get Clean
Household Cleaners
*Talk to your Shaklee Distributor*
*Or Visit:*
Mytreasures.myshaklee.com

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Enjoy Love and Laughter Everyday

- **PHILIPPIANS 1:4** In all my prayers for all of you, I always pray with joy.

- **PSALMS 126:2** Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, “The LORD has done great things for them.”

- **PROVERBS 15:13** A happy heart makes the face cheerful, but heartache crushes the spirit.

- **PROVERBS 15:15** All the days of the oppressed are wretched, but the cheerful heart has a continual feast.

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Consultations:

- **Cancer and Infertility Specialist:** Dr. Sandy Bevacqua
  Wish4life.com

- **Nutrition Consultations:**
  Designed Healthy Living
  appointments@designedhealthyliving.com

- **Blood Testing:**
  YourFutureHealth.com or YFH
Dr. Bevacqua’s Case Study #1

- Female, 71 years old
- Ovarian CA diagnosed Feb. 2003, stage 3C, grade 3
- Initial chemotherapy treatment Feb. – April, 2003
- Hysterectomy, May 2003
- Seven additional chemo rounds with one round of radiation
- Started weekly low dose of Taxol on Aug. 30, 2004
- Sept. 2004, began Cancer Control Program (diet, supplementation, rest, and detox baths)
- Progress: weight gain, skin health, lack of vomiting and nausea, better digestion, decreased swelling in extremities, loss of vertigo, + changes in bowel health, no laxatives, decreased pain (H₂O), increased energy (shopping!).
Dr. Bevacqua’s Case Study #2

- Female, 54 years old
- July 1994 diagnosed with breast cancer, stage 3
- Feb. 1995, progressed to stage 4, four chemotherapy treatments and bone marrow transplant
- Sept. 1998 had complete rt hip rplmt due to chemo
- July 2000, cancer returned, began chemo again
- Jan. 2001 cancer spread to liver and brain
- June 2001 cancer, avascular necrosis in left hip and femur
- July 2002 basal cell carcinoma on right forearm
- Sept. 2002 began Cancer Control Program (diet, supplementation, exercise, yoga, juicing)
- Progress: progressive increase in energy (6 mo), + change in bowel health, tumors slowly regressed, returned to work.
Case Study #3 – Dr. Bevacqua

- Male, 57 year old
- Diagnosed with Giant Cell Glioblastoma Multiforme in May 2003
- July 2003 had surgery and entered into experimental chemotherapy program, tumor progressed rapidly despite aggressive treatment.
- Oct. 2003 began Cancer Control Program (supplementation, ~diet, ~exercise, rest)
- Progress: by 1/04 tumor regressed to 1/3 of original size, short-term memory returned, balance returned, seizures and vertigo dissipated, over-all body aches and fatigue disappeared.
Case Study #4 – Dr. Bevacqua

- Male, 55 years old
- April 2003 diagnosed with lung cancer, had surgery and chemotherapy
- July 2003 began Cancer Control Program in conjunction with chemotherapy (supplementation, diet, exercise, meditation, detox baths, colon hydrotherapy)
- Progress: Sept. 2003 clear CAT scan, RBC and HCT normalized during chemo, increased energy, gradual weight gain, high anxiety eliminated, returned to work
- Jan 2004 to present: MRI’s are negative, client reports excellent health, continues Cancer Control Program
Never Give Up
The View is Worth the Effort