



Cancer – Are We Winning or Losing the Battle?

“ *The “war on cancer” has failed miserably because don't understand the cause or pathogenesis in most cases of cancer.*

— Dr. Mercola (2011)

Cancer is a major public health problem worldwide. In the United States it is currently the second leading cause of death and may even exceed cardiovascular disease, which is currently number one. In 2015, it was estimated that 1,658,370 new cases of cancer will be diagnosed in the United States and 589,430 people will die from the disease.¹ In the United States, the most common cancer conditions are: breast, lung, prostate, and colon.¹ Cancer mortality is also higher among men than women. In 2012, the World Health Organization reported that the number of new cancer cases would rise to 22 million within the next two decades.

Just because we live in a modern society, we are not fated to acquire cancer or other chronic diseases such as cardiovascular and diabetes. Research has pointed out that low rates of these diseases can be attained without drugs or expensive medical facilities, as is the case in developing countries with few medical facilities.² However, preventing cancer and other chronic diseases will require changes in our behavior, what we eat, what we think and feel, how much we exercise, in addition to infrastructure changes in food policy, health education, and disease management.

What Causes Cancer

Cancer is not one single disease, but a name given to a family of disease caused by abnormal cells that grow out of control in the body adversely affecting our organs, tissues, bones, and other body systems. There are over 100 types of cancer corresponding to our many body systems. Cancer may produce tumors or in the case of Leukemia, does not.

When we look at the root causes of cancer, they are both simple and complex. The uncomplicated explanation for the cause of cancer is: *anything that interferes with our immune systems ability to recognize and protect our body from foreign and harmful invaders.* Now comes the more complex part of the story – *there is a lengthy list of environmental and lifestyle factors that are known to interfere in one way or another with the optimal function of our immune system* including poor diet, systemic gut issues (infections, bacteria and yeast overgrowth), environmental toxins, recurring high levels of stress, lack of or over exercise, and poor sleep. We also want to make note that cancer can have a genetic component that predisposes family members to a higher risk of acquiring the disease. But genetic predisposition is not the only possible agent and should not be evaluated in isolation from other lifestyle and environmental factors.



Cancer and The Link Between Gut and Immune Health

“ *It doesn't matter what disease you are talking about, whether you are talking about a common cold or cardiovascular disease, osteoporosis or cancer, the root is always going to be at the molecular and cellular level, and I will tell you that insulin is going to have its hand in it, if not totally control it.*

— Ron Rosedale, M.D. (2001)

One thing in our lives that is a constant everyday is food. We take into our bodies a large variety of food from water and vegetables to meats and fruits. The combination of the food we eat along with our genetic predisposition, greatly affects our gut microbiome (the makeup of micro organisms that live there). Therefore, a dynamic relationship exists between what we eat, the composition of our gut microbes, our genetic makeup, and other environmental factors, which can predispose us to cancer and other similar diseases.

New and exciting research stemming from studies on the microbiome, show that cultivating healthy and diverse gut microbiota is our first line of defense against cancer and many other serious diseases. This makes perfect sense given the microbiome's ability to boost the immune system allowing it to do its job of detecting foreign invaders and protecting the body. According to the NIH, *“the immune system normally removes damaged or abnormal cells from the body, but some cancer cells are able to “hide” from the immune system”*.¹ The NIH also suggests that certain cells actually prevent the immune system from killing cancer cells, which again points back to the need to pay close attention to improving our gut microbiome and boosting the immune system health.

Things that destroy the gut bacteria and reduce its regulatory ability:

- Known food allergens
- Poor diet (high in carbs/low in fiber)
- Antibiotics disrupt your gut flora (they wipe out all bacteria — the bad kind as well as the good kind you can't live without)
- Medications (like NSAIDS)
- Immunization
- Hormone therapy
- Parasites
- GMO foods (glyphosate found in the herbicide RoundUp)
- Drinking water (chloride and other chemicals)
- Method of birth delivery (vaginal vs. c-section)
- Stress (that produces cortisol).

Getting At the Root Causes of Cancer

“ *The cancer rates are escalating because they are in no way shape or form addressing the underlying cause of most cancers. Instead, most of the research is directed towards expensive drugs that target late stages of the disease and greatly enrich the drug companies but simply do not prevent cancer.*

— Dr. Mercola (2011)

If we are to truly understand the root causes of pervading diseases such as cancer, we need to address both symptoms (what we see) and less obvious underlying hidden factors. This means we have to “throw out a wider net” when we are considering what is causing a person’s health condition including infections, immune response and gut microbiota and what solutions would be most optimal.

Chronic infections are linked to cancer, with approximately 18% of the global cancer burden being directly attributable to infectious agents¹⁰. The microbiome plays a crucial role in relation to our metabolism and inflammation, both of which are contributing factors to modern-day cancer¹¹. Since there is a cyclic relationship between inflammation and the makeup of our gut microbiota³ i.e., each regulating the other, much more discovery is definitely on the horizon that will focus on the progression of inflammatory responses and important contributing factors such as genetic predisposition and diet and their probable cause and effect relationship to inflammation.

You can find a preliminary list of references for cancer, microbiome and inflammation in our references including:

- Studies linking patients and mice to the microbiota and colon-related cancer⁴
- Gallbladder cancer promoted by specific bacterial pathogens⁵
- Inflammatory MAMPs, such as LPS and its receptor TLR4, promote pancreatic cancer⁶
- Several findings indicate a possible role for bacteria in the promotion of lung cancer.⁷

Prevention or Cure?

“ *The system is designed to create chronic disease. There is no money in being healthy. There is no money in being dead. All the money is in being chronically ill.*

— Dr. Irvin Sahni, Lecturer & Scientist

The cancer industry is probably the most prosperous business in the United States, if not the world. But is this industry “too big to fail” or to find more reasonable and humane treatments or even (let’s call out the elephant in the room), *a preventative approach*? Perhaps we are too often narrowly focused on the complexities of the disease “down stream” where chronic and serious damage has already taken root and reeking havoc in the body.



Each year millions of dollars are put into research to find a “cure” to cancer and create more and more synthetic drugs to treat it. If you have ever watched a loved-one or family member suffer through conventional cancer therapy like radiation or chemotherapy, you know firsthand that it’s most likely these barbaric treatments that put a tragic end to their life and not the cancer itself. It is important for those with a cancer diagnosis to take time and get several opinions before rushing into surgery or treatment, no matter how persuasive the oncologist’s views are. Often when a diagnosis of cancer is given, we are in shock and naturally experiencing a good deal of fear, but this is no reason to feel pressured by oncologists and physicians who have everything to gain from your plight.

If we stay on the current path of health care and treatment options for cancer, we may only be fueling a system that is bent on growing itself rather than diminishing, all the while making huge profits on the suffering of others. What the cancer industry doesn’t want you to know is: *there are natural and alternative solutions for healing the body of cancer*. Our recommendation is to stop and think before you act on any invasive surgery or potentially harmful treatment protocol, gain knowledge about as many healing options as you can, and most importantly, open to self-love and compassion. The latter will help alleviate some of the fear and anxiety that comes with cancer and create a dynamic of positive energy that will “attract” healthy and life-appropriate answers to you. For further information on an alternative perspective see: *Cancer the Forbidden Cures* documentary⁸ and other references provided below.

Preventing Cancer Begins with Our Personal Choices

We have to ask ourselves: *are we winning the fight against cancer?* It is shocking to see that today one person out of three gets cancer in the course of their life. Unfortunately, even with the mortality trend of cancer edging slightly lower in past decades (mostly due to treatments and survival rate), overall cases continue to be on the rise worldwide. Cancer affects everyone: our family, friends, work colleagues and even ourselves.

You have the power right now to make life-affirming changes that can decrease your risk for cancer and other chronic diseases. Even the conservative American Cancer Society states that one-third of cancer deaths are linked to poor diet, lack of exercise and obesity.¹² So the simple action of replacing unhealthy behaviours with healthy ones actually plays a large part in ensuring that you are one less statistic in the war against cancer.

The key to finally making strides against cancer is to seriously evaluate and perhaps modify, our relationship to food, the environment and more importantly, our lifestyle. For instance, the introduction of a gluten-free and/or anti-inflammatory diet free of harmful GMOs and chemicals can be an instrumental first step in reducing the inflammation and possibly preventing the onset later in life of serious degenerative diseases like cancer.



Cancer prevention tips:

- Eat a healthy diet free of known allergens, toxins, pesticides and GMOs and high in fiber (we are proponents of a gluten-free, dairy-free and anti-inflammatory diet)
- Watch your sugar levels by reducing processed foods and excess carbohydrates
- Include enough good fats in your diet (Omega3 especially in fish oils)
- Get enough vitamins and minerals (vitamin D, C, B complex, Zinc, Calcium, Magnesium)
- Be active each day (this helps to control insulin, reduce stress and balance mood)
- Cultivate appreciation, self-awareness and mindfulness in daily life
- Have a healthy sleep routine (at least 8 hours every night, turn off electronics 1 hour before you go to bed, cultivate a peaceful ambience in your home each evening)
- Limit your exposure to environmental toxins (pesticides, pollutants in drinking and bathing water, indoor air, cosmetics, body products, household cleaning products)
- Reduce TV and Internet usage (spend more time in-person with friends and family that love and support you)
- Include time for daily meditation or reflection to help reduce anxiety, worry and obsessive over thinking.

If You Want to Learn More About a Functional Approach to Cancer and Other Chronic Diseases

Discover more about natural approaches to cancer and other chronic diseases or just how to live an empowered and healthy life full of vitality and joy, by signing up for our [Wellness Foundations 1 & 3](#) programs where we will discuss your health goals and current challenges you are experiencing.

References

¹National Institutes of Health: National Cancer Institute. <http://www.cancer.gov/about-cancer/what-is-cancer/statistics>. Accessed on May 23, 2015.

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³ Hooper, L. V., Littman, D. R. & Macpherson, A. J. Interactions between the microbiota and the immune system. Science 336, 1268–1273 (2012).



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⁶ Ochi, A. *et al.* MyD88 inhibition amplifies dendritic cell capacity to promote pancreatic carcinogenesis via Th2 cells. *J. Exp. Med.* 209, 1671–1687 (2012).

⁷ Pragman, A. A., Kim, H. B., Reilly, C. S., Wendt, C. & Isaacson, R. E. The lung microbiome in moderate and severe chronic obstructive pulmonary disease. *PLoS ONE* 7, e47305 (2012).

⁸ Film Documentary. “Cancer the forbidden cures”: <http://www.youtube.com/watch?v=NAMYAoiCSsI>

¹⁰ Balkwill, F. & Mantovani, A. Inflammation and cancer: back to Virchow? *Lancet* 357, 539–545 (2001).

¹¹ Colditz, G. A., Sellers, T. A. & Trapido, E. Epidemiology — identifying the causes and preventability of cancer? *Nature Rev. Cancer* 6, 75–83 (2006).

¹² U.S. Food and Drug Administration. (2014). Science & Research: Current Research Results. Retrieved from <http://www.cancer.org/cancer/>

Cancer Documentaries:

The Truth About Cancer (online series):

<https://www.youtube.com/watch?v=58KhnsWhFUA>

Natural Health & Alternative Cancer Therapy Options:

<http://thetruthaboutcancer.com/>

<https://go2.thetruthaboutcancer.com/global-quest/experts-info-sheet/>

<http://thetruthaboutcancer.com/category/treatments-healing/>

Hope 4 Cancer Institute

<http://www.hope4cancer.com/>

Dr. Robert Gorter, M.D. (Medical Center Colonge)

<http://www.amazon.com/Fighting-Cancer-Nontoxic-Approach-Treatment/dp/1583942483>

Dr. Rath Research Institute

<http://www.drrathresearch.org/>

Dr. Gaston Cornu-Labat, M.D.

<http://tahomaclinicredmond.com/>



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