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Cancer: We Create It and We Can Destroy It

Marie Bouvier-Newman

An estimated 1.4 million people will be diagnosed with cancer and over a half million will die this year alone. Have you ever wondered how a country with the very best medical experts and technology can sustain such a high rate of cancer? Here are a few facts to consider.

Some will say that cancer is hereditary. Does this mean that if someone in our family was diagnosed with it we are doomed to the same fate? Not necessarily. Genetics are involved in cancer only twenty to twenty-five percent of the time. This means that seventy-five to eighty percent of the time, cancer is the direct result of personal lifestyle choices (eating habits, stress and activity levels) plus the health of the environment. It is interesting to note that as cancer rates continue to rise so too do the number of fast food restaurants, the number and types of highly processed foods on grocery store shelves, stressful schedules, and inactivity.

Our tolerance for toxicity has risen to ridiculously high levels. Every time we drive we contribute to cancer as we add pollutants to the air. Every time we refuse to buy organic foods we contribute to cancer because the chemicals used to treat the soil and the plants not only pollute the soil, the plants and the air, but the workers as well. When we consume these foods, we also consume these chemicals and environmental toxins are the root cause of some specific cancers.

Our rising tolerance for stress is yet another contributor. Doctors' offices are jammed with people complaining about aches and pains, sleep disorders, digestive problems, and an inability to concentrate.

So what is cancer anyway? Cells have genes that turn activities on and others that turn activities off. If these genes are damaged by chemicals they can lose their ability to do their jobs and cellular growth can get out of control. Cells also respond to our emotions as well as our stress therefore persistent negative emotions and relentless stress cause cells to fatigue and lose their ability to adapt.

The big question is are we doomed or is there something we can do to reverse this trend? Do we wait for science to find a way to "fix" us when our bodies can no longer handle the onslaught of chemicals and stress? It's doubtful that science will come to the rescue. If cancer trends are to be reversed, it will be because of prevention not cure. So what do we need to know to beat this monster?

First and foremost our bodies are quite intelligent and adaptable. Thousands of times each day we turn cancer away at the door. How? Cells are identifiable to our immune system which is our internal security force. When a cell, an organism, or any kind of invader

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doesn't look or act appropriately our immune system destroys and removes it so it cannot cause any harm. But our immune systems have to be working properly to do this effectively. It is only with reduced exposure to toxins and improved diet and habits that we will keep our immune systems strong. That is why I often wonder why the first reaction of the medical community is to use chemicals to "kill" the cancer. It seems to me that it would make more sense to build the immune system than to add more toxins for an already taxed immune system to have to remove.

So what do we have to do? It's all about prevention and prevention begins with a strong immune system that is optimized by an improved diet, increased activity, reduced stress, better habits, and an improved attitude.

Don't smoke. If no one smoked cancer rates would be reduced by an astonishing one third. That equates to 420,000 fewer cases diagnosed for this year alone.

Reduce or eliminate the consumption of animal foods. When these foods are desired, purchase only the ones that are raised without the use of antibiotics or hormones and allowed to have adequate amounts of sunshine and fresh air. It is also important to say that we need far less protein than we consume on a daily basis.

Stay away from fast food restaurants. The quality of the food is generally poor and the fats, carbohydrates and calories are typically excessive. These foods are also very acidic and disease thrives in an acidic environment. Instead, prepare healthy meals made from organically grown fruits, vegetables, beans and grains. This simple change will increase fiber intake, raise antioxidant levels and be healthier for the body. It will also reduce the demand for non-organically grown foods and benefit the farmers and workers who grow and harvest the food.

Cleanse the inside of the body regularly to remove any toxin accumulation. Our digestive systems need some help from time to time to keep up with cleanup demands. Cleansing is always a good place to start when a change in direction is desired.

Get an adequate amount of fresh air and exercise. We spend too much time indoors. We go from home to the car to our workplace, back to our cars and to our homes again. We sit constantly. Get outside and walk. Breathe....deeply.

Each one of us is unique so our plan for improvement will be as personal as our fingerprints. Where can you begin? Take a look at your diet and habits. The first step is the hardest but a change today may lead you to a cancer-free life. Go for it!

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