

# The Healing Process

## "Peeling the Onion"

The healing process is often described as peeling an onion. Layer after layer of imbalances and weakness are corrected giving the impression of peeling the onion. Typically this process continues until there are no layers of weakness left to find, and this is what constitutes complete whole body healing. Indeed as each layer is peeled it may be surprising to discover the development of symptoms that had not formerly existed. This is very normal and explainable and a good sign that progress is being made.

Ultimately the human body is constantly in an effort to heal and repair itself, saving energy and reserves in an effort to heal the chronic wounds and imbalances. If given a chance the body will completely repair and renew itself to a perfect state. The way to support this is by reducing toxic and immune burdens to the body, providing vital and energized nutrition, and practice a lifestyle that respects the subtle needs and rhythms of the body. This is why we approach your health in a wholistic way with the concept of evolution towards entire whole body healing process, strengthening system after system, tissue after tissue.

One of the most confusing things about the healing process is what has been called the 'retracing phenomenon.' It has been said that any step of degeneration or decline that the body went through in the process of becoming ill it has to return through in the process of becoming well. Step by step. Sometimes this means that symptoms will get worse before they get better, and this often conflicts with our desires to simply feel better.

Typically retracing phenomenon, going back through a repair and recuperative process, is relatively short lived. Retracing symptoms last anywhere between hour-long individual episodes to at the most a few days. One way that one can distinguish between disease symptoms and healing symptoms is how quickly the healing symptoms change and develop into something new. As well often while these healing symptoms are occurring there is simultaneously a general sense of well-being and improved energy.

Healing symptoms can involve catarrhal cleansing such as phlegm, diarrhea, excessive urination and aching in muscles and joints headaches, or any symptoms that might have been experienced in the process of becoming ill. This is especially true in chronic illnesses or imbalances that have existed for a prolonged period of time. For example in neurological conditions such as MS or neuropathy it is a positive sign to find tingling and neurological sensations as healing begins.

There is no greater encounter with the vital force that made the body than healing processes. In general we do not yet fully comprehend what the healing power of the body can achieve.

# Autoimmunity - A Nutritional Strategy

Until recently the issue of autoimmunity was not even accepted within the scientific community. Although initially introduced in late 70's, the mechanism of autoimmunity was considered radical until the late 1980s. Throughout the '90s autoimmune diseases proliferated until it seemed almost common to know a person with an autoimmune disease.

Autoimmunity literally means that the immune system has developed antibodies to attack its own tissues. There are many theories as to why this may happen. This paper will present three of the main theories behind this event. Traditional medical approaches seem to concern themselves only with trying to control the secondary symptoms of autoimmunity instead of addressing the underlying causes, which are still enigmatic and mysterious.

One possible mechanism of autoimmunity concerns the integrity of the cellular and nuclear membrane. When these membranes begin to lose their integrity leaking minute amounts of nuclear genetic material directly into the bloodstream these nuclear proteins are perceived by the liver as indication that upstream tissue damage has occurred. In response the liver develops what are called natural tissue antibodies (NTA's) that are put into circulation designed to target the upstream tissue breaking down and degrading the perceived damage before infection by an external agent can occur. This seems an intelligent response on the part of the body and may be addressed simply by encouraging healthy membrane physiology through the application of healthy essential fatty acids and phospho-lipids, which are the primary components of the cellular and nuclear membranes.

A second mechanism thought to cause autoimmunity is described as molecular mimicry. In this model it is possible for certain inoculants to induce immune responses to proteins sequence is that are similar to normal recurring tissue. The best example of us is the relationship between acquired immunity to German measles acquired from vaccination and the autoimmune disease of Ankylosing Spondylitis, in which the nucleotide sequences in the proteins of these two tissues are almost identical with only one nucleotide sequence different. This causes the acquired immunity of the vaccination to attack the normal occurring tissue in the body thinking that is a foreign protein. Many such mechanisms are speculated involving multiple sclerosis and other neurological diseases.

A third and final cause, called the dual signal hypothesis, describes the possibility of the immune system being up-regulated and hyper-reactive simultaneous to another injury occurring. As a result the overly ambitious immune system identifies this injury as an antigenic marker and thus begins to attack that tissue as if it were an infection. It is very common to note that many autoimmune diseases onset following severe physical or emotional trauma within 6 to 12 months.

In any of these cases the employment of foundational therapies seeking to balance all systems of the body can assist in bringing resolution to the autoimmune diseases. Down-regulation of immune activity by reducing inflammatory and chronic infection burdens while simultaneously balancing bio-terrain issues can gradually improve symptoms and result in remission. While it is difficult to repair tissue that has been attacked and damaged by an autoimmune response, it is reasonable to expect an interruption to the progression of the autoimmune disease. In this way autoimmunity can be contained without the ongoing use of imbalancing and dangerous drug therapies.

## Allergies and Inflammation

The inability of the body to manage inflammatory levels of prostaglandins and cytokines causing immune hyperactivity is one of the challenges that faces us in modern society. There are more and more things that cause reaction and inflammation to burden the body attempting to seek balance. Usually by age 40 there begins to be chronic elevated inflammatory levels resulting in joint and muscle (musculo-skeletal) conditions. Adrenal hormones are increased to attempt to balance the levels of inflammation resulting in anxiety and panic syndromes and finally general adrenal exhaustion.

The ability to buffer acidity (pH) through proper ionic calcium supplementation is one of the most important mechanisms that we must support in our body. By keeping the body alkaline and balanced we may reduce in the inflammatory responses resulting from acidosis (abnormal condition of excess acid in the body).

Another solution in reducing inflammation is to unburden the body of its chronic immune burdens, especially that of allergies. Many environmental allergies that we suffer from are actually secondary allergies being driven by primary allergic responses, principally to foods. It has always been obvious in clinical practice that when basic food allergies are corrected environmental sensitivities vanish. For example by simply taking a person off of a basic food allergy like milk or wheat oftentimes there will no longer be an environmental sensitivity to cats or dogs. The basic four food allergies are wheat, milk, corn and soy (followed by beef, tomato, peanut, chocolate). The hypo-antigenic diet consists of eliminating these eight foods.

Usually within three days of elimination chronic inflammation reduces and the elevated adrenal responses down regulate. Although change will continue for months after eliminating a basic food allergy, change is felt immediately, sometimes as increased energy, clarity of mind, digestive wellness, and a reduction of symptoms. By simply reducing these items experimentally for two weeks at a time and then reintroducing the allergen it is apparent as to whether a food allergy is occurring. Upon re-introduction of an eliminated food allergy one may notice an immediate inflammatory response such as a rash, itching or burning eyes. It may also cause aching in the body. Sometimes two or three days later after the re-introduction of the food allergen a virus or cold or immune issue may occur, which means that the food allergy caused inflammation in the gut lining which lost its ability to be sealed and impermeable letting resident virus in the lumen of the intestine to leak into the blood. Then the body has to manage a viral process.

In practice this has been so successful that I no longer respect the environmental allergies until after these basic food allergies have been eliminated. Once the inflammatory levels of the body have had an opportunity to normalize then one may determine what allergies are actually real and what allergies were just secondary to an elevated inflammatory system.

As always oftentimes answers are simpler than we have suspected. Basic food allergies are oftentimes the result of genetic predispositions, blood types and unique metabolism. Reducing inflammation will lengthen our lives, reduce discomfort, especially of the musculo-skeletal nature, and spare the immune system to be active in ways that protect us from more important issues than chronic inflammation.

## Hospital acquired infection

There is an increasing problem with hospital acquired infection in these days and times. Currently (2002) it is estimated that 786,000 infections a year result from hospital stays. Of all surgeries performed 2.3 percent result in infection, and colorectal surgery is as high as 11.3 percent. While it is estimated that approximately 40 to 60 percent of these infections can be prevented through proper surgical preparation and procedure it nonetheless is a staggering epidemic.

The problem with these acquired infections is that the nature of the bacteria is so resistant to antibiotics that it is often unsure as to whether drugs have the ability to control the infection. These germs are becoming more and more resilient due to repeated application of antibiotics and drugs that actually cause the bacteria to gain strength. For this reason the strongest bacteria in the world are found in the hospital settings, and thus the hospital becomes a dangerous place to be, especially for the compromised immune system.

While antibiotics struggle and strain, and oftentimes fail to address the virility of these hospital acquired infections (super germs), the healthy immune system may still provide control. Eventually the immune system can be up-regulated to the point where it can identify and figure out the structure of the super germs, and then the infection begins to resolve. Indeed it is becoming important to prepare the immune system for a hospital stay and to assist it in recovering from hospitalization. It is more and more obvious that modern drug medicine can be assisted by complementary holistic approaches including nutrition and herbs so that the immune system may be bolstered in its ability to prevent and control exposure to these germs.

If infection does occur it is essential to immediately begin supporting immune cell production, while at the same time utilizing modern medical therapy (antibiotics). Many people undergo multiple rounds of antibiotics before they begin to employ other methods of strengthening the immune system. This is a mistake and is sometimes fatal. If an individual acquires a hospital acquired super germ infection it is essential that all manner of support be provided as soon as possible. Indeed the application of new antibiotics is sometimes seriously immune depressing while at the same time toxic to the body.

It is possible to overcome hospital acquired infection and ultimately you must encourage the immune system to be capable of identifying and reducing the super germs.

# Trophology – More relevant than ever

The origin of the word trophology is a Latin word, *trophos*, which means growth. Trophology means the study of that which promotes growth, and many years ago Royal Lee combined the words Applied Trophology to refer to the study and application of nutritional principles which promote growth in specific tissues, organs and systems.

The modern world has been concerned about finding ways to make the body younger and stronger, and this search for the fountain of youth has now emerged on the doorstep of stimulating growth processes with the use of anabolic steroids, growth hormone therapy, and many unproven anti-aging aspirations. Each motive is the same, namely to activate the repair and growth processes at cellular and tissue levels that are so linked to youth.

The use of protomorphogen extracts (PMG) derived from specific tissue sources of the cow, pig, and sheep has been employed since the late 1800's, originally invented by the medical organo-therapists of the earlier days, and later refined to current standards by Royal Lee in the 1940's. He developed a process of extraction, which preserved intact the PMG, while removing the other tissue, hormonal or toxic material present in the glandular source tissue. Many people loosely refer to glandulars as a name which refers to any extracts which originate from animal glands or organs, but do not be misled, only Standard Process using Royal Lee's patented process of extraction creates PMG concentrates for the repair and vitalization of target organ/gland functions in the human.

The Protomorphogenic (PMG) Theory proposed by Royal Lee is a very complicated consideration of some of the ingredients of our cellular soup that cause proper cell function. It is important to remember that this is only a theory, as yet unproven, yet that it stands after more than fifty years as a very good explanation of regulatory mechanisms that govern the cell's growth and repair. In short it states that a PMG has the ability to act as a primitive pre-protein building block which can signal and trigger cellular processes by its presence around the cell. Indeed, recent findings suggest that its mechanism of influence lies in the repair and fortification of the mineral skeleton of the chromosomal helix, and by thus enhancing increases the positioning of the DNA/genes to be more active in growth and repair directed processes.

Clinically I have found over the past 24 years, using this therapeutic tool, a safe and simple way to retard glandular depression and strengthen stressed and aging humans. Many people notice these changes within days or even hours of initiating glandular strengthening PMG therapy. These extracts are water based protein mineral concentrates and hence are virtually clean of hormones and cholesterol. For this reason the PMG is a much better choice than the majority of glandular products on the market that simply concentrate the entire tissue sample. It has always been apparent that the endocrine system is the core operating system of the body, and by keeping these glands vital many of the secondary disease imbalances are prevented.

Oftentimes using PMG's for gland/organ strengthening can result in quick and easy repair processes without having to utilize the more stimulating and depressing effects of herbs, which are really just natural drugs in their effect. It is obvious that the PMG is a trophic growth factor, with no known side effects or disadvantages. Prolonged use of these nutrients has been studied in my practice for over twenty years, let alone the past fifty years throughout the larger community of nutrition-minded practitioners.

The most exciting effect of this type of therapy is a phenomenon called post biological development. This is an event wherein the incomplete development of a gland or tissue interrupted in an earlier life process is completed later than is normal because finally the nutrients for trophic growth are present. For example, incomplete puberty interrupted by traumas early in life can be completed in the twenties or thirties, or immune systems that didn't become fully competent finally do so after being weak since birth. This is almost magical, yet it is just simple biochemistry realized through the gift of a genius named Royal Lee – he looked at the same information but saw something different, and the world is not quite the same for what he has given us.

These growth factors are not exotic at all, but are present in all animal forms of life. They are damaged by heat, cooking and in the harvesting/storage process. For some of us when we consume our first PMG it is the experience of feeding a part of ourselves that has literally never been supplied a direct nutrient or energy source. The lights go on, the cellular machinery rolls into activity, and life is more abundant. If you detect some enthusiasm in this explanation you are accurate. I have seen this therapy make a vital difference in so many cases that I am convinced of its importance to healthcare and the fulfillment of the matured state of men and women on earth.

# Mercury - The Issue of Excretion

The issue of heavy-metal toxicity has increasingly become a complication in health care because of its ability to interrupt normal physiological processes. As a result for effective strengthening of individual glandular and organ system to occur heavy-metal body burden must be considered. Heavy metal exposure is entirely environmental, especially including vaccinations and flu shots, dental applications, and pesticide or xenobiotic exposure.

There are several ways to gain impressions of what the heavy-metal toxic load status is in the body. These include hair analysis, stool analysis and challenged urine tests, which are more expensive and complicated. Primarily, when evaluating heavy-metal toxicity it is important to determine whether a healthy degree of excretion is occurring. If there is no excretion present it indicates that the individual is impaired in his ability to excrete. Because mercury is to some degree present in our modern-day lifestyle it is in a constant state of excretion. If the excretion is above the normal level it indicates that the person is challenged with excessive heavy-metal toxicity. Therefore when interpreting heavy-metal toxic load it is important to determine that some excretion is occurring and is within normal limits.

The reason heavy-metals are considered so toxic is that they may interrupt normal physiological processes at cellular levels. There are many ways they may cause this, and they are sometimes called hormone disruptors or biochemical disruptors. What this means is that instead of the hormone being able to bind at its appropriate physiological site a heavy-metal displaces it and binds instead, thus interrupting the ability of the hormone to activate a certain function. This can often appear like a hormonal or physiological deficiency when in fact is simply because heavy-metal toxicity has interrupted normal physiological pathways. It should be noted that heavy metal toxicity can often result in moodiness and energy depletion and emotional congestion.

The most severe heavy-metal interference is clearly caused by mercury. Recent studies at the University of Calgary showed visual microscopic evidence of how mercury interrupts normal physiological processes. It was demonstrated that mercury displaced and occupied the beta receptor of the GTP (Guanisine tri-phosphate) receptor site on the tubulin molecule, thus impairing its ability to link together creating the cellular skeleton. This is especially important because it destroys the cytoskeletal structure resulting in a collapse of cellular integrity. While this does not kill the cell completely, it does melt and turn the cell to mush, interfering with normal function. In the case of nerve tissue it specifically creates tangles in the nerve extensions due to a loss of a healthy sheath and structure. Mercury can do this in any tissue since tubulin is the fundamental cytoskeletal structure of every cell. This becomes a very severe issue to the person who is impaired or unable to excrete mercury.

The excretion of mercury requires normal physiological methyl formation. It was recently discovered that certain genes are essential to the ability to form healthy methyl groups. Specifically the genes for MTHFR (Methylenetetrahydrofolate Reductase), MTRR and MTR are required to form methyl groups, and that when these are deficient (from one or both parents) it results in the inability to induce methyl detoxification. This can be supported nutritionally and assisted in these types of individuals. Recently there was a study done at Stanford University that showed of five different strains of mice injected with mercury only one strain developed autistic tendencies. This suggested that there are certain genetic tendencies amongst the population toward methyl formation. It is suggested that with a genomic study identifying the MTHFR gene that this segment of the population that is deficient could be predicted and therefore support may be anticipated. This is a new development in our ability to understand why certain people have difficulty with mercury and why others don't.

Regardless of whether one has genetic potential to produce methyl groups or not it continues to be an issue of overall toxic metal body burden. If the mercury body burden exceeds the person's ability to excrete then in fact bioaccumulation and toxicity result. This may be what occurs in senility and Alzheimer's in the geriatric who is given flu shots or extensive metal dental appliances and secondarily develops an increased heavy metal burden. It is now understood how to prevent and improve these tendencies in people.

With the use of cilantro, coriander and chlorella it is possible to encourage binding and excretion of mercury and other heavy-metals. It is said that mercury is the most severe heavy-metal to detoxify, and thus if excretion of mercury is achieved the other heavy-metals follow as well. As well nutritional support of the homocysteine pathway may simultaneously promote healthy methyl formation, promoting detoxification of mercury. This is accomplished by supplementation of vitamin B-6, B12, folic acid and folate. Healthy parotid gland function is also essential for the body to identify heavy-metal presence and thus with parotid nutritional support it is possible to intensify heavy-metal elimination.

While everything is as yet not understood about heavy-metal physiological impact, much more is known than was 10 years ago, and it is increasingly possible to reduce the overall heavy-metal body burden.

# Unburden, Fortify, Balance

The nutritional therapeutic approach can be broken down into three different intentions. The first part of the process is to unburden the immune system and detoxification physiology by reducing the toxic and immune load. The second part of the process is to strengthen and fortify stressed or degenerated tissues, glands and organs as part of an overall repair and healing process. The third part involves bringing various systems, organs and tissues into appropriate balance and harmony with each other. These processes overlap each other and happen at the same time, yet we may say that generally they occur in order.

**Detoxification:** The current way of thinking has to do with reducing the burden of toxicity and infection in the body. This has been called cleansing, detoxification, releasing or purification, and usually simply this first step to healing yields remarkable results and renewal. It is evident that reducing the toxic metabolic load, eliminating toxins in the form of metabolic wastes or accumulated poisons and heavy metals, allows the body to function more powerfully. There are both macroscopic cleansing processes, such as enemas or colonic irrigation that involves removing the build up of poisons attached to the lining of the colon, and microscopic or cellular purification which involves encouraging tissue activity to release poisons that have been stored in or between the cells. Although this is the first step it actually is never quite finished, as we continually require cleansing to release the build up of acquired metabolic waste products and environmental contamination. In the beginning of these cleansing endeavors we are dealing with many years of neglected acquired buildup and so initially the release is more potent and dramatic, although as we mature through the process the cleansing is not so intense. This also includes reducing the allergic complexes in our body that occupies so much of the precious immune system activity. For example a simple undetected chronic food allergy like wheat or milk will require a vast amount of effort immunologically to deal with the immune complexes that arise in the blood from the antigenic reaction to the allergen. When this is removed the immune system is freed up to return to other activities that are neglected when it is overburdened.

**Fortification:** There are two activities always at work in the body and they are anabolism and catabolism. Anabolism is the process of repair and growth wherein cells replicate and repair themselves. This process is partially under the direction of the hormonal system with a wide variety of hormones dedicated to activating the processes, the most well known of which is Somatic growth hormone, and also the nervous system through a system of trophic neuronal supply, which is why when a nerve is cut muscles atrophy. Catabolism is the name given to the break down process that destroys and recycles cells. The balance between these two activities determines whether you are growing or shrinking, thriving or degenerating. Supplying nutrient material, encouraging hormonal balance and supplying some of the known growth factors which activate tissue repair, such as the protomorphogen or an ample supply of protein or essential fatty acids for cell membrane repair, may encourage the anabolic process. Generally only nutrients will encourage repair and fortification, as herbals tend to stimulate and depress tissues and not participate in the trophic actions. Depending upon the amount of stress we have dealt with fortification processes become very important between 25 and 40 years of age or overall health will begin to decline. It is remarkable how regenerative the body is when encouraged in anabolism, for example even a liver dealing with chronic viral infection will degenerate more slowly when healthy regenerative processes are encouraged. Balancing the catabolic hormone activity that results from over stimulation of the glandular structures and excessive stress may lessen the catabolic process. Repair and fortification is a way of preparing for a rainy day when a health challenge might overtake us so that we have maximal organ reserves available to respond.

**Balance and Harmony:** This is the final and most delicate part of the healing process. It involves assisting organs and glands to come into rhythm with each other, so that different control systems are not struggling against each other, but instead are coherent and aligned. Oftentimes the balancing process happens all by itself secondary to the cleansing and fortification processes, but usually there exists in all of us subtle imbalances between systems that we may ease back into harmony. The classic example of balance exists between the function of the thyroid gland and the adrenals that are typically competitive with each other when out of balance. This is a difference between just being within normal limits and being in optimal range and having healthy ratios. Indeed many times although we do not know that we are out of balance, when the correction is made we find a remarkable sense of flow occurs. Ultimately the balancing and harmonization of the body is never fully achieved, but rather is an ongoing lifestyle approach to dealing with human biological constraints. A great deal of prevention and healing occur when balance is increased in the body.

The more we understand these various processes the more we may deliberately encourage cleansing, repair and symphony.

## *Breast Cancer Risk Indicator Questionnaire*

*There are a number of factors (positive and negative) which influence your risk of developing Breast cancer.*

*Circle the number next to the question if it applies to you.*

1. Do you have any family history of hormone dependent cancers (breast, uterus, prostate)?	3
2. Are you of Caucasian, African American, or Hispanic Descent?	1
3. Do you use weed killers or pesticides around your home or work? Or have you been exposed to them in the past?	2
4. Are you exposed to gas or diesel fumes? If you live or work in Houston you must answer yes	1
5. Do you consume Dairy Products?	1
6. Do You use sunscreens with: PABA, BP-3, HMS, OMC, 4-MBC	2
7. Do you use (or have used) ANY form of synthetic hormones (Premarin, Prempro, Evista, Lo-Estrin, Etc.) or progesterone creams?	3
8. Do you wash all fruit and vegetables with a fruit wash?	1
9. Do you have any personal or family history of depression, PMS?	1
10. Do you consume LOTS of cruciferous vegetables?	-2
11. Do you heat food in the microwave in plastic or covered with saran wrap?	1
12. Do You Smoke ?	2
13. Do you drink alcohol? More than 1-2 glass of wine per day	2
14. Do you exercise vigorously at least 3 times per week ?	-2
15. Is your body fat over 30%	2
16. Do use any of the following medications: amiodarone: cimetidine (tagamet): fluoroquinolones: fluvoxamine (Prozac): furafylline: interferon: methoxsalen: mibefradil: ticlopidine:	2
17. Do eat non organic chicken, eggs or beef ?	1
18. Are you sensitive to chemical smells?	1
19. Are you hypothyroid or suspect you are?	1
20. Do you have elevated Beta Glucaronidase levels	3
21. Is your E2 to E16 estrogen ratio less than 1.3	3
22. Did you have your first child before the age of 30?	-1
23. Did or do you suffer from Estrogen dominant conditions like Endometriosis, PMS, PCOS	2
24. Did you start menstruating before the age of 13?	2

TOTAL \_\_\_\_\_



# So What's my risk?

It's easy. The higher your number the higher your risk and the lower your number the lower your risk.

These questions are based upon factors which:

- ☹ *Increase your exposure to endogenous estrogens. (The one's you make)*
- ☹ *Increase your exposure to Exogenous Estrogens. (The ones you are exposed to)*
- ☹ *Your liver and detoxification pathways capacity to properly detoxify all of the estrogens you are exposed to.*
- ☹ *Genetic predispositions*
- ☺ *The lifestyle and dietary factors that are known to reduce your factors*

While having a low number is no guarantee of not developing Breast cancer a lower number would indicate a lower risk based on known risk factors.

## Breast Cancer in the Modern World

Mammograms and Thermal imaging are great tools to aid in the detection breast cancer, but they only find a problem after it has begun and do nothing to detect the risk before the disease begins to manifest itself. It is obvious that waiting until a problem develops before trying to address it is one of the reasons why so many people die of cancer. It is possible to determine your risk of developing breast cancer and therefore to make intelligent diet, lifestyle and nutritional changes that may reduce the likelihood of manifestation.

Breast cancer is the most common cancer in women in U.S. accounting for 32 percent of all female cancers. Breast cancer is responsible for 18 percent of cancer deaths in women, and is second only to lung cancer as the cause of death from cancer among women in United States. In the year 2001 an estimated 192,200 women were diagnosed and 40,600 of these women died from the disease. The older a woman is the greater chances of developing breast cancer with approximately 77 percent of the cases occur in women over 50 years of age. Caucasian, Hawaiian and African-American women have the highest incidence of invasive breast cancer in U.S., four times higher than the lowest group including Korean, American Indian and Vietnamese women.

Cancer develops at a cellular level for years or decades before something can be identified using modern imaging techniques. While genetics point to breast cancer genes BRCA1 and BRCA2 to be implicated in only three to five percent of breast cancers. Accelerating the onset of menstruation from 16.5 years in 1842 to 13 years in 1995 and to 11 to 12 years old in the year 2003 parallels an increase in degenerative diseases later in life. The Shanghai Breast Cancer Study showed that women who exercised during adolescence and adult experience a 40% reduction of breast cancer. Researchers found two factors increasing risk of developing breast cancer meaning increased abdominal body fat distribution increased weight at age 30. Endocrine disruptors are synthetic or natural estrogens that act on the endocrine system mimicking, blocking or interfering in some manner in the natural instructions of hormones to cells. Well-known endocrine disruptors are the drug DES, dioxin, PCBs, DDT, pesticides, and plasticizers. Humans also reported in 2003 that women with Type II

diabetics are 17 percent more likely to develop breast cancer than those without. The sources of estrogen includes endogenous formation from inside the body, xenobiotics from environmental toxins, and hormone replacement therapy. In every case whether one takes it or makes it, the body must metabolize it and this requires a healthy liver capable of methylation and phase I and Phase II liver detoxification. Famous studies indicate that breast cancer is vastly increased in countries where increased milk production per capita is known, the highest of which is in the free world, while Japan has the lowest incidence of breast cancer in the least milk production per person. Thyroid metabolism when reduced has also been shown to negatively effect metabolism of estrogen.

The seventh for citrus vegetables and results in certain metal groups informed the digestive tract which assists can leverage intoxication and reducing estrogen to healthy forms. Studies show a significant reduction in the risk of breast cancer with regular consumption of Brassica vegetables including brussels sprouts, broccoli, cabbage, kale and turnips. Calcium d-Glucarate and DIM (di-indole methionine) are ways to reduce the Bata Glucuronidase from building up in the intestine that is associated with an increase in cancer activity.

To lower the risk of breast cancer simply reduce carbohydrates to stabilize insulin levels, eliminate dairy, reduce red meat and alcohol consumption, increase fiber, increase brassica vegetables, increase exercise, and the reduce exposure to xenobiotic estrogens. Nutritionally it is recommended that Livaplex and Livco with Vitanox be employed to reduce estrogens along with calcium d-Glucarate, and DIM be employed.

It is possible to change the outcome of cancer by understanding what created it. Do not wait for a lump to go bump in the night to awaken to all that can be done to support the health and well-being that may actually prevent all forms of cancer.

# Cancer - A Nutritional Strategy

It is said that with cancer the best strategy is prevention! The truth is, according to Boyd a famous pathologist, the body is in and out of a cancerous state 40 times each day. There is function of the normal body that is able to identify and control the development of cancer on a cellular level. When this function stops working there is the possibility of developing a focus of cancer called a tumor. A tumor is a much more difficult challenge for the body to resolve, than the singular cancer cell.

Prevention can be achieved by reducing the risk factors, especially those which create a chronic immune burden, toxic burden and especially estrogen concentration. This is accomplished by lifestyle modification and by nutrient supplementation to support the body's innate ability to detoxify, specifically phase I and II liver function and lymphatic and immune function. The use of family history review and using the cancer potential survey it is possible to determine an individual's risk tendency and therefore indicate the level of prevention that should be elected.

When cancer does occur there are some basic principles that should be employed. Cancer in it is a primitive tissue that is undifferentiated and therefore it is not very sophisticated in its ability to metabolize, requiring primarily sugar to thrive. Simply by reducing sugar and sugar-forming foods from the diet it is possible to reduce the nourishment of the tumor. As well by moving more into a ketotic fat-burning state it is possible to encourage the body toward a cannibalistic state in which it begins to consume any unnecessary tissue. Ultimately the goal is to get the body to eat the tumor.

One principle of cancer is that the body deals with cancer the same way it deals with infection. Certain principles dictate that by unburdening the immune system of chronic sub clinical or cavitated infections the immune system can be freed to more for potently attend to any tumorous activity. This is especially so with low-grade infestations of parasites, yeast proliferation and cavitated infections carried under the teeth or in body cavities. These infections may be reduced and eliminated thus liberating the immune system to the greater ambition of attacking any tumor formation.

The liver is considered by all cancer experts to be essential in achieving control over cancer. Phase 1 and 2 liver detoxification can be encouraged with the use of lifestyle and diet modification and nutritional supplementation. This is essential to the body's immune ability to identify abnormal cell growth in and target it with white blood cells. It is proven that proper calcium function is an essential flag to activate union responses. Almost all natural cancer therapy is included intense systemic and liver detoxification.

It is also possible to promote enzymatic functions through enzyme therapy and supplementation, as well as by bio-terrain assessment and support. Some enzymes and antioxidants are respected for their ability to anecdotally reduce tumor activity. While many Western cancer therapies are successful at controlling and killing tumors, it should be pointed out that unless the body is balanced and corrected from its former imbalance it may reproduce the cancer yet again. Many people waste the blessing of remission by not being active during the remission to reduce the likelihood of recurrence.

In general it is evident that the immune system has been overburdened and inundated in this toxic imbalanced world. This is our first and most important responsibility when dealing with cancer. Caring for foundational issues in cancer can be done individually or complement your eye alongside other therapies.

# The Red Carpet Approach

Whenever we are challenged with a major obstacle in life such as a health crisis it can be very difficult trying to decide what decision to make. This is when the application of a process called gradualism can be employed as a way to approach the difficulty of decision. There is an old saying that says, "If you think you have a decision to make, you don't have all the facts."

Nutritionally we recommend that one begin the process of fact-finding in the most conservative way possible. If surgery were recommended before we would consider that sort of interventional process it would be best to attempt more conservative and less invasive therapies. If there was response to these more modest approaches then there is encouragement to suggest not proceeding with surgery. Today and there are so many surgical and drug interventions that are not necessary, but are what we consider the modern standard of care. It is very important to prevent unnecessary procedures when possible by practicing more modest interventions, so that finally the least invasive approach is used.

Many interventions actually have side effects and long-term developmental problems. For example while on one hand heart bypass surgery has saved many people's lives, after the introduction of arterial graphs there is the potential within 12 to 15 years that scar tissue and deterioration of the graft will render these graphs inadequate. So if you could correct the problem of circulation with a lesser measure of chelation or oral chelation one could achieve better than the limited number of years expected from surgical grafts. It is said that any time a scar from surgery occurs that scar tissue forms and continues to hypertrophy over time.

In my experience there is the opportunity of making strategic decisions as we move through our middle age years so that we do not limit ourselves with the repercussions of unnecessary surgeries. The same can be true of something like high blood pressure medication. Certainly high blood pressure can be dangerous, but if it could be reduced through mineral balancing, especially of magnesium and potassium or through nutrients that relax the adrenals, then there would not be the long-term degenerative process so commonly associative with the use of hyper-tensive drugs -- having to use more and more drugs to keep the blood pressure lower which result in secondary difficulties of the body such as kidney and circulatory disorders including sexual dysfunction and loss of stamina. It is not to suggest that these complicated conditions in ourselves are simply corrected with nutrients, but it is to suggest that we should always try the most modest approach first before moving to more aggressive challenging approaches.

We call this the red carpet approach. If you are facing a health challenge of any magnitude we always advise using the red carpet approach to the decisions you must make. Begin with nutrients and then use herbs and then drugs and finally surgery. Two things are accomplished by this: unnecessary procedures are prevented, and two, if a more interventional approach is required one can be confident that is time to employ such as severe intervention knowing that lesser measures did not work. I found this red carpet approach to bring a great deal of congruency to the mind of people who have to make surgical decisions, knowing that whatever the eventuality was, was necessary after trying to resolve things as naturally as possible.

The other value of red carpet approach is that while approaching a surgical or drug intervention this simple attempt of nutritional strengthening results in a greater physiological readiness to surround the intervention of the drug or surgery. Whenever using these more intense interventions it is always best to be as strong and balanced as possible. Most people do not try the red carpet approach because they are not aware of how effective nutritional interventions can be in creating physiological balance. I found that the potency of accurately applied nutritional tools can profoundly change symptoms and systems.

There is an expression in medicine "no procure harm", which is Latin meaning "above all do no harm". With the interventions that we must employ with our bodies throughout a lifetime let us follow wisdom and above all do no harm while using the red carpet approach to use the least measure possible.

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