

CANCER – A PARADIGM SHIFT

By Mauris Emeka

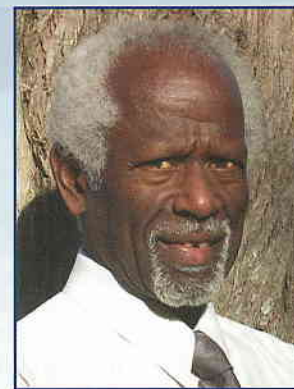
Statistics are often presented attempting to show that progress is being made in the battle against cancer. But regardless of how the numbers are presented, the bottom line is that cancer (in all of its forms) is fast overtaking heart-related diseases as the number one cause of death in America. One hundred years ago one out of 33 people were diagnosed with cancer in their lifetime. Today, one person out of three will be diagnosed with cancer in their lifetime, and that ratio continues to grow. Cancer is affecting more and more people and at ever younger ages.

The malignant tumor mass that is commonly called cancer is in reality a *symptom* (or indication) of cancer. Cancer itself is the malfunctioning *process* that causes tumor *symptoms* to appear. In other words, the malignant tumor is not “the cancer.” Similarly, smoke that comes from a fire is not “the fire”; it is, however, a symptom or indication of a fire. Surgery, chemotherapy, and/or radiation do not rid the body of cancer any more than eliminating smoke puts out a fire. Clearly, it is not enough to merely manage the tumor symptoms of cancer; instead, we need to address the cause of cancer at the cellular level. It is time to change the way we define this disease. In short, a paradigm shift in how we think about cancer is urgently needed.

Consider the following well-researched information as a starting point in refining the way you think about cancer:

- I. Change the environment in your body to make it a lot less **acidic** and more **alkaline**. Cancer thrives in an acid environment; and on the other hand your body functions best when its major fluids and most internal organs are slightly **alkaline**. Remember to drink enough water during the day, and try to drink water that is slightly **alkaline**.
- II. **Eat** fewer cooked foods and a lot more live, plant-based foods, especially a variety of deeply-colored fruits and vegetables. In addition to excellent nutrition, they are high in fiber, rich in enzymes that facilitate digestion, and insure a healthy acid/alkaline pH balance.
- III. Make an effort to greatly strengthen the **immune** system, because it is our primary defense against cancer.
- IV. Remember to consume some foods each day that reduce **inflammation**, because **inflammation** adversely affects the immune system as well as the acid/alkaline balance in the body. Turmeric spice, aloe-vera gel fresh from the aloe leaf, and fermented soy – these are excellent anti-inflammatory foods.
- V. Do things that cause more **oxygen** to be introduced into your body at the cellular level, because cancer cannot thrive where there is an abundance of oxygen. (Dr. Otto Warburg, a German scientist, won the Nobel Prize in 1931 for discovering that cancer cells are anaerobic, meaning that they generate energy without the need for oxygen.) On the other hand, healthy cells thrive on oxygen, and deep breathing is one way to bring in

more oxygen into the body. Also, eat raw green vegetables, and drink fresh-squeezed juice from deep green leafy vegetables (like collards, kale, and Swiss chard greens). These greens are rich in chlorophyll, and chlorophyll enhances oxygen circulation.



- VI. **Cleanse** your body. Make a serious effort to detoxify, because it greatly enhances your body's ability to heal itself. Coffee enemas and ESSIAC tea are especially helpful for internal cleansing. (Tenzing Momo is an herb store in Seattle, Washington that sells ESSIAC tea in bulk.)
- VII. Take steps to reduce **stress**. Meditation, prayer, and moderate exercise are all very helpful.
- VIII. Eat primitive, that is, eat a high percentage of raw foods and whole foods. Among other things, this introduces more fiber into the body and insures better bowel regularity (stimulating 3 to 4 movements daily). Otherwise, bowel sluggishness contributes greatly to increased acidic body chemistry.

In closing, it is time we stop thinking of cancer as some sort of localized disease, like a skinned knee, and thinking that if we detect and destroy a tumor symptom early enough then the problem is solved. It is not enough to merely manage tumor *symptoms*. We are dealing with a chronic metabolic disease that cries out for a holistic response, to include fundamental changes in our diet and lifestyle. Above all, we must take greater personal responsibility for our health and wellness, and commit to consuming a much-higher percentage of unrefined, unprocessed, whole, natural, and plant-based foods. HFN

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