

In This Issue:

- 1 How to Optimize Your Immune System This Cold and Flu Season

- 10 Heart Rate Variability: Using the Heart-Brain-Body Connection for Vibrant Health

- 18 Charlene's Cancer-Fighting Kitchen
 - 18 • Brussels Sprouts Chiffonade With Shallots & Pine Nuts
 - 19 • Sweet Potato and Parsnip Puree
 - 20 • Black Bean Hummus

- 22 Cachexia: Naturally Addressing This Silent Killer

How to Optimize Your Immune System This Cold and Flu Season

By Ty Bollinger

Autumn is one of my favorite times of the year. Here in central Tennessee, you know it's finally arrived when summer's relentless daytime swelter and evening balm are broken by the refreshment of crisp, cool gales – the leaves responding in kind as they gradually soften into warm shades of yellow, orange, and red. It's a perfect marriage of mild temperatures and vibrant colors to cheer up the soul before the anemic winter palette makes its insipid appearance.

Truth be told, I don't particularly mind winter like some people do. Especially on those rare occasions in the South when we're blessed with an unexpected dusting of snow that paints the otherwise stark naked trees and pale rolling hillsides in blankets of gentle white – even if just for a day or two.

But even I'll admit that, as special as days like these are, they tend to be the exception rather than the rule, at least where I live. They're a much-welcomed reprieve to the otherwise dreary doldrum that typifies the rest of the winter months for most of the country. Like a lot of other people, short days and bitter cold just don't do it

continued on page 3

Message From Ty Bollinger



Wow, what a month October was! Between Live Event and preparing for the release of “The Truth About Pet Cancer” series, these last few months have been a whirlwind.

Now here we are heading into the holiday season. While the holidays should be a blessed time spent with family and friends, unfortunately it’s become a time when many people run themselves ragged trying to fit too many tasks into too few hours in the day.

All this pressure to check things off the never-ending to-do list often leads to feelings of intense stress, or even to coming down with a cold or flu... usually at the most inconvenient time. In this month’s Heroes Against Cancer newsletter we’re taking aim at both of these health concerns.

First up I’m talking about some natural ways to shore up your body’s defenses as we head into cold & flu season. Then Dr. V. has a very interesting look at a topic that was mentioned by a few different speakers during Live Event – Heart Rate Variability (HRV). She shares some helpful tips to find “harmony and flow” even when everything feels chaotic around you.

Rounding out our articles this month is a look at the issue of cachexia. This is the condition known as muscle wasting that often occurs in cancer patients – especially in anyone who has received conventional chemotherapy or radiation treatments. Health researcher Tony Isaacs shares some of the best ways (including nutrients) to help prevent and/or reverse cachexia.

It’s hard to believe that next month will be our final edition of 2017. If you have any suggestions or ideas for how we can make the HAC newsletter even better, we’d love to hear them. Please send a message to our Customer Support team and they will pass your ideas along. Support@thetruthaboutcancer.com.

Until next month...


Ty Bollinger

continued from page 1

for me, as I tend to prefer plenty of warmth and light in my life. Another major downside to winter is that it's usually the time when coughs and sniffles start to rear their ugly heads – hence the common descriptor for this time of year as “cold and flu season.”

Contrary to popular opinion, the reason why more people seem to fall under the weather when it's cold isn't because “sickness bugs” somehow come out of hiding the closer we get to the hustle and bustle of Christmas. More often than not, the cause of seasonal illness is that our immune systems tend to weaken as nature transitions from life unto death, in turn causing our bodies to become more prone to “catching” whatever nasty critter might be making the rounds during this time.

There are a variety of reasons why certain ailments seem to be of a seasonal nature. But what's more important for you to know is that getting sick doesn't have to be an inevitable accompaniment to the holiday season. This is especially true if you know how to keep your immune system strong and vibrant. The good news is that there are many powerful ways to do this at home without ever having to down a capful of cough medicine or take a flu shot.

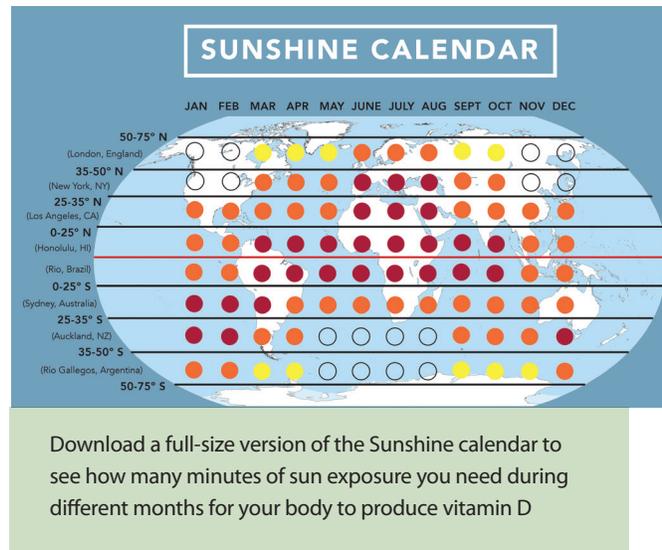
Less Sunlight Means More Illness

One of the quickest ways to deplete the functionality of your immune system is to deprive your body of vitamin D. This precious pro-hormone comes in its most natural form when you expose your bare skin to ultraviolet B (UVB) rays from the sun. And it just so happens that “flu season” directly coincides with the time of year when the sun is out for the least number of hours during the day. This is also when it's at its lowest projecting angle – two factors that make it next to impossible to obtain any vitamin D at all when going outside.

Here are two resources that can help you to determine the angle of the sun where you live at different times of the year, and how much vitamin D-producing sunlight you can even be exposed to:

» The U.S. Navy has created a “Sun or Moon Altitude/Azimuth Table” on its website <http://aa.usno.navy.mil/data/docs/AltAz.php> where you can plug in your latitude/longitude coordinates, or the name of your hometown, to see exactly the time of year when the sun will no longer reach a 50 degree minimum angle in the sky for at least 15 minutes in your particular area.¹

» The Vitamin D Council has created a “Sunshine Calendar” that you can use to visually see the best times of the year in your area to obtain natural vitamin D from the sun, as well as determine how long you should stay in the sun in your area to obtain optimal levels of vitamin D.² (<http://www.vitaminDday.net/wp-content/uploads/2014/10/Sunshine-Calendar.pdf>)



I won't go into great detail here about *why* vitamin D is crucial to your health. Just last month Dr. Jockers wrote a great article for the October newsletter about how to keep your vitamin D levels optimal during the winter months. If you missed it, be sure to go back and check that out.

I do want to bring up one option for vitamin D production that Dr. Jockers didn't discuss in detail in his article, and that's the controversial subject of tanning beds.

Indoor Nutritional UVB Therapy

Most people are probably familiar with tanning beds and the salons that promise to give you that fresh, sun-kissed look by using them. But a lesser-known function for UV light is as nutritional therapy that mimics the effects of the sun on skin in order to produce vitamin D. The UV light that produces vitamin D inside the body is UVB, as I mentioned earlier, and lamps that produce UVB rays can do virtually just as good a job at producing vitamin D as the sun can, making it a preferable choice during the winter months.

Not to be confused with UVA light, which is the kind most often used in tanning beds to simply make people's skin look darker, UVB light is everything that vitamin D3 is, and so much more. UVB light is known to directly increase vitamin D levels in the blood, while further helping to protect skin against radioactive damage. You read that correctly: a type of tanning bed that actually supports the health of your skin rather than damages it!³



Not all tanning beds are necessarily harmful. Exposure to UVB light is one method to directly increase vitamin D levels in the blood

Beyond this, "tanning" with UVB light can help to keep your body free and clear of harmful pathogens while addressing seasonal affective disorder and depression, both of which tend to reach their highest levels during the wintertime when natural sunlight is a rare commodity. Health "authorities" would have us all believe otherwise – that all forms of UV light from indoor machines are harmful and cause skin cancer. But the truth is that nothing could be further from the truth.⁴

Remember to Watch Your Diet Around the Holidays

Another area of importance when it comes to immune health is diet and nutrition. We all know that it's way too easy to fall off the health bandwagon as the days grow dimmer and the festive feasts grow more frequent. I don't know about you, but Thanksgiving and Christmas gatherings alone are enough to all but completely set me off my nutritional game, not to mention the glut of sugar that's part and parcel of Halloween.

If you're really serious about staying healthy during the transition of seasons, then it's absolutely necessary to stay disciplined when it comes to the things you eat. This doesn't necessarily mean that you can't enjoy a helping of creamy mashed potatoes or delectable slice of pumpkin pie. It just means that you need to be extra careful, as well as try to make these foods healthier by avoiding the use of ingredients that are known to make people sick. I'm talking about ingredients such as refined sugars, processed flours, genetically-modified organisms (GMOs), and synthetic additives and preservatives, to name just a few.

One of the things we do at our house towards this end is modify our favorite meal items to make them Paleo and/or Ketogenic-friendly, whenever possible. This means making nut-based pie crusts and substituting natural date paste or organic green stevia instead of refined sugar, for instance. We also try to avoid the use of

canned sauces and soups that are typically depleted of their nutrient content and loaded with chemicals, instead opting for “raw” sauces and soups made fresh in our trusty Vitamix blending machine.

Don't forget that it's critical to combine these healthy eating habits with an active lifestyle. While it's certainly anything but enticing to pop out of bed and go for that morning walk when it's frigid outside, your immune system will be far better off for it if you do. Regular, moderate exercise has been shown to help reduce the body's production of stress hormones while increasing its production of cytokines, leukocytes, and other important immune cells – the fighters your body needs to feed off colds and sore throats.⁵

Herbs and “Superfoods” That Help Boost Immunity

To gain that little extra stimulus, you and your family can also take advantage of the many amazing herbs and “superfoods” that possess unique disease-fighting and immune-boosting properties. American ginseng (*Panax quinquefolius*), for instance, has been shown in clinical trials to help prevent both colds and flu when taken in normal supplemental doses.⁶

Consuming just a few cloves of garlic per day can invoke a similarly preventive effect, as this bulbous herb just so happens to be one of the most powerfully antibacterial, antiviral, and antifungal foods known to man.

If you're incorporating plenty of fresh, organic fruits and vegetables into your daily diet – including cruciferous vegetables like broccoli and cabbage, along with leafy greens such as kale and spinach – then you're inadvertently supplementing with another powerful immune-boosting substance: quercetin. Research published in the *American Journal of Physiology* back in 2008 found that quercetin micronutrient constituents can help to prevent influenza infection.⁷

Zinc and selenium are two other great options for stopping seasonal illness in its tracks before it has a chance to progress. Taking these two minerals in tandem, along with foods like almonds, sunflower seeds, and beef liver that are high in bioavailable copper, is one of the greatest gifts that you can give to your immune system as we enter the winter months.



Consuming more foods rich in zinc is one way to give your body a natural immune boost during cold & flu season

Countless studies have proven that zinc plays an essential role in modulating the immune system, serving as a key constituent in the development and function of neutrophils, natural killer cells, and other important immune components.⁸ Zinc functions best when accompanied by copper, and seems to further shine when supplemented alongside selenium, a powerful antioxidant that many say is the immune system's most prized form of mineral support.

Vitamin C is another household name when it comes to immune health, though you should know that the kind that doctors often push may be inferior to the kind found in real food. Unless you take *whole food-based* vitamin C as opposed to the various synthetic ascorbates that are often sold as tablets or powders, you probably won't be receiving maximum protection. That's because

synthetic vitamin C is far less effective as an antioxidant compared to whole food-based vitamin C.⁹ My recommendation is to stick with whole food vitamin C powder or capsules derived from healing superfoods like acerola cherry and camu camu berry.

My family and I have also found that making homemade chicken soup – and cooking the bones for an extended period of time to make bone broth as well – creates a full-spectrum “food medicine” that helps to keep the bugs away all season long. In many ways, chicken soup and bone broth are *the* premier foods when it comes to avoiding disease and strengthening your immune system. (Tip: If you just don’t have time to simmer chicken bones, the Organixx neutral bone broth makes a great soup base. Just add some herbs and quality salt for flavor.)

Chicken soup and everything that goes in it, from the vegetables to the spices to even the water, represents a mass convergence of healing nutrition. According to Alissa Rumsey, MS, RD, a spokesperson from the Academy of Nutrition and Dietetics, chicken soup contains pretty much everything that the body needs to stay healthy all throughout the winter season.

“Research has found that chicken soup helps to prevent inflammatory white cells from moving to other parts of your body, which can decrease your cold symptoms,” she says. “Chicken soup’s illness-fighting ability is thought to be related to cysteine, an amino acid released from chicken during cooking. The hot liquid in soup also helps you to stay hydrated, which can help loosen any secretions.”

Beyond this, if you or someone you know has already come down with the flu and/or a cold and you’re looking for natural relief now, consider using the following herbal remedies as recommended by *Rodale Wellness*:¹⁰

» ***Sambucus*** spp. (blue or black elderberry). Take 1-3 teaspoons of syrup or glycerine (a vegetable glycerin-based liquid extract) three times daily.

» ***Echinacea angustifolia*** root. In tincture form: take 5 milliliters (ml) three times daily; in capsule form: take 1,000 milligrams (mg) three times daily.

» ***Eupatorium perfoliatum*** (common boneset). Take 3 ml of tincture three times daily.

» ***Andrographis paniculata***. In tincture form: take 3 ml three times daily; in capsule form: take 500 mg three times daily.



Black elderberry (*Sambucus nigra* L.) has a long history as a folk remedy across many different cultures as a treatment for viral infection and is currently one of the most-used medicinal plants worldwide

Don't Forget the Immune-Boosting Mushrooms

Last but not least: what flu-busting foray would be complete without medicinal mushrooms? And no, I’m not talking about the “magic” mushrooms used as recreational drugs. I’m talking about therapeutic mushrooms like Turkey Tail and Chaga that have been used for centuries by natural healers to boost immune function and help slow the aging process. These two mushrooms and four others just so happen to be among the world’s most powerful tonifying foods – and ones that you won’t want to be without as we approach the end of the year. Let’s take a closer look:

» **The Turkey Tail** (*Trametes versicolor*) mushroom is probably the most studied of all the therapeutic fungi. Part of the reason why is that it contains high levels of both vitamin D and selenium, which as I mentioned earlier work together to support optimal immune function. Turkey Tail also contains B vitamins and an array of antioxidants that further add to its immune-supportive effects.

» **The Chaga** (*Inonotus obliquus*) mushroom is similarly suited to turn the winter blues just a little bit more vibrant. In addition to providing powerful immune support due to its abundance of Beta-D-Glucans, Chaga can help the body to better digest food while normalizing blood pressure levels. Studies show that the antioxidant and antimicrobial properties of Chaga are virtually unmatched, making this particular mushroom an excellent choice for maintaining robust health all throughout the winter season.¹¹

» **Cordyceps** (*Cordyceps sinensis*) is another immune system ally, its robust anti-inflammatory nature making it a prized potion in the Traditional Chinese Medicine (TCM) lineup.¹² Like Chaga, Cordyceps contains high levels of Beta-D-Glucans, an immuno-modulating fiber substance that basically teaches the immune system how to function “smarter.” Cordyceps is considered to be the most sought after medicinal mushroom in Asia for these and many other therapeutic uses.

» **Reishi** (*Ganoderma lucidum*) is often referred to as the “King of Mushrooms” – and for good reason. The Reishi mushroom provides exceptional inflammation support, for one. It’s also associated with longevity, strength, and vibrant health, hence its common use in Traditional Chinese Medicine for addressing a variety of health concerns from chronic fatigue and hormone imbalances to chronic infections and even cancer.¹³

» The name **Lion’s Mane** (*Hericium erinaceus*) is sure to bring to mind images of those handsome land mammals bearing thick, golden coats as they hunt for prey across the African Savannah. Metaphorically, this isn’t too far off in describing the properties of the mushroom by the same name, which contains unique healing constituents that help to promote healthy digestion in the regulation of gut bacteria. Most of the body’s immune system lives in the gut, after all, and Lion’s Mane can help to ensure that this nutrient absorption and waste elimination system is optimally maintained, which in turn will help prevent the body from getting sick.

» **Shiitake** (*Lentinula edodes*) is another amazing mushroom that holds a top spot in the healing support category. Of all the therapeutic fungi, Shiitake is probably the most directly associated with providing full-spectrum support for the immune system. Shiitake contains a unique compound known as lentinan that studies have shown can aid in the healing of damaged chromosomes. Shiitake further contains a host of other life-giving vitamins, minerals, and enzymes that research suggests are directly involved in helping to optimize gut function, and thus boost immunity.¹⁴



Shiitake are one of the best medicinal mushrooms for providing full-spectrum support for the immune system

About Ty Bollinger



After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available

for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

Ty has now made it his life's mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive body-builder, and also a certified public accountant.

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Why Your Flu Shot May Not Work...

and the natural way to help protect against colds and flu this season

Even the CDC admits it... flu shots fail most of the time. They put the failure rate between 40% to 90% in any given flu season, according to *Science Magazine*.

Why don't they work for most people? The shocking reason is that it's all a guessing game. Top scientists guess months in advance which flu strains will be active the following year.

With their terrible failure rate it's clear that most of the time they guess wrong. Yet vaccine manufacturers continue to create flu shots based on bad guesses. And doctors continue to urge you to get a flu shot every year. But you may want to ask...

Is there a better way? Yes!

For centuries, the Japanese and other Asian cultures have used the natural health benefits of mushrooms to boost their immune systems, protect against bugs and germs... and live longer and healthier lives.

That was long before modern scientists zeroed in on an infection-fighting prize nutrient found in mushrooms. Research out of Harvard University calls this nutrient your body's "arsenal of defense."

This infection-fighting nutrient, called a beta glucan, attaches itself to white blood cells, such as T-cells and NK cells, and stimulates them to destroy bacteria and viruses. So the more beta glucans you have in your body, the stronger your immune system.

Mushrooms are a rich source of beta glucans.

Each mushroom contains a slightly different type of beta glucan. Each type stimulates the immune system differently. So, the more kinds of mushrooms you have working together means stronger immunity during cold and flu season.

7M+ from Organixx contains 7 of the strongest immune-boosting mushrooms on the planet.

- ★ Chaga – a very powerful antioxidant to protect against free radical damage
- ★ Cordyceps – a strong inflammation fighter
- ★ Lentinan – a natural compound for longevity
- ★ Lion's Mane – supports healthy brain and digestive functions
- ★ Reishi – a wonder-nutrient for supporting an aging immune system
- ★ Shiitake – protects immune cells from inflammation
- ★ Turkey Tail – a source of vitamins D and B3 crucial for boosting immunity

These seven mushrooms – working together – can strengthen your immune system and help you live longer and healthier too.

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Heart Rate Variability: Using the Heart-Brain-Body Connection for Vibrant Health

By Dr. Véronique Desaulniers

There was a time not long ago when “conventional wisdom” of modern medicine said that a person’s neurology (i.e. the vast network of chemical signals that occurs within one’s grey matter) was “command central” for all bodily functions, including the heart. Basically, the mind ruled and the body followed.

Many in the scientific community have done a 180 regarding their understanding about the connection between the brain and heart. These days there is ample evidence to suggest that when it comes to communication between the brain and the heart, it may actually be the *heart* that runs the show.

This is exciting news for your health. Why? Because this new way of looking at the heart-brain connection puts YOU in the driver’s seat more than ever before when it comes to your own health. As you shall soon see, one way you can help your body is to train it for healing by working with your own unique Heart Rate Variability or HRV.

New Discoveries in Neuro-Cardiology and Psychophysiology

The first major turn-around in conventional thinking regarding the heart’s importance in overall health was through investigations conducted by the HeartMath In-

stitute. The Institute is a research and educational organization that has been conducting groundbreaking research on the intelligence of the heart for over 25 years.

HeartMath researchers followed in the footsteps of Drs. John and Beatrice Lacey, whose pioneering researching during the 1960s and 70s was the first to look at how the heart sends communications to the brain through the vagus nerve. These forward-thinking researchers began their inquiry in the early 1990s by asking some basic questions including:

» How does the activity of the heart influence our perceptions, emotions, intuition, and health?

» How do stressful emotions as well as positive ones affect the nervous, endocrine, and immune systems?

Using state-of-the-art equipment such as EEG (brain waves) and ECG (heart) machines, blood pressure monitoring, hormonal testing, and a mindset firmly established in the scientific method, over the years the HeartMath team has made some remarkable discoveries.

The heart contains its own “neural network” similar to the brain, including “complex ganglia, neurotransmitters, proteins, and supporting cells,” according to Rollin McCraty, PhD, Director of Research for Heart Math. Furthermore, McCraty and his team found that this neural network acts very similarly to networks in the brain, allowing the heart to act independently as well as to learn, remember, make decisions, feel, and sense. And as it turns out, heart-brain communication may indeed be a two-way street, with the heart sending just as many *if not more* communications to the brain than the brain does to the heart.

McCraty and his team discovered that heart-brain communication occurs in four distinct ways:

1 | Through **hormones**

2 | Through **pulse waves**

3 | Through **electromagnetic fields**

4 | Through **the overall nervous system**

At this point, you may be thinking: “Pulse waves? Electro-magnetic fields? Are we talking about human health here or science fiction?”

Just bear with me for a few more minutes, however, as I dive a little bit deeper into what this all means for you and your health.

HeartMath Investigations Inspire Other Discoveries

Since the mid-1990s, other researchers have defined what is now called the “intrinsic cardiac nervous system.” This is also known as the “heart-brain.” The electrical as well as chemical impulses the “heart-brain” emits have been found to directly affect behaviors such as attention level, motivation, perception, and the processing of emotions. What’s more, they can also affect a person’s risk for disease.

A 1996 German study published in the journal *Biological Psychology*, for example, found that heart-originated impulses affected fronto-cortical areas of the brain which are responsible for mental factors such as attention level and motivation. Using an ECG machine to measure heart waves, the researchers from the University of München and the University of Tübingen were able to measure the frequency at which the heart sends communications at around 300–600 milliseconds (measured “after the EKG R-wave”).

The heart also communicates to the brain and body through the hormones that it helps to regulate and those which it actually produces. The heart was “reclassified” as part of the hormonal system in 1983, as new discoveries about the heart’s ability to secrete certain hormones were revealed. In particular was the discovery of a brand new hormone called ANF (atrial natriuretic factor) and its corresponding peptides. This hormone has also been called the “balance hormone” because its job is to keep electrolyte levels, blood vessels, kidney function, adrenal glands, and other endocrine systems regulated.

Finally, the heart also plays a role in the synthesizing of norepinephrine, epinephrine, and dopamine and can secrete oxytocin as well. In fact, some studies have shown that it can secrete oxytocin, the “cuddle hormone,” at a greater capacity than the brain can.

Stress: The Common Factor for Almost ALL Disease, Including Cancer

It is safe to say that the world has changed greatly over the last thousand years or so. Oddly, however, our bodies – including how they respond to stress – haven’t changed much during that time. Our bodies are still designed to handle short-term stress. Unfortunately, long-term or “chronic” stress is what most of us are under these days as we attempt to juggle family, work, finances, health challenges, and a world situation that is constantly changing.



Constant juggling of multiple responsibilities can often lead to chronic stress

The Relaxation Response Versus the Stress Response

Consider the following scenario. Your body is faced with a sudden crisis; a tiger (or a mugger) is about to attack you. During the crisis, your body springs into action automatically. Your body, in its innate wisdom, shuts down essential functions like digestion and immune system responses to pump blood into your limbs for running and other functions that can best help you survive. Cortisol and adrenaline levels spike, making your responses laser-sharp. The mom who is able to lift the car to get her baby out of harm’s way after an accident is an extreme example of the awesome effects these hormones can have on a person’s physical and mental acumen. Thankfully, in the middle of a crisis it is the sympathetic nervous system’s “flight or fight” response, run by the limbic brain, that runs the show.

But eventually the situation is over and the body acts accordingly. No longer sensing a threat, cortisol and adrenal levels go into a “dormant” status and the body switches to maintenance and repair mode. Immune system responses kick back in, digestion continues, and restorative hormones are released. When the body is in a restoration mode, this is called the “relaxation response.”

What happens when the “stress response” is constantly turned on? The body will continue to emit more and more cortisol as cellular receptors get “tuned” to cortisol. This in turn activates the release of more and more adrenaline. Inflammation increases and immune system responses are consistently impaired. Numerous studies have made the connection between stress and the onset of chronic disease. Hypertension, coronary disease, sleep issues, diabetes, neurodegenerative diseases like Alzheimer’s, digestive disorders, autoimmune conditions, and general fatigue have all been connected to chronic stress in study after study.

In addition, some functions of the immune system, such as the production of Natural Killer cells, will slow considerably under chronic stress, and this can raise cancer risk (NK cells specifically target cancer cells for destruction). In fact, a recent Stanford University study found that 65 percent of patients who had advanced breast cancer had abnormal cortisol levels as well.

Coherence Is the “Sweet Spot” for True Health

“We are coming to understand health not as the absence of disease, but rather as the process by which individuals maintain their sense of *coherence* ... and [their] ability to function in the face of changes in themselves and their relationships with their environment,” says HeartMath’s Dr. McCraty.

While chronic stress spells bad news for your health, coherence is the “sweet spot” where true health can happen! Coherence is where you want to be if you want to prevent cancer and potentially heal your body.



Coherence is having the sense that life is “comprehensible, manageable, and meaningful”

So what exactly *is* coherence? In general, coherence is when one has the sense that their life is “comprehensible, manageable, and meaningful.” It can be felt through positive emotions in general or around specific aspects of life. There is “clarity, synchronization, and order” to one’s thoughts and perceptions as well as a sense of harmony and flow within, no matter what is occurring.

In scientific terms, coherence means that both hemispheres of the brain are working together and in tandem. This is not just an “ideal” brain state to be in. In fact, it is the necessary state for proper brain function to occur.

Physical coherence can be measured in the heart as well, between the rhythmic patterns and electrical impulses *within* the heart as well as between the heart and the brain. When coherence is happening on these two levels, the right chemicals in the right amounts are being distributed throughout the body for proper regulation and healing. You got it – coherence turns on the relaxation response which turns on healing!

Likewise, negative emotions can be thought of as *incoherent states*. Long-term negative emotions have all been linked to coronary disease as well as sleep disorders, neurological disorders, diabetes, fatigue, and a compromised immune system, according to investigations at Harvard School of Public Health.

Incoherence has also been linked to cancer. A study conducted by Johns Hopkins University School of Medicine more than 30 years ago found that the ability of individuals to accept and cope with a breast cancer diagnosis influenced survival rates. And let’s not forget Dr. Douglas Brodie’s highly-accurate “cancer personality profile,” which he created after working with thousands of cancer patients over 28 years. He witnessed common personality traits amongst those diagnosed with cancer, including high stress responses and long-held feelings of resentment and anger.

Wouldn’t it be great if you could maintain coherence during the crisis and chaos? The good news is that you can, since coherence is a skill that can be learned over time.

What Is Resilience?

It may seem like a stretch to think of emotional states as having such a profound effect on health. In fact, emotional states are *central* for evaluating disease risk, since emotions are directly connected to stress responses and energy regulation.

Emotions such as worry, anxiety, anger, judgment, impatience, resentment, and overwhelm can occur over a relatively minor incident in some people. They can emanate through simply thinking about something or they can come about through the big tragedies that occur in life. And while overreactive emotions and chronic stress can be detrimental to our health and our lives, on the other hand our emotions are an integral part of what makes us human. As Dr. McCraty says, "Without emotions, life would lack meaning and purpose."

Strong emotional reactions to thoughts and situations can keep us stuck in "flight or fight" day after day, however, which can only lead to disease and a diminishment of life energy. Several studies have determined that our emotional states are the "primary drivers" involved in energy regulation because they can affect so many physical and chemical changes in the body.



Overreactive emotions and chronic stress leave the body in a constant state of "fight or flight" which is extremely detrimental health-wise

The key to allowing our emotions to help us instead of hinder us lies in how well we can cultivate the skill of *resilience*, which is the ability to "prepare for, recover from, and adapt in the face of stress, adversity, trauma, or challenge."

The 4 Types of Resilience

A person's level of resilience may change over time and with each circumstance. There may be times when you are able to bounce back and come to center after challenges and other times when you cannot. With practice and time, however, your "resilience muscle" can be built up, similar to a physical muscle. You can learn how to manage your emotions in the physical, emotional, mental, and spiritual aspects of life:

1 | Physical resilience means physical endurance, strength, and flexibility.

2 | Mental resilience is reflected in one's ability to sustain focus, attention, and mental flexibility.

3 | Emotional resilience is seen in emotional flexibility, a positive outlook on life, and including supportive relationships in your life. It is also reflected in the ability of a person to "self-regulate."

4 | Finally, **spiritual resilience** can occur no matter what your religion. It relies on being committed to your core values and developing intuition as well as tolerance towards others.

Live Life to the Fullest Through Self-Regulation

Self-regulation is a curious phrase that may be unfamiliar to many. It means learning the skills and tools to consciously shift to a more coherent state. Those who can maintain a coherent state and resilience in the face of challenges have access to more energy in order to live life to the fullest.

Learning to “self-regulate” using tools and techniques that we will touch on in the next section have been shown to not only improve mood, but can also influence cognition and decision-making, listening ability, mental clarity, creativity, physical reaction times, and coordination.

Use Heart Rate Variability to “Switch On” Your Healing Potential

Now that you are well equipped with probably more information than your traditional doctor has about how the heart and the brain work together, here comes the fun part. YOU can learn how to entrain your body and mind for coherence and resilience, setting yourself up for optimal healing in the process – and you can do this through learning about your own unique heart rate patterns.

Contrary to what was popular belief just 10 years ago, the fact is that there is no “steady state” when it comes to your heartbeat. Because of new technologies that can measure processes such as heart rate (HR), blood pressure, and nerve activity with more detail than ever before, researchers now know that biological processes are based on complex interactions between “multiple neural, hormonal, and mechanical control systems” throughout the body and are highly “variable.”

Each of us has a “heart signature” that is as unique as our thumbprint. The normal resting rhythm of the heart is not static nor “monotonously regular” but varies greatly. The heart, it turns out, is a complex, highly-responsive organ; it reacts to the emotional states that we are in on a moment-by-moment basis.

Investigating the heart’s complex rhythms in order to use this information for health relies on “Heart Rate Variability (HRV).” When we investigate our own heart rhythms on a daily basis, we can get some “real-time data” on our autonomic nervous system and on the va-

gus nerve in particular. The vagus nerve has the capacity to put the “brakes” on stress responses and both the vagus nerve and the HRV are influenced by our current emotional state.

Using App-Based Technology to Test HRV

You can monitor your own HRV using easy-to-use apps that work with your smart phone or tablet. When you do, you are not just analyzing the quality of your heart beat; you are gathering information about the state of your overall health. Remember that HRV affects all other systems as well, including your digestion and immune function. For example, arrhythmias or a chaotic rhythm may indicate system overload which can equate to energy “burn out,” while too little variation can indicate a system that may already be depleted of energy.



The Inner Balance™ app from the HeartMath Institute uses an ear sensor to capture Heart Rate Variability (HRV) data to help shift and replace emotional stress with emotional balance and coherence

The HeartMath Institute has their own HRV app called Inner Balance Trainer™ that is available for iPhone, iPad, iPod, and Android-compatible units. It uses an earpiece and a breath monitor, is portable and easy-to-use and can help you change your reaction to stress in real time. Other HRV apps are available as well, such as Elite HRV and BioforceHRV, which is geared towards athletes.

What Can You Do to Help Your HRV?

As you begin working with HRV technology on a regular basis, you can begin to understand what your “optimal HRV levels” are and how often you are maintaining them. Improvements come with time as you develop the skills needed to balance out your nervous system activity.

But what exactly can you do to develop more coherence in your body and mind and more resilience in your life? There is plenty you can do without using any of the apps mentioned above.



Spending time in nature and journaling are just two of a long list of activities that can help to improve heart rate variability

There is a good chance that you are already familiar with (and hopefully practicing!) some of the modalities listed below. Remember that if you are suffering from low energy, these will help infuse your body system with balanced energy as well:

- meditation
- deep breathing
- meditative walking
- forest bathing / being in nature
- stretching
- aerobic exercise
- drinking clean pure water
- meditative eating
- having a cup of tea

- petting a dog or cat
- reading for pleasure
- sauna
- taking a bath
- doing some Tapping or Emotional Freedom Technique (EFT)
- journaling
- drawing or doodling
- daydreaming
- enjoying a sunset or sunrise
- writing down or thinking about 3 things you are grateful for
- writing down or thinking about 3 things you value in yourself!
- spending some time on a hobby
- taking a nap
- watching a funny movie
- spending time with a group, family member, or friend that lifts you up

...And the list goes on!

Remember, you don't have to spend hours engaged in any of the above activities in order to get back in balance. Simply pick one and commit to 2 to 10 minutes whenever your HRV monitor indicates it or you're feeling stressed.

“...the heart...is an access point to a source of wisdom and intelligence that we can call upon to live our lives with more balance, greater creativity and enhanced intuitive capacities.”

Dr. Rollin McCraty, HeartMath Institute

Through listening to and monitoring our HRV, you have access to a wealth of knowledge within your own body that can help you live your most enjoyable life right now... and possibly prevent cancer into the future!

About Dr. Véronique Desaulniers



Dr. Véronique Desaulniers (also known as “Dr. V”) is a natural health pioneer with over thirty years active practice in Bio-Energetics, Digital Thermography, Meridian Stress Analysis, Homeopathy, and Chiropractic.

After she was diagnosed with breast cancer in 2004 and healed herself through natural means, Dr. V decided to devote her time to sharing her personal, non-toxic healing journey with others. Her years of experience and extensive research have culminated in the award-winning book *Heal Breast Cancer Naturally* and *The 7 Essentials™*, her coaching program that unravels the mystery of healing the body in seven easy steps.

Dr. V’s story, wisdom and knowledge has touched the lives of thousands internationally. Her website is BreastCancerConqueror.com

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Charlene's Cancer-Fighting Kitchen



Brussels Sprouts Chiffonade With Shallots and Pine Nuts



Brussels Sprouts are a valued member of the cruciferous family. The glucosinolates in this cruciferous veggie are especially potent and beneficial, causing cancer cells to self-destruct. They have also been found to reduce cancer risk by protecting DNA from damage. It's important not to over-cook Brussels sprouts, which is why I have you slice them thin, keeping cooking time to a minimum.

Shallots, a member of the allium (onion) family, are richer in flavanols and polyphenolic compounds than even onions and garlic. They have a high content of antioxidant compounds, including quercetin, kaempferol, and various sulfuric antioxidants. The antioxidants are released when the cell surface is sliced or crushed, similar to garlic and chives. When these antioxidants are released, they form a valuable substance called thiosulfinate. This powerful compound helps to prevent the growth of tumors and inhibit cancer development by protecting cells from mutating and by promoting cancer cell death.

It is best not to peel too shallots too rigorously as the bulk of nutrients lies in the outer layers. Once chopped, allow to sit for a few minutes to maximize the nutritional benefits.

Yield: 8 servings

Preparation Time: 20 minutes

Ingredients:

- 1 ¾ pounds Brussels sprouts, outer leaves removed and ends trimmed
- 4 tablespoons butter
- 6 tablespoons olive oil
- 12 medium shallots, thinly sliced (about 2 cups)
- 6 garlic cloves, thinly sliced
- 6 tablespoons pine nuts, lightly toasted*
- 3 tablespoons fresh lemon juice

Directions:

1. Work Brussels sprouts through the feed tube of food processor fitted with a thin slicing disk to create a fine slice. (If you don't have a food processor you can slice them thinly using a sharp knife.)
2. Melt butter with olive oil in a large pot over low heat. Add shallots; sauté until almost translucent, about 3 minutes. Add garlic; stir one minute.
3. Add sliced Brussels sprouts; increase heat to med-low and sauté until tender, about 10 minutes.
4. Stir in pine nuts and lemon juice. Season with finely ground Celtic sea salt and freshly ground pepper. Serve warm and enjoy!

**To toast the pine nuts, heat the oven to 375 degrees. Spread the nuts on a baking sheet and bake, stirring occasionally, until golden brown, about 5 minutes. You can also use a skillet, toasting and stirring them for 3 minutes, but be careful as they can burn easily.*

For all recipes, please use fresh, organic, locally-grown ingredients whenever possible, including organic, non-irradiated spices. This will give you the maximum cancer-fighting benefits.



Sweet Potato and Parsnip Puree



Yield: 4 servings
Preparation time: 25 minutes

Ingredients:

- 2 medium sweet potatoes, peeled and cut into ½-inch pieces
- 4 medium parsnips, peeled (if desired, otherwise scrubbed well) and sliced ¼ inch thick
- 3 tablespoons pastured butter
- ¼ cup milk (dairy, seed, or nut)
- Raw honey to taste
- ½ teaspoon finely ground Celtic sea salt (plus more for salting the water)

Directions:

1. Bring a large pot of salted, filtered water to a boil. Add sweet potatoes and parsnips and boil gently until tender, about 10-13 minutes. Drain well and transfer to a food processor.*
2. Add butter and puree until smooth. Add milk, honey, and salt; blend well. Season with freshly ground black pepper. Enjoy!

** Alternatively, you can drain the potatoes and parsnips and return them to the pot. Add the butter and puree with a stick blender until smooth or to desired consistency. Add the milk, honey, and salt and blend well. Season with freshly ground black pepper.*

With Thanksgiving just around the corner, perhaps you are looking for a delicious but nutritious side dish to go with that turkey, tempeh, or tofu. Here's a recipe that will have your guests coming back for seconds.

Sweet potatoes offer many health benefits. They are high in various B vitamins as well as vitamins A, C, and D. They also offer potassium and magnesium. Sweet potatoes are rich in carotenoids, powerful antioxidants which protect our eyes and boost immunity. Despite being "sweet," sweet potatoes do not cause blood sugar spikes. Their natural sugars are slowly released into the blood stream.

Parsnips aren't just delicious, they're also nutritious! Potassium is both a mineral and an electrolyte, and is essential for many bodily functions. Most Americans are deficient in potassium, and just one-half cup of cooked parsnips provides 6% of the RDA for potassium. Parsnips are also high in vitamin C, folate, and dietary fiber, which may help prevent heart disease, cancer, obesity, and other medical challenges.



Black Bean Hummus



With the holidays coming, it is always nice to have a go-to offering for unexpected guests. This hummus is a delicious dip for crudité and makes for a stunning hors d'oeuvre when served on whole grain or gluten-free bread or toasts. It can also be savored as a hearty sandwich spread.

Yield: 2 ½ cups
Preparation time: 5 minutes

Ingredients:

- 2 cups cooked black beans, rinsed & drained well
- 1 cup cooked chickpeas, rinsed & drained well
- 1 clove garlic, minced (about 1 tablespoon, more or less to taste)
- 1 teaspoon ground cumin
- 2 tablespoons tahini
- 1 tablespoon fresh lemon juice (lightly grate zest from organic lemon before juicing; reserve)
- ¼ cup extra virgin olive oil
- Finely ground Celtic sea salt
- Freshly ground pepper

Directions:

1. In a food processor, puree the first 7 ingredients until smooth. Season with salt and pepper. Garnish with reserved lemon zest.

Notes:

- Hummus may be made 3 days ahead and chilled, covered.
- Serve with cut vegetables such as carrots, celery, and other delicious and nutritious crudité.

Toppings (Optional for use on bread or toast):

- 2 red peppers, seeded and sliced thin and cooked in ½ tablespoon olive oil (Heat oil over very low heat. Sauté peppers until soft, keeping the heat very low, about 5 minutes; season with salt and pepper)
- 1 avocado, pitted, scooped from skin and sliced thin
- A few scallions, sliced (green, white or both can be used as desired)

Serving Suggestions:

- For open-faced sandwiches, spread hummus on bread or toast. Top each slice of bread or toast with sautéed red pepper strips, sliced scallions, and/or thinly sliced avocados; drizzle with some of the oil from the peppers, if desired.
- For open faced tea sandwich hors d'oeuvres, spread bread slices with hummus. Cut each slice into four triangles and top with peppers (you may want to coarsely chop the peppers), avocado slices, and sliced scallions; drizzle with extra olive oil, if desired.

About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of CancerTruth.net, former model/actress/fitness buff, and lover of healthy food and healthy living.

After losing various family members to conventional cancer treatments, she and her husband, Ty, learned the truth about cancer and the cancer industry and together work tirelessly helping others learn and live free, healthy lives.

Currently, Charlene is working on compiling a cookbook to help families learn that they can indeed cook healthy, delicious food in this toxic world. Along with her husband, Ty, she is also the co-owner of Infinity 510 Squared Partners Publishing Company.



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Cachexia: Naturally Addressing This Silent Killer

By Tony Isaacs

Cachexia, also known as wasting disease and wasting syndrome, is a condition where the body progressively loses body mass including muscle mass, bone mass, and fatty tissue. When cachexia is not corrected, it can lead to death – which unfortunately is frequently the case with cancer.

In addition to weight loss, cachexia is characterized by muscle atrophy, fatigue, weakness, loss of appetite, and the loss of the body's ability to heal. Cachexia can also be characterized as a malfunction of the anabolism and catabolism. These two metabolic processes are essential in enabling an organism to live, grow, reproduce, heal, and adapt to its environment.

The term “cachexia” is derived from the Greek *kako* (“bad”) and *hexis* (“condition”). In addition to cancer, it is also seen in patients with AIDS, celiac disease, chronic obstructive pulmonary disease (COPD), multiple sclerosis, Rheumatoid arthritis, congestive heart failure, tuberculosis, familial amyloid polyneuropathy, mercury poisoning (acrodynia), and hormonal deficiency.

In many ways, cachexia is similar to sarcopenia, which is the general loss of muscle mass that occurs with advancing age. In both conditions muscle loss can lead to frailty and declining quality of life, as well as increased risk of death, infection, and falls. It can also lead to slow-

er wound healing and reduced exercise capacity. The term “catabolic wasting” is used to describe both cachexia and sarcopenia.

Typically, cachexia is diagnosed when there is an involuntary loss of five percent (or more) of body mass in 12 months or less. In advanced cancers the weight loss can be much more substantial.

Cachexia and Cancer

When it comes to cachexia and cancer, there are two primary mechanisms at work. These are reduced food intake and metabolic changes due to the cancer.

Reduced food intake could be due to many factors including loss of appetite, difficulty swallowing, nausea, depression, etc. Some patients also experience changes in taste and aversion to food. In addition, some types of cancer can cause discomforts such as abdominal fullness. Constipation due to cancer or to painkillers often used with cancer patients can also affect appetite.



Some cancer patients develop an aversion to food which contributes greatly to the risk of cachexia

While surgery and other types of cancer therapies can cause weight and muscle loss, cancer itself often causes profound metabolic changes. Cancer causes secretion of inflammatory cytokines and changes the body's breakdown and synthesis of fats and amino acids. It also

alters response to insulin. The result of changes in all of these processes is a reduction in muscle mass and body weight, and an overall deterioration of general health and strength.

Cachexia is a common complication of cancer, especially advanced cancer. It has been estimated to be present in up to 85 percent of advanced stage cancer patients. Cancer-induced cachexia (CIC) has been implicated by mainstream medicine in up to 20 percent of cancer-related deaths. Other cancer experts believe that the figure is much higher. They point out that the cause of death for cancer patients is often reported as the cancer itself, when the death was actually caused by treatments which resulted in cachexia or organ failure.

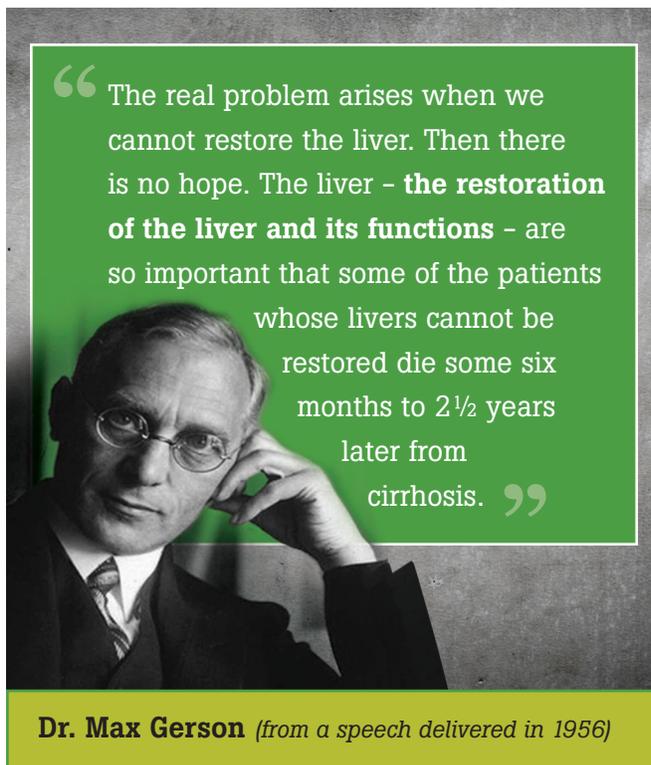
Naturopathic PhD Marc Swanepoel stated that under normal circumstances, a person with advanced cancer who has not used chemo or radiation will only die in one of three ways:

- from cachexia (severe wasting away of the body),
- from a tumor interfering with the function of a major organ (pancreas, kidney, liver and lungs), or
- from liver failure due to toxic overload when measures are not taken to protect and cleanse the liver and bile ducts.

Dr. Swanepoel also said that when chemo and/or radiation is utilized, a third factor is added to the cause of death – heart failure. One of the side effects of chemo and radiation is to weaken the muscles that pump the heart.

As mentioned, a significant cause of death for cancer patients is liver failure, which can occur with natural/alternative treatments as well as mainstream treatments. In both kinds of treatments, the release of an overwhelming amount of toxins from cancer cell die-off can result in the failure of an already impaired liver.

The late great cancer pioneer Max Gerson observed that he never encountered a single cancer patient who did not also have an impaired liver. When the liver is impaired and the bile ducts are not open and free-flowing, it can fail entirely due to being inundated with far more toxins than it is able to process. With chemo and radiation, the treatments themselves further damage the liver as they do the heart and other organs. Even when the liver does not fail, the damage from chemo and radiation can result in cachexia.



Real Life Examples of Cachexia

Two instances of death from cachexia brought the dangers of cachexia home to this author. The first was the untimely death of Hollywood actor Patrick Swayze, the subject of three articles I researched and wrote. Swayze refused to consider alternative cancer treatments and instead followed his doctors' advice to use chemotherapy and "starve out his cancer." Sadly, by following this advice Swayze ended up starving himself to death due to cachexia.

A second instance of cachexia death happened to a Facebook friend I once interviewed for my radio show. She billed herself as a cancer survivor who had beaten cancer twice with natural alternative treatment. I later found out that she was less than forthright with her description when her cancer returned for a third and final time.

In actuality, each time she was diagnosed with cancer she initially attempted to beat her cancer naturally with parasite cleanses. However, in every instance she turned to chemotherapy when the cleanses failed to eliminate her cancer. Cancer typically is increasingly difficult to treat every time it returns (and when it returns multiple times, chances are great that it was never completely eliminated to begin with). Chemotherapy fails to address the root causes of cancer at the same time that the chemo and the cancer further weaken the body's natural first line of defense - the body's natural immune system.

Despite my pleadings for her to consider effective true natural cancer therapies, she clung to chemo and believed right up to the very end that it would once again "beat her cancer." It didn't and she ended up wasting away from cachexia.

Chemotherapy is often a gamble that the chemo will "starve out" or "poison out" the cancer before it starves out or poisons the patient. Tragically, far too often it is a losing gamble which is why many cancer authorities will tell you that more patients die due to chemo than are saved by chemo. However, such does not have to be the case for followers of The Truth About Cancer. You *can* beat cancer naturally and you *can* prevent and beat cachexia naturally.

4 Ways to Address Cachexia Naturally

1 | Eat a healthy anti-cancer diet and be sure to include adequate protein and amino acids to help fight against cachexia.

2 | Exercise, especially resistance training such as lifting weights, helps maintain muscle mass in those with cachexia and sarcopenia.

You might think it best to conserve energy and calories, however exercise is important to help the muscle mass for those with cachexia. Notably, a new set of national guidelines for cancer patients presented at the 2010 annual meeting of the American Society of Clinical Oncology (ASCO) reversed decades of common mainstream advice for cancer patients to avoid exercise. Instead, the new guidelines advised patients to “avoid inactivity” to boost quality of life, strength, and fitness.

Regular exercise may be very difficult, if not impossible, for those who are very ill. However, people with cancer and cachexia should be encouraged to move and do whatever they are able to do, even if it is only sitting up or walking a short distance to the bathroom.

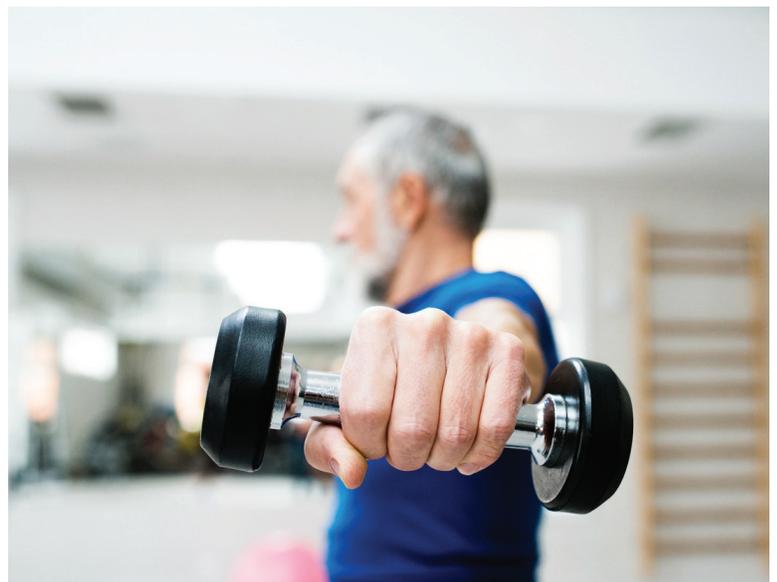
3 | Avoid smoke and smoking to prevent further catabolic wasting. Smoking and secondhand smoke are not good for health to begin with and smoking and exposure to toxins associated with smoking increase the risk for muscle wasting in at least four ways:

- reducing appetite
- inhibiting protein synthesis
- increasing protein breakdown
- increasing your body’s levels of myostatin (i.e. a natural protein that inhibits muscle growth)

4 | Supplementation can play a critical role in addressing cachexia. Here are some supplements to consider:

» **Omega-3 fatty acids**, such as are found in fish oil and krill oil. Numerous studies have shown the positive effects of Omega-3s on cachexia. One British study of older adults reported that consuming higher levels of fatty fish was associated with greater handgrip strength, which is a marker of muscle function. Other studies found that taking fish oil capsules resulted in a gain in lean body mass and less muscle wasting, especially skeletal muscle tissue wasting.

» **Vitamin D3** is a critical cancer-fighting and immune-boosting nutrient for maintaining immunity as well as for the growth and maintenance of muscle and bone. Vitamin D3 is produced naturally from sunlight on the skin. Get as much of your vitamin D3 as possible from exposure to sunlight – though don’t overdo it to the point of sunburn. [Note: See the Oct 2017 HAC newsletter for a comprehensive article by Dr. Jockers on vitamin D.]



Light resistance training contributes greatly to maintaining muscle mass in patients at risk of cachexia

» **Probiotics.** People undergoing radiation or chemotherapy often experience chronic diarrhea, which can greatly reduce absorption of nutrients. Several studies have reported that long term use of probiotic bacteria, such as *Lactobacillus acidophilus* and *Bifidobacterium*, can significantly reduce incidence of diarrhea related to cancer as well as HIV/AIDS.

Home Remedy for Diarrhea

People who have diarrhea can often benefit from consuming apple slices which have been left out long enough to brown. The brown color comes from apple pectin, which helps firm stools and reduce inflammation associated with diarrhea. The apple pectin also helps with constipation and is used to help treat colitis, irritable bowel disease, and other related digestive disorders. When apple pectin fails to work, raspberry leaf tea will often get the job done. Warning: Be careful and don't use too much, as it can result in serious constipation!



» **Digestive Enzymes.** People with cachexia might benefit from taking digestive enzyme supplements. The enzymes help support normal gastrointestinal balance of good and potentially harmful bacteria, and maximize absorption and assimilation of nutrients in the gut.

» **N-Acetyl Cysteine (NAC).** NAC is a precursor to glutathione (aka "the master antioxidant"), a compound that is essential for fighting cancer, and it can help prevent cachexia.

» Many have also used **Hydrazine Sulfate** to help with cachexia, though there are some cautions that should be read first before employing this treatment. See: <http://www.cancertutor.com/Cancer/Hydrazine.html>

» **Whey protein.** Whey protein is one of the most nutritious proteins available. It is one of the two proteins found in milk (with the other being casein). It contains an incredible range of essential amino acids, which are absorbed quickly. These include many of the amino acids that are vital for muscle building, such as the branched-chain amino acids leucine, isoleucine, and valine. Numerous studies show that whey can help you gain muscle and increase strength. For the healthiest whey, try to source it from organic cow's milk, such as the organic whey available online that is produced by the Amish.

» **Creatine.** Daily supplementation with creatine has been shown to increase muscle strength and endurance in the elderly performing daily activities.

» **Amino acids.** The amino acid leucine's active metabolite derivative HMB (beta-Hydroxy beta-methylbutyric acid) and the amino acids glutamine and arginine play key roles in treating muscle wasting.

» **L-carnitine.** Daily supplementation of L-carnitine is associated with reduced fatigue and increased lean body mass. Several studies have reported that many patients with cancer-related cachexia are often low in carnitine.

» **Oleander extract.** Cachexia is among a very large list of conditions and diseases which oleander has traditionally been used to address. It should be pointed out that this refers only to *properly prepared* oleander extract where the toxins have been removed, not the normally poisonous raw oleander plant. Oleander is also a potent immune booster and cancer fighter. [Note: For more information on Oleander Extract, see the June 2016 HAC newsletter or search "oleander" on The Truth About Cancer website.]

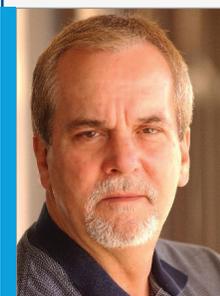
» **Coconut oil.** Coconut oil is considered by many to be a true "superfood." It is high in natural saturated fats, which not only increase the healthy cholesterol (known as HDL) in the body.

» **Colloidal gold.** In July 1935, the medical periodical *Clinical, Medicine & Surgery* had an article titled "Colloidal Gold in Inoperable Cancer" by Edward H. Ochsner, MD, Chicago - Consulting Surgeon, Augustana Hospital. In the article, Ochsner stated that, among several benefits for cancer patients, colloidal gold helped reduce cachexia.

» **Bone broth** is very high in both protein and nutrients, which can make it exceptionally beneficial for helping to prevent cachexia. It provides maximum nutrition in an easy to swallow form that is easily digested and soothing to the digestive system. This is in contrast to many other foods (especially solids) which can be difficult for the digestive system to fully break down.

The broth can be sipped alone, or turned into a base for soup to which you can add other cancer-fighting ingredients. For patients who are experiencing a change in taste (or have lost their sense of taste) due to chemotherapy or radiation, herbs and spices can be easily added to enhance the flavor of the bone broth and make it more palatable.

About Tony Isaacs



Tony Isaacs is a member of the National Health Federation and the American Botanical Council. He is a natural health advocate and researcher and the author of numerous articles and books about natural health including

Cancer's Natural Enemy.

Tony's articles are featured on [The Truth About Cancer](#), the Health Science Institute's Healthiertalk website, CureZone, the Crusador, Health Secrets, the Cancer Tutor, the Silver Bulletin, the New Zealand Journal of Natural Health, and several other venues.

He also runs [The Best Years in Life website](#) which helps people avoid prescription drugs and mainstream managed illness and live longer, healthier, and happier lives naturally. In addition, he hosts the Yahoo Oleandersoup Health group of over 3,500 members and the CureZone Ask Tony Isaacs - Featuring Luella May forum.

» **Glutathione** is a powerful antioxidant amino acid and it may help protect against cachexia. Notably, glutathione is also considered to be an absolutely essential complementary supplement to use with oleander.

» **Medical marijuana.** In addition to being one of the most powerful cancer fighters on the planet, medical marijuana increases appetite which protects against cachexia.

» **Homeostatic soil organisms (HSOs).** Homeostatic soil organisms fight fatigue by supporting healthy energy levels, promoting digestive system health and helping the body absorb nutrients more quickly and easily.

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