

HEROES AGAINST CANCER Newsletter

October

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The TRUTH About
CANCER[®]
educate • expose • eradicate



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Message From Ty and Charlene Bollinger



Welcome to the October edition of the *Heroes Against Cancer* Newsletter!

This month, we'll start by exploring energy medicine. Did you know that there's subtle energy flowing throughout each of us? Read on to discover how positive energy flow can help you lead a healthier life. You'll learn about healing touch and PEMFs, which can safely enhance the body's cells.

Next, Robert Scott Bell joins us for our "Ask the Expert" segment. He'll be talking about silver ions, and how to use them to assist with lung health recovery. We'll learn how nebulizing silver hydrosol can help flood the body with oxygen, overwhelming cancer cells and slowing their growth.

As always, we'll have several recipes featured in Charlene's Cancer Fighting Kitchen, including a vegan coconut curry. Coconut is a strong antiviral, anti-inflammatory, and antibacterial food that can help us combat the common cold or even the flu. We'll also feature a yummy artichoke recipe and super-charged green juice.

Finally, contributing author Suresh Nair, PhD., keeps us up-to-date on the latest early cancer detection methods. Left unchecked, cancerous cells can grow uncontrollably, spreading throughout the body. This process is called metastasis and is often fatal for patients.

The best way to combat cancer is to catch it early, before it has a chance to spread and grow. Tune in to learn the importance of early detection, the flaws in traditional detection, and the cutting-edge methods that are changing the way we fight cancer.

We hope you enjoy the expert advice, tasty recipes, and important information for fighting and preventing disease.

God Bless,


Ty Bollinger


Charlene Bollinger



The Power of Energy Medicine for Health and Healing

By Ty Bollinger

It may come as a surprise to most of us, but according to the cutting-edge science of particle physics, everything in the known universe is made up of energy fields on a fundamental level.¹

The known universe includes the sun, stars, and planets – including our own. One could say it includes everything humanity has ever seen, observed, and measured throughout our history – and yet it makes up less than 5 percent of the actual universe!

The rest of it, a staggering 95%, is believed to be made up of a mysterious, powerful, and unknown force, known as dark energy, and an equally mysterious, unknown substance known as dark matter.² But back to our little corner of the known universe...

According to Caltech theoretical physicist Sean Carroll, we “need to give up a little bit on the notion of particles” and instead, think in terms of fields – specifically, energy fields.¹ You are already familiar with magnetic fields and the Earth’s gravitational field, among many others.

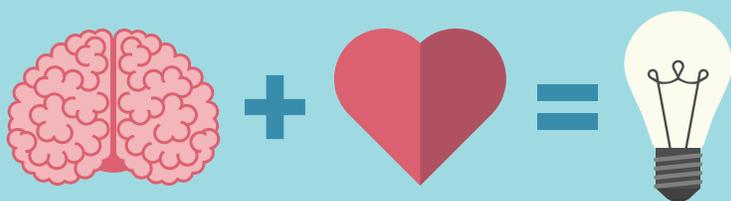
According to Carroll, each and every particle in our known universe is actually a field. In other words, all the so-called “solid” matter we’re surrounded by is actually made up of energy fields – and what we think of as the particles that make up matter are just excitations of these fields, like waves in an ocean.

This revolutionary concept is the underlying basis for a broad-ranging series of healing modalities known collectively as energy medicine. Energy medicine seeks to harness the vast power of energy fields to heal the human body.

Here we should make a clear distinction between the terms “healing” and “curing”.

Curing is usually understood to be the “elimination of the signs and symptoms of disease, which may or may not correspond to the end of the patient’s disease or distress”.³

On the other hand, healing is described as “the process of bringing together the various parts of oneself – specifically, the physical, mental, emotional, spiritual, and relational at deeper levels of inner knowing, leading to an integration and balance”.³



Modern science is discovering in astonishing detail how certain emotions can have a direct effect on disease – and healing – in the body

A subcategory of energy medicine known as biofield therapies are known for being healing focused, integrative, and seeking to address physical symptoms such as pain, stress, and mood, along with spiritual and relational concepts like personal growth. Let’s take a closer look at a few biofield therapies and examine how they are being successfully practiced to help heal people afflicted by many modern ailments, including cancer and side effects related to traditional treatment.

What is Energy Medicine?

Energy medicine – a word coined in the ‘80s – is defined as any form of deliberate energetic or informational interaction with a biological system with the aim of restoring it to homeostasis.⁴ It is one of five complementary medicine domains defined by the National Center for Complementary and Alternative Medicine (NCCAM).^{3, 4}

At its core is the concept of “subtle energy”, which is difficult to measure, of very low intensity, and believed to be responsible for sustaining and promoting life processes in biological systems. Subtle energy can be either physical or non-physical.

For example, although the effects of prayer and therapeutic touch have been well-investigated and reported, the energy type and the mechanism of action of these healing modalities is presently unclear.⁴

Biofield Therapies in North American Healthcare: An Overview

Biofield therapies are a subcategory of energy medicine. These practices have been developed in many diverse cultures over thousands of years. Since then, they have also evolved to be taught and practiced in many ways.

Typical biofield therapies seen in North American healthcare systems include healing touch, polarity therapy, therapeutic touch, Qi- or chi gong, and Reiki.³ Controlled trials of biofield therapies have been shown to improve mood and quality of life, along with reducing pain, fatigue, and other side effects of cancer therapy.

All these healing modalities share a few common assumptions:

- » The human body contains a subtle energy system, that both penetrates the physical body and extends outward beyond it.
- » This subtle energy can be thought of as universal energy or vital energy, flowing through all beings.
- » The self-healing capacity of the human body is supported by the free and balanced flow of energy through its subtle energy system.
- » Disease can be detected in the energy system, sometimes before it manifests in the physical body, and can be used by energy practitioners to support the body's self-healing capacity.
- » Conscious healing intent and compassion are essential for biofield therapies to be effective.
- » The hands of biofield therapists may or may not touch the physical body of the recipient. Some practitioners prefer to heal from a distance. Such work comes under the category of mind-body medicine, which also covers other modalities such as mental healing and prayer.

Long-time biofield practitioners speak of sensing a connection with universal energy through meditation or visualization, while also connecting with

the recipient through compassion and healing intent. Practitioners are typically in a meditative frame of mind, open, focused, and caring.



Practitioners are typically in a meditative frame of mind, open, focused, and caring

Recipients may also take on the meditative state of practitioners. Significant relaxation can happen, including sometimes falling asleep. Sometimes, recipients become aware of what is happening inside their body. Images and feelings may come to the surface.

Recipients may feel a sense of comfort and connection with their practitioner. They may also feel a connection with an energy or reality beyond their day-to-day experiences. Alternatively, such sessions may be experienced simply as a time and space for a peaceful, quiet, and trustful interaction.³

Let's take a closer look at some of these therapies:

» Healing Touch

Formulated in the '80s by Janet Mentgen, BSN, RN, healing touch is described as "a relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional touch that assists in balancing physical, emotional, mental, and spiritual well-being".^{3, 5}

Healing touch works with the recipient's energy field to support the body's natural ability to heal and is classified by the U.S. National Institutes of Health (NIH) as a biofield therapy and nursing intervention. Healing touch is typically used to address and heal the diagnosis known as "Imbalanced Energy Field."

There is clinical evidence to support the claims that healing touch can reduce stress, calm anxiety and reduce symptoms of depression, decrease pain, strengthen the immune system, enhance recovery from surgery, support cancer care, create a sense of well-being, and support resiliency in health care providers.⁵

For example, a randomized study examined the effects of therapeutic massage and healing touch on the side effects of cancer treatment in 230 subjects.⁶ Both therapeutic massage and healing touch lowered blood pressure, reduced breathing rate and heart rate, and led to fewer mood disturbances.

Additionally, therapeutic massage lowered anxiety, while healing touch reduced fatigue. Finally, pain ratings were also reported to be lower after therapeutic massage and healing touch.

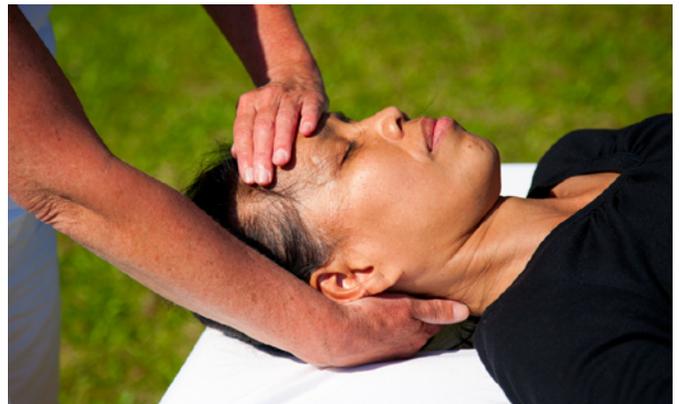


Massage therapy is a powerful healing art that can help you take charge of your physical, mental and spiritual well-being

» Polarity Therapy

This therapy was developed in the '40s and '50s by Randolph Stone, DO, DC, ND, who combined various aspects of ancient healing practice with information from osteopathy and chiropractic.³ Polarity therapy seeks to find energy blockages, release energy to normal flow patterns, and maintain the energy field in an open, flexible condition.

Described as a "truly holistic practice that works for anyone, in any state of health", polarity therapy is a system of treatment intended to restore a balanced distribution of the body's energy by combining touch, exercise, nutrition, and self-awareness.⁷



Polarity therapy is used to help balance energy throughout the body

Polarity therapy is said to enable the recipient to examine for themselves what they're carrying as pain, stress, and disease. In addition to working with the body, the recipient is supported with the help of verbal communication and reflective listening.

Cancer-related fatigue is a frequent side effect of radiation therapy that adversely affects a patient's quality of life. In a pilot study, fifteen women undergoing radiation therapy for breast cancer and experiencing fatigue were randomized to receive 1, 2, or no polarity therapy treatments.⁸

Promisingly, the study results indicate that polarity therapy has a positive influence on cancer-related fatigue and improves quality of life in such patients – although randomized, controlled clinical trials with more patients are needed to confirm this result.

» Therapeutic Touch

Described as “an individualized intervention guided by cues gained from assessing an individual’s energy field”, therapeutic touch was formulated in the ‘70s by Dolores Krieger, PhD, RN, at New York University.³ Dr. Krieger worked with healer Dora Kunz to develop and teach a formal procedure for assessing and healing disturbances in the human biofield.³

Therapeutic touch is based on the idea that human beings are energy in the form of a field, although this field extends beyond the level of the skin. When a person is healthy, their energy is freely flowing and balanced.⁹

Disease and illness happen because of energy imbalances. The therapeutic touch practitioner attunes to that energy using their hands as sensors, and restores imbalances using rhythmical, sweeping motions of their hands.

In controlled studies, therapeutic touch has been shown to reduce preoperative anxiety, along with boosting feelings of well-being in cancer patients.^{10, 11}

» Chi- or Qi Gong

Qi means air, breath of life, or vital energy of the body. Gong means the skill of working with or cultivating self-discipline and achievement. Described as a self-healing tool that uses a moving form of meditation, Qi Gong exercises include

meditation, relaxation, physical movement, mind-body integration, and breathing exercises, all of which are meant to fortify the immune system and strengthen the body.^{3, 12}

A 2002 review of more than 50 published studies on the use of Qi Gong for patients with cancer in China revealed stunning results.¹³ Of 21 clinical studies examined, 10 had controls – and these controlled studies showed reduced physical symptoms, improved appetite and strength, weight gain, improved immune function, and higher survival rates when cancer patients practiced Qi Gong.

» Reiki

This Japanese technique for stress reduction and relaxation is believed to promote healing.^{3, 14} Reiki is made up of two Japanese words, Rei which means “God’s Wisdom or the Higher Power” and Ki, which is “life force energy”.



Reiki is often referred to as "palm healing" or "hands-on-body healing"

Reiki practitioners heal by “laying on hands” – this practice is based on the underlying theory that an unseen “life force energy” flows through every person and is the reason they are alive.

Reiki practitioners further believe that if a person’s life force energy is low, then they are more likely to fall ill or feel stressed. On the other hand, if this energy is high, then the same person becomes capable of being happy and healthy.

In a small clinical trial, Reiki was shown to reduce feelings of pain and improve quality of life in patients with cancer pain.¹⁵ In another randomized pilot trial of 16 cancer patients, Reiki reduced fatigue while improving overall quality of life.¹⁶

The Anti-Cancer Actions of Pulsed Electromagnetic Fields (PEMFs)

As we learned earlier, every particle in our known universe is actually a field. According to William Pawluk, MD, MSc, Board Certified Family Physician and Holistic Health Practitioner and Former Assistant Professor at Johns Hopkins University School, the atoms and molecules that make up our body generate their own electromagnetic fields (EMFs).¹⁷ As a result, every cell in our body does as well – all 70 trillion of them.

Our bodies also project their own magnetic fields during our lifetimes and only stop doing so when life ends. Further, disruption of electromagnetic energy in our body’s cells may lead to impaired cell metabolism, illness, and disease.

According to Dr. Pawluk, low frequency pulsed electromagnetic fields (PEMFs) are a form of energy medicine that deliver beneficial, health-enhancing EMFs and frequencies to the body’s cells in a non-invasive, safe, and easy way.

Indeed, PEMFs have been cleared in certain devices by the U.S. Food and Drug Administration (FDA) to directly treat sites of injury – for example, knee arthritis – to reduce swelling and joint pain.^{18, 19} They have also been shown to improve local circulation and reduce muscle soreness after exercise.²⁰

Laboratory experiments using human cancer cell lines and animal models of several types of cancer show that PEMF therapy can prevent cancer cell growth.²¹ Unlike chemotherapy, which targets all rapidly dividing cells, PEMFs seem to specifically target cancer cells, which makes PEMFs a highly promising anti-cancer strategy.

There haven’t been many clinical studies so far using PEMF therapy. However, in one study, 41 patients with advanced hepatocellular carcinoma (liver cancer) received very low levels of PEMFs.²² Of these, five are said to have reported complete disappearance, while two reported a reduction in pain shortly after PEMF therapy began. Four patients showed a partial response to treatment, while 16 patients had stable liver disease for more than 12 weeks. The results of this study show that PEMF therapy is safe and well-tolerated, with potential anti-cancer effects in patients with liver cancer – and perhaps other cancers too.



PEMF therapy is currently being used all throughout the world as both an adjunct and first-line treatment for many different types of disease pathologies

Acupuncture: Its Emerging Role in Cancer Healing

Acupuncture is an ancient healing technique that is part of Traditional Chinese Medicine (TCM). In 1997, the U.S. National Institutes of Health (NIH) documented and publicized acupuncture's safety and efficacy for treating a wide range of health conditions.²³ Acupuncture is now covered by many insurance policies in the US and is mainly used to relieve pain.

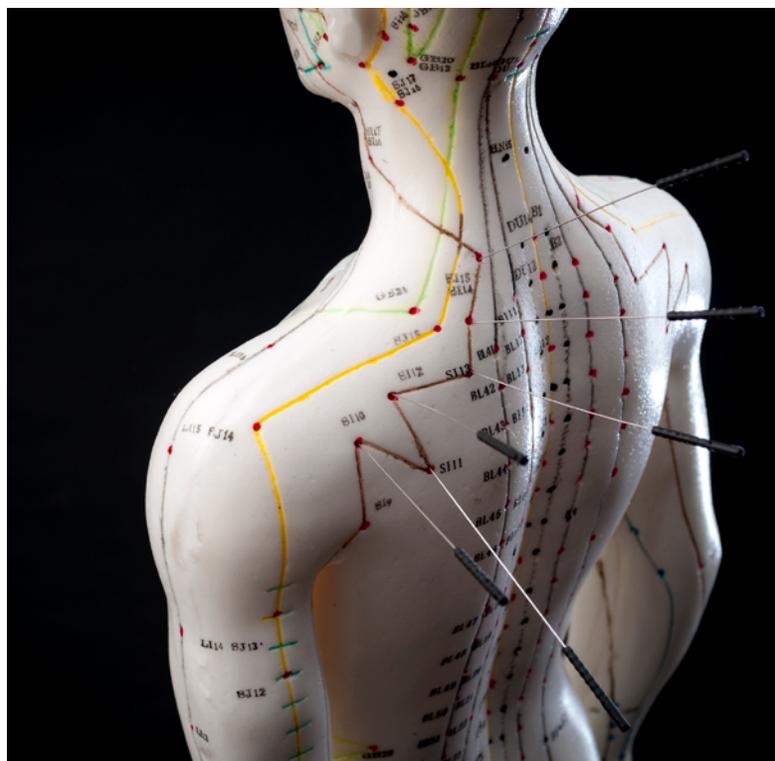
During acupuncture, specific anatomic sites – commonly referred to as acupuncture points, or acupoints – are stimulated by the insertion of very thin sterile needles into the skin. Pressure, heat, or electrical stimulation may also be used to enhance the effects of this therapy.

TCM describes the universe and the human body in terms of two opposing forces: yin and yang. When these forces are in balance, the body remains healthy. Energy flows throughout the body along specific pathways, known as meridians. This constant flow keeps yin and yang balanced.

However, if energy flow is blocked, pain, lack of function, or illness can result. Acupuncture therapy is designed to release blocked qi in the body and stimulate function, evoking the body's natural healing response.

Interestingly, acupuncture is now being used to treat multiple symptoms and conditions associated with cancer and the side effects of cancer treatments. The Dana-Farber Cancer Institute in Boston, Memorial Sloan-Kettering Cancer Center in New York, and M.D. Anderson Cancer Center in Houston have all integrated acupuncture into cancer care.²⁴

Randomized clinical trials have shown that acupuncture is a safe and effective therapy against chemotherapy-induced nausea and vomiting, along with helping to manage cancer-related pain and cancer fatigue, chemotherapy-related reduction in specific white blood cells known as neutrophils (neutropenia), and radiation-induced dry mouth syndrome, known clinically as xerostomia.²⁴



This ancient therapy has been overlooked in the Western hemisphere but cultures all around the world have used it for thousands of years with incredible results

In conclusion, various types of energy medicine have been shown to have healing effects in cancer, especially in relieving the side effects of cancer care and improving patient quality of life. However, the exact type of energy operating in each healing modality and how it acts to produce its healing effect is not always clear, even today. As new research emerges, we hope to soon answer these questions.

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

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Ask the Expert: The Health Benefits of Silver Ions

By Robert Scott Bell

Q: Watched your video “Question of The Day – Nebulizing silver hydrosol for lung health recovery” and have one more question ... how many times a day should you nebulize?

A: A typical nebulizing session should last about 10-15 minutes. As a refresher, the reason to use silver hydrosol in a nebulizer is to deliver the active state of silver (ions) safely into the lungs, primarily for its antimicrobial effects in the case of infection. Silver ions disrupt bacterial and fungal cell membrane integrity and can even transit into the mitochondria of the pathogen and bind to the DNA there. This renders the infectious agent

unable to reproduce, thus stopping the cycle of infection on contact. In cases of viral activity, the silver ions can bind and denature the protein capsid structure and even penetrate the virus and bind to the DNA or RNA that it has stolen from our cells. This also halts the capacity for viral replication on contact. How frequently depends on the severity of the infection or infectious symptoms.

Many years ago, a Vietnam veteran (Joe from Abilene) called into my radio show to tell me about his year-long journey to overcome a life-

threatening pneumonia that no longer responded to antibiotics, even powerful experimental ones that he got through the VA hospital. He had heard me talking about the biological activity of silver ions within the body and decided that he would try nebulizing the silver hydrosol directly into his lungs. I cannot remember now how many times he nebulized, but over a 2 hour period he claimed that all his symptoms went away and he got an “all-clear” from the doctors at the VA.

Since lung function is so vital to life itself, I do not want people to go cold-turkey off any medication that they are prescribed for pulmonary issues, but if infection is a contributing factor to ongoing health challenges, micrograms of active silver can do what it takes grams of toxic antibiotics to accomplish when administered correctly. Since there are no known contraindications, people may continue with their medications while pursuing silver as an adjunctive support for relief.

If there are non-specific, non-life-threatening pulmonary challenges that are with you constantly, a 5mL dose of silver hydrosol in a nebulizer 1-3 times daily is a basic guideline. In an acute infection, you may wish to consider more frequent dosing to outpace the reproductive cycle of any bacterial infectious species present. In *Unlock the Power to Heal*, the book that I co-authored with Ty Bollinger, there are herbal and homeopathic options revealed to help people in respiratory need, whether it is from asthma, bronchitis, COPD, or any number of issues.

One of the more controversial uses for silver ions delivered directly into the lungs is as an adjunctive therapy for lung cancer. I am very careful to state that silver is not a “cure” for cancer, because cancer manifests for a complex number of metabolic and toxicological reasons. However, I would not want to be without it in such circumstances. Why? Because silver ions and the electrical charge they carry can be devastating to the functional integrity of those rogue cells.

Cancer cells were once normal mammalian cells of your body. Your healthy cells have a defense mechanism to protect them from potentially dangerous oxidative stressors (free radicals). This is why everyone should eat a diet consisting primarily of organic, whole and unprocessed vegetation loaded with antioxidant minerals and trace minerals. This feeds your healthy cells with the protective elements that allow for proper function and protection from metabolic wastes and environmental toxins.

Diets lacking in these essential elements result in cellular metabolic deficiencies and your cells are ultimately left defenseless. Over time, a percentage of your healthy cells, due to chronic inflammation, may go rogue and become cancerous.



Work with your doctor to come off any medication as it becomes apparent that your lung health is recovering

No pun intended, but there is a silver lining to this sordid metabolic story. Should your healthy mammalian cells become cancerous, they lose something very valuable that you can use to your strategic advantage: antioxidant defense.

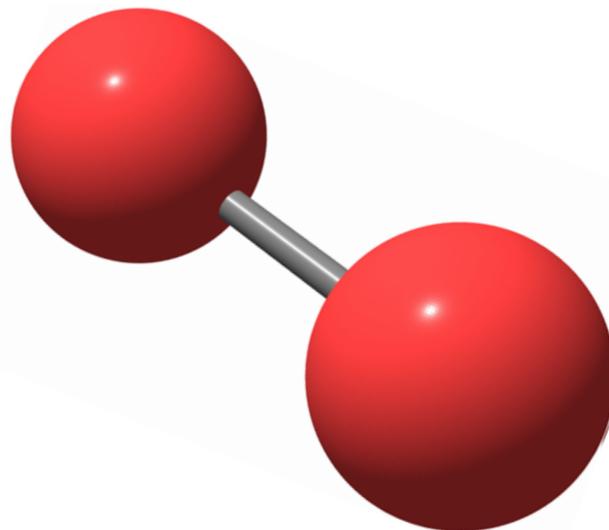
Pay attention because this is VERY important: Cancer cells have lost the ability to defend themselves against oxidative and electrical stress. They no longer have an onboard antioxidant defense mechanism. How can silver play a vital role here? In two very special ways.

First, silver ions carry an electrical charge. When they encounter cancer cells, those cells are vulnerable to the electrical stress and are unlikely to survive. This was seen in a study that compared the killing potential of a platinum-based chemo agent known as Cisplatin, versus silver nanoparticles. The end result revealed an equally devastating impact on cancer cells, with the main difference being the toxicity to surrounding healthy mammalian tissue. The platinum-based chemo devastated surrounding tissue, while the silver proved harmless to healthy cells.

The second helpful property of silver is its ability to carry copious amounts of oxygen into the body. Silver can carry up to ten times its atomic weight in oxygen. The warmer it is the more it can carry. When you introduce billions of silver ions into the body with each nebulizer session, cancer cells become overwhelmed and growth slows.

When you take silver hydrosol internally via ingestion, the oxygen carried with it supercharges your immune cells as well. Your white blood cells, specifically, your B-lymphocytes, need copious amounts of oxygen in order to facilitate their production of Reactive Oxygen Species (ROS). ROS is what your

immune cells use to disrupt the metabolic and respiratory pathways of bad guys like bacteria, fungus, and even viral proteins. Why would your own immune cells use oxidative stress in defense of your health? Because that's the way God designed it!



Silver can carry large amounts of oxygen into the body

We are very fortunate that our immune cells know that cancer cells no longer have onboard antioxidant defense mechanisms. If only cancer doctors were willing to read the research revealing this important fact. Too many times I have talked to people under oncological treatment that are told by their doctors not to take antioxidants like selenium because they are afraid that it will prevent the chemo from killing cancer cells. This advice is dangerous because minerals like selenium are the critical components of healthy cellular defense. Patients that wish to survive the nuclear-level oxidative stress of chemo need antioxidant supplementation more than anybody!

This also is a clue to why silver doesn't harm your healthy cells. They have a natural defense against oxidative and electrical stress. Devastating to the bad guys and harmless to the good guys!

Q: What about the microbiome?

A: Recent studies reveal that even at 2,000 times the Reference Dose for ingested silver, there is no negative impact to the gut microbiome biodiversity. The key here is BIODIVERSITY. Antibiotics and other forms of chemotherapy are devastating to microbiome biodiversity, leaving your body and immune system vulnerable to opportunistic microbes that take advantage of a damaged terrain in the gut. Since we know that the GI tract is the seat of the immune system, destruction of biodiversity further weakens an already compromised immune system.



Antibiotics cause imbalances in gut microbiota which contribute to a weaker immune system

Q: How can silver help heal the immune system?

A: In *Unlock the Power to Heal*, there is an entire chapter devoted to restoration of the home for the healthy microbiome. It is titled: "The Road to Colostomy Bags is Paved with Antibiotics and Prednisone." I have previously discussed the direct impact of silver ions on pathogenic microbes and cancer cells, but what can it do for temporarily corrupted healthy mammalian tissue?

Profound studies reveal that silver ions down-regulate tissue inflammation when delivered directly to the cells in distress (inflammation). Whether you apply silver to wounded epithelial tissue (skin) outside your body or epithelial tissue within your GI tract (mucus membranes), the interaction is the same. There is also an acceleration of tissue integrity restoration at the site of inflammation. It involves combining silver hydrosol with aloe vera juice and drinking them together 3 times a day on an empty stomach, with probiotic replenishment every night. You can see more details about the protocol for GI recovery in *Unlock the Power to Heal*.

Q: I have been a follower of TTAC for some years, and saw you speak at the Orlando conference last year. Despite completely clean eating, my eczema has flared badly over the last 8 months – and I'm suffering discomfort even just eating salads. I'm scared of colloidal silver because I don't want to go blue! I started to follow your protocol, but I've reduced the amount of colloidal silver because I'm below average weight, and slightly below average height. I use one teaspoon rather than one tablespoon – will this work? I weigh 50kg, and my concern is the EPA guidelines limit my daily intake to 25ml. I started with my reduced version of your protocol yesterday and have seen an improvement overnight (one teaspoon of colloidal silver and one tablespoon of aloe). Should I increase the dose to one tablespoon, or will that risk me turning blue? Thank you and God bless for all that you do to help everyone.

A: The EPA guidelines are a time-weighted average for ingestion over a lifetime; using the silver hydrosol at full dosage levels will not result in any discoloration of your skin (argyria). The silver-aloe gut recovery protocol is intended to last anywhere between 2 and 8 weeks. Since there is a lot

of surface area to cover in the gastrointestinal tract, even if you are a smaller person, 15mL (one tablespoon) is still ideal as a minimum.

If you still have concerns, a recent study revealed that the vast majority of ingested silver clears the body in 24-48 hours. Even at 2,000 times the reference dose, only 0.22% bio-accumulated. I use and recommend bioactive silver hydrosol because of the purity and safety of the low concentration allows for ease of utilization, functionality, and excretion. I do not recommend homemade colloidal silver because of the unknown quantity and quality of silver produced.

If you need more information on this or any other topic, tune in to The Robert Scott Bell Show 2 hours a day, 6 days a week, or submit your questions to www.RobertScottBell.com.

About Robert Scott Bell, D.A. Hom



In broadcast media since 1999, Robert Scott Bell, D.A. Hom. (American Academy of Clinical Homeopathy 1994) served on the board of the American Association of Homeopathic Pharmacists (1999-2001), currently serving on the Board for Trinity School of Natural Health, and continues to provide direct support to those in need and works with physicians on their toughest cases.

He personally overcame numerous chronic diseases over 26 years ago via homeopathy, herbal medicine, organic whole foods, minerals, essential fats and the transformational power of belief.

Robert has spent the past decade delving into the antimicrobial, immune-supporting and regenerative properties of silver. As a Homeopath, he has dedicated his life to revealing the healing power within us all.

Robert is the father of 2 vaccine-free children, Elijah (17) and Ariana (11), with his wife Nancy. RSB co-authored *Unlock the Power To Heal* with Ty Bollinger. His radio program, The Robert Scott Bell Show broadcasts LIVE from 7-9 PM Eastern M-F and Sundays 1-3 PM Eastern on syndicator Genesis Communications Network (GCN), with rebroadcasts via UK Health Radio, along with iTunes, Stitcher, tunein, SoundCloud and YouTube.



Charlene's
Cancer-Fighting
Kitchen

Super-Charged Green Juice



Yield: 2 servings
Preparation Time: 10 minutes

SALAD INGREDIENTS:

- 1 bunch kale, stemmed and chopped
- 1 fennel bulb, chopped
- 1 granny Smith apple, cored and chopped
- ¼ honeydew melon, chopped
- 1 celery stalk
- 1-inch piece fresh ginger, peeled and chopped

DIRECTIONS:

1. Combine all ingredients in a juicer. Divide into two glasses and enjoy.

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.

Dark, leafy greens such as kale are rich in antioxidants and folate and help decrease inflammation—plus their chlorophyll and sulfur content support the body's ability to detoxify.

I've added fennel for its heart-healthy potassium. Its vitamin B6 and folate also help to lower homocysteine, which is known to damage blood vessels and lead to other heart problems. Fennel is another natural diuretic that helps remove toxic substances from the body.

Granny Smith apples lower inflammation and help keep you hydrated, and I've included a honeydew melon (an excellent source of vitamin C), which boosts immunity and acts as an antioxidant in the blood and cells.

As with most of my green drinks, I've added Ginger, which acts as a powerful anti-inflammatory and antioxidant and helps to reduce nausea. Enjoy!



Cozy Coconut Curry



This recipe is a variation of Kurma, a traditional South Indian curry dish made using coconut, yogurt, poppy seeds, vegetables, spices, and sometimes meat or chicken. Curry means a dish with gravy, and though it is not clear if it was originally an Indian word or if it was invented by the English, curries have become quite popular in and outside of India.

In order to keep this recipe vegan, I have swapped the yogurt for coconut milk. However, you can substitute yogurt for the coconut milk if you wish.

Coconut (including coconut oil, yogurt, and milk) is a strong antiviral, anti-inflammatory, and antibacterial food. Coconut fat contains about 40-55% lauric acid, an antimicrobial, and antiviral lipid. Research shows that when we eat coconut fat, our bodies produce monolaurin, a biochemical derivative of lauric acid. Monolaurin has been found to be effective in fighting bacteria and fungus. It can help treat the common cold, flu, Candida, H. Pylori, and herpetic viruses such as Epstein Barr virus.

Serve this curry over rice, with flatbreads, or dal (an Indian dish made from dried legumes simmered with spices). You can substitute in any vegetables of choice.

Yield: 4-6 servings

Preparation Time: 1 hour (active time)

INGREDIENTS:

- 1 teaspoon coconut oil
- 1 ½ cups onions, red, white, or a combination of both, finely chopped
- 12 curry leaves
- 1 jalapeno pepper or green chile, chopped
- 1 tablespoon ginger, minced
- 4 cloves garlic, minced
- 1 ½ teaspoons ground coriander
- 1 teaspoon ground cumin
- Dash cayenne, or to taste
- 3 medium tomatoes (or 3 whole peeled tomatoes from a jar), chopped
- 2 teaspoons poppy seeds
- 1 cup coconut milk (or coconut yogurt), prepared or make your own
- 2 cups small cauliflower florets
- 1 cup broccoli florets, or omit and increase cauliflower to 3 cups
- 1 cup sliced carrots (scrubbed, but unpeeled for extra nutrition)
- 1 large red bell pepper, coarsely chopped
- 1 teaspoon Celtic sea salt
- ¾ cup fresh or frozen green peas
- 3 tablespoons chopped cilantro, more if desired. Parsley and mint may be added as well
- 1 teaspoon lemon juice

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DIRECTIONS:

1. Sprinkle salt over the cauliflower florets and soak them in warm water for 30 minutes.
2. Rinse under cold water, allow to drain on a kitchen towel.
3. Heat the oil in a large, deep skillet over low heat. Add the onion, curry leaves, and chile and cook for 5 minutes. Add the ginger and garlic, and cook until the onion and garlic are golden, 3 minutes. Add the coriander, cumin, and cayenne.
4. Add the tomatoes, mix well, and cook about 5 minutes, until slightly saucy
5. Grind the poppy seeds with a mortar and pestle. Add to the tomato mix. Stir in the coconut milk and $\frac{1}{4}$ cup water, more if the mixture seems too thick
6. Stir in the cauliflower, carrots, peppers, and salt. Cover and cook 15 minutes. Mix in the broccoli. Cover and cook 5 minutes more. (if not using broccoli, adjust step 5 to 20 minutes cooking time
7. Mix in the peas. Cover and cook until the cauliflower and broccoli are tender, about 5 minutes. Stir in the garam masala. Taste and add additional salt and spices, if necessary.
8. Garnish with cilantro, parsley, and mint, if desired, and sprinkle with lemon juice



Artichokes with Citrus Mint Dressing



These health-boosting artichokes can be served alongside most any meal or as part of an antipasto salad plate. The bright flavor of the lemon can't be missed, and the mint gives the artichokes a fresh, zesty flavor.

Artichokes have the highest antioxidant level of all vegetables. Studies show that antioxidants lower the risk of cancer, heart disease, and many other chronic diseases.

They also protect the liver, help it rejuvenate, and reduce the levels of toxins in the blood by eliminating them quickly. Artichokes are great for bone health as they are rich in vitamins and minerals such as magnesium, phosphorus, and manganese.

Mint promotes digestion as the mere aroma is enough to activate the salivary glands, which then secrete digestive enzymes, thereby enhancing digestion. Mint soothes the stomach and calms headaches and migraines.

The strong aroma is also helpful for clearing up congestion of the nose, throat, and lungs, offering relief from respiratory disorders that often result from colds and asthma.

Yield: 4-6 servings

Preparation Time: 35 minutes

INGREDIENTS:

- 3 cups water
- ½ cup fresh lemon juice
- 3 tablespoons champagne vinegar, white balsamic vinegar, or white wine
- ¼ cup olive oil
- 1 teaspoon salt
- 1 bay leaf
- ½ teaspoon whole peppercorns
- 4-6 medium-large artichokes

DIRECTIONS:

1. Combine everything but the artichokes in a large stainless-steel saucepan. Trim the artichoke tips and stems and peel away the tough outer leaves. Cut the artichokes into quarters and remove the choke with a spoon or grapefruit knife, adding the artichoke quarters to the saucepan as you go to prevent yellowing.
2. Bring the liquid and artichokes to a boil, then reduce the heat and simmer until artichokes are tender, about 7-8 minutes. The artichokes should be tender but not too soft. They will continue to cook a bit as they cool.
3. Drain the artichokes in a strainer. Allow them to cool slightly. Drizzle or brush with the lemon-mint dressing (*recipe on next page*).

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Citrus Mint Dressing:

INGREDIENTS:

- ½ cup extra virgin olive oil
- 1/4 cup fresh lemon juice
- 2 tablespoons fresh mint, chopped

DIRECTIONS:

1. Whisk oil, lemon juice, and mint in a small bowl. Season to taste with salt and pepper

About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, and co-founder and CEO of *The Truth About Cancer*. She is a former model and actress, fitness buff, and lover of healthy food and living.

After losing several family members to conventional cancer treatments, Charlene and Ty learned the truth about cancer and the cancer industry, working together tirelessly to help others to learn the truth that sets them free to live healthy, happy lives.

Charlene speaks at many conferences and is a guest on various health-related radio shows helping people discover that cancer does NOT have to be a death sentence. Together, they host a biweekly internet news program: *TTAC Global Health News*.





Emerging Early Cancer Detection Methods: An Overview

By Suresh Nair

Cancer is a word that we hear far too often. It seems like we all know a friend, relative, or colleague who has suffered this dreaded disease. Incredibly, an estimated 1,735,350 new cases of cancer will be diagnosed in the U.S. in 2018.¹ Over 600,000 people will die from the disease.

The most common cancers are expected to be breast cancer, lung cancer, prostate cancer, and colon cancer, followed by melanoma, bladder cancer, non-Hodgkin lymphoma, kidney and renal pelvis cancer, endometrial cancer, leukemia, pancreatic cancer, thyroid cancer, and liver cancer.

Cancer imposes a massive financial burden, with national costs of care estimated to be nearly \$150 billion in 2017. Unfortunately, these costs will

only grow as Americans age, cancer prevalence increases, and newer, more expensive treatments are adopted as standards of care.

What Exactly is Cancer?

Cancer can develop anywhere in the body and can best be understood as the uncontrolled growth of abnormal cells. Instead of dying as they should, old cells grow out of control and form new abnormal cells which accumulate to form a mass of cancerous tissue, known as a tumor.

You see, normal cells have a predetermined life span. They are programmed to die at the end of their natural life cycle because they have numerous checks and balances in place to stop them from growing uncontrollably. For example, every red blood cell in our

body can live for only about 120 days. Further, normal cells stay where they belong – heart cells stay in the heart, kidney cells in the kidney, and so on.

Conversely, cancer cells enjoy a nearly unlimited life span, leading to their continuous growth and, eventually, overgrowth. Some cancer cells lack the ability to invade other parts of the body and simply grow where they are. The resulting tumor is known as a *benign* tumor.

A *malignant* tumor acquires its own blood supply and gains access to nutrients, causing healthy tissues near and around the tumor become deprived of nutrition. Malignant tumors not only interfere with the body's normal functions, but some of their cancer cells can also travel via the blood or lymph, far from their original area of growth, to invade other parts of the body.

This process is known as *metastasis* and is usually fatal for the patient. For example, breast cancer cells often metastasize to the lungs.

Why is Early Cancer Detection Important?

It's obvious: detecting cancer early – when the tumor is very small in size, contains as few abnormal cells as possible, and hasn't yet metastasized – gives patients and caregivers the best possible chance of beating it.

For instance, Stage 0 ductal carcinoma in situ (DCIS) is a non-invasive, very early version of breast cancer in which abnormal cells are present only in the lining of the breast milk duct and nowhere else. Stage 0 DCIS is highly treatable, as long as it isn't allowed to spread into the surrounding breast tissue.

Generally speaking, the first occurrence of any cancer is easier to manage than when they recur,

especially if the cancer has metastasized or migrated to other parts of the body. Tumors that are larger than 1-2 mm in size are dangerous because they acquire their own blood supply. This gives cancerous cells access to the bloodstream and the lymphatic system, allowing them to migrate to other parts of the body.

Cancer patients have the best chance of recovery when their disease is detected as early as possible. But how effective are traditional methods of cancer detection? *Let's take a quick look.*

Traditional Methods of Cancer Detection

1 | Mammograms – These are the most widely used screening tests for breast cancer detection.² However, many independent health experts now believe mammography may be as ineffective as the prostate-specific antigen (PSA) screening test for prostate cancer. Both tests lack sensitivity or an ability to detect false positives, and do not lead to an actual reduction in fatality.



Both tests lack sensitivity or an ability to detect false positives, and do not lead to an actual reduction in fatality

A 25-year study involving 90,000 women randomly assigned Canadian women aged 40-59 years to have regular mammograms and breast exams by trained nurses or only to have breast exams.^{3,4} Surprisingly, death rates from breast cancer and

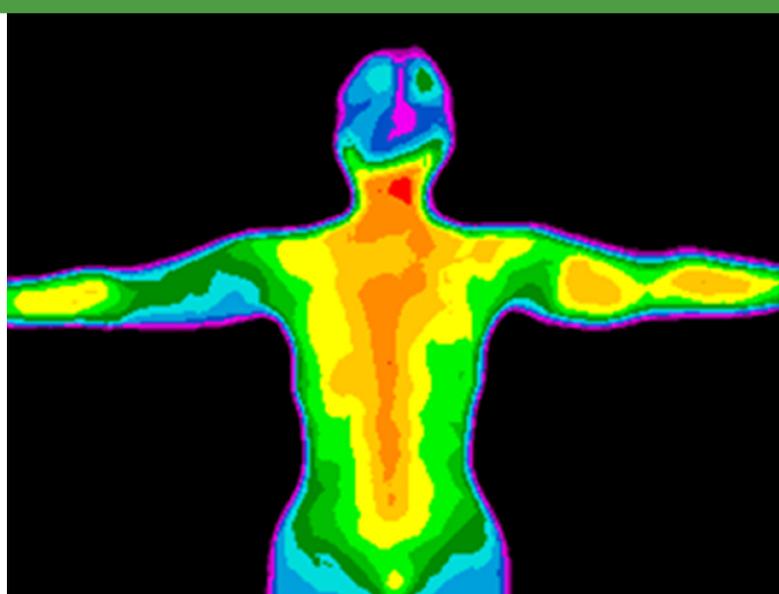
from all other causes were the same in women from both groups – suggesting that the existing rationale for mammography screening should be urgently re-examined by policy makers.

Further, an estimated one in five cancers detected with mammography turn out not to be a threat.^{3, 4} Specifically, the risk of having a false positive test within ten mammograms has been estimated to range from 58–77%.^{5, 6}

So, not only are mammograms not very sensitive, they also routinely pick up cancers that don't exist or don't need to be treated. No wonder the Swiss Medical Board – after conducting a thorough global review of mammography screening studies – recommended in 2014 that no new mammography screening programs be introduced in their country, and that a time limit be placed on already existing programs.⁷

2 | Molecular breast imaging (MBI) – This is a method for detecting breast cancer that uses a radioactive tracer to detect cancer cells, which tend to take up the radioactive substance much more than normal cells do.⁸ MBI appears to offer an advantage over mammography in detecting breast cancer in women who are at greater risk for the disease and have dense breast tissue. However, MBI screening involves exposure to a much greater dose of dangerous radiation than mammograms.

3 | Thermography – Also known as thermal imaging, thermography measures variations in skin temperature caused by changes in underlying blood flow.⁹ It is completely non-invasive, requires no breast compression, and uses no radiation. Because cancer cells grow and multiply very fast, both metabolism and blood flow are typically higher in and around a tumor than in normal,



Thermograms detect the growth of cancer cells prior to tumor formation and there is no radiation or breast compression involved

healthy tissues – and as blood flow increases, local skin temperature also goes up.

Some experts believe thermography can identify a precancerous state or an early tumor that is not yet large enough to be detected by physical examination, mammography, or other types of structural imaging.⁹ However, the FDA disputes the claim that it can detect breast cancer earlier than a mammogram.¹⁰

Currently, the consensus seems to be that the sensitivity of mammography as a detection technique can be significantly improved when combined with thermography.¹¹

4 | Positron Emission Tomography (PET) – Before a PET scan, the patient receives an intravenous (IV) infusion of radioactive glucose. Cancer cells take in and use this radioactive glucose much faster than noncancerous cells. The patient's body then is scanned, and any cancer cells that may be present light up because they contain radioactivity. If a tumor is large enough, the scan can pinpoint where it is located and whether it has spread to other areas.

However, small tumors under 1 cm in size may not show up on the scans; hence a PET scan is not considered an early detection method. In other words, a negative scan does not necessarily mean absence of cancer.

5 | CAT / CT Scan – This scan, also referred to as computerized axial tomography or simply computerized tomography, uses X-ray radiation to generate very thin cross-sectional images of the inside of the body. A CT scan can help physicians visualize small tumors, which cannot be seen with a plain film X-ray.

Unfortunately, CT scans use very high doses of radiation. Evidence suggests such a large exposure can raise our risk of developing cancer.¹²



In some instances, CT scans deliver an amount of radiation equivalent to about 200 chest X-rays

6 | Magnetic Resonance Imaging (MRI) – Usually, a PET scan is combined with a CT scan and MRI, which uses a magnetic field and pulses of radio wave energy to produce pictures. MRIs provide different information about the possible presence of cancer in the body than a PET scan, X-ray or CT scan.

7 | Ultrasound / Sonogram – An ultrasound uses high-frequency sound waves to detect tumors in soft areas of the body that don't show up well on X-rays. Doctors often use them to guide a needle

during a biopsy. While this procedure is quick and doesn't require special preparation, ultrasound images are not as detailed as those from CT or MRI scans and cannot tell whether a tumor is cancerous. Its use is also relatively limited, because sound waves can't travel through the lungs or bones.

The problem with these methods is that by the time a tumor gets large enough to be detected by a mammogram, PET, or CT scan, it is likely to be roughly 8 mm across and contain billions, if not trillions, of cancer cells, some of which will have already reached an advanced stage, making them difficult to treat.

Promisingly, there have been instances of diagnosed cancer, when detected early enough, being reversed by giving the body the right tools to fight it, such as great nutrition, detoxification, and minimizing exposure to toxins and carcinogens.

7 Promising Cancer Detection Methods

[Editor's note: The availability of the tests mentioned in this section may be limited based on your location and FDA approval.]

Let's take a closer look at 7 relatively new, promising cancer detection methods that have been shown to spot cancer earlier – sometimes much earlier – than traditional methods, offering patients the hope of quicker recovery and a better life.

1 | CA Profile©

Contact info: American Metabolic Laboratories

1818 Sheridan Street Hollywood, FL 33020

Phone: 954-929-4814

www.americanmetaboliclaboratories.net

Email: customerservice@americanmetaboliclaboratories.net

The CA Profile© test claims to be an early screening test for cancer detection as well as cancer progression. Developed by Emil Schandl, PhD, MD, this test has seven components.

According to Dr. Schandl, this test has been confirmed by biopsy in diagnosed cancer cases between 89 and 97% of the time and can detect precancerous conditions as well as brain tumors. However, it cannot pinpoint the location of the cancer or identify its stage.

The seven components of the CA test provide a multifaceted result. If more than one of the seven tests results comes back positive, it is a strong indication that a real problem exists. However, a final diagnosis must always be made only after carrying out soft tissue pathology.

2 | Human Chorionic Gonadotropin (hCG) Test

Contact info: Navarro Medical Clinic
Efren Navarro,
MD 3553 Sining Street Morningside Terrace
Santa Mesa, Manila 1016 Philippines
www.navarromedicalclinic.com
Email: customer.service@navarromedicalclinic.com

This test was developed in the late 50s by Dr. Manuel D. Navarro, who claimed that hCG is secreted, or released, by all types of cancer – and that this test can detect the presence of cancer cells in the body well before any obvious signs or symptoms develop.

The hCG test is based on the theory that, just as cells in a growing fetus do not “play by the rules” during pregnancy, cancer cells also do not play by the rules – and that both secrete the hormone

human chorionic gonadotropin (hCG). Urine is the preferred specimen for this test.

Therefore, the level of hCG found in the urine is said to be directly related to the extent of cancer present in the body – assuming the person is not pregnant, of course.

Indeed, in 32 proven cancer cases, the test gave 31 positive results using urine.

The hCG test claims to detect brain cancer nearly 2.5 years before symptoms appear – and skin cancer 2 years, bone cancer 1 year, and metastasis from breast cancer 2 years before symptoms appear.

This test is affordable, non-invasive, and can easily be done in the privacy of one’s home. However, it cannot identify the organ or site of the cancer, or its stage. Further, substances such as thyroid hormones, steroid compounds, female hormone supplements, and vitamin D can interfere with the test results – so they must not be consumed for 3 days prior to testing.

3 | EarlyCDT® – Lung Test

Contact info: Oncimmune (USA) LLC
8960 Commerce Drive, Building #6
De Soto, KS 66018
Phone: 888-583-9030 or 913-583-9000
www.oncimmune.com

The EarlyCDT® blood test for lung cancer measures a panel of seven so-called “autoantibodies” – which Oncimmune claims can be detected up to four years before a tumor is visible – against specific tumor-associated proteins known as antigens.¹³ If autoantibody levels are higher than a set threshold, the test is considered to be positive. According

to Oncimmune, its test is supported by more than 25 peer-reviewed clinical publications, has been validated on over 120,000 patient samples, and can detect lung cancer at all stages – including the very earliest stage – earlier and with higher specificity than CT scans.

This test is specifically recommended for current and ex-smokers older than 40 who have smoked one pack or more of cigarettes per day, as well as for anyone with chronic obstructive pulmonary disease (COPD), emphysema, or a family history of lung cancer in a first degree relative.

However, anyone with a previous history of cancer, including skin cancer, is not considered to be eligible for this test because lingering antibodies from a previous cancer episode could cause a false positive result.

Test results are classified as either low, moderate, or high. A low result indicates the lowest chance of getting lung cancer, while a moderate level indicates a greater risk than a low result, but still a lower risk than a high result. Oncimmune reports 98% accuracy for people within the target population who get a high result. Absence of any detectable antibodies can rule out lung cancer. However, a low result does not mean cancer will not develop in the future. Therefore, regular monitoring is recommended for people in the high-risk groups already mentioned.

Considering that up to 80% of lung cancers are found much too late in the disease process – and only 17% of these patients survive for five years – this is a much-needed screening test for lung cancer. The earlier it is detected, the better for the patient.

Oncimmune also offers a liver cancer test, which has been designed to detect and confirm the presence of liver carcinoma, in combination with imaging in high-risk patients. The EarlyCDT-Liver test measures the levels of a panel of seven auto-antibodies against specific tumor-associated antigens. It also measures the levels of alpha fetoprotein (AFP), a protein known to be made by tumors.

Oncimmune claims that their test is very specific and can detect liver cancer with high sensitivity up to 4 years before it is detected by other methods, with similar accuracy as CT, MRI, and ultrasound.¹⁴

Once again, test results are classified as either low, moderate, or high.

According to Oncimmune, this test was developed and validated using samples from over 1,500 patients with liver disease as well as healthy controls.

4 | Oncolab, Inc.: The AMAS Test

Contact info: Oncolab, Inc.,

36 The Fenway Boston, MA 02215

Phone: 800-922-8378 and 617-536-0850

Fax: 617-536-0657

www.Oncolabinc.com

Email: info@oncolabinc.com

The AMAS test is a relatively early cancer detection test offered by Oncolab, based in Boston, MA. It was developed by Samuel Bogoch, MD, PhD – a neurochemist with a PhD in biochemistry from Harvard University – and his wife Elenore Bogoch, MD, DMD.¹⁵

AMAS stands for “anti-malignin antibody in serum”. Patented and Medicare approved, this test measures the levels of a protein in blood known as the anti-malignin antibody, whose levels rise – regardless of the type of cancer or where it is located – during the early part of cancer growth when cancer cells are growing and multiplying rapidly.

However, this test cannot identify what type of cancer it is or where it is located. Also, it is presently unclear exactly how many cancer cells need to be present in the body before they can be detected with the AMAS test.

Still, the AMAS test is considered to be a useful tool to monitor patients who are at a high risk for cancer as well as for follow-up purposes in patients already diagnosed and/or treated for cancer. Promisingly, test results have been shown to be elevated up to 2 years before clinical detection of cancer.

However, the AMAS test is also considered somewhat controversial because a low AMA level can either indicate a lack of cancer, advanced and terminal cancer, or a successfully treated cancer with no further evidence of disease. Hence, a competent physician who understands the test well must be consulted to identify a patient’s exact clinical status and differentiate between these states.

On the positive side, AMA levels have been found to be normal in up to 96% of cancer patients who no longer have the disease. Oncolab claims that for tests shipped back to them overnight, false positives are 5 percent and false negatives 7 percent. Anti-malignin antibody is elevated in 93 to 100% of cases in which active, non-terminal malignancy is the clinical diagnosis.

Further, Oncolab claims that the AMAS test is 99% specific and 95% sensitive – and that in studies of more than 8,000 breast cancer patients and controls, it was 95% accurate.

5 | Biocept, Inc.: Liquid Biopsy and Cancer Biomarkers

Contact info: Biocept, Inc. 5810

Nancy Ridge Dr. San Diego, CA 92121

Phone: 888-332-7729

www.biocept.com

Email: customerservice@biocept.com

Biocept offers a simple, non-invasive “liquid biopsy” that can be performed before, during, and after cancer therapy. A simple blood draw replaces the invasive procedure that would normally be used to remove a piece of tumor tissue or a sample of cancer cells from the body for analysis in a laboratory. There is no exposure to radiation.

When any cancer metastasizes or spreads, pieces of DNA and abnormal cancer cells enter the bloodstream. Liquid biopsies are typically used to identify biological markers in circulating tumor DNA or circulating tumor cells (CTCs) in the blood that have separated from the main tumor.

A physician can use the results of a liquid biopsy to identify cancer early, customize treatment plans for each patient, evaluate how well treatment is working, and detect any possible relapses.

Currently, Biocept claims to be able to detect the exact number of CTCs in blood, along with their specific genetic characteristics, in cases of breast cancer, prostate cancer, colorectal cancer, lung cancer, melanoma, and stomach cancer. Addi-

tionally, the Biocept test also detects a panel of biomarkers, which are typical of specific types of cancer and which can indicate whether a patient is a suitable candidate for targeted therapies.

In summary, the Biocept test is a useful and sensitive tool for detecting multiple types of cancer relatively early and very easily, helping physicians understand an individual patient's disease and develop a personalized treatment plan.

However, this test only works if solid tumors are already present, so it's debatable how early it detects cancer. Also, false negatives have been reported with this test, so it's important to confirm negative results with further testing.

6 | Cologuard® Stool DNA Home Screening Kit

Contact info: Exact Sciences Corp.

Phone: 844-870-8870

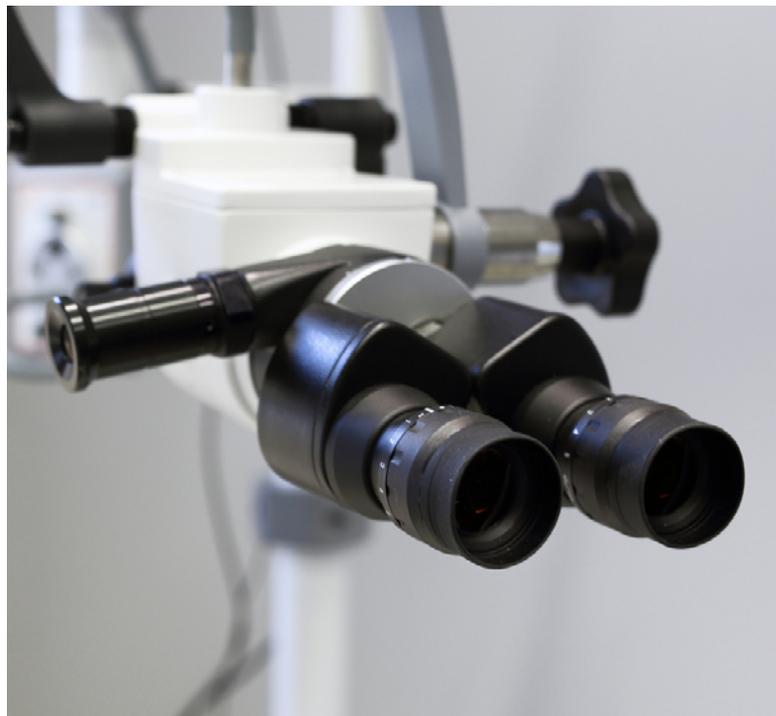
www.cologuardtest.com

Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer deaths in men and women in the U.S. Unfortunately, most cases are not found early or before it has spread beyond the colon or rectum.

Unfortunately, once colon cancer metastasizes, it is fatal for approximately 87% of patients in five years. Therefore, early screening for colon cancer is critical.

Cologuard®, approved by the FDA in 2014, requires a prescription, looks for blood in the stool and altered DNA, and can be done in the privacy of your home. This test includes a protein biomarker and no less than 9 distinct DNA biomarkers.

The wall of the colon sheds cells daily. Cologuard detects altered DNA from abnormal cells which may be associated with cancer or pre-cancer. The test result is reported as either positive or negative. Any positive result should always be followed by a diagnostic colonoscopy.



Any positive result should always be followed by a diagnostic colonoscopy

In a 10,000-patient clinical study, Cologuard found 92% of colon cancers and 42% of advanced adenomas with 87% specificity, although false positives and false negatives also occurred.

7 | Research Genetic Cancer Center (RGCC)

Research Genetic Cancer Center, R.G.C.C.,
U.S.A., LLC

Branch office for the United States, North
America, Canada

3105 Main Street Rowlett, TX 75088

Phone: 214-299-9449

www.rgccusa.com

Email: info@rgccusa.com

Research Genetic Cancer Center (RGCC) specializes in cancer genetics and offers multiple tests for measuring the levels of circulating tumor cell (CTC) counts. CTCs are cancer cells that have separated from the primary tumor and entered the blood or lymphatic system.

possible outcome. Further, the lab also evaluates up to 74 tumor-related genes to predict outcomes of treatments and prognosis.

In summary, the RGCC lab can detect and diagnose new cancers; provide a count of CTCs in blood, indicating tumor burden; pinpoint the tumor's main location; and last but not least, identify chemotherapy drugs and natural substances that have the most effective kill rate for a person's individual cancer cells.

If the submitted blood sample is negative for CTCs, no further testing needs to be done since no cancer cells were detected.

Conclusion

Traditional screening methods detect tumors when they contain billions and trillions of cancer cells. It's too late. Detecting cancer earlier by going for regular checkups for the presence of cancer, especially if you're in a high-risk group, is now possible thanks to the many exciting developments in cancer detection.

However, the 7 new and exciting detection methods and the companies that offer them that are described in this article are only part of the story.

If you or someone you know is at risk for or has been diagnosed with a particular type of cancer, it would be a good idea to do your own research and find out whether any organization exists that offers a specialized, early detection method for that form of cancer.

Further, please note that the availability of the tests mentioned in this article may vary depending on your location, your insurance plan, and FDA approval as well as other legal circumstances.



CTCs are cancer cells that have separated from the primary tumor and entered the blood or lymphatic system

Even though CTCs are relatively rare, they are considered dangerous because they can lead to deadly metastatic cancers, so detecting and isolating them is a high priority.

The RGCC lab claims to have established a new method that offers precise and accurate detection and isolation of CTCs in blood with 86.6% sensitivity and 83.3% specificity among different types of cancer. These tests can detect and diagnose new cancers years before they would otherwise be identified. They can also help to monitor existing cancers.

RGCC can also provide information about the risk of a current or previous cancer recurring, thereby helping the patient and their caregiver develop a personalized treatment plan to ensure the best

About Suresh Nair



Suresh Nair is a health writer with more than 15 years of experience as a practicing laboratory scientist. He is also a former copy-editor and project manager at a medical communications company.

Suresh is a regular contributor to The Truth About Cancer, and has also written hundreds of articles for other websites and publications on health, alternative health, fitness, and nutrition as well as various other medical and clinical topics.

As a scientist with a PhD in Molecular Biology from UPenn, his articles are always thoroughly researched and have a sound scientific basis.

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15. [Early detection and monitoring of cancer with the anti-malignin antibody test](#)



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