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How to Optimize Your Cellular Health for Graceful Aging

By Ty Bollinger

Every time my family and I go hiking or spend time out at the lake, I'm always amazed at the breathtaking beauty of nature. So many different species of trees, shrubs, grasses, animals, birds, and insects all living in harmony with one another as part of a vast, complex ecosystem. You might say that it's a living, breathing "macro-organism" of sorts. One that both sustains and maintains itself without the need for human intervention (unless it starts creeping into your backyard and tearing through your grass and garden beds, of course).

Humbling is the word I would use to describe the persistent means by which nature exists. Its diversity of plants and animals having to continually adapt to changing weather patterns, unpredictable environmental conditions, and other factors that influence whether they live or die. What's even more intriguing is the fact that part of what makes nature thrive in this way is controlled destruction. I'm talking about a phenomenon as natural as the earth itself, but one that most people would probably assume to be a negative occurrence rather than a positive one: *forest fires*.

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Message From Ty Bollinger



Welcome to the September edition of your Heroes Against Cancer newsletter. It's hard to believe that summer will officially soon be over! For lots of folks this is a busy time of year with a return to school and activities. As part of our hectic daily lives many of us spend countless hours on our laptops, cellphones, and other devices. This is a topic we've covered before in the newsletter and on TTAC. This month Dr. V. is here to share yet another reason that you need to pay attention to the EMFs these devices emit – melatonin. There's a lot of great advice from Dr. V about this vital hormone, so I urge you to check it out.

Obviously many of our readers are either on a healing journey from cancer, have loved ones who are, or want to be prepared if ever faced with cancer. In this issue health researcher & writer Tony Isaacs reveals the most common reasons why alternative cancer treatment methods fail to be effective, and what you should be looking for in a good alternative approach to healing from cancer.

Plus to kick things off we're talking about your cells this month, and ways you can ensure that they stay in tip top shape to keep all your bodily functions humming along as they should. Diet, of course, plays a huge role in cellular health and Charlene has some tasty new recipes for you to sample. If you don't have a garden, make sure you get to your local farmer's market as they are usually overflowing with fresh produce this time of year.

Until next month...



Ty Bollinger

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You may not know this (I know I didn't at one point), but forest fires are actually a *good* thing for nature. So long as they're frequent, low-intensity, and don't spread out of control, forest fires actually help to clean up the forest floor of excess debris, for instance, opening it up to more sunlight and soil nourishment. Forest fires also clear out weaker trees to make room for stronger ones, which in turn provides new and expanded habitats for flourishing plant and animal kingdoms.

Forest fires further eradicate disease and pestilence that would otherwise kill off healthy trees and plants. In the process, all of the vegetation that's burned generates more nutrients that are deposited into the soil to feed existing healthy trees. This helps to keep the life cycle in motion. Many tree species, believe it or not, are actually *dependent* on forest fires in order to survive and produce the next generation of arboreal life.¹

Why am I talking so much about trees and forest fires? Because the human cellular system is a lot like a forest in that it requires a routine purging of the old in order to make way for the new. The cells in your body are constantly dying and being replaced with new cells, as a matter of fact. This is a completely normal and natural process that keeps your body healthy and strong. Controlled cell death, much like a natural forest fire for trees, is an important maintenance tool that our bodies use to keep us vibrant and free of disease.

It's when your body actually stops the controlled demolition of these old cells, fails to dispose of them, or when these old cells decide to go "rogue," that serious problems can arise. Like an overgrown forest that's deprived of purifying fire, a dysfunctional cellular system eventually gets clogged up with cellular waste and other toxic debris. This creates conditions inside the body that can accelerate the aging process, damage the immune system, and even promote the formation of cancer.



Just as fire can ultimately rejuvenate a forest, controlled cell death is an important maintenance tool for the body

Cellular Regeneration: How Things Are Supposed to Work

In a healthy biological environment, your body's vast cellular "forest" of nearly 100 trillion cells is almost always on "fire," so to speak. Cells that have reached the end of their life cycle are constantly being purged and eliminated in order to make way for new cells that pick up the baton where they left off. If a cell is no longer able to do its job, it will either repair itself or commit "suicide" via a process known as apoptosis. This is a streamlined process that keeps everything in the body balanced and running smoothly.

Since cells are the building blocks behind every organ and system in the body, it's important that *all* of them meet the highest quality standards. Defective cells put the entire system at risk, and thus have to be eliminated. We call this process *cellular regeneration*. It functions a lot like the quality control unit at a manufacturing plant, where only the best components make it off the assembly line and into the final product, while everything else ends up in the scrap heap.

It's how the integrity of the larger, interconnected cellular matrix is sustained. Though each individual cell is relatively self-contained and programmed to perform a variety of functions on its own, cells generally work together to get these jobs done and done correctly. That's why all of them need to be in tip-top shape. There's no room for slackers.

Cellular regeneration is also important for maintaining the integrity of human DNA. Healthy cells act as an airtight bunker to keep these blueprints of life locked away and fully protected in their nuclei, where they can't be tampered with or corrupted. Expired cells, on the other hand, are like an old house with a leaky roof, where the genetic code is exposed to all sorts of damaging elements.

This is why it's vitally important for cells that no longer work, or that have reached the end of their lives, to either regenerate themselves or get the heck out of the way. When they do this, the cellular system is in good working order. It is able to absorb nutrients from food, convert them into energy, use them to keep organs and tissue healthy and strong, and reproduce and proliferate as needed. This is the very bedrock of human life.

Cellular Senescence: When Cells Turn to the Dark Side and Refuse to Die

When we're young, it's easy for our bodies to do an exceptional job of this. They swap out used-up cells and replace them with new ones like it's nobody's business. But as we grow older, life catches up with us: poor diet, lack of exercise, and a stressful lifestyle further contributing to the demise of this important, life-sustaining process. If cellular maintenance continues to degrade, it can eventually cascade into more serious types of dysfunction that can bring about chronic disease.

One manifestation of this is *cellular senescence*, a state in which bad cells no longer complete their normal life cycle and instead stick around in a type of "zombie" state. Senescent cells are those cells that have somehow been damaged by stress – either internally or from some outside source – but that don't either repair themselves or self-destruct. Though they're no longer capable of doing anything beneficial, senescent cells remain present within the cellular terrain.

To clarify, healthy cells that become worn out or damaged are programmed to either repair themselves or commit suicide: this is how life persists. But senescent cells are different in that they do neither of these things. They actually impede the life cycle by getting in the way of it. Like a clogged drain, senescent cells gunk up cellular pathways and obstruct the flow of activity that's responsible for regulating energy levels, sleeping patterns, organ functionality, and many other things.



As children and young adults our cells easily repair and replenish, but this process slows down as we age

One study explains cellular senescence as an "irreversible arrest of cell proliferation (growth) that occurs when cells experience potentially oncogenic stress"² [Note: Oncogenic refers to the potential of cells to become cancerous and form tumors.] Senescent cells are permanently damaged, in other words, meaning they have no capacity to ever serve a useful purpose again. And yet they never go away.

This is obviously problematic, especially when considering the fact that senescent "zombie" cells accumulate in the body over time. The health effects of this are significant and may include symptoms you're familiar with. Things like:

- Accelerated signs of aging
- Poor metabolism
- Fat accumulation
- Joint stiffness and pain
- Blood sugar imbalances
- Age-related memory loss

Just about the only thing even remotely positive about senescent cells is that, in some cases, they appear to be somewhat tumor-suppressive. They don't replicate like cancer cells do. The fact that senescent cells even form in the first place is seen by some as being a good thing because, hey, at least they're not cancer cells that reproduce and cause even more problems.³

It's a lesser of two evils kind of thing, but unfortunately it still doesn't tell the full story. The more that senescent cells collect, it turns out, the more they generate pro-inflammatory cytokines. Studies suggest these cytokines directly contribute to increased abnormal cell growth.⁴ For this reason senescent cells are really no better than cancer cells if they provoke the formation of cancer cells anyway. And inflammation, as you may well know, isn't exactly a good thing when it comes to keeping cancer at bay, either.

One of the studies I mentioned earlier that looked at aging and cancer in relation to cellular senescence concluded that, because of their propensity to drive degenerative pathologies, senescent cells are definitively cancer-forming. As they accumulate, senescent cells create a tissue environment "that is permissive for the development, or at least the progression, of cancer," the study concluded.

In other words, any perceived benefits to senescent cells are greatly overshadowed by their immense detriments. Inflammation aside, senescent cells are known to disrupt the structures of healthy tissue throughout

the body, provoking all sorts of degenerative effects. These include damage to the brain, as well as other typically age-associated pathologies such as:

- Memory loss and dementia
- Immune suppression
- Muscle loss
- Muscle loss that's replaced by fat

What You Can Do to Minimize Cellular Senescence While Optimizing Cellular Health

From an official standpoint, there's not much that can be done to get rid of senescent cells. Once they're there, they're not going anywhere – or so goes the claim. The truth of the matter is that there are many ways to help combat cellular senescence that work to give the body an upper hand in maintaining an optimal state of cellular regeneration. Perhaps the most obvious way is through diet (which many mainstream health experts ignore).



A healthy diet is one of the best ways to combat cellular senescence

Nutrition, it turns out, can be a powerful weapon against “zombie” cells. It not only helps the body rid itself of them, but also prevents them from forming in the first place. The scientific literature is replete with evidence to show that nutritional deficiency is directly linked to cellular senescence. It is often the determining factor behind common health conditions like type-2 diabetes, obesity, chronic inflammation, hypertension, and various other markers of metabolic syndrome.⁵

Low-glycemic diets rich in micronutrients – things like vitamins, trace minerals, phytochemicals, and antioxidants – have been shown to induce the opposite effect. Functional foods free of processed ingredients, refined sugars, and other damaging chemicals are protective against these types of conditions. The complexity of micronutrients they contain is essential for keeping the body well-tuned. These micronutrients aid in the production of digestive enzymes and hormones that further help to guard cells against senescence. Beyond this, micronutrients help to:⁶

- Convert carbohydrates, fats, and proteins into usable energy
- Support a strong and robust metabolism
- Minimize oxidative and free radical damage that leads to inflammation
- Protect against brain degeneration
- Support bone remineralization
- Synthesize DNA
- Repair damaged tissue
- Support muscle movement and flexibility

ATP: Fuel for Your Mitochondria

One of the key elements that cells require in order to function properly is adenosine triphosphate, or ATP. Also known as the “universal cellular energy molecule,” ATP is the fuel that cellular mitochondria need in order for cells to breathe, generate energy, and do their respective jobs.

This is another area where micronutrients come into play. They function as metabolic cofactors in food to ensure that healthy cells are given all of the building blocks they need to produce ATP. Without these micronutrients, cellular mitochondria would starve – leading to the exact *opposite* of the above listed benefits.

Current research suggests that humans require more than 50 different micronutrients from three unique categories for health optimization:

» **Vitamins** are essential for maintaining cellular health, helping to protect the body against oxidative stress. In the process, they aid in slowing the aging process and protecting against cancer as well. There are 13 vitamins in particular that are considered to be absolutely essential for human health, including both water-soluble and fat-soluble types.

Water-soluble vitamins include the entire B vitamin complex: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), B12 (cobalamin), as well as vitamin C.



There are 13 vitamins considered essential for human health including all the B vitamins

Because these water-soluble vitamins tend to be easily lost via sweat and urine, it’s important to consume plenty of them on a daily basis. Here are some of the bodily functions they each support (and take note that many of these nutrients overlap and work together with one another in synergy):

- **B1 (thiamine)** - hair, skin, brain, heart, nervous system
- **B2 (riboflavin)** - metabolism, immune system, nervous system
- **B3 (niacin)** - digestion, hair, skin, brain, heart, circulation
- **B5 (pantothenic acid)** - energy, adrenal glands, nervous system, heart, hormones, brain
- **B6 (pyridoxine)** - protein digestion, mood, appetite, immune system, blood
- **B7 (biotin)** - glucose synthesis, metabolism, skin
- **B9 (folate)** - reproduction, heart, nervous system, mood, digestion, eyes
- **B12 (cobalamin)** - metabolism, nervous system, blood
- **C** - immune system, nutrient absorption, cardiovascular system

Fat-soluble vitamins are equally as important, but because they're more easily stored in the body long-term, we generally don't need as much of them (though I would suggest erring on the side of too much rather than too little). Fat-soluble vitamins include vitamins A, D, E, and K, and they are vital for the following systems:

- **A (beta-carotene)** - immune system, mucous membranes, immune system, bones, eyes, skin
- **D** - nutrient absorption, bones, immune system
- **E** - immune system, muscles, blood
- **K** - protein activation, blood, wound healing, bones

» **Minerals** hold a top spot in cellular health as well, helping to support healthy bone development, metabolism, brain function, and longevity. There are at least 18 different minerals that the body needs in order to maintain optimal functionality, including "macro-minerals," or electrolytes. These include things like calcium, magnesium, potassium, and sodium, along with "trace" minerals like copper, iodine, iron, manganese, selenium, and zinc, each of which offers the following benefits:

- **Calcium** - bones, digestion, blood
- **Magnesium** - nervous system, muscles, digestion, heart, blood, energy, brain
- **Potassium** - blood, heart
- **Sodium** - muscles, nervous system, fluid balance, enzyme function
- **Copper** - inflammation, brain
- **Iodine** - growth and development, thyroid
- **Iron** - oxygen delivery, energy
- **Manganese** - bones, blood, metabolism, inflammation
- **Selenium** - prostate, inflammation, reproduction
- **Zinc** - immune system, brain, cardiovascular system, reproduction

» **Antioxidants** can include both vitamins and minerals, as well as other free radical-fighting compounds. Antioxidants are commonly found in whole, nutrient-dense foods like vegetables, fruit, seeds, nuts, ancient grains, legumes, and pasture-raised animal products. Healthy living is contingent upon having enough antioxidants, including what's considered to be the most important antioxidant of all: the "master" antioxidant known as glutathione peroxidase.

Maximizing Glutathione, "the Master Antioxidant"

What Dr. Mark Hyman, MD, refers to as "the mother of all antioxidants," glutathione peroxidase represents the essence of cellular vibrancy. It lives inside every single cell in the body, and is absolutely critical for maintaining a healthy immune system. Glutathione further facilitates enzyme expression, detoxification, inflammation support, and programmed cell death as well – all things that directly counteract cellular senescence.⁷

Maximizing glutathione intake in order to optimize cellular health can be as simple as knowing the right things to eat. By consuming the following foods regularly, you

can help your body to naturally produce more glutathione, and thus stave off cellular senescence and its life-destroying effects:

Cruciferous vegetables and leafy greens. Foods like broccoli, Brussels sprouts, cabbage, and cauliflower are all rich in sulfurous amino acids that help to keep the body's glutathione stores in an optimal state. Other sulfur-rich veggies worth adding to the mix include arugula, collard greens, Bok Choy, kale, mustard greens, radishes, watercress, and turnips.

Brazil nuts. One of the most beneficial glutathione precursor nutrients known to man is the mineral selenium. And one of the world's richest sources of natural selenium is the Brazil nut. Just one ounce (6-8 nuts) of which contains about 544 micrograms of selenium. This is more than 100 percent of the recommended daily value. Other selenium-rich foods include grass-fed beef, wild-caught fish like yellow fin tuna, halibut, and sardines, pastured chicken and eggs, and spinach.

Folate-rich foods. Consuming the full spectrum of bioavailable B vitamins, or what are often referred to as methylation nutrients, is critical for the body to produce glutathione. These include vitamins B6, B9, B12, and biotin. Not to be confused with folic acid, its synthetic counterpart, folate is one of the primary components that the body uses to generate fresh, new cells. It also helps in transcribing DNA to these new cells from the old ones. Folate-rich foods include garbanzo beans, liver, pinto beans, lentils, spinach, asparagus, avocado, beets, black eyed peas, and broccoli.⁸ [Note: See the July 2017 issue of the HAC newsletter for more on methylation]

Whey protein. Considered by many to be a premiere food for increasing glutathione levels, whey protein contains a special amino acid known as cysteine that's directly involved in the body's production of the master

antioxidant. Clean whey protein derived from grass-fed cows or goats is ideal, containing the full spectrum of other vital amino acids that are also necessary for cellular support.

Camu camu berry and acerola cherry. Vitamin C is one of the most beneficial antioxidants and it's also a precursor to glutathione. Vitamin C-rich foods are thus an important part of a healthy cellular optimization lifestyle. Camu camu berry and acerola cherry top the list as the densest natural sources of 100 percent bioavailable vitamin C.^{9,10} Other vitamin C-rich foods include citrus fruits as well as red peppers, kale, Brussels sprouts, and broccoli.



Acerola cherry is an even better source of vitamin C than citrus fruits

Foods rich in vitamin E. While vitamin C is busy increasing glutathione levels in red blood cells and lymphocytes, vitamin E helps to protect them, along with vital enzymes, against oxidative stress. The perfect pairing, these two classes of vitamin wield a death blow to cellular degeneration. This is why it's important to eat foods rich in vitamin E. These include almonds and other raw nuts and seeds, leafy greens, sweet potatoes, and avocado.

When I speak of vitamin E, by the way, I'm talking about eight different varieties of fat-soluble antioxidants that

fall into two distinct categories: tocopherols and tocotrienols. These include alpha, beta, gamma, and delta varieties – four in each category – that each possess their own protective benefits in support of cellular optimization.

This collective of “tocols,” as they’re called, are what constitute true “vitamin E” – the full spectrum of which has been shown to aid in protecting against heart disease, cancer, and a variety of other chronic ailments.¹¹

Beef liver. It might seem gross to some people, but the liver of animals is where nutrients tend to congregate. Liver from grass-fed cows, in particular, is densely packed with glutathione-producing nutrients like selenium that offer copious benefits with regards to cellular optimization. This offers added protection against cellular senescence.

Milk thistle. A flowering herb commonly used in traditional folk medicine, milk thistle (*silymarin*) has been shown to directly enhance glutathione levels in the body. Studies reveal that it helps to protect the liver and biliary tract against disease, and can even help to offset liver toxicity induced by alcohol consumption (which, for the record, is known to substantially *decrease* glutathione levels).

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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.



5 Ways Melatonin Helps Prevent Cancer

By Dr. Véronique Desaulniers

When you think of melatonin, the first thing that may come to mind is how it can help with sleep. It is true that melatonin supplementation is often used as a drug-free solution for those who suffer from insomnia and other sleep disturbances. The melatonin that the body produces naturally, however, has many uses other than sleep regulation. Having a healthy amount of this vital hormone in your system can also help you prevent disease – including breast cancer.

Your Body Needs Sleep to Produce Melatonin

Melatonin is often called the body's "pacemaker." It is a hormone that is secreted by the pineal gland, a tiny but very important gland tucked deep in a groove between the two halves of the brain. The pineal gland produces melatonin and is an important part of the endocrine system as a whole. Together both the pineal gland and

melatonin help to modulate the body's internal clock, allowing the body to know what time of day it is and what time of year as well. Both the pineal gland and melatonin help to regulate the circadian rhythms and the all-important "sleep cycle." Melatonin has an influence on almost every cell in the body and is seen in cell membranes, the mitochondria, and other areas of the cell as well.

Interestingly, some amount of melatonin is also produced in the gastro-intestinal tract. This makes sense, however, since melatonin plays a huge role in immune system regulation and the majority of immune system cells are located in the upper GI. Of the numerous things this hormone does in the body, it is known as an immune-stimulant, anti-inflammatory, and "buffer" for inflammatory reactions. Melatonin can help prevent

complications caused by infection, vaccines, autoimmune responses, and immune-senescence (immune senescence is the deterioration of the immune system as one ages).

This last connection between melatonin and age rings up some controversy within the conventional research community. Some researchers question whether melatonin naturally declines after age 50 or so. Whatever the case for those in their elder years, the evidence is pretty clear that melatonin levels decline after age four and that melatonin is connected to stages of hormonal development (i.e. puberty).

It is also clear that sleep disturbances occur more often in elderly individuals than any other age group, and lack of sleep is one major way that melatonin becomes depleted in the body. The biggest concentrations of melatonin are produced at night and in total darkness; it will increase just before “normal” bedtime and slow down just before waking up. Your body may not get the chance to make enough melatonin for sustained functioning and healing if you:

- go to bed very late
- use electronics right before bed
- have situations of high stress late at night
- don't get enough total hours of sleep
- wake up periodically through the night
- do not get enough *quality* sleep (i.e. sleep in the theta or delta states)
- have a sleep cycle that is off-balance because of work or other factors
- have insomnia

Electro-pollution: The Biggest Threat to Melatonin Production

Another way melatonin becomes depleted in the body is through exposure to “electro-pollution,” also known as man-made, harmful “EMFs.” As the number of cell towers

and high-powered electric lines increase and our society as a whole becomes increasingly dependent on the internet through Wi-Fi, electro-pollution truly is becoming one of the biggest health threats worldwide. In fact, the National Institutes of Health National Toxicology Program is currently in the middle of conducting a \$25 million dollar research study into the possible carcinogenic effects of close-range cell phone exposure. Partial findings have shown a correlation between greater intensities of RF radiation (emitted by cell phones) and rare forms of brain and heart cancer, possibly leading to a direct risk relationship between cell phones and cancer which goes up with greater exposure.

Frequencies emitted from cell phones, electric lines, Wi-Fi routers, and other electronic devices (like alarm clocks and hair dryers) will suppress the production of melatonin in the pineal gland. According to a study conducted at the University of California, Berkeley, 12 mG (milligauss) or 60 Hz of EMF exposure can block melatonin from being produced in the body (60 Hz is what is normally emitted from a computer). Electro-pollution can also disrupt melatonin signaling, which is vital when it comes to cancer. Without proper cellular melatonin signaling, cancer cells will continue to grow.



Electronics are commonplace at work and home, but the electro-pollution they emit is a hazard to your health

What Exactly Is an EMF and Why Do They Have Such a Detrimental Effect on Health?

EMF stands for “electro-magnetic field.” EMFs themselves are neither bad nor good. They are all around us, even though we cannot see them. In fact, naturally-occurring EMFs are a vital component of the earth’s connection with the cosmos. They help the planet, the weather, the oceans, and our bodies be on just the right “schedule” for life to flourish!

Humans, like all life, are electrical beings. We need to be in “resonance” with the earth for optimal health. The earth, and our bodies, resonate at a frequency that has been around 7.8 Hz for thousands of years. Man-made devices emit a frequency on the EMF scale as well. The problem with these frequencies, however, is that their place on the frequency scale, their intensity, and their shape are not in alignment with life. They are too high or sporadic (or both) to support life. Constant exposure to man-made EMFs cause us to be off-balance – and the consequences for health can be dire.

In relation to melatonin production in particular, high exposure to EMFs – and especially the “blue light” produced by cell phone and computer screens – can create a vicious cycle. As mentioned above, EMFs shut off melatonin production. In turn, this affects sleep. The result of less quality sleep is less melatonin production. Less production means less quality sleep, and so on. Before you know it, you are caught up in a stressful cycle that can only lead to disease.

The Connection Between Melatonin and Cancer

Low melatonin levels have been connected to a variety of chronic health conditions. For example, a study of close to 750 women conducted in part by Harvard School of Public Health found that the lower the melatonin levels, the higher the possibility of developing Type 2 diabetes.

In study after study, melatonin in the body has also shown to have an effect on cancer. Melatonin is actually classified as a cytotoxic hormone, a substance that can have a toxic effect on pathogenic (disease-producing) cells. It is also known as a tumor suppressor for many kinds of cancer, including breast cancer.

A 2015 study published in the journal *Endocrine-Related Cancer* took a look at people who worked at night and were exposed to artificial lights. The researchers wanted to know how this situation affected melatonin production and breast cancer. Their data indicated high numbers of breast cancer in this population. This is partly because melatonin helps to regulate estrogen metabolizing enzymes as well as “clock-related genes.”

Other ways that melatonin can help with breast cancer prevention in particular are:

1 | Melatonin can put breast cancer cells to sleep. Renowned cancer researcher Dr. David E. Blask found that melatonin has the ability to suppress breast cancer growth by actually putting cancer cells to “sleep.” He discovered that night time melatonin levels in the blood can slow breast cancer growth by 70 percent!

“Nighttime Melatonin is a relevant anticancer signal to human Breast Cancers. Ninety percent of human Breast Cancers have specific receptors for this signal,” says Dr. Blask.



Working nights and excessive exposure to artificial lights lowers melatonin production, which is linked with higher breast cancer risk

2 | Melatonin helps to regulate estrogen. It does this by down-regulating estrogen-responsive genes. It eliminates places for harmful “xenoestrogens” to land and also protects from estrogen overdose by inhibiting estrogen production in breast adipose fibroblasts (BAFs). BAFs form the dense mass that exists around malignant breast epithelial cells and are the main source of estrogen in breast tumors among postmenopausal women, according to a 2012 Australian study.

3 | Melatonin can cause cancer cells to die. This process is called apoptosis, and melatonin is a catalyst for this by inhibiting certain kinds of proteins and signaling pathways, according to a 2012 Chinese study and others.

4 | Melatonin boosts the immune system. As mentioned before, this factor alone is huge in terms of preventing (and even helping to heal) breast cancer and other diseases. Melatonin is a natural antioxidant and can enhance the production of T-helper cells in the body. According to a 2011 Indian study, melatonin can help those suffering from breast cancer, hepatocellular carcinoma, or melanoma. Because melatonin reduces oxidative stress, supplementing with melatonin under the guidance of your natural health practitioner can be a viable protocol for countering the effects of chemotherapy and radiation.

Five Ways to Increase Your Melatonin Levels

Are you convinced yet that melatonin is one of the most important hormonal substances in your body? Well it is, and here are five ways you can up your levels *naturally*:

1 | Sleep. Get plenty of it, and make sure it is quality sleep as well! The Delta sleep state has been most associated with the deepest relaxation. It is also during this state when healing occurs the most. Make sure that the

room you sleep in is as dark as possible in order to get the deepest sleep possible. Even a tiny nightlight or the light from an alarm clock may throw melatonin production off.

2 | Limit Wi-Fi exposure. Now that you know the damage Wi-Fi can cause to your body and especially to melatonin production, take measures to limit Wi-Fi exposure and radiation from cell phones. Turn off your routers at night and never put your cell phone close to your ear (instead, use the speaker function as much as possible). Also, make sure that you are not sleeping next to electrical outlets or outside electrical transformers. And if your home or apartment complex has SMART meters, take measures to remove them and replace them with manually-readable units. Your power company may balk at this and unfortunately may charge you a monthly fee, but it will be worth it for your health. Remember that you have the right to refuse SMART meter installation.



EMFs turn off melatonin production. Take the necessary steps to minimize exposure to EMFs in your sleeping area

3 | Unplug from your computer screen at least an hour before going to bed. Blue wavelength light is emitted from televisions, electronic devices, and computer screens. Blue wavelengths can be beneficial during the day because they can boost attention, mood, and reaction times. But at night, they can be a deterrent to getting a good night’s sleep. They can drastically affect sleep patterns and melatonin pro-

duction and should be avoided after sundown. If you have to work on your computer at night, apply a filter that can dim the light on your screen. Better yet, turn off your computer and television at least an hour before bed and use a soft light (red or orange is preferred) to do some reading. Taking a hot bath or shower or listening to some soft music instead are other activities you can do to ensure a good night's sleep.

4 | Lower your stress. When functioning properly, cortisol levels generally spike and run higher during the day. At night, cortisol is meant to go practically dormant as melatonin takes over. Low levels of melatonin in general, however, can spell trouble since this can lead to a correlated higher level of glucocorticoid signaling (i.e. cellular signaling for cortisol) at night.



Do your best to avoid stressful situations and conversations just before bed as this can spike cortisol levels

Especially avoid stressful situations late at night as these situations will cause cortisol levels to spike at inappropriate times as well. Studies conducted on shift workers demonstrate this point.

Is there a challenging conversation you need to have with a family member or co-worker? Save it for morning, when your body will be attuned and ready to take on the stress of the day, not winding down from it. Also, put into place an everyday protocol for stress management.

These days, this is something everybody needs! Meditate, take a short walk, or do some breathing exercises. Twenty minutes to a half hour of this kind of practice every day is ideal. But even 5 to 10 minutes a day will gradually train your brain to slow down and allow the relaxation response and its healing hormones (including melatonin) to kick in.

5 | Supplementation. For some individuals, supplementation may be the short-term answer for very low melatonin levels or for turning down chronic stress responses that may inhibit healing. I recommend that if you are considering melatonin supplementation, get your melatonin levels checked first and consult with your natural health care professional about the results.

Can Too Much Melatonin Be Harmful to Your Health?

The short answer is no. According to Dr. Blask: "In human studies, melatonin has basically no toxicity. Now it takes very little melatonin to stimulate nighttime sleepiness – on the order of three-tenths of a milligram. But you can't overdose with melatonin. People have taken gram quantities. Its nastiest side effect is sleepiness."

So, although you can't overdose on melatonin, you don't need a lot of a quality supplement to do the job. Get your levels checked. Then, if you come out low, take measures to up your nighttime melatonin production naturally or with supplementation.

According to a recent story on National Public Radio, approximately 60 million Americans have trouble sleeping, especially women and those over 65 years of age. That is a lot of possibly melatonin-deficient people in this country! Don't take melatonin deficiency lightly. Having adequate amounts of this vital hormonal substance in your system is one of the best things you can do to prevent disease, including breast cancer.

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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



Kale, Tomato & Eggplant Salad



Kale is a good plant source of protein, with almost 3 grams per cup. It is also high in fiber, various health-boosting carotenoids, and folate, not to mention being a good source of quercetin, vitamins A, C, and K, and the omega-3 fatty acid ALA.

The plant-based iron in kale is much more easily absorbed when it is combined with vitamin C which comes from the tomatoes. Tomatoes are also rich in lycopene, a pigment-rich carotenoid that reduces cancer risk and cardiovascular disease.

The olive oil will aid the absorption of the carotenoid called lutein, which is found in green leafy vegetables and is a potent antioxidant. Many of the vitamins and micronutrients in food are fat-soluble, which means they cannot be absorbed without the presence of adequate fat. Be sure to use a high quality olive oil.

Yield: 2-4 servings

Preparation time: 15 minutes + 30 minutes baking time

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.

Ingredients:

- 2 small eggplants
- Finely ground Celtic sea salt
- 2-3 tablespoons of olive oil
- Chopped fresh rosemary (optional)
- 1 bunch curly or lacinato kale (dino kale)
- Quality pink OR sea salt, to taste
- ½ teaspoon white balsamic vinegar
- ½ pint cherry or grape tomatoes, sliced in half

Directions:

1. Preheat oven to 325 degrees. Slice eggplant into thick slices (across or lengthwise). Sprinkle with salt and allow to sit for 15 minutes. Blot moisture from the eggplant slices, then dice into ¼- to ½-inch cubes
2. Place eggplant into a glass baking dish and coat with 1 tablespoon of olive oil (add more if needed) and chopped rosemary, if using. Roast eggplant 30 minutes or until golden. Remove from oven and set aside.
3. Prepare the salad by stripping kale leaves from stalks; discard stalks. Wash and chop kale into small pieces (but not finely chopped). Sprinkle kale with sea salt and 1 tablespoon of olive oil. Gently rub the leaves with the oil and salt – this will bruise the kale and soften it.
4. Drizzle with vinegar and toss. Add eggplant cubes and sliced tomatoes and toss gently. Season with salt and pepper to taste. Enjoy!

Serving notes:

Top salad with shaved parmesan cheese or baked tofu cubes, or mix in cooked white beans to add protein to this dish.



Lemon Herbed Chicken with Black Quinoa & Avocado



This delicious protein-rich dish is a healthy choice for meat lovers. Although quinoa is considered a grain it's actually a seed which was consumed by the ancient Incan tribes in South America for its ability to give them stamina. Nutritionally it is a complete protein, gluten-free, and easily digested. Black quinoa has a nutty smoky flavor which gives this recipe added depth.

Avocado is an excellent source of vitamin E and essential fatty acids that help build up the body to defend it against cancer. Fresh herbs are also full of cancer-fighting phytonutrients. Feel free to experiment with different combinations of herbs to find the ones you like best. For example, oregano, rosemary, and thyme are also popular herbs to use with chicken.

*Yield: Three 12-ounce servings
Preparation time: 30 minutes*

Ingredients:

- 1 pound organic, pastured chicken breasts
- ½ cup lemon juice, freshly squeezed
- 1 handful fresh dill, coarsely chopped
- 1 handful fresh parsley, coarsely chopped
- ¼ cup untoasted almonds, sliced
- 2 cloves fresh garlic, minced
- ¼ cup cold pressed coconut oil
- ½ teaspoon pink OR sea salt
- ½ teaspoon black pepper, freshly ground
- 1 teaspoon high quality fresh turmeric powder
- 1 cup black quinoa (can substitute white or red)
- 2 cups spring OR filtered water
- Additional high quality salt & pepper, to taste

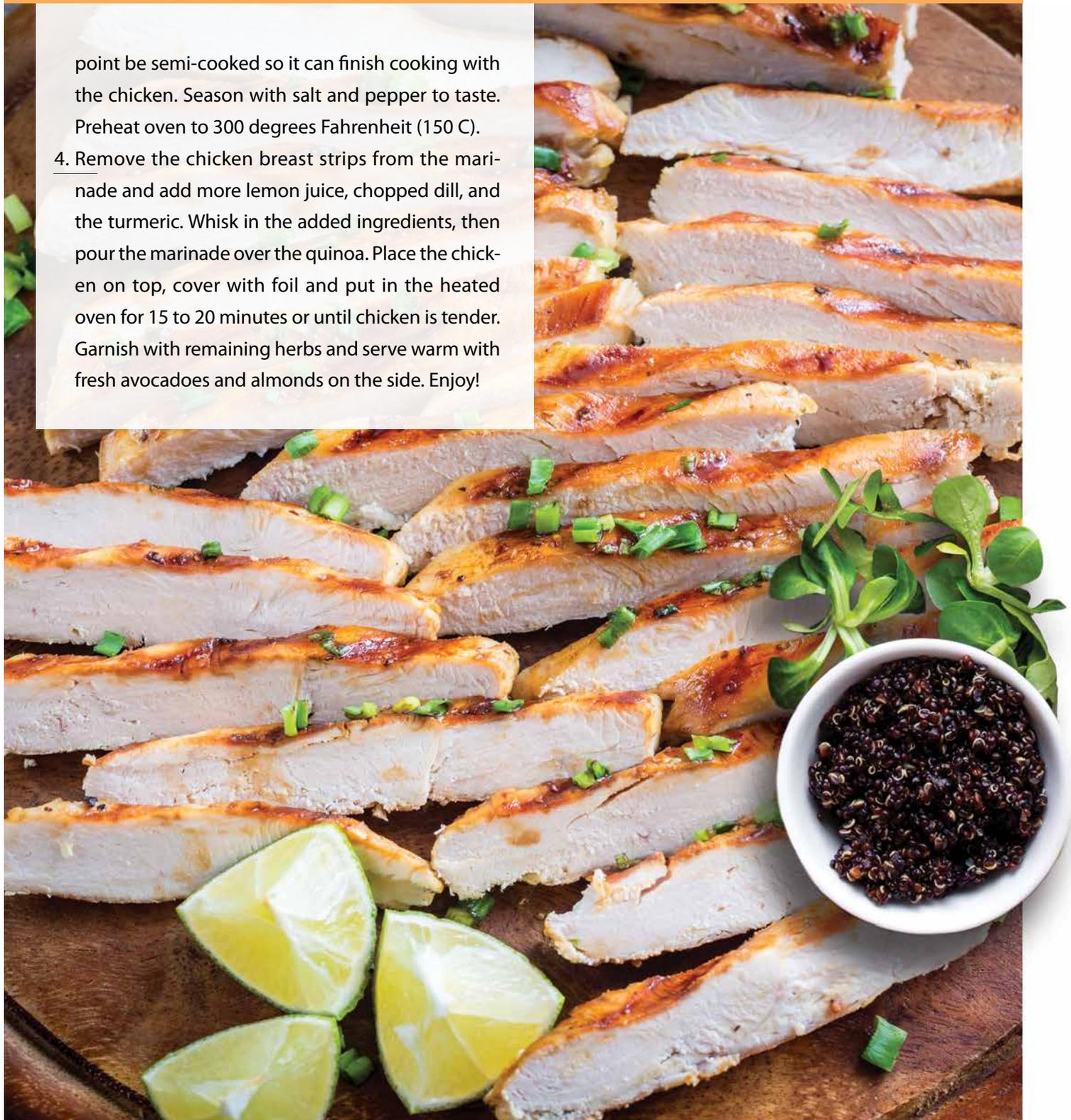
Directions:

1. Create a marinade by blending the melted coconut oil, minced garlic, half of the coarsely chopped dill and parsley, lemon juice, salt and pepper in a large bowl.
2. Thoroughly wash chicken breasts, pat dry with paper towels and slice into lengthwise strips about ½-inch thick. Place chicken strips in the marinade and cover the bowl with plastic wrap and put in the refrigerator for 30 minutes or until ready to bake (the chicken can also be marinated in the refrigerator overnight).
3. Meanwhile prepare the quinoa in a one quart stainless steel pot as follows: Prewash 1 cup of the quinoa in a fine sieve; then place in the pot with 2 cups spring or filtered water. Bring to a boil and simmer for 10 minutes. Remove from the heat and place in a glass or ceramic baking dish that has been rubbed with coconut oil to prevent it from sticking. The quinoa should at this



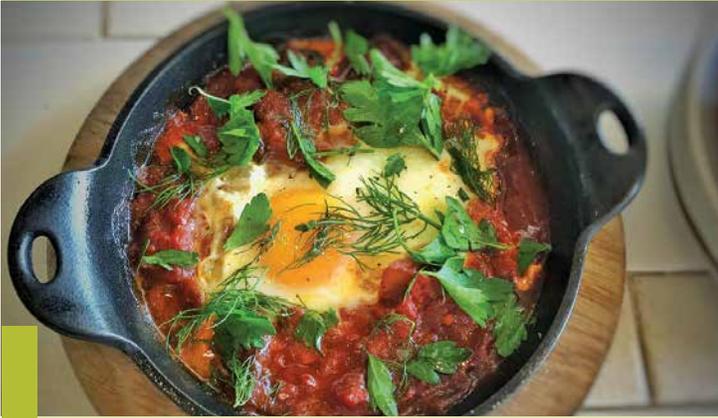
point be semi-cooked so it can finish cooking with the chicken. Season with salt and pepper to taste. Preheat oven to 300 degrees Fahrenheit (150 C).

4. Remove the chicken breast strips from the marinade and add more lemon juice, chopped dill, and the turmeric. Whisk in the added ingredients, then pour the marinade over the quinoa. Place the chicken on top, cover with foil and put in the heated oven for 15 to 20 minutes or until chicken is tender. Garnish with remaining herbs and serve warm with fresh avocados and almonds on the side. Enjoy!





Buckwheat, Eggplant & Mushroom Shakshuka



Shakshuka is a Middle Eastern one-skillet breakfast dish of poached eggs, typically in a spicy sauce. This version uses herbs instead of heavier spices for a lighter, but still savory flavor that's perfect for any time of day.

This recipe features buckwheat which, like quinoa, is a gluten-free seed. Buckwheat provides a rich source of the eight essential amino acids needed for building protein in the body. It is also full of the minerals that reduce stress, increase elimination, and fight cancer-inducing free radicals.

Mushrooms and eggplant are excellent for removing estrogen mimickers and toxins from the body. This dish also contains a number of other healthy ingredients that work together to boost the immune system.

*Yield: Two 10-ounce servings
Preparation time: 20 minutes*

Ingredients:

- 1 medium eggplant, peeled and sliced lengthwise in 1/8-inch pieces
- 1/2 cup raw buckwheat groats soaked overnight (can substitute 1 cup precooked quinoa)
- 1 tablespoon cold pressed coconut oil
- 1 clove garlic, minced
- 1/2 medium yellow onion, diced
- 1/2 cup spring OR filtered water
- 1/2 red pepper, sliced
- 1 medium tomato
- 1 small cucumber, sliced
- 8 medium button mushrooms, sliced (can substitute other types of mushrooms)
- 4 medium organic free-range chicken eggs
- 1 handful fresh dill, parsley, cilantro, or basil (or combination of herbs), finely chopped
- 2 fresh green onions, chopped
- 1/4 cup raw goat cheese (optional)
- High quality salt & pepper, to taste

Directions:

1. Drain and vigorously rinse the soaked buckwheat, then set aside.
2. Heat a 10-inch skillet (ceramic or stainless steel) over medium heat until a drop of water sizzles. Then add a few drops coconut oil using a slice of eggplant to completely coat the pan and place the eggplant slices in for 30 seconds on each side. Remove eggplant from the pan and set aside.
3. Put the buckwheat, garlic, and yellow onion into the pan and add 1/2 cup water. Cover and simmer over low



heat for 3 to 5 minutes, or until buckwheat is tender. If using precooked quinoa, just simmer for one minute.

4. Add the eggplant, red pepper, tomato, and mushrooms to the pan. Continue simmering for another 3-5 minutes depending on how soft you want the vegetables.
5. Then sprinkle the cheese on top and make a small well with a tablespoon for each egg to sit in while cooking. Break eggs into the wells. Cover pan to steam the eggs until the whites are cooked and the yolks are still soft. Serve immediately garnishing with chopped green onions, fresh herbs, tomato, cucumber slices, and drizzled extra virgin cold pressed olive oil. Season with freshly ground pepper and sea salt to taste. Enjoy!



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.



Why Some Alternative Cancer Treatments Fail (and What You Can Do to Prevent That From Happening)

By Tony Isaacs

Proponents of conventional (allopathic) cancer treatments will often argue that natural or alternative cancer treatments are not always successful. Which is true, of course. They're not always successful in healing the patient from cancer. Of course, neither is chemo, radiation, or surgery – as has been discussed many times on The Truth About Cancer.

What many people refer to as “alternative treatments,” however, are often little more than someone trying a few non-mainstream therapies without really adopting a good natural or alternative treatment plan (which we will simply call “alternative treatment” hereafter).

When alternative treatment fails, it is most often due to one or more of the following five reasons:

1. Not picking the right plan to begin with
2. Waiting until it is too late to begin using alternative treatments
3. Failure to ever stick with one treatment plan
4. Not following a treatment plan completely/properly
5. Discontinuing or slacking off a treatment before it has been completely successful

In this article, we will examine each of these five common reasons alternative treatments are not successful.

We'll also explore the case for using alternative cancer treatments and steps to help ensure that alternative treatments do not fail.

Reason #1 | Not Picking a Good Alternative

Treatment Plan

First off, let me reiterate that trying one or a few alternative items is NOT using an alternative plan to try to defeat cancer. For the most part that is little more than haphazardly throwing a few supplemental items at the cancer in the hopes that they might somehow work. It saddens me to no end to see mainstream proponents almost gleefully proclaim how alternative cancer treatments "failed" when someone tries such an approach. In such instances there was really no failure on the part of alternative cancer treatments – rather there was a failure to ever adopt a true alternative plan to begin with.

A second problem which occurs far too frequently is when people with cancer fall for what I call "one trick ponies" and adopt a product or plan based upon hype and/or cancer discussion board legends. Some examples include:

» Using laetrile by itself to try to beat cancer. For a time, laetrile was very popular as a cancer treatment thanks in large part to two reasons: One was the publication of the book by G. Edward Griffin *A World Without Cancer* which touted laetrile as pretty much THE solution to cancer. Another reason was the much publicized firing of Dr. Ralph Moss from his position as publicist for Sloan-Memorial Kettering Hospital. As shared in the June 2017 issue of the Heroes Against Cancer newsletter, Moss was fired after he outed the hospital for covering up the results of a laetrile study conducted by one of their own doctors.

Although laetrile is very beneficial for preventing cancer and as part of an overall anti-cancer protocol, it should not be used as a standalone treatment for cancer. When

you delve into laetrile success stories (as this author has done) you will almost invariably find that the people who used laetrile also used other supplemental items as well as adopted healthier diets and lifestyles.

» Believing that all one has to do to beat cancer is to alkalize and/or take supplemental oxygen. Though both of these can indeed be helpful, they are not generally good standalone treatments for cancer. Their popularity is due in great part to misleading information that Dr. Otto Warburg won a Nobel Prize for discovering that cancer was caused by low oxygen and acidic pH and that it cannot survive in an alkaline or highly-oxygenated environment. That is simply not true.

What Dr. Warburg won his Nobel Prize for was his discovery that cancer cells characteristically were low in oxygen content. Although that led him to initially hypothesize that cancer might be reversed by providing additional oxygen, when he tried to do so he was unsuccessful – and for good reason.



Don't fall into the trap of using only one "miracle" alternative cancer treatment method you discover on the internet. It usually takes a multi-pronged approach to heal from cancer

» Mistakenly believing the false claims that cancer is, or is caused by, a fungus, a bacteria, a virus, parasites, or any other number of causes besides what is far and

away the true number one cause of cancer in this author's opinion: toxins in combination with unhealthy cellular terrain. All of those items may contribute to cancer – especially when they contribute to unhealthy cellular terrain – but it is toxins that are the number one culprit. This was explained well over a hundred years ago by the great French scientist Antoine Béchamp. It is worth noting that many of the natural items which are successful against fungi, viruses, bacteria, parasites and the like do have anti-cancer properties.

» In particular, the “cancer is a fungus” claim made popular by the promotions of Italian non-oncologist Tullio Simoncini, has led to the claim that baking soda is all anyone needs to defeat cancer, as well as to the rise of a popular myth about the use of baking soda and molasses (or maple syrup) as a cancer cure.

The theory of baking soda and molasses/maple syrup would have people believe that when baking soda is combined with molasses or maple syrup it “tricks” the cancer cells into gobbling up the mixture and thus introduces baking soda into the cancer cells where it is deadly for them. Anyone with a basic understanding of human digestion would know that the human digestive system breaks down all ingested items into their component compounds and that nothing as large as a combination of baking soda and molasses or maple syrup could possibly enter intact into the blood stream. As a slight caveat – some proponents believe that the molasses or maple syrup somehow potentiates the ability of the cancer cells to take in baking soda. Others note that both molasses and maple syrup contain a number of important compounds which may fight against cancer and boost the immune system.

Later In this article we will discuss how to ensure you pick a good cancer treatment plan.

Reason #2 |: Waiting Until It Is Too Late to Begin Alternative Treatments

Most people do not turn to alternative cancer treatments until they have been told by their oncologist that there is nothing more that mainstream medicine can do for them. Compounding this problem is that doctors frequently hang on to their patients long after it has become apparent that conventional treatments are failing.

Terminal cancer patients are often given harsh chemotherapy drugs and radiation treatments long after their oncologists have determined that curing their cancer is hopeless. In many instances such treatments continue up until the moment of death – or until the time that insurance and family savings are exhausted. As a result, many cancer patients are cruelly subjected to needless expense and suffering while little time and resources are left for alternative treatments that might otherwise have extended their lives.



Many cancer patients are given chemo and radiation treatments at end of life, subjecting them to pointless pain and suffering

A study published in the journal *Cancer* in 2010 found that radiation treatments were given to 91 percent of dying cancer patients. Half of the patients spent more than 60 percent of their remaining lives undergoing radiation treatments. Most died before they were able to complete their treatments. The study also found that instead of reducing pain, the treatments most often actually increased pain.

The Oncologist reported in 2009 that about one in five dying cancer patients were given chemotherapy within 14 days of their deaths. The report also stated that one-third of terminal cancer patients are not sent to a hospice until they had less than three days left to live. During that same time, Virginia Commonwealth Massey reported that 25 percent of Medicare expenses for terminal cancer patients were spent in their final month.

Thus, cancer patients often have scant weeks or even days to live when they turn to alternative treatments. Amazingly, sometimes the best alternative treatments are successful – but often they are not. Besides the short time the patient has left to live, their immune systems and major organs have been badly damaged by their harsh allopathic treatments. Plus, since mainstream cancer treatments usually only destroy the least resistant cancer cells, the remaining cancer is made up of cells which are most resistant to any treatment – alternative or mainstream.

Reason #3 | Failure to Ever Stick With One Treatment Plan

Cancer often causes lots of stress and anxiety – which is understandable since the patient's very life is usually at stake. Sometimes this leads to cancer patients having little patience with treatments they try, and it is not unusual to see them hop from one treatment or supplement to another, never giving anything enough time to be effective.

Alternative treatments often take time to be successful. Certainly no one should be expected to stick with a treatment modality which is not working, but it should be given enough time to make sure that it isn't. Of course, the earlier a person opts for alternative treatments, the more time they will have to try an approach and then switch if need be.



A cancer diagnosis causes stress and anxiety about doing the right things. But you need to give a treatment plan enough time to evaluate if it's working

Think of your cancer as an invading enemy army (cancer cells) which has gained a foothold in your territory (your body). Once you begin to employ your anti-cancer resources it will likely take time to first slow down the advancing enemy, fight it to a standstill, and then begin to gain the upper hand and defeat it. The late Dr. Marc Swanepoel shared this timeline regarding his own highly successful anti-cancer protocol:

The normal situation is the following (For stages I–III. Stage IV can take twice to three times as long):

- The rate of growth of the tumor/s slows down (after 3-6 weeks)
- The cancer stabilizes (after 6-10 weeks)
- The tumor starts to reduce in size (10-16 weeks)

Here it must be noted that sometimes there is only a slow decrease in size due to the fact that the bulk of the cells inside the tumor may be normal cells. So, even if all the tumor cells die, then the remainder of the normal cells will retain their size. The tumor(s) may then become hard (encrusted) and may take a long time, even years, to be re-absorbed by the body.

- Patient in remission (8-12 months)

Remember, it is the RATE OF GROWTH that will initially slow down even if there is still some growth.

Reason #4 |: Not Following a Treatment Plan Completely/Properly

The very best alternative treatments are comprehensive ones. In general, their components are not optional where you can pick and choose only the ones you want to follow. The different components are all there for a reason, and you are short-changing yourself if you don't follow all of them.



Make sure you're following all the components of your alternative treatment plan and not leaving out important steps

Take supplements for example, and note that word "supplements." They are not called medicine for more than just the reason that the FDA would frown greatly on such a practice. They are *supplemental* items which you must work with in order to achieve success; not simply items you can throw at cancer or any other condition. That is how mainstream drugs are frequently used and it is worth noting that those drugs *cure* almost nothing and instead merely manage symptoms.

Turning cancer into a chronic condition which is not cured but is managed by chemotherapy drugs and radiation appears to be the goal of mainstream medicine. It is a goal that most often leads to suffering and an untimely death.

Reason #5 |: Discontinuing or Slacking Off a Treatment Before It has Been Completely Successful

One of the most disheartening things I have experienced in my years of helping people with cancer is when people believe that they have gotten the upper hand on their cancer and they slack off the protocol which had been successful for them – only to see cancer come roaring back with a vengeance.

When you believe you have gotten the upper hand against cancer is NOT the time to slack off, and neither is it time to pull back your efforts when you have been given a "cancer-free" diagnosis. Rather this is the time to bear down and make sure that cancer and its root causes have been completely eliminated. You need to ensure that cancer will not return or that it is not still lurking in your body waiting on the opportunity to have another battle – often with circulating tumor cells and circulating stem cells which are the most difficult to eliminate.

The Case for Using Natural Alternatives

Simply stated, the triumvirate of mainstream cancer treatments (surgery, chemo, radiation) seldom work. Surgery rarely removes all of the cancer cells. Chemo and radiation not only DON'T cure cancer, they actually make it more malignant while weakening the body's major organs and destroying your natural first line of defense against cancer and other illness – your immune system. None of these three treatments address the root cause(s) which enabled cancer to gain a foothold in the first place. Without eliminating the root cause cancer is much more likely to return.

Chemotherapy and radiation first kill off the easiest cancer cells, leaving intact the cancer stem cells which are the most resistant to treatment. Thus as time and additional treatments go by, the remaining cancer cells are increasingly made up of the hardest ones to eliminate and it is those cells which multiply and grow. The news gets even worse...

Recent year studies have found that both radiation and chemo actually *create* deadly cancer stem cells which are 30 times more difficult to defeat than even the most difficult normal cancer cells.

What You Can Do to Ensure Your Alternative Cancer Treatment Is Successful

The very best natural and alternative cancer protocols are ones which address every area which may contribute to cancer as well as prevent it from being cured. Such a protocol would ideally:

- » Eliminate and avoid toxins which are far and away the number one cause of cancer
- » Ensure you have a healthy liver, including open and freely flowing bile ducts to help eliminate toxins
- » Make sure that you have optimum nutrition and address any nutritional deficiencies
- » Include a very healthy diet which incorporates the best cancer-fighting foods
- » Require exposure to plenty of sunshine and vitamin D3
- » Help you manage stress and address unresolved emotional issues
- » Call for regular physical activity
- » Include key anti-cancer supplements

All of these topics are covered at greater length in other Heroes Against Cancer newsletter articles and on The Truth About Cancer website.

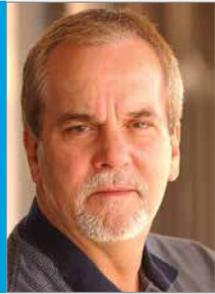


A comprehensive alternative treatment plan will include physical activity and getting out in sunshine

Author's Note:

Much of this article is based on my own experience. Cancer has been far and away the number one topic of my research and writing over the past 20 years and I have written about it extensively for several venues. These include numerous articles for TTAC and my own website, as well as the eBook "Cancer's Natural Enemy," which has sold in over 25 countries. In addition, I have been the local moderator for the CureZone "Cancer Alternatives" forum for over a decade and have had a 3,500+ plus member Yahoo group centered around beating cancer naturally for an even longer period of time. Last but not least, I have developed and refined my own highly successful and comprehensive natural anti-cancer protocol which, along with my articles, book, and website forum posts, has likely saved the lives of thousands of people around the world. It is the ones I have saved and helped which has kept me going. It is the ones that weren't saved which haunt me.

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.

Tony and his partner Luella May host [The Best Years in Life Radio Show](#) every Wednesday evening on BlogTalk Radio.

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