The TRUTH About CANCER
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# HEROES AGAINST CANCER NEWSLETTER

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## In This Issue:



# Can Your Weight Put You at Risk for Cancer?

By Ty Bollinger

You may already know that carrying excess body fat isn't exactly good for health. According to the National Cancer Institute (NCI), people who are overweight or obese have a higher risk of developing serious health problems like diabetes and cardiovascular disease. There's also a strong and growing body of evidence to suggest that packing on the extra pounds increases one's risk of getting cancer. Obesity is a common indicator of a number of underlying health issues linked to the big "C."[1]

But how much weight is too much (or too little)? It's a tricky question with even trickier answers as, believe it or not, there's no universal standard for determining what constitutes a healthy weight. There are many varying factors that have to be taken into account when making a proper assessment, and the medical profession at large is all over the place when it comes to pinpointing the most accurate approach.

While it's a generally recognized fact that obesity is, indeed, a major risk factor for cancer, so is being underweight. And so is being "skinny fat" – meaning you look thin but still have high amounts of body fat. And so is looking relatively healthy

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## Message From Ty Bollinger

We're halfway through summer and, for a lot of us, that means more fun in the sun. Along with it come vacations, barbeques, and sugary treats like ice cream. Summer can be one of the hardest times to stick to a healthy diet – especially when you're spending time with people who aren't as health-conscious as you.

Fortunately, summer is also a great time for local, farm-fresh produce. This month in Charlene's Cancer-Fighting Kitchen, you'll find not one, not two, but three delicious, healthy salad recipes that take advantage of summer's bounty. Prepare these salads for a quick meal or to serve at your next summer get-together.

We all want to look good in a bathing suit, and many people worry about keeping their weight down for the summer. For me, the real concern should be how your weight affects your health.

In this issue, I'll be exploring how to determine a healthy weight for you, and why maintaining a healthy weight is so important for cancer prevention.

In our Ask the Expert segment, breast cancer coach Marnie Clark provides valuable advice for when cancer returns, including insights and suggestions to get you moving in the right direction.

In our final feature, Dr. David Jockers is back to share his knowledge of Candida – what it is, common symptoms, how to test yourself for it, and ways to heal your body from a Candida overgrowth.

There's lots of great info here, so sit back, dig in, and enjoy!

Ty Bollinger

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while actually being unhealthy on the inside. And so on and so forth. In other words, it's a complicated issue. And one that deserves a greater level of focus and attention, especially as obesity rates continue to skyrocket throughout the country (and world).

## Fat Cells Help Fuel the Growth and Spread of Cancer

The first thing you need to know is that having too much body fat is a dream come true for cancer. That's because cancer cells thrive on fat cells as a source of food for their growth, replication, and metastasis. Science has repeatedly shown that tumors actually maintain a bidirectional communication system with fat cells in order to support optimal metabolic "fitness." This means that cancer cells function at their best when actively supported by a healthy network of ready and available fat cells.[2]

Fat cells also produce hormones and other growth factors that can cause cancer cells to thrive. At least 1 in 20 cancer cases, according to statistics, are linked to being overweight or obese. The most common types being breast (post-menopausal), bowel, womb, esophageal (food canal), pancreatic, kidney, liver, upper stomach (gastric cardia), gallbladder, ovarian, thyroid, myeloma (blood), and meningioma (brain).[3]

Known collectively as adipose tissue, fat cells basically act as facilitators for cancer cells. They influence cell proliferation to varying degrees depending on where they're located and how many of them there are. Fat cells located around breast tissue, for instance, will exhibit a different metabolic activity in support of cancer cells than fat cells clustered around the abdominal region. This latter type of fat, known as visceral adipose tissue, is generally regarded as the more damaging type.

According to Cornelia Ulrich, a cancer epidemiologist from the Huntsman Cancer Institute in Salt Lake City, Utah, there are two different relationships that exist between fat cells and cancer cells: *paracrine* and *endocrine*. The former characterizes fat cells that secrete substances to cancer cells that are in direct proximity to them, while the latter describes fat cells that secrete substances directly into the bloodstream. They are then circulated and distributed throughout the body, and directly into cancer tumors.[4]

We also know that a higher body mass index is directly associated with increased markers of inflammation in the blood, including C-reactive protein (CRP) that studies have shown to be a prominent indicator of increased cancer risk.[5] CRP is not only connected to cancer risk, but also to cancer *diagnosis*, as cancer patients often have higher levels of it than people who are cancer-free. This makes sense as chronic inflammation, a characteristic of high CRP, is also a common marker of cancer.[6]

But CRP isn't just an indicator of inflammation; it's also a *cause* of it. And guess what produces CRP besides immune cells and the liver? *Fat cells*. This explains why blood tests revealing high levels of CRP often directly correlate with obesity. Fat cells actively produce this inflammatory substance, the long-term effects of which are known to cause cancer and other serious health conditions.

## What About Being Too Skinny?

So, does this mean that all body fat is bad? Of course not. Our bodies are meant to store small amounts of fat as fuel, as well as a backup reserve for nourishment during times of malnourishment or starvation. It's *too much* fat that ends up harming the body, which begs the question: how much is too much?

For women, a healthy body fat percentage ranges from about 16 to 25%[7] (or 15 to 31%, depending on the source). For men, it ranges from about 3 to 20% (or 11 to 22% for middle aged to older men).[8]

Anything over these amounts is bad news on nearly every metric. A fat level *below* these ranges can also be detrimental, as anything below three percent body fat, especially in men, is basically a death sentence. According to Georgie Fear, RD, author of *Lean Habits for Lifelong Weight Loss*, a body fat percentage below five percent is the earliest warning sign of poor health. Again, some body fat is necessary for properly maintaining the cardiovascular, endocrine, skeletal, reproductive, and central nervous systems.[9]

Believe it or not, being too skinny is a recipe for hormone imbalance, body temperature issues, reproductive problems, poor immunity, "brain fog," heart disease, and a host of other health issues. Many of these are also endemic in people who are overweight. The goal is to find that "sweet spot" that's a perfect match for your unique height, frame, and figure – factors that vary from person to person.

## The BMI Is NOT a Reliable Indicator of "Fatness"

The Centers for Disease Control and Prevention (CDC) and various other health authorities will point to the Body Mass Index, or BMI, as "a reliable indicator of body fatness for people." But the truth of the matter is that identifying healthy body composition extends far beyond the scope of anything that the BMI can offer.

Truth be told, the BMI was originally created not as some kind of advanced scientific metric to determine overall health status, but more as a basic data tool – and a rather primitive one at that. It was meant to assess weight status based on general population data. Simply put, the BMI allows people to plug in their weight and height numbers to quickly see where they *may* fall on the obesity spectrum. It's purely *informational*, not instructional or even diagnostic as many people believe it to be.

In actuality, the BMI isn't even reliably informational because it presupposes an inactive and sedentary lifestyle. Athletes and bodybuilders with higher-than-average muscle mass will almost always be classified as "overweight" or "obese" because the BMI doesn't at all evaluate the intricacies of body composition. Muscle weighs twice as much as fat per volume, by the way. It also doesn't consider the size and proportion of bones, muscle mass, and fat – figures that are uniquely different for every individual. Heck, the BMI doesn't even look at *waist size*, a key indicator of obesity that's very easy to assess.

While the BMI *can*, in some cases, help people who are truly underweight or overweight to recognize the need for intervention, it's a poorly devised and severely outdated assessment apparatus. It is based on a flawed methodology that its creator, Belgian mathematician Lambert Adolphe Jacques Quetelet, described in terms of covering only "the average man." Rather than evaluate *individuals*, in other words, the BMI takes a generic, conceptual approach centered around what's believed to be true about entire population groups, which just doesn't work.


The popular body mass Index scale (BMI) is not the best indicator of a healthy weight as it doesn't differentiate between fat and muscle

The BMI is basically mathematical "snake oil." It does not, and cannot, pass the muster in terms of taking an honest look at what it truly means to be of an unhealthy weight. And the unfortunate truth is that there are much better and more scientifically sound ways to make

this determination that, for whatever reason, aren't being used by the medical system at large. This has disastrous consequences for public health."[10]

## The Waist-Height Ratio: A Better Measure of Obesity

So what types of methods *do* work? Since an accurate measure of visceral adipose tissue (VAT) is a critical part of the obesity equation (and one that's not even considered with the BMI), some health experts recommend using what's known as the waist-height ratio, or WHtR, instead. Developed by physiologists from the United Kingdom, WHtR simply divides waist size by height, using either inches or centimeters.

A six-foot-tall man with a waist size of 32 inches, for example, would divide 32 by 72, which equals .44. This would be considered a healthy weight according to WHtR, which dictates a range of anything between .40 and .50 – a "pear" shape – as being healthy. Anything below .40 is considered to be a "chili pepper," meaning it's probably time to hit the gym and up the calories. Anything above .50 is considered to be an "apple," suggesting that fat-loss should be that person's number one priority.

It might sound silly, but it's far more accurate than the BMI, which has an accuracy rate of only about 14%. The WHtR, on the other hand, has a 50% success rate, largely because it includes the assessment of abdominal fat – the *worst* kind of "bad" fat.[11] Recent research out of Michigan State University (MSU) found that this type of fat actually releases a protein that can cause non-cancerous cells to turn into cancerous ones. And belly, (abdominal) fat releases the most.[12]

## Maintaining Healthy Body Composition: A Practical Approach

Keep in mind that being overweight or obese is problematic for many other reasons beyond just cancer. Carrying around excess abdominal fat is a recipe for metabolic syndrome, which represents a generalized state of cardiovascular dysfunction. It often precedes cancer and other health problems. Studies again point to abdominal and hip fat as being the most threatening in this regard.

This fact alone puts quite a few holes in the "healthy at any weight" trend that seems to be in vogue these days. While striving for a supermodel body is not what we're after, it's still vitally important to pay attention to your body composition and learn ways to better maintain it. This will go a long way in helping you to feel good while staying disease-free.

The good news is that it's not as difficult as it might sound. While we've talked quite a bit about the science linking fat to cancer, as well as unpacked some of the ways of properly identifying it, there's a common approach to dealing with body fat that involves **staying active**, **eating right**, and *supplementing* as needed.

High-intensity cardiovascular exercise is a great place to start in the fitness department, especially if you're in the overweight or obese category. More specifically, high-intensity *interval* training (HIIT) is said to be the best for shedding excess fat while simultaneously building muscle. The interval part is referring to alternating exercises that involve differing rates of speed, effort, and activation of muscle groups.

One perk of High Intensity Interval Training (HIIT) is that no equipment is required

The reason why HIIT works so well for this purpose is that it kickstarts the metabolism in just the right way so as to burn calories from the fat you're trying to get rid of while supporting the growth of muscle tissue. It also helps to increase aerobic, or oxygen, capacity while pushing the heart muscle to work harder. Over time, this naturally improves body composition.

Studies have found that HIIT, which also goes by the name of high-intensity intermittent exercise (HIIE), is the most effective way to exercise if you're trying to reduce both subcutaneous and abdominal body fat. It also significantly lowers insulin resistance – which is great for hormone balance – while enhancing skeletal muscle fat oxidation and improving glucose tolerance.[13]

But even the most aggressive HIIT approach is pretty much useless apart from a healthy diet. What you eat and when you eat it is actually *the number one* factor that influences your body composition, followed closely by physical activity. Together, proper nutrition and intense exercise represent a one-two punch against cancer-causing fat. But, it all starts with diet.

Why not start healthy habits at an early age? Set a family cooking night once/week and get creative together

"Eating right" is admittedly subjective, as dietary needs tend to vary from person to person based on things like individual metabolic rate, physical proportionality, age, and gender. But there are some standard guidelines that nearly everyone can benefit from, including avoidance of processed sugars and refined grains.

The latest research also suggests that healthy fats, including saturated and monounsaturated varieties derived from pastured animals and tropical plants, should actually comprise a bulk of one's diet. This should be followed by moderate amounts of high-quality protein and fresh, organically-grown vegetables. Limiting food consumption to a strict eight-hour window, also known as intermittent fasting, is further beneficial in helping to trim down those extra pounds.[14]

## Lower CRP Levels With Trace Minerals, Vitamins, and Herbs

It's always a good idea to keep your C-reactive protein (CRP) levels in check as well, especially if you're already overweight and trying to shed extra pounds. There are ways to do this through supplementation with vitamins, minerals, and herbs that have been scientifically shown to help decrease levels of CRP while simultaneously targeting the inflammation that accompanies it. Many of these compounds also possess natural anti-cancer benefits.

Here are a few of the most beneficial:

» **Creatine**, a compound found in muscle cells that helps them produce energy, has been shown to help correct exercise-induced increases in CRP in athletes[15]

» **Curcumin**, a primary component of the turmeric spice, was shown in a meta-analysis of six different studies to help decrease CRP levels in test patients by 6.4 milligrams per liter (mg/L)[16]

» **Fenugreek** has been determined to help lower CRP levels in animal subjects with experimental arthritis[17]

» **Ginger** has been shown to help reduce high-sensitivity CRP (hs-CRP) levels in diabetic adults[18]

» The polyphenols in **green tea** have been found to help lower CRP levels in subjects with systemic inflammation[19]

» **Isoflavones**, a class of phytochemicals found in plants, have been shown to help reduce CRP levels in active postmenopausal women by 1.1 mg/L[20]

» **L-carnitine**, an amino acid, has been shown to help lower CRP levels in end-stage renal disease patients on dialysis[21]

» Higher serum levels of **magnesium** have been shown to be directly associated with lower levels of CRP in overweight, middle-aged women[22]

» **Probiotics** have been shown to help lower hs-CRP levels in diabetics[23]

» **Omega-3 fatty acid** deficiency is associated with increased CRP levels in patients with peripheral artery disease[24]

» **Quercetin**, a type of plant pigment, is associated with decreased CRP levels when taken along with vitamin C[25]

» **Red yeast rice**, a cultured food, has been shown in at least one study to help lower hs-CRP levels by 24% in patients with moderately high cholesterol[26]

» **Vitamin C** has been shown to help decrease CRP levels by 24% in both active and passive smokers,[27] as well as hs-CRP levels in hemodialysis patients[28]

» **Vitamin D**, the "sunshine vitamin," is associated with decreased CRP levels in patients with rheumatoid arthritis;[29] it's also been shown to help reduce serum CRP levels in pregnant women by 1.4 mg/L, while controls actually saw an *increase* of CRP by 1.5 mg/L due to a lack of vitamin D[30]

Studies have shown that red yeast rice helps to improve cholesterol and reduce inflammation in the body

» **Vitamin E** in the form of alpha-tocotrienol has been shown to help lower CRP levels in both animals and humans[31]

» **Zinc** has been shown in diabetics with kidney disease to help lower hs-CRP levels from above 10 to 7.7 mg/L;[32] it can also help lower hs-CRP levels in young obese women[33]

Many of these compounds also work synergistically together with one another to provide even greater benefits. This was demonstrated in one study that found that taking a combination of resveratrol (a polyphenol found in grapes), pterostilbene (an antioxidant), quercetin, delta -tocotrienol (vitamin E), and nicotinic acid helped to reduce CRP levels in healthy seniors by an impressive 29%.[34]

Keep in mind that an optimal CRP level is said to be under 0.55 mg/L for men, and under 1.0 mg/L for women. Overall, a CRP level of less than 1.0 mg/L is considered to be "low risk" in general, while a level of 1.0 to 3.0 mg/L is considered to be "intermediate risk." Anything higher than 3.0 mg/L is considered to be "high risk" and in need of immediate intervention.[35]

## Cyanidin-3-Glucoside: A Fat-Trimming Dream

There's another compound I'd like to bring to your attention known as cyanidin-3-glucoside, or C3G, that emerging research suggests is a powerful nutrient partitioning agent. It basically causes food compounds that would otherwise be converted and stored as fat to instead incorporate into muscle tissue. This means that more of the foods you eat turn into the body composition you want, in turn decreasing your overall risk of cancer.

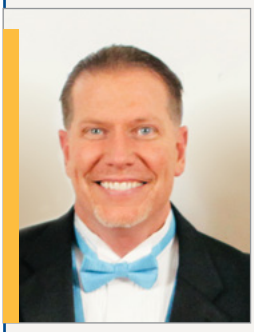
This naturally-occurring compound, C3G, functions in two unique ways. On the one hand, it helps to improve insulin sensitivity in muscle cells, resulting in improved insulin signaling and nutrient uptake. C3G also enhances glycogen synthesis, meaning it causes sugar and carbs to turn into muscle tissue rather than stored fat.

Studies also show that C3G specifically up-regulates gene expression to help the body burn more fat. It simultaneously down-regulates the genes associated with fat storage, further increasing the oxidation of fatty acids. The end result is that fat cells shrink and eventually disappear, which is accompanied by an overall reduction in systemic inflammation. This is a win-win for battling abdominal fat and minimizing the risk of chronic diseases like cancer.[36]

In our junk food-ridden, chemical-saturated world, the propensity towards becoming overweight or obese is strong for pretty much everyone. We're all susceptible to it. Yes, even skinny people face the risk of becoming "skinny fat," as I mentioned earlier, which is why it's important to make every effort possible to stay lean.

What I've outlined for you here is a great place to start, and my belief is that if more people took these tips to heart, the obesity epidemic would subside, leading to far less disease in our world.

### 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 bodybuilder, and also a certified public accountant.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# Ask the Expert: How to Fight Back When Cancer Returns

By Marnie Clark

Editor's Note: Marnie Clark is a breast cancer expert, survivor, and coach. This month, Marnie answers the difficult question as to why breast cancer may return - even after doing all the right things. She discusses the importance of finding the root cause, along with a number of lifestyle changes that she has found incredibly effective with her clients.

**Q: I am now facing a recurrence of my breast cancer. When I was first diagnosed, I did everything the doctor recommended. I also changed my diet, took some specific anti-cancer supplements, and started walking every day. I did so much, and I can't believe I am facing this again. What did I miss?**

**A:** My heart goes out to you, and I'm sure that you did everything you could possibly think of to help yourself heal the first time. Please don't beat yourself up. You did your best with the knowledge that you had at the time. Unfortunately, the situation you are in is not uncommon; I'm asked this question frequently.

When people don't heal, the first thing I recommend is that we look for the root cause. Why did the cancer happen in the first place? Often the patient knows this instinctively. At least 95% of my clients tell me that in the lead-up to their breast cancer diagnosis, they were under a lot of stress.

If stress was a factor for you, do you feel that you have done all that you could to manage it? If not, I recommend that we begin by addressing stress because it has such a wide range of negative effects on the immune system, the very thing you are relying upon to help you stay well. For my clients dealing with recurrence, I recommend at least one hour of meditation daily.

It is helpful to begin with a guided visualization where one brings a healing white light into the body, followed by quieting the mind and attuning oneself to healing. Meditation is a chance for the body and mind to align and kick-start the healing process, so please take time for it. Psychological counseling may also be helpful to deal with stress.

Beyond stress management, there are many things that can be employed to get moving in the right direction. Here is a brief discussion of some of the more important ones.

» **Functional medicine**. This is the first thing I would recommend. Functional medicine (FM) doctors look at the unique genetic makeup of each patient to see which genetic factors may be creating the patient's inability to heal.

They will treat the patient holistically, using a combination of conventional and natural medicine, nutrition, supplements, exercise, and diagnostic techniques. They may also prescribe combinations of drugs and/or botanical medicines, detoxification, and stress management techniques.

Though there is not an abundance of FM doctors, this is the medicine of the future. If there is no functional medicine doctor in your area, seek out the help of an oncology naturopath, or an integrative oncologist.

» **Switch to organic food**. Conventionally grown fruit and vegetables are full of pesticides and other toxic chemicals which pose a danger to our health. Your immune system is already under threat, and the last thing it needs to deal with is a load of toxins.

» **Switch to organic body products and cosmetics**. Your skin is like a sponge, and everything that you put on it enters your bloodstream in minutes. You must become a proactive label reader.

It is said that women are subjected to over 100 chemicals during their day through products like deodorant, shampoo, conditioner, cosmetics, moisturizer, lotion, and even detergents and chemical cleaners. Many of these chemicals are hormone disruptors and can be wreaking havoc on your body without you knowing it. Switching to all-organic body products and cosmetics is vital.

Make your own body products using organic ingredients. It is much cheaper and there are many recipes available online

» **Install water filters**. The water that comes from the tap is no longer safe to consume in most cities. You must filter it with a good quality water filter that removes chlorine, fluoride, and other toxic chemicals. Shower and bathing water should also be filtered. Studies indicate that there is a relationship between organochlorines and breast cancer.[1]

» **Juicing**. Juicing organic vegetables and fruits is an extremely efficient way to take in loads of concentrated cancer-fighting nutrients – many more than you could get into your body just by eating them.

Juicing also helps to keep your body more alkaline. Cancer cells thrive in acidic conditions, so keeping your body as alkaline as possible is beneficial. Juicing is an excellent way to begin your day, and much better than taking a synthetic multivitamin.

» **Exercise**. Studies show that eating a plant-based diet and exercising daily for at least 30 minutes reduces breast cancer risk dramatically.[2] Yoga is one of my favorite ways to exercise, but there are dozens of ways to incorporate movement and exercise into your daily schedule. Exercise oxygenates the cells and cancer hates that!

» **Check your fungal/viral load**. If you have ever been diagnosed with Epstein Barr virus or have a tendency toward yeast infections (caused by *Candida albicans*), it is vitally important to heal yourself from these underlying conditions because they can be dragging down your immune system. Work with someone trained to help eradicate these conditions.

» **Bodywork**. Massage therapy, Reiki, reflexology, acupuncture, and chiropractic adjustments are known to help heal by releasing blockages of energy in the body, helping you to relax, and releasing feel-good endorphins that can help you in many ways. Getting regular bodywork helps to give the immune system a boost as well.

While used for centuries, a 2012 study in the prestigious journal JAMA found that acupuncture is indeed effective for treating chronic pain[3]

» **Detoxification**. It is important to implement cleansing into your life, especially if you have been through the gamut of chemotherapy and radiation. Colon hydrotherapy, coffee enemas, and detox baths are beneficial for detoxifying the tissues of the body from potential carcinogens.

» **Dental health**. This is an often-overlooked aspect and it is a crucial one. If you have amalgam fillings or root canals, these can be leaching toxins into your body. Visit a holistic dentist and get these problems fixed as soon as you can.

» **Offload the old emotional trauma**. Breast cancer is not simply a disease of the physical body. It affects every aspect of you – the physical, emotional, and spiritual. To only deal with the physical body is a mistake many people make.

Old emotional pain and trauma can take up residence in our bodies, drag us down, and keep us from healing. This is often overlooked but essential to deal with. Whether you need to seek out psychological counseling or try techniques like neuro-linguistic programming or the Emotional Freedom Technique, it is essential to get the subconscious and conscious minds working together.

For instance, you may believe with your conscious mind that you can heal yourself, but if you subconsciously believe you will die, healing can be compromised.

Take heart! You can do this. You might need to work a little harder this time around, but your life is important. Leave no stone unturned. In the immortal words of Sir Winston Churchill, "If you're going through hell, keep going."

The Emotional Freedom Techniques (EFT), also known as "tapping," uses the body's energy meridian points. It is a psychological acupressure technique for emotional (and physical) health

## About Marnie Clark

Marnie Clark is a fourteen-year breast cancer survivor and breast cancer coach. Marnie has studied natural medicine for over 25 years and knew that for her body to heal from breast cancer, it would require a blend of both conventional and natural medicine.

She now teaches others about the things in nature that help to make the body hostile terrain for cancer cells, while empowering her clients with knowledge about lifestyle changes that are crucial to the healing process.

Marnie draws from several decades of experience in the disciplines of massage therapy, natural healing and nutrition, aromatherapy, meditation, and energy healing.

Her website is http://MarnieClark.com.


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# Charlene's Cancer-Fighting Kitchen

## Supercharged Tomato Salad

*Who can resist a ripe summer tomato? While they are delectable on their own, the synergy of eating them with other anticancer powerhouses can boost the nutritional value and the enjoyment!*

*Tomatoes contain all four major carotenoids (alpha and beta-carotene, lutein, and lycopene). Together these carotenoids provide many health benefits, including dramatically reducing one's risk of many cancers.*

*Tomatoes are also high in antioxidants. When paired with healthy fats such as olive oil, the health benefits of tomatoes increase dramatically; particularly the anticancer benefits of the lycopene in tomatoes.*

*Vidalia onions are high in polyphenols, especially flavonoids. Flavonoids such as quercetin have strong anticancer benefits. When paired with onions, the sulfur-compounds increase the bioavailability of the lycopene in tomatoes.*

*Chives are anti-cancer powerhouses. Studies show that compounds in chives reduce the damage caused by free radicals in the body.*

Yield: 4-6 servings
Preparation Time: 10 minutes

**Ingredients:**

- 4 ripe tomatoes (any color or variety)
- 1 Vidalia onion, halved and thinly sliced
- 1 English cucumber, thinly sliced (peeled first if you prefer)
- ¼ cup organic extra virgin olive oil
- ¼ cup organic white wine or white balsamic vinegar
- ½ teaspoon coarse ground Celtic sea salt
- ½ teaspoon freshly ground pepper
- 2 scallions, sliced or a small bunch of chives, chopped
- ¼ cup parsley, finely chopped

**Directions:**

1. Arrange the tomato slices on a platter. In a medium size bowl, whisk together the oil, vinegar, salt, and pepper.
2. Add the onion and cucumber; toss to coat. Spoon mixture onto the sliced tomatoes.
3. Garnish with the scallions (or chives) and the parsley.

*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.*

## Buttermilk Chicken Slaw With Sun Gold Tomatoes and Parsley

*This tangy, creamy chicken slaw is the perfect dish to add to your summer menu! Raw buttermilk is a rich source of probiotics. The active cultures can help build healthy bacteria in the stomach and enhance digestion, combating digestive issues.*

*Tomatoes are nutrient dense offering numerous health benefits. Research shows they reduce cancer risk, help maintain healthy blood pressure, and reduce blood glucose in people with diabetes. Carotenoids in tomatoes such as lutein, beta-carotene, and lycopene protect eye health. Interestingly, cherry tomatoes have more beta-carotene than their larger counterparts.*

*Making this dish even more powerful is parsley, a chelating herb recognized for its ability to draw out toxic heavy metals and other carcinogens and expel them from the body. It is also an incredible anti-cancer food, rich in flavonoids like myricetin and apigenin that research shows help inhibit cancer cells and tumors and reduce inflammation.*

Yield: 4 servings
Preparation Time: 30 minutes

**Ingredients:**

- 1 cup buttermilk (preferably raw with active cultures) (see page 17 for a non-dairy alternative)
- 2 ½ tablespoons fresh lemon juice, white wine vinegar, or white balsamic vinegar
- 3-4 small cloves garlic, minced with 1 teaspoon kosher or coarse Celtic sea salt
- 1 generous tablespoon Dijon mustard
- 1 teaspoon raw honey
- 1 teaspoon freshly ground black pepper
- 3 cups shredded roasted or poached chicken (no skin)
- ½ cup red cabbage, thinly sliced or chopped
- 1 cup parsley, coarsely chopped (plus an additional ¼ cup, finely chopped for garnish)
- 2 small carrots, grated
- 1 large head romaine or other lettuce of choice, sliced thinly or coarsely chopped
- ½ pint cherry gold or grape tomatoes, halved
- 1 avocado, vertically sliced (optional for garnish)

**Directions:**

1. In a large mixing bowl, whisk buttermilk (or vegan alternative), lemon juice, salty garlic, mustard, and pepper. Reserve ¼ cup, set aside. Add chicken, red cabbage, parsley, carrot, and lettuce and toss to coat. Season with salt and pepper, if desired.
2. Platter the salad (optional: garnish with reserved parsley and avocado). Drizzle with remaining dressing before serving.

## Non-Dairy Buttermilk Substitute

**Ingredients:**

- 2 tablespoons lemon juice, apple cider vinegar, or white wine vinegar
- 1 cup unsweetened almond milk

**Directions:**

1. Whisk together lemon juice (or alternative acidic substance) and almond milk.
2. Let the mixture stand for 5-10 minutes, then use in place of the buttermilk.

## Romaine and Fennel Salad With Citrus Vinaigrette

*Looking for a light, healthy, cancer-fighting recipe? Search no further! Although Romaine lettuce is often overlooked in favor of kale, spinach, and other superfood greens, it has one of the highest nutritional values in the lettuce category. It is loaded with minerals such as calcium, manganese, phosphorous, magnesium, and potassium.*

*We've also added cucumbers, celery, and radishes for their powerful abilities to hydrate and detoxify the body.*

*However, one of the most impressive ingredients found in this recipe is fennel, which stimulates the production of hemoglobin and is helpful in treating anemia and constipation. Its anticancer benefits are quite impressive, inhibiting the growth of tumors and protecting against the harmful effects of radiation therapy. Fennel also helps regulate hormonal action in the body.*

*Finally, we add just enough lemon zest for that fresh flavor, and the cancer-fighting power of limonene.*

Yield: 4 servings
Preparation Time: 25 minutes

**Citrus Dressing Ingredients:**

- 1 small shallot, finely chopped
- ¾ cup organic extra virgin olive oil
- ¼ cup organic white balsamic vinegar
- ¼ teaspoon lemon zest (plus more for salad garnish)
- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons freshly squeezed orange juice
- Coarse Celtic sea salt and freshly ground pepper

**Salad Ingredients:**

- 1 large head romaine, washed, dried, and chopped crosswise
- 1 bulb fennel, thinly sliced or chopped, fronds reserved
- 6 radishes, quartered
- 1 English cucumber, sliced crosswise and quartered
- 5 scallions, sliced crosswise
- 1 bunch fresh basil, tough stems removed
- Tender leaves from inner stalks of one bunch celery (about 2 tablespoons), stalk removed, leaving leaves whole
- 3 tablespoons reserved fennel fronds

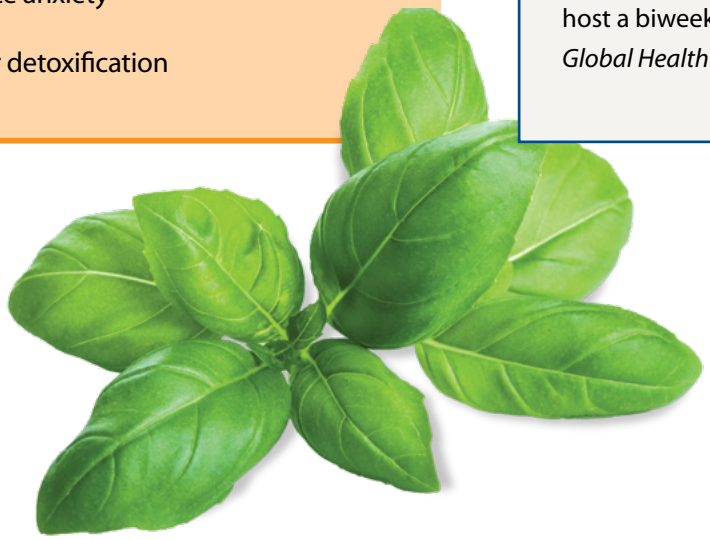
**Directions:**

1. To make the dressing, whisk together the first 6 ingredients in a small bowl; season to taste with salt and pepper. Set aside.
2. Toss romaine, radishes, fennel, cucumber, and scallions in a large salad bowl.

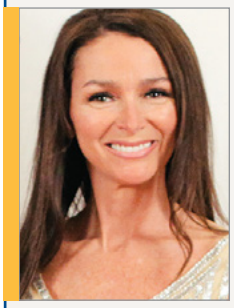
3. Whisk dressing once again. Drizzle a few tablespoons of the dressing onto the salad and toss to coat. Add more dressing as needed (reserve remaining dressing).
4. Add half of the basil, celery leaves, and fennel fronds. Toss gently to combine and add more dressing if desired. Adjust salt and pepper, if needed.
5. Garnish with remaining basil, celery leaves, fennel fronds, and reserved lemon zest, if desired.

## 7 Benefits of Basil

1) Anti-inflammatory
2) Anti-bacterial
3) Anti-tumor
4) Antioxidant
5) Boosts immune function
6) Helps to reduce anxiety
7) Promotes liver detoxification



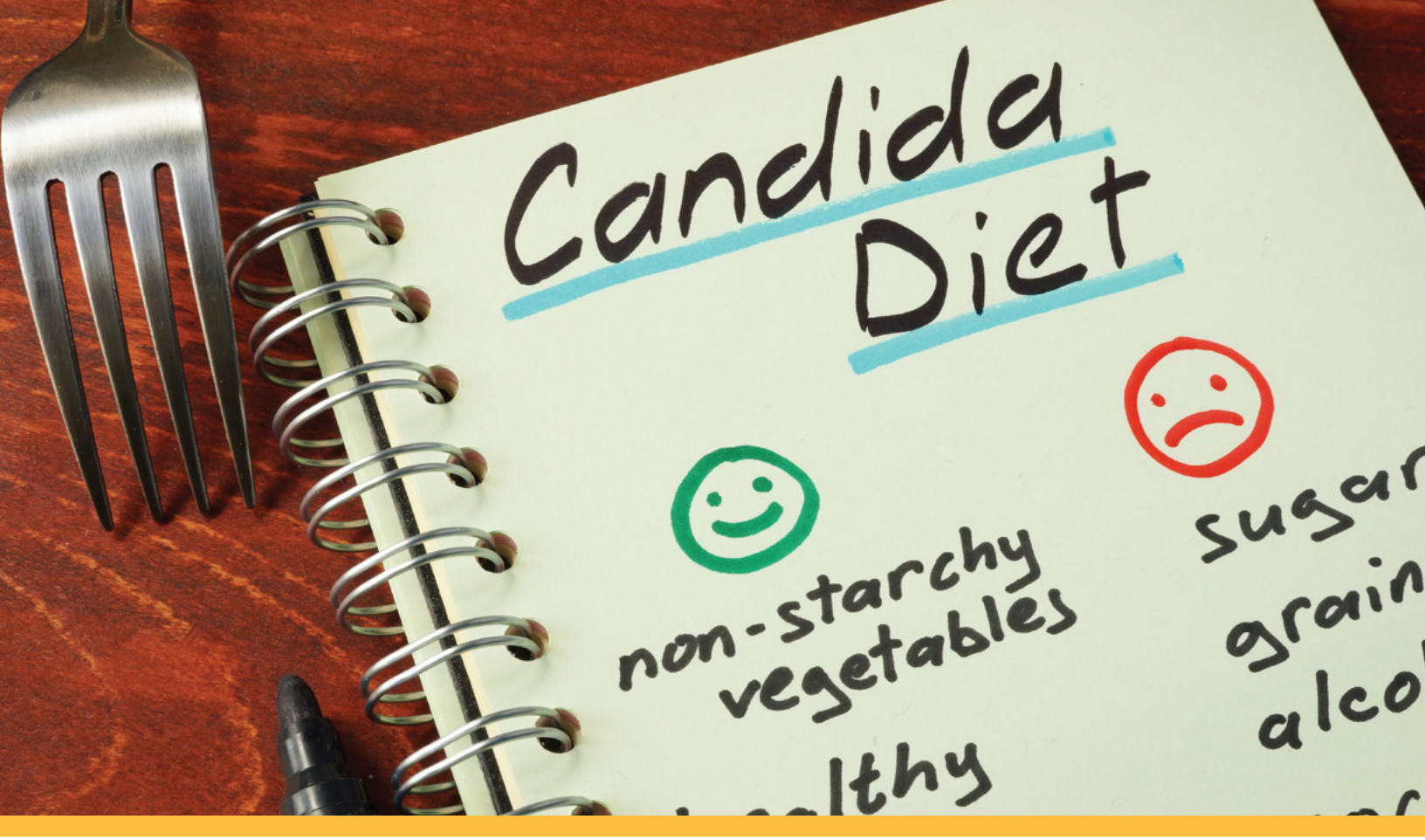
## About Charlene Bollinger



Charlene Bollinger is a devoted Christian, happily married wife, joyful mother of 4 beautiful home-educated children, health freedom advocate, co-founder of TheTruthAboutCancer.com and Organixx.com along with Ty and their partner, Jonathan Hunsaker. She is a former model/actress/fitness buff, and lover of healthy food and healthy living.

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

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




# Is Candida Fueling Cancer Growth in Your Body?

By Dr. David Jockers

Sugar cravings, bloating, brain fog, fatigue, anxiety, and depression are common symptoms that many people experience. While these symptoms are often dismissed as general health complaints, they are often related to an overgrowth of Candida.

Candida is a type of yeast normally found in small amounts in the gut, respiratory, and genital tracts. Small amounts of Candida can be beneficial but become problematic when it grows uncontrollably. It is associated with numerous health issues, including cancer.

It is important to test for Candida to determine if it is an underlying cause of your symptoms. There are home testing options including The Spit Test and Candida Questionnaire, although lab testing methods are more reliable. These include organic acids testing, stool testing, and antibody testing. This article will describe Candida and discuss the symptoms and health issues associated with it. It will also review the best ways to test for Candida and provide five steps you can take to heal Candida naturally.

## What Is Candida?

Candida is a fungus, which is a form of yeast. Normally found in the mucous membranes of the intestinal tract, mouth, throat, and genital areas, Candida lives in harmony with other microorganisms and performs important functions in the body. Levels are kept low by healthy bacteria in the gut and immune system.

When the microflora is imbalanced due to lifestyle factors, Candida can overpopulate your digestive system and spread throughout your body. This overgrowth can cause an infection called *Candidiasis*, which can cause damage to your organs and tissues.

Systemic candidiasis is serious and can affect the blood, heart, brain, eyes, bones, or other parts of the body.[1] The most common form of systemic Candidiasis is when Candida enters the bloodstream.

Other types of Candidiasis include thrush (from Candida in the mouth and throat), genital yeast infection, and diaper rash.

## What Causes Candida Overgrowth in the Body?

There can be many causes of an overgrowth, including a weakened immune system from chemotherapy or corticosteroids and gut microbial imbalances. Taking antibiotics can deplete healthy gut bacteria, which can also lead to an overgrowth of Candida.

Yeast feeds off sugar, and a high-sugar, high-carbohydrate diet can cause Candida to overproduce. Refined sugar and alcohol also weaken the immune system and alter the gut microbiome, which can contribute to Candida overgrowth.

The use of oral contraceptives has been linked to recurrent yeast infections in women,[2] and high levels of stress and lack of sleep may also contribute. Chronic stress causes inflammation and weakens the immune system as well. It's very important to address these diet and lifestyle factors to prevent an overgrowth of Candida.

## Common Symptoms and Health Problems

Because symptoms of Candida are common to many health issues, it can go undiagnosed. Fatigue is one of the most common symptoms, but others include:

- Sugar and cravings
- Brain fog
- Poor memory
- Focus and concentration
- Anxiety
- Depression
- Mood swings

Skin issues like eczema, psoriasis, hives, rashes, athlete's foot, or toenail fungus are common with Candida, as well as yeast infections and urinary tract infections.

Many people with Candida have digestive issues, and when Candida is overproduced, it can cause leaky gut syndrome. With leaky gut, holes develop in the lining of the gastrointestinal tract, allowing harmful substances to pass through the gut wall and into the bloodstream. Bloating, constipation, and diarrhea are common digestive symptoms of Candida. Overgrowth can even lead to diseases of the gastrointestinal tract, including ulcerative colitis and Crohn's disease.[3]


When you consume sugar, you are feeding Candida yeast and other bad bacteria in the gut

In addition to digestive issues and cancer, systemic Candida infections may cause the development of autoimmune conditions such as:

- Hashimoto's thyroiditis
- Rheumatoid arthritis
- Ulcerative colitis
- Lupus
- Psoriasis
- Scleroderma
- Multiple sclerosis

Let's take a closer look at the cancer-candida connection and why the two may be more closely linked than we thought.

## Does Candida Cause Cancer?

Candida can promote cancer by several different mechanisms,[4] like producing carcinogenic byproducts, triggering inflammation, inducing the Th17 response, and bimolecular mimicry.

Studies have established a strong connection between Candida infections and rates of cancer. A recent study found that men with Candida infections had a significantly higher risk of all cancers, hematologic malignancy, head and neck cancer, and oral cavity cancer. Women with Candida had significantly higher risks of hematologic malignancy and non-Hodgkin's lymphoma.[5] [Note: A hematologic malignancy is a form of cancer that affects the blood and lymph system]

## Toxic Metabolites of Candida

Once Candida enters the bloodstream, overgrowth can occur in almost every tissue in the human body. Candida releases over 70 different toxins into the bloodstream and body[6] which protect it against the body's immune system.

The liver is responsible for detoxification, and high levels of Candida can affect the liver's ability to remove various toxins, reducing immune activity and promoting autoimmunity. This can result in whole body toxicity and immune dysregulation.

Two of the most potent toxins released by Candida are acetaldehyde and gliotoxin, which are released when it is alive and even more during the die-off process. [Note: Gliotoxin is an immunosuppressive mycotoxin]

• **Acetaldehyde** is a carcinogen that can damage cellular D NA.[7] It is also a byproduct of alcohol metabolism and 10 to 30 times more toxic than alcohol. High levels of acetaldehyde lead to oxidative stress and inflammation.

• **Gliotoxin** is a major toxin that suppresses the immune system and kills key immune cells, including liver cells.[8] It has been found in high levels in individuals with multiple sclerosis, which affects the nervous system and brain.

Acetaldehyde and gliotoxins are just two of the 70 highly toxic metabolites released by Candida. These toxins can increase once Candida forms a biofilm, or protective matrix, around itself. To avoid toxic effects, it is critical to determine if you have Candida and employ healing strategies. Here are some testing options and five steps to heal Candida naturally.

## How to Test for Candida

It is crucial to test for Candida so that you can take measures to reduce an overgrowth in the body. The best lab tests for Candida are organic acids testing, stool testing, and food sensitivity testing. You can also perform the Candida Questionnaire and Spit Test at home but should confirm results with a lab test.

## At-Home Testing for Candida

While not as reliable and accurate as lab testing, there are home methods of testing. The Candida Questionnaire and the Spit Test are two ways to identify whether Candida may be an issue for you.

## 1 | Candida Questionnaire

Dr. William Crook is one of the original pioneers who brought awareness to the issue of yeast overgrowth. He developed a questionnaire to help identify the risk factors for Candida.

### DR. CROOK'S CANDIDA QUESTIONNAIRE (ADD UP YOUR SCORE)

| | QUESTION | YES | NO |
|---|---|---|---|
| 1. | Have you taken repeated or prolonged courses of antibacterial drugs? | 4 | 0 |
| 2. | Have you been bothered by recurrent vaginal, prostate or urinary infections? | 3 | 0 |
| 3. | Do you feel "sick all over," yet the cause hasn't been found? | 2 | 0 |
| 4. | Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue? | 2 | 0 |
| 5. | Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors? | 2 | 0 |
| 6. | Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? | 2 | 0 |
| 7. | Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years? | 2 | 0 |
| 8. | Do some foods disagree with you or trigger your symptoms? | 1 | 0 |
| 9. | Do you suffer with constipation, diarrhea, bloating or abdominal pain? | 1 | 0 |
| 10. | Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes? | 1 | 0 |
| 11. | When you wake up, do you have a white coating on your tongue? | 1 | 0 |

**Source:** candidasupport.org

### Interpreting the Results:

| WOMEN | MEN |
|---|---|
| A score of 10 or greater indicates that your health problems may be connected to a Candida overgrowth. A score of 13 or higher suggests that your symptoms are very likely to be related to Candida. | A score of 8 or greater indicates that your health problems may be connected to a Candida overgrowth. A score of 11 or higher suggests that your symptoms are very likely to be related to Candida. |

### 2 | Spit Test

Another easy home method of testing for Candida is the spit test. To perform the spit test, collect saliva in your mouth first thing in the morning and spit into a clear glass of water. Observe the saliva for 15 minutes. If the saliva does any of the following, you may have an overgrowth of Candida:

- Your saliva stays at the top and you see thin strands that look like strings or spider legs extending downward.
- Your saliva floats to the bottom and looks cloudy.
- Your saliva is suspended in mid-air and looks like little specs are floating.

There are many factors that contribute to thickness of mucus so be sure to do the test a few times and complete the questionnaire

The spit test has a high rate of false negatives and false positives, so it may not be very reliable. The spit test can be a used as an initial indicator of Candida, but you should confirm the results with a lab test.

## Lab Testing for Candida

### 1 | Organic Acids Testing

One of the best testing methods for Candida is organic acids testing. Organic acids are chemical compounds excreted in our urine, and are more easily detectable in urine because they are present at 100 times their blood concentration.

Organic acids testing is a simple at-home urine test that looks at key metabolites of bacteria, yeast, and mitochondrial metabolism. Yeast and fungal markers included in organic acids testing are Citramalic, 5-Hydroxy methyl-2-furoic, 3-Oxoglutaric, Furan-2, 5-dicarboxylic, Furancarbonylglycine, Tartaric, Arabinose, Carboxycitric, and Tricarballylic. High levels indicate elevations in yeast and fungal compounds in the body. Organic acids testing is a great way to evaluate Candida.

### 2 | Stool Testing

Stool testing is one of the most reliable and accurate testing methods for determining if you have Candida overgrowth. Stool testing looks at yeast DNA in the stool. It measures whether there is Candida in the colon or lower intestines and can analyze levels of yeast, the species of yeast, and which treatment will be effective.

Yeast is not uniformly dispersed in the stool, so it is important to use a stool test that examines both cultured and microscopic yeast. Yeast may appear cultured but not microscopically or vice versa. Stool testing is a reliable method for determining Candida overgrowth.

### 3 | Measuring Antibodies to Candida

When your body is faced with a foreign substance such as bacteria, viruses, or yeast, it triggers an immune response that produces antibodies (or immunoglobulins) to fight the foreign substance. Testing for antibodies can measure your immune system's response to Candida.

Three antibodies that can be tested are IgG, IgA, and IgM. These antibodies reflect either an immediate or delayed response to Candida.

IgM is an immediate responder and is produced when Candida first becomes systemic. IgG is the largest circulating antibody and is found in all bodily fluids. IgG is a delayed response and indicates a long-term Candida


A candida overgrowth may lead to leaky gut, which causes your immune system to react by trying to fight it off

infection. High levels of these antibodies indicate that your immune system is reacting to the presence of Candida in the body.

Candida antibodies may trigger autoimmune disease and can react with virtually all human organs. They are elevated in Crohn's disease, cystic fibrosis, and cancer.

## 5 Steps to Heal Candida Naturally

There are five crucial steps to heal Candida overgrowth naturally. These steps include nutrition, anti-microbial support, improving liver function, strengthening the immune system, and restoring the gut lining.

### 1 | Anti-Candida Nutrition Plan

To grow and proliferate, yeast needs fuel, so to overcome Candida, you must starve it to death by eliminating sugary foods.

Consuming a low-carbohydrate, low glycemic diet that consists mainly of phytonutrient-rich, non-starchy vegetables, antioxidant-rich herbs, healthy fats, and clean protein is the best anti-Candida diet. Sources of healthy fats include coconuts, olives, nuts, seeds, avocados, and grass-fed ghee. Wild-caught fish, grass-fed meat, free-range chicken, turkey, and eggs are excellent protein choices.

### 2 | Antimicrobial Support

Supporting the body with antimicrobials is necessary to heal Candida. There are many foods and herbs with antimicrobial properties.

Coconut oil is rich in lauric acid, which is a natural antifungal. At least 4 tablespoons of coconut oil a day should be part of your anti-Candida protocol. Substantial amounts of powerful, antioxidant-rich, anti-inflammatory herbs such as cinnamon, turmeric, green tea, and ginger should also be used daily.

### 3 | Improve Liver Function

Reducing toxic exposure, enhancing immunity, and rebuilding glutathione levels, sulfur compounds, and methylation can all support liver detoxification. Bitter herbs are especially good for the liver and the body's detoxification process.

Consuming liver-healthy foods and using detoxification techniques can strengthen the liver. Foods that are great for the liver include cruciferous vegetables, eggs, citrus fruits, leafy greens, avocados, fatty fish, olives, beets, coffee, nuts, spirulina, and liver from organic, pasture-raised animals. Detox methods that support the liver include intermittent fasting, infrared saunas, coffee enemas, Epsom salt baths, oil pulling, dry brushing, and water flushing.

Add at least one daily serving of cruciferous vegetables to your diet for liver support

## 4 | Strengthen the Immune System

An overgrowth of Candida weakens the immune system. To recover from Candida, you must support the gut immune response and take other steps to strengthen the immune system.

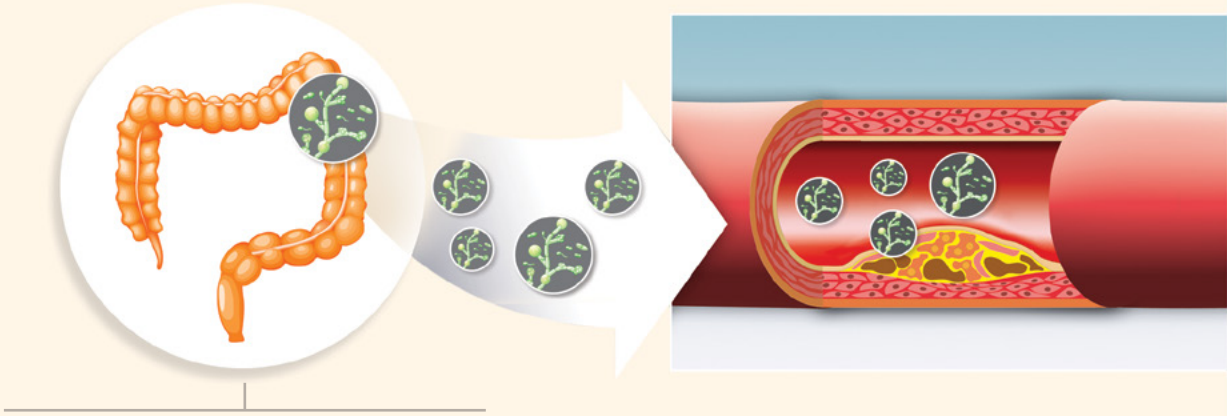
Secretory IgA (SIgA) is the main immunoglobulin found in mucus secretions. It is the first line of defense against pathogens such as bacteria, parasites, viruses, and Candida.[9] Supporting healthy SIgA levels is important for healing Candida. Supplementing with vitamin C, olive leaf extract, and beta glucan can strengthen the immune system.

## 5 | Restore the Gut Lining

Candida destroys the gut lining, which can lead to food sensitivities and leaky gut. It is critical to restore the gut lining once the Candida population is under control.

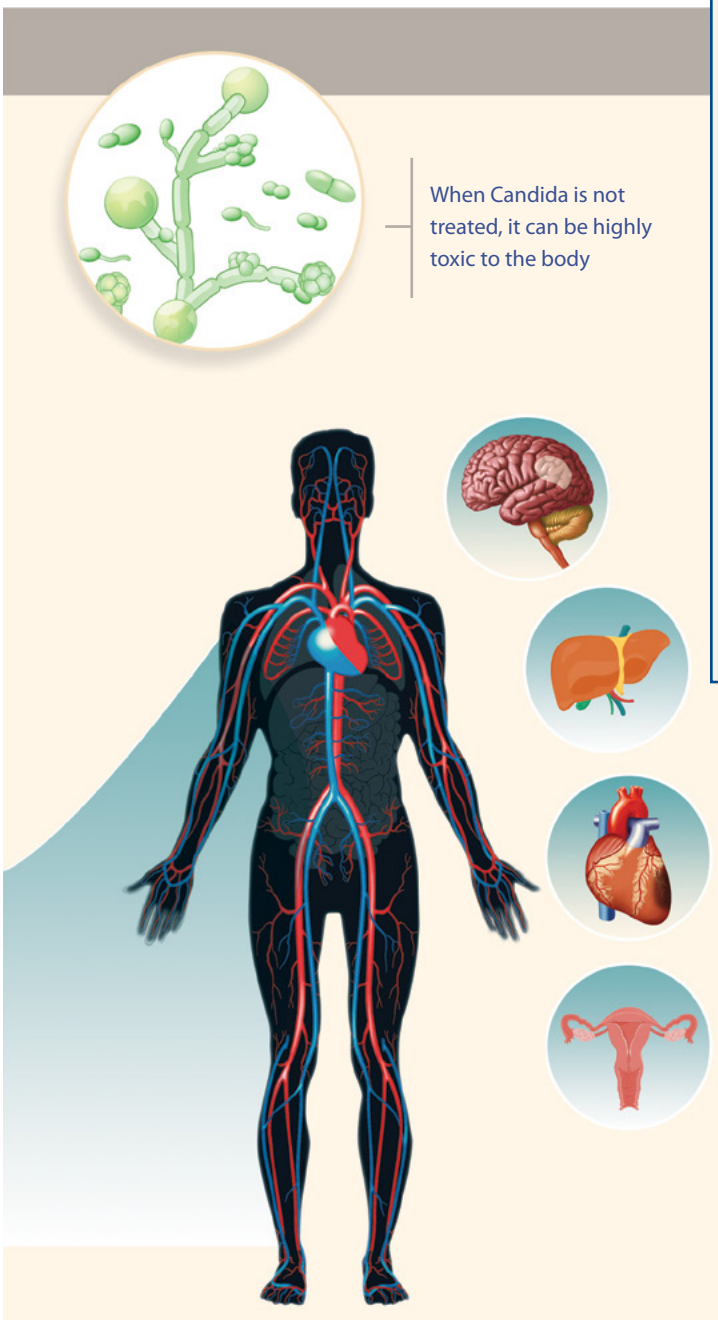
## CONCLUSION:

- Candida is a yeast naturally found in the gut.
- A healthy microbiome will keep opportunistic Candida in check.
- Candida can contribute to systemic inflammatory and immune-related conditions, including cancer.
- Candida releases over 70 toxins into the bloodstream and body. The body reacts with an immune response causing higher levels of inflammation.
- It is important to test for Candida to determine if you have an overgrowth.
- Two at-home methods for Candida are the Candida Questionnaire and the Spit Test.
- Methods for testing Candida through a lab are more reliable.
  - Options for lab testing include organic acids testing, stool testing, and antibody testing.
- There are 5 crucial steps to heal Candida naturally.
  1) Implementing an anti-Candida nutrition plan that starves Candida
  2) Anti-microbial support with foods and herbs
  3) Improving liver function
  4) Strengthening the immune system
  5) Restoring the gut lining



It is possible for a Candida overgrowth in the gut to break down the walls of the digestive tract and enter the bloodstream

Following the anti-Candida nutrition plan is a great start, but you should add nutrients that can help restore the gut lining. Bone broth, aloe Vera, slippery elm tea, and L-glutamine are vital for rebuilding the gut lining. B vitamins, glutathione precursors, ginger, turmeric, MSM, quercetin, zinc, and other anti-inflammatory compounds can support liver detoxification and the gut healing process.



When Candida is not treated, it can be highly toxic to the body

Apart from causing chronic inflammation, Candida can affect other organs including the liver – with symptoms commonly associated with liver damage (brain fog, fatigue, anxiety/ depression etc)

## About Dr. David Jockers

Dr. David Jockers is a functional nutritionist, corrective care chiropractor, exercise physiologist, and certified strength & conditioning specialist.

He runs one of the hottest natural health websites: DrJockers.com and is the author of *SuperCharge Your Brain*, the complete guide to radically improve your mood, memory, and mindset, and the *SuperCharged Healthy Recipes* book with over 180 full-color recipes to help you take back control of your health. He is a regular contributor to thetruthaboutcancer.com and has well over 1,200 professionally published natural health articles on the web and in print magazines.

Dr. Jockers is a sought after speaker around the country on such topics as weight loss, brain health, functional exercise, natural detoxification, and disease prevention. He currently owns and operates Exodus Health Center in Kennesaw, Georgia.

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