Heroes Against Cancer Newsletter

The TRUTH About CANCER™
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More Than Mammography: Know Your Options for Breast Cancer Testing

By Dr. Véronique Desaulniers

October is Breast Cancer Awareness month, which every year means sweeping campaigns from organizations such as the Susan G. Komen Foundation encouraging women to practice prevention with the focus mostly on getting regular mammograms.

The focus on breast cancer this month is a wonderful opportunity for education in general, including knowing about the alternatives to mammograms for early detection.

In fact, this information is being sought after by more and more women. Statistics from the National Institutes of Health (NIH) reveal that close to 40 percent of all adults in the U.S. utilize complementary and alternative medicine – and more than likely you're one of them.

Many Breast Cancer Awareness campaigns encourage women to get regular mammograms

Now the time has come to add alternative and complementary **testing procedures** to your cancer prevention and healing toolbox.

The Scary Truth About Mammograms

Mammograms are the go-to mode of breast cancer detection that is promoted by the established medical industry. The choice as to whether or not to get a mammogram is an individual one.

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In order to make an informed decision, however, it is important to know the cold, hard facts. And the most glaring fact is that within the last year and a half, major organizations like the American Cancer Society (ACS) have changed their tune about their mammogram testing recommendations.

As of October 2015, the ACS recommends that American women get tested annually starting at 45 years of age (it was 40 previously) and that women aged 55 and older cut back to one test every two years. This change was prompted by a 2013 report published by the U.S. Preventative Task Force which recommended delaying mammograms for healthy women in order *"to reduce the harms of mammography screening by nearly half."*

The specifics of these harms have remained somewhat vague; the mainstream media has mostly focused on the high number of "false positives" that mammograms produce. Indeed, **approximately 20 percent of all initial breast cancer diagnoses wind up being "false positives,"** which often lead to unnecessary biopsies and even rounds of chemo and radiation – not to mention a lot of unnecessary emotional stress.

There is more to the dangers of mammograms than what is regularly being discussed, however. Mammograms expose very sensitive tissue to low-level radiation which accumulates in the body with each visit.

In fact, according to a 2006 study conducted by the University Hospital in Birmingham, U.K., "Recent radiobiological studies have provided compelling evidence that the low energy X-rays as used in mammography are approximately four times – but possibly as much as six times – more effective in causing mutational damage than higher energy X-rays."

In addition, the extreme manipulation of the breast tissue that typically happens during a mammogram may in fact **cause tumors to spread**.

Perhaps the most startling fact about mammograms is that in reality they do not detect breast cancer any more than a regular self-exam can.

A large study published in the British Medical Journal found that one in five cancers "discovered" through mammograms was not an actual health threat

In fact, in the most comprehensive and sweeping study on mammograms to date, researchers from the University of Toronto monitored 90,000 women over the course of 25 years. The study, which was published by the *British Medical Journal* in 2014 found that mortality rates from breast cancer (and from all other causes) was the same both for women who got mammograms and those who did not. It also discovered that one in five cancers "discovered" through mammograms was in reality not a health threat.

"It will make women uncomfortable, and they should be uncomfortable," Dr. Russell P. Harris, a professor of medicine at the University of North Carolina-Chapel

Hill who specializes in screenings, told the *New York Times* at the time, in reference to the study's findings. *"The decision to have a mammogram should not be a slam dunk."*

No modality is going to be 100 percent accurate when it comes to spotting breast cancer. However, there is technology out there now which can now safely and effectively detect these cancers, sometimes years before a lump or bump appears.

7 Tests for Breast Cancer Your Doctor May Not Even Know About

#1 - Thermography

If you're looking for a non-invasive and safe diagnostic tool as an alternative or a complement to mammograms, then getting a thermography screening may be the right option for you.

Thermography, also known as Digital Infrared Thermographic Imaging (DITI), detects areas of heat in the body which can point to areas where inflammation may be occurring.

Because of this, thermography may be able to detect physiological breast cancers even when they are just the size of a pinhead.

In fact, a 2008 study published in *The American Journal of Surgery* found that breast thermography in particular has a 97 percent "sensitivity rating" for discovering malignancies, sometimes years before a visible tumor has been formed.

Thermography can be especially effective for women who have been diagnosed as having "Dense Breast Syndrome," where mammary tissue is denser and more fibrous than normal.

While thermography is covered by health insurance in many countries outside the U.S., it has yet to be covered by most American providers.

More and more alternative health clinics are offering the service at affordable prices, however, including integrative health centers, Ayurvedic centers, acupuncturists, and chiropractors.

To find a certified thermography technician in your area, I recommend contacting the American College of Clinical Thermography.

#2 - ONCOblot® Test

Did you know that there are specific substances that cancer cells excrete that are unique only to them?

Available since 2013 through their CLIA and CAP-certified laboratory next to the Purdue University campus, the *ONCOblot* blood test is based on 20 years of research by Purdue biochemists and nutritionists Dr. Dorothy Morré and the late Dr. James Morré.

ONCOblot checks for a universal cancer marker called ENOX2, which is a growth protein that appears on the surface of malignant cancer cells before being released into the bloodstream. Once the ENOX2 protein is found in sufficient numbers, it can then be used to identify over 27 different types of cancer.

ONCOblot is an extremely sensitive test which has a 99 percent accuracy rate for detecting extremely small tumors (about 2 million cancer cells). Its accuracy rate in determining the "site of origin" of cancer cells is 96 percent.

ONCOblot is an extremely sensitive blood test that can be used to detect over 27 different types of cancer

I have supported hundreds of women on a preventive or healing journey and have personally found the *Oncoblot* test to be one of the best in determining if cancer cells are present in the body. This test is often used in place of biopsy for women who do not wish to have that invasive and potentially cancer-spreading procedure done to them.

It can also be used as a complementary testing tool along with traditional protocols. Most conventional doctors do not use *Oncoblot*, but some integrative medical practitioners may.

The Morrés have applied for FDA approval for *Oncoblot* as well as coverage through the American Medicare program and U.S.-based insurance companies. Visit the *Oncoblot* website to learn more and to find a provider.

#3 - The Greece Test

The "Greece" Test is named after the Greek researcher who created the test – medical geneticist Dr. Ioannis Papasotiriou – who also established the Research Genetic Cancer Center (RGCC) that originally performed the test.

There are currently seven labs across the globe that process Greece tests and service patients worldwide. The purpose of the Greece Test is two-fold – to check for significant numbers of "circulating tumor cells" (CTCs) as well as cancer stem cells (CSCs), which can determine the aggressiveness of the cancer. Once these cells are discovered, scientists in the lab can then determine which particular treatment protocols work best for that individual.

What makes Greece a one-of-a-kind testing mechanism is that it tests the effectiveness of *50* different *natural therapies as well as 49 different chemotherapy drugs* for a person's particular cancer situation. Cancer cells and stem cells are first isolated from the patient's blood and are grown in a petridish. They are then dosed with the various pharmaceutical and natural substances. After two days, each petridish assay is measured for effectiveness based on cancer and stem cell die-off rates.

This is a highly personalized way of approaching the cancer journey which is quite different than the "cookie cutter chemo" model used by most oncologists. For breast cancer, the Greece test can also determine multi-drug resistance and protein-coating resistance of the cancer cells as well as specific genetic markers. In other words, the Greece test offers you a very targeted approach to your healing journey.

Examples of natural substances that Greece tests contain include enzyme therapy, vitamin D3, vitamin C, quercetin, Haelan (fermented soy beverage), Laetrile (vitamin B17), artemisinin (wormwood extract), Sanguinaria (blood root or blood wort), Agaricus mushrooms, resveratrol, and many others.

The Greece Test can also be used to determine if cancer cells are sensitive to hyperthermia (heat). This is very beneficial since daily use of far-infrared saunas or the use of a "bio mat" can help increase core body temperature and increase the numbers of natural killer cells. Natural killer cells are specialized immune cells that can recognize and bind to certain tumor cells and virus-infected cells and kill them.

Admittedly, the Greece test is not accepted by most traditional oncologists as a valid diagnostic device, so the costs of testing and treatment are out-of-pocket. For many patients who wish to streamline their healing process and use substances they know their body will respond to, it is a price they are willing to pay.

Dr. Papsotirou puts it in perspective: *"We are at a crossroads and we need to take a different way to approach cancer patients."*

With the Greece test, a patient's cancer cells are studied to determine which cancer treatments will work best for that individual

#4 - Cancer Profile

Unlike the ONCOblot and Greece tests, a typical Cancer Profile is not considered a "cancer diagnostic" tool since many of the mechanisms and substances it will test, such as inflammatory markers, are not specific to cancer. The results of this comprehensive test may give you a very solid indication if cancer is affecting your health, however.

Most cancer profiles will test for the **PHI** (*Phosphohexose Isomerase*) enzyme and variants of the **HCG** (*Human Chorionic Gonadotropin*) hormone, which are unique to cancer cells.

PHI activity is a sign that anaerobic activity exists in the system. Cancer cells thrive in an anaerobic environment. The PHI enzyme is also the main cause of cancer cell migration to other areas of the body as it channels cancer cells into a state of fermentation.

The HCG hormone is a tumor marker that will be elevated in about 80 percent of all malignancies.

Other substances that may be tested in a typical cancer profile include:

- Carcinoembryonic antigen (CEA), a cancer antigen
- Gamma-glutamyl transpeptidase (GGTP), an enzyme that monitors liver and bile function
- Thyroid-stimulating hormone (TSH), related to thyroid function
- Dehydroepiandrosterone (DHEA), an adrenal substance often called the "anti-stress, pro-immunity, longevity" hormone
- C-Reactive Protein (CRP), a powerful inflammatory marker
- Insulin-like Growth Factor 1 (IGF-1), an overexpression of which could be an indication of cancer malignancy

#5 - Genomic (DNA) Testing

Like the Cancer Profile, genomic testing mechanisms are not "diagnostic." They cannot diagnose cancer per se, but they can determine what your genetic weaknesses are on many levels, which may be an indication of cancer risk.

Genomic testing is a good course of action for healthy individuals who wish to prevent breast cancer as well as those who are on a breast cancer healing journey. The findings can help you and your health provider tailor a lifestyle, supplementation, and dietary regime that will work for you.

New findings in the field of epigenetics are discovering just how much our environment, both internal (see more on that in this month's article on Emotional Trauma) and external, can affect our genetics.

In some cases, these factors can actually affect the blueprint of our DNA. But for most people, environmental factors (whether we eat a standard American diet or a healthy one, for example) affect even more how this blueprint is *expressed*.

There are exceptions to the rule, but for the most part a person's genetic blueprint does not change much over the course of their lifetime. Some key elements of a quality, full-spectrum genomic test may include inflammatory markers, lipids metabolism, essential vitamin and mineral assimilation, methylation, oxidative stress, stress responses, sleep responses, liver detoxification pathways, and caffeine assimilation, among others.

#6 - New Technologies for Breast Cancer Prevention

It is always exciting when a new modality comes to the market that may be able to provide women more options for safe, effective breast cancer detection. One modality that shows promise is the Sure Touch Breast Self-Exam testing device.

Work with a trusted healthcare practitioner to determine if new testing methods are right for you. However, you may also need to search for a practitioner familiar with the latest tools

Sure Touch is a radiation-free clinical breast examination tool developed by Harvard scientists that uses *"proprietary tactile sensor technology"* and a cloud-based networking system to produce a digital surface map of the breast, where abnormalities may be spotted. SureTouch is FDA-cleared for breast surface mapping and to serve as an aid during a clinical breast exam.

Another new technology is the Breast Cytological Evaluation Test (or Breast "PAP" test) which has the ability to detect abnormal cells *"years before a larger, potentially cancerous lesion might develop."* The test is designed and produced by a company called Halo and the device is FDA-cleared for the *"collection of nipple aspirate fluid for cytological evaluation."*

According to the Halo website, *"over twenty years of scientific literature supports data that shows the presence of atypical cells from nipple aspirate fluid increases a woman's lifetime risk of developing breast cancer."*

Since these technologies are new, it is important to ask a trusted healthcare provider about them first to determine if they are right for you and if your provider has access to them.

8 "Red Flag" Health Tests Every Woman Should Consider

While the tests above can help you determine what is happening with actual cancer cells in your body and your specific cancer risks, the results of the tests below can provide basic information about your hormonal and immune system health, which may be able to provide important clues about your breast cancer risk overall.

#1 - Tests to Determine Your "Estrogen Quotient" (EQ)

The concept of the "Estrogen Quotient" was developed by Dr. Henry Lemon, who studied the estrogen substance *estriol* as it related to breast cancer risk. The EQ test itself looks at the relationship between the three types of estrogen: estriol, estrone, and highly-aggressive estradiol (which toxic xeno-estrogens have the ability to mimic).

A comprehensive EQ test is best analyzed with saliva testing. Some of the other substances that are tested in a saliva test include progesterone, testosterone, DHEA, and cortisol levels. This test is especially helpful for those who are considering hormone replacement or those who have reproductive issues, such as fibroid tumors or menstrual cycle irregularities. These are conditions which often arise during a woman's peri-menopause and menopausal years. The EQ test is vital for those who want to take a preventive and active role in their breast health.

#2 - Estrogen Methylation Testing

Another key component to reproductive and hormonal health is a process called *methylation*. Methylation is a normal process that causes proteins and hormones to "change" from one substance to another (from serotonin to melatonin, for example).

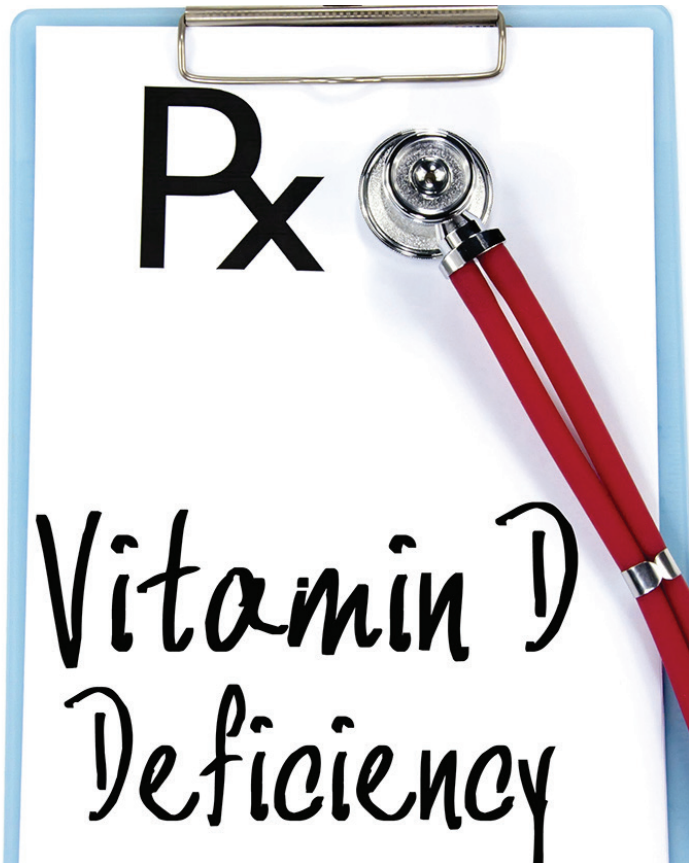
Proper methylation is essential for correct genetic expression as well as for detoxification of the liver. Estrogen methylation in particular is an important step in the metabolism of the female hormone estrogen.

Cancer cells have shown to have improper methylation overall and this is a HUGE piece of the puzzle that most traditional doctors often miss! If a woman is not properly methylating (or "breaking down") estrogen in her body, then aggressive estrogens re-circulate and this can increase the risk of breast cancer.

#3 - Vitamin D Test

Did you know that most Americans are deficient in Vitamin D? There are many reasons for this, including sedentary, indoor lifestyles, and bad eating habits. The connection between vitamin D deficiency and breast cancer has been confirmed many times over by scientific research and is acknowledged by the U.S. National Institutes of Health (NIH).

The majority of woman I coach who have been diagnosed with breast cancer have a severe vitamin D deficiency. The test to get your levels checked is easy and can be done through most health care providers or on your own through an independent lab.



Researchers have proven many times over the link between vitamin D deficiency and breast cancer

#4 - Iodine-Bromide-Fluoride Test

Iodine is another substance that is vital for not only breast health but also reproductive, hormonal, and especially thyroid health. And, like vitamin D, most individuals in the U.S. are deficient.

Why? Again, there are several factors, but a big one is environmental. Fluoride, which many local and regional water districts began putting into public water systems in the 1960s to help "prevent tooth decay," can block the assimilation of iodine in the body, as can bromide.

Do yourself a favor and, at the very least, **get your iodine levels checked** today. This is especially important if you have thyroid issues.

#5 - Complete Thyroid Test

A complete thyroid hormone analysis, which will check levels of Thyroid Stimulating Hormone (TSH) as well as T2, T3, and T4 hormones, is recommended especially if your iodine levels are low or if you are experiencing the symptoms of either hypo- or hyperthyroidism.

Hypothyroidism has become a widespread condition in the U.S. because of iodine depletion, stress, and other factors. Hypothyroidism is a precursor to breast cancer and a whole host of other disease conditions.

#6 - Sleep Panel

A comprehensive Sleep Panel is important to consider if you are having sleep issues such as insomnia, restless sleep, trouble falling asleep, or are just feeling extra tired, or "wired and tired" throughout the day.

The correlation between sleep disturbances and breast cancer is clear. A 2014 study published in the medical journal *Breast* found that sleep disturbances were noticeably high in women with breast cancer. Besides melatonin (a vital hormone that can literally "put cancer cells to sleep"), a Sleep Panel will look at other neurotransmitters including serotonin, GABA, dopamine, norepinephrine, epinephrine, and glutamate.

#7 - Heavy Metal Testing

If you were to ask me who I think should get tested for heavy metals, I would say everyone! We live in a toxic world. No matter how healthfully we try to live our lives, heavy metals are going to inevitably affect us in some way without proper detoxification practices to get rid of them.

You may especially be at risk for heavy metal toxicity which can lead to breast cancer if you currently have or used to have amalgam fillings in your mouth.

Detoxing from heavy metals is simply a part of a healthy breast and healthy body protocol and getting tested for specific substances and their levels can help you target necessary detox efforts.

#8 - Tests for Gut Health

More and more, we are discovering the connection between gut health and immune system function. This makes perfect sense since 80 percent of your immune system cells reside in your gut!

Conditions such as leaky gut and irritable bowel syndrome (IBS) can be indicators of bad bacterial overgrowth and toxicity in the digestive system which can lead to autoimmune disease, allergies, oxidative stress, inflammation, and cancer.

One test that can help you determine the "state of your gut" is a **parasite stool analysis**. Other more comprehensive tests will measure the amount and quality of the major flora in your gut in addition to parasites. A test such as this is recommended for anyone with a history of leaky gut, Crohn's disease, IBS, diverticulitis, or other gut-related conditions as well as those with autoimmune conditions and allergies.

Why Isn't My Doctor Telling Me About These Tests?

You may be asking yourself this question right now, and rightly so! It would be easy to get into a lengthy conversation about the ills of the billion-dollar cancer industry that is designed to promote the "status quo" at the expense of patient advocacy and disease prevention.

On a more individual level, it's likely simply that most doctors don't know that these tests exist because they haven't been educated about them. A 2006 survey of medical schools done by the University of North Carolina School of Nutrition found that out of the 106 schools they studied, only 32 required their students to take a course in nutrition.

If awareness about the importance of such a basic thing as food is lacking in most doctors today, you can be sure that most are completely ignorant when it comes to targeted and peripheral testing aimed at cancer healing and prevention.

Many doctors (both new and experienced) are simply not educated about targeted testing for cancer healing and prevention

At the very least, your MD or oncologist should be open to the information you may have to share with them as well as your requests for one or more of the tests mentioned above (even if they are not able to perform them). If he or she is not, then it may be a good idea to find a doctor who is.

Always Work With a Qualified Health Practitioner to Interpret Your Test Results

So what in the world do you do with all the data you accumulate after all of those tests?

First of all, don't leave it up to yourself alone to interpret them. From the very beginning of your healing journey, reach out and work directly with a well-qualified and open-minded integrative MD, chiropractor, registered nurse (RN), or other naturopathic health professional.

They will be able to guide you as to the right tests for you (which will save you money) as well as know how to interpret them. Most of all, they'll be able to take the results of those tests and turn them into a unique healing protocol that will be just right and specifically tailored for you and your individual healing journey.

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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Emotional Trauma and Cancer… The Missing Link?

By Elyn Jacobs

Most doctors *do* know that cancer occurs at the cellular level. But what they often fail to take into account is that we actually alter the physical function of our bodies with our thoughts and feelings. For better or worse, we can even reprogram how our genes are expressed.

Too many oncologists fail to take this into consideration when treating cancer patients. Contrary to what they might tell you, it is suppressed negative emotions (principally anger, hate, resentment, and grief) which causes and continues to fuel cancer at the cellular level.

When emotions are repressed and turned inward, they can become pathological and cause disease. **Finding a way to remove these toxic emotions is critical to long-term cancer recovery.**

Too many doctors fail to address negative emotions which can fuel cancer at the cellular level

Stress and Emotions Modify Your Genes

Environmental influences, including external stresses and our emotional responses to them, modify the expression of our genes by attaching chemical tags to our DNA – leading to various genes being "switched on" or "switched off."

The study of such changes in gene expression is known as **epigenetics**. Epigenetic changes happen naturally all the time, but they can also be influenced by age, the environment, and lifestyle. Epigenetic modifications can potentially have damaging effects on our bodies. For instance, ongoing research has uncovered a major role for epigenetics in many health conditions, including cancer.

Notably, psychological stresses such as inescapable shock, repressed feelings, grief, depression, isolation, parental neglect or abuse, emotional trauma, and external conflict are often overlooked when it comes to the development and treatment of cancer. Certainly environmental toxins modify DNA and gene expression as well, but that is beyond the scope of this article.

Until recently, there seemed to be only a casual relationship between stress and dis-ease. Research now tells us that repressed emotional traumas and other stresses actually affect our DNA. The strong associations and emotions that we express now are as a result of our experiences. Each time we

experience a traumatic event, one result is direct physiological changes to our DNA that can affect gene expression.

To be clear, while repressed traumas do not change our genes, they do set off a cascade of cellular changes that can result in cancer. **Continued epigenetic modification of our genes can lead to impaired immunity and increased susceptibility to infections and diseases.**

Epigenetics and Your Emotions

Moshe Szyf, a molecular biologist and geneticist at McGill University in Montreal, Canada, and Michael Meaney, a McGill neurobiologist, were the two prominent scientists credited 30 years ago with making major contributions to the birth of the field now known as epigenetics.

These two scientists were at the forefront of the theory that life experiences can directly affect the activity levels of your genes – and not only your own life experiences, but those of your mother's, grandmother's, and beyond.

So while we do get our genes from our parents, the quality of these genes when we receive them can be improved or diminished according to what had happened to them – and further, what happens to us and the choices we make during our lifetime.

In other words, while our DNA sequence is locked in at conception, **emotional factors can precipitate chemical reactions within our body that can alter the way our genes express themselves.**

The quality of the genes you inherit from your parents can be improved or diminished depending on the choices you make

For example, in breast cancer, the gene that normally inhibits the growth of tumors (the P53 gene) is shut down with negative experiences while other genes that promote the spread of cancer are turned on, such as the BCL2 gene.

> The P53 gene – when normally expressed – keeps cells under control and growing normally. For instance, it is the primary gene that protects men from prostate cancer and women from breast cancer.
>
> A mutation in the p53 gene increases cancer risk significantly. Similarly, whether a cell should live or die is largely determined by the BCL2 genes. Alterations in BCL2 gene expression and function contribute to the development and progression of cancer.

Further, epigenetic changes in various genes can potentially be passed on to subsequent generations. So not only might you inherit grandma's "baby blues," but you might also inherit her "blues" (e.g. sad emotions or depression).

As Szyf and Meaney continued their research on the topic, they found that a mother's behavior can actually cause epigenetic changes to her children's DNA. Their landmark paper *Epigenetic Programming by Maternal Behavior*, was published in June 2004 in the journal *Nature Neuroscience*.

Other researchers had previously come to the same conclusion. A study published in 1998 in *The American Journal of Preventive Medicine* found that there was a significant relationship between exposure to abuse or household dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults.

For instance, they found a strong relationship between such exposure and the development of cancer. Their findings suggest that the impact of these adverse childhood experiences on adult health status is strong and cumulative. Similarly, a mouse study done in 2005 at Duke University's Department of Radiation Oncology found that each thought or experience makes biochemical changes that dictate gene expression at any stage of life.

Researchers have found that emotionally traumatic experiences from childhood can manifest as cancer later in life

As reported in *Science Daily*, the researchers found that behaviors of any sort can either silence or activate genes without actually altering the genes themselves.

Exposure to various experiences triggers the attachment of a methyl "tag" to DNA (known as "methylation"), leading to either silencing or activation of various genes. Further, these epigenetic changes can sometimes be passed down from one generation to the next.

The good news is that the researchers found that epigenetic changes are potentially reversible. In other words, the methyl groups can be removed from DNA (known as de-methylation) with the help of nutrients and nurture. (See below for actions you can take.)

Your Emotions Are Driven by Your Beliefs

We know that our emotions are driven by our beliefs. Our thoughts are programmed with beliefs, expectations, and feelings. That programming determines what type of effect specific thoughts render. It determines how those thoughts will affect our cells and our internal environment.

Most of our emotions and beliefs are not chosen. They came prior to our fifth birthday and they guide our lives without our ever making a conscious choice about what we believe.

While we were children, events happened, words were spoken, or thoughts were pondered in the presences of strong emotions and those thoughts – however incorrect – became our core beliefs. Throughout our lives we then often react to events based on these beliefs, without considering why (or even being aware) we're having a particular reaction.

In fact, this is exactly what my oncologist explained to me the first time I met him. He said, *"Elyn, likely something happened to you when you were five years old and as a result, this has been making you sick. We need to resolve that as well as the current unrelenting stress you are under right now."*

Well as it turns out, it wasn't just at five years old. In doing the Emotion Code (to be explained later), I found out that whatever had happened to me had occurred at 2, 5, 11, etc. years of age. In doing EFT tapping and psychotherapy, I uncovered quite a lot of revealing information about my childhood.

Emotions always win. Therefore, unless we can resolve the repressed emotion or trauma, we cannot endure the internal conflict and our health will suffer. Experiences from early childhood, adolescence, and even adulthood become buried or trapped in our subconscious mind.

Events from childhood can create core beliefs that we're not consciously aware of

The moment something becomes real to us (in reality or according to our perception), we program our genes to facilitate that belief. The mind does not know the difference between reality and what is clearly imagined. Emotions are driven by and circumstances evaluated in light of all we have experienced up to this point.

> *"The power of life and death are in the tongue."* (Proverbs 18:21)

Let's say a child was not nurtured by their mother. This lack of nurturing can be outright neglect or abuse. For example, perhaps a young child was repeatedly belittled, criticized, or humiliated by her parents, especially her mother. Perhaps the child never felt that her parents "had her back."

That child will likely grow up lacking self-confidence and a feeling of worthiness. She will be forever seeking validation, acceptance, love, and the approval of her parents (and thus others).

However, from a cellular perspective, for the rest of her life each time she feels she is being criticized, her subconscious mind will bring about a change that alters the function of her cells. **The result will be an increased risk of being diagnosed with cancer later in life.**

The trauma can be a one-time event or anything that disrupts a child's sense of safety, including an unstable or unsafe environment, abuse, and neglect, among other things. It can also be that a sibling came along and the mother was too preoccupied with the baby to care suitably for the older child.

The message that a mother's love can make all the difference in a child's life is nothing new. But we now know that that the damage goes far beyond hurt feelings.

The Role of Fight, Flight or Freeze

Ongoing adversity in childhood creates a pattern of "fight, flight, or freeze." The fight, flight, or freeze mechanism is hard-wired into our nervous system as a way to respond to pain or stress. We can run from something, choose to stand our ground and fight against it, or just freeze up in the moment. But as long as we are exposed to the perceived threat, we will remain in our chosen reaction mode, rendering endless damage to our physical and emotional health. Our perceived stress or discomfort becomes our personal "truth."

Researchers at Yale found that the resulting inflammation – a driver of cancer – becomes a way of life. This is because pro-inflammatory stress hormones kick in, altering the genes that control the stress response. Because of this, a traumatized child could well stay in a heightened state of stress for the rest of their life, and will face an **increased risk of developing a life-threatening disease, such as cancer**.

The sympathetic nervous system (SNS) is the primary system involved in fight or flight. Numerous studies have shown that the SNS, when chronically activated, can actually promote the development and spread of cancer. This is because the neuro-transmitter-stimulating mechanisms within the SNS can alter gene expression, setting off a cascade of pro-cancerous processes. One way you can calm and relax the SNS is through deep breathing, and I'll share more ways below.

What Traditional Chinese Medicine Has to Say About Emotions

Traditional Chinese Medicine (TCM) has always propounded the theory that our emotions affect our health and the function of our organs. Thousands of years ago, the Chinese observed the fact that we are not completely predestined by our genes. Instead, they believe that while at the moment of conception we were genetically predisposed to certain factors, we can potentially reprogram the very cells of our bodies.

In TCM it is believed that if emotions are stuck, they can lead to a blockage of the flow or stagnation of life energy, which in turn can lead to disease. **It is believed that releasing emotions can heal the disease, even cancer**. TCM considers that all internal or chronic diseases are caused by the seven major emotions: anger, shock, joy, fear, brooding, anxiety, and sorrow.

EFT (Emotional Freedom Technique) also referred to as meridian tapping or tapping, is a healing tool based on the Chinese meridian system. It operates on the premise that no matter what part of your life is experiencing disease, there are unresolved emotional issues in the way. It acknowledges that any kind of emotional stress can impede the natural healing potential of the human body.

EFT involves tapping on specific meridian points to release blocked energy and negative emotions

New German Medicine – Research by Dr. RG Hamer

Dr. Ryke Geerd Hamer, a German physician and surgeon, has done considerable work in the field of psychosomatic cancer therapy. (Note: "Psycho" refers to the mind, and "somatic" to the body). Dr. Hamer believes that cancer occurs when the individual suppresses toxic negative emotions (primarily anger, hate, resentment, and grief) for long periods. This creates cellular changes within the body leading to cancer.

Dr. Hamer examined some 20,000 cancer patients with all types of cancer and **discovered that every cancer in the body is linked to a different emotional cause**. For example, he found that many years of repressed anger and resentment beginning in childhood is associated with colon cancer. Dr. Hamer also found that cancers of the left breast are typically caused by emotional conflict involving the child, home, or mother.

According to Dr. Hamer, cancers of the right breast are often caused by the individual experiencing an emotional conflict with a male partner, boss, or as the result of an overbearing, controlling or destructive father. As with the others, according to Dr. Hamer, such traumas can be directly related to the causation of cancer.

According to Dr. Ryke Geerd Hamer, every cancer in the body is linked to a different emotional cause

When I ask a client who presents with cancer in the left breast about her childhood, she invariably reveals a dysfunctional childhood or past emotional or traumatic event involving her mother. For those who present on the right, it usually traces back to the father or husband.

And this is not just true of breast cancer, but includes all cancers across the board. There is always the "a-ha" moment when a client looks at you and says *"yep, that's me."*

So much of healing comes from inside. It is therefore critical to uncover and release these toxic negative emotions in order to heal from cancer.

Dr. Hamer's theory is explained in *Cancer Report: The Latest Research – How Thousands are Achieving Permanent Recoveries*. Other researchers have come up with similar theories supporting the idea that past traumas affect gene expression just like environmental factors do, and leave molecular scars leading to cancer. They have found that emotional conflicts create cancer, and resolving the conflicts in question stops the cancer growth.

Dr. Hamer used psychotherapy to resolve repressed traumas and emotions, but see below for additional ideas on how to release negative emotions.

Can Emotions Cause Cancer Stem Cells to Spread?

Another very important point is that cancer stem cells (CSCs) are stimulated to regroup and grow by pro-inflammatory factors related to various stressors on the body, including trapped emotions. Cancer stem cells are the only cancer cells that can

metastasize (spread to other sites in the body), and they are often resistant to standard chemotherapeutic drugs as well as radiotherapy. This is yet another reason emotional stress is undoubtedly a major cause of cancer and its recurrence.

The relationship between childhood experiences and cancer development cannot be overlooked. At this time there is no magic pill that can free the mind from all of life's atrocities. Although with the growing trend away from toxic cancer therapies, I am sure Big Pharma will be looking into this as a new profit center. Perhaps then oncologists will be willing to address the role emotions play in cancer growth and treatment.

Until then, or despite that, I encourage you to consider some of the therapies listed below and to work with an integrative doctor (such as those interviewed in The Truth About Cancer: A Global Quest) or like-minded coach to develop a comprehensive healing plan.

Given the magnitude of this problem, prevention strategies are needed for those who have been exposed to adverse experiences even if they have not yet been diagnosed with a serious disease. These strategies include emotional healing as well as implementing lifestyle changes known to lower the risk of cancer. Further, it is imperative that such recommendations be made to anyone who has been given a diagnosis of cancer – something that is rarely done within the confines of the oncological community today.

As for today's children, let us nurture them with love though word, action, and deed. In doing so, we will have loving, thoughtful, healthy children – and as a result, we might just solve the biggest trigger for cancer, and stem the rising tide of medical costs at the same time.

Solutions for Healing Emotional Scars

It's important to consider that psychological work is a relatively slow process. But releasing trapped emotions and eliminating the bonds you have with past, toxic events and people so you can leave such negative emotions in the past can play a major role in healing.

There are a plethora of modalities available such as psychotherapy, Qi gong, Reiki, meditation, and various other methods of energy and emotional healing. Let's take a look at a few of them…

Psychotherapy – integrative psychotherapy is an approach to wellness that recognizes the interconnection between mind, body, and spirit. It can include techniques such as mental imagery, CBT (Cognitive Behavioral Therapy), Dream Analysis, clinical hypnosis, and other modalities.

Somatic Psychotherapy – While traditional psychotherapy can be likened to "talk therapy," a version known as somatic psychotherapy (name derived from the Greek word "soma" which means living body) can also be used as well. The theory behind somatic therapy is that past traumas disrupt the autonomic nervous system (ANS). The ANS is responsible for the control of bodily functions such as breathing, digestive processes, the beating of the heart – all processes that we do not direct consciously. This therapy places emphasis on the mind-body connection to disease. A variety of modalities such as awareness of bodily sensations, dance, exercise, breathing techniques, movement, and healing touch are used.

Eye Movement Desensitization and Reprocessing (EMDR) – is a psychotherapy treatment designed to alleviate the distress associated with traumatic memories. EMDR enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. It consists of a set of eight protocols that incorporates elements from many different treatment approaches. The mental wounds are transformed, and the client's thoughts, feelings, and behavior come to reflect emotional health and resolution. The patient becomes empowered by the very experiences that once debased them.

The Emotion Code – is an energy technique that helps to facilitate the release of trapped negative emotions. It was developed by holistic physician Dr. Bradley Nelson, who like others, believes that emotionally charged events from your past can become trapped, thus contributing to physical illness. You can purchase his book, *The Emotion Code*, or you can work with someone trained to assist you with the code. It is a very simple way to remove emotional baggage and past traumas.

Traditional Chinese Medicine (TCM) – acupuncture is used extensively in TCM to help a person to let go of a memory. It can help trauma victims release their fear and realize that the emergency is over. However, TCM uses various other modalities such as Chinese herbology (Chinese herbal medicine), body massage, meditation, deep breathing exercises, as well as tai chi and qi gong exercises. Some practitioners also use music therapy, something that has been in practice for some 2,000 years.

Reiki – is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's life force energy is low, then we are more likely to get sick or feel stress – and if it is high, we are more capable of being happy and healthy.

The word Reiki comes from the Japanese word (Rei) which means "Universal Life" and (Ki) which means "Energy"

Emotional Freedom Techniques (EFT) – is a form of psychological acupressure, utilizing the Chinese meridian system. EFT can be helpful to clear out old traumas that have contributed to cancer. The combination of tapping the energy meridians and voicing positive affirmation works to clear the emotional blocks from your body's bio-energy system, thus restoring mind and body balance. This is essential for optimal health and the healing of physical disease.

There are numerous resources for learning EFT at no cost online including many YouTube videos. Simply Google "How to do EFT" or "How to do Tapping." Gary Craig is the founder of EFT and offers resources on his website here. Another recommended teacher is Nick Ortner from The Tapping Solution.

About Elyn Jacobs

Elyn Jacobs is a breast cancer survivor and holistic cancer strategist who helps people make better, healthier, non-toxic choices. She emphasizes the critical nature of addressing the root cause of cancer and not just its symptoms, i.e the tumor.

In a caring, relaxed and friendly manner, she helps people fast track healing by providing leading edge resources to mitigate side effects and maximize efficacy of treatment.

Elyn brings a plethora of knowledge to her practice and will help you think outside the box so you can incorporate every lifeline you may need for long term survival. Her website is ElynJacobs.com.

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Charlene's Cancer Fighting Kitchen

Pear Ginger Smoothie

Ginger is well known for its anti-inflammatory and antioxidant components. It compliments kale which is also known for its detoxifying benefits.

Pear, on the other hand, is not as well-known but is rich in anti-inflammatory, antioxidant, and immune-boosting components that effectively help to prevent colon, rectal, breast, and lung cancers.

Together with the nuts, spices, and lemon juice you have an immune boosting, cancer annihilating, healthy fat food to keep your metabolic energy high when you need it most.

Yield: Two 12-ounce servings
Preparation time: 10 minutes

Ingredients:

- 1 ½ cups (approximately 3 medium) of any variety pear
- ½ cup raw kale (you can substitute collard greens, spinach, or other cruciferous greens)
- 1 small banana
- ¼ cup raw nuts (almonds, cashews, walnuts, hazelnuts, or a combination)
- 1 teaspoon lemon juice, freshly squeezed
- 1 tablespoon cold pressed coconut oil
- 1 ½ cups spring OR filtered water
- ½ teaspoon turmeric powder
- 2 tablespoons of fresh ginger root, chopped
- ½ teaspoon Ceylon cinnamon
- ⅛ teaspoon of ground clove (*optional*)

Directions:

1. Wash and chop pears into large cubes (include seeds for added anti-cancer benefits).

2. Put all the ingredients in a high speed blender and process for one minute or until smooth.

3. Pour into serving glasses and garnish with a slice of pear and cinnamon. Enjoy!

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

Easy Eggplant Casserole: A Cancer Stem Cell Buster

Here's a delicious, easy to prepare casserole dish that you're sure to love.

Eggplant and red onion feature anthocyanin, the tomatoes contain lycopene, while hemp seed contains vital vitamin D3. All of these are powerful cancer-annihilating nutrients.

The remaining ingredients work together to destroy, delay, and short circuit cancer stem cell production.

Yield: Four 4-ounce servings
Preparation time: 20 minutes + 30 minutes baking time

Ingredients:

- 2 medium eggplants
- 1 dozen or more cherry tomatoes, washed and halved
- 2 tablespoons sundried tomatoes, finely chopped
- 2 tablespoons or more shelled hemp seed
- 1 red onion, finely chopped
- 2 cloves garlic, crushed and finely chopped
- 1 bunch fresh parsley, finely chopped
- 1 tablespoon fresh oregano finely chopped OR 1 teaspoon dry oregano
- 1-inch fresh turmeric root, minced OR 1 teaspoon turmeric powder
- 2 tablespoons organic Balsamic vinegar
- ½ cup cold pressed extra virgin olive oil
- Pink or sea salt to taste and fresh ground black pepper to taste

Directions:

1. In a medium bowl, add all ingredients except the eggplant, parsley, and hemp seed. Blend them together with a fork and set aside while preparing the eggplant.

2. Wash eggplants and remove top and bottom tails. Slice them in half lengthwise and then slice the halves in half lengthwise. Take the quarters and thinly slice each one cross cut, about an eighth inch to a quarter inch thick. Place the pieces in the bowl with the marinade and coat them evenly. Set aside for 15 minutes to allow the flavors to meld.

3. Put the eggplant in a glass Pyrex or ovenproof dish and add the halved cherry tomatoes. Bake at 250 degrees Fahrenheit for 30 minutes mixing after 15 minutes to ensure even heating.

4. Remove from the oven and garnish with parsley and hemp seed. Drizzle with olive oil and serve. Enjoy!

Gluten-Free Granola

This granola is a versatile food that provides gluten-free grains, heat tolerant essential fatty acids, and protein-rich nuts and seeds that balance blood sugar, help prevent brain fog, and keep you energized.

It also contains super food champions in the cold pressed coconut oil and raw honey which are excellent sources of trace minerals, lecithin, fatty acids, and so much more.

All the components of this tasty, nutrient-dense food will increase your resistance to disease while meeting your energy demands, making this a good choice for your healthy menu.

With both honey and dried fruit, this is a sweet recipe which should be enjoyed in moderation.

Yield: Six 8-ounce servings
Preparation time: 30 minutes

Ingredients:

- 3 cups rolled oats (use certified gluten-free oats)
- 1 cup ground flax seeds
- ¾ cup untoasted nuts (use any combination of almonds, pecans, walnuts, Brazil nuts, or your favorites. Don't use peanuts which are actually legumes, not nuts)
- ¾ cup sunflower and pumpkin seeds combined
- ½ cup cold pressed coconut oil, melted
- ½ cup raw honey (thistle and linden honey are particularly nutritious, but there are many exceptional choices)
- 1 teaspoon vanilla extract
- 1 teaspoon Ceylon cinnamon powder
- 1 teaspoon pink or sea salt, finely ground
- ⅔ cup dried unsweetened fruit of your choice (chopped dates, cranberries, apricots, mangos, pineapples, prunes, raisins or whatever combination you prefer)

Directions:

1. Preheat oven to 275 degrees Fahrenheit and line a 9x13x1 inch (or larger) baking sheet with parchment paper or coconut oil.

2. In a large mixing bowl, combine the oats, nuts, seeds, salt, and cinnamon.

3. In a small bowl, combine the melted coconut oil, honey, spices, and vanilla. Add the mixture to the large bowl and coat the granola well. Then spoon it onto the baking sheet, spreading it evenly.

Gluten Free Granola *(continued)*

4. Bake for 10 minutes, then remove pan from oven. Stir the granola and rotate the pan while replacing it in the oven and bake for 10 minutes more.

5. Remove pan from the oven and allow to cool before breaking granola into bite sized pieces.

6. Add the dried fruit, mix well and store in an airtight container for up to 2 weeks in the pantry, or for three months in the freezer in a freezer bag.

Serving Suggestions:

1. Granola is perfect for a quick breakfast with your favorite unprocessed (homemade) nut milk or fresh squeezed orange juice and topped with fresh fruit that will keep you satisfied until lunch.

2. As a healthy snack it goes well with applesauce, unpasteurized goat milk yogurt, or alone with lemon water beverage or fruit smoothie.

3. It can be used for a base in desserts or to add extra bulk to your smoothies.

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.

Medical Devices: Life Enhancement Tool or Cancer Cause?

By Ty Bollinger

They represent a $340 billion-per-year industry that's expected to grow by more than 28 percent over the next four years. I'm taking about medical devices, those funky little hardware gadgets and other material apparatus, often implantable, that are designed to supplement or correct the damaged mechanics of the human body in some way. These tricks of the medical trade are widely regarded as lifesaving tools of modern, science-based medicine. But are they really everything they're cracked up to be in terms of their long-term safety?

Many people who have them, or who know people who have them, are well aware of the fact that medical devices generally come with certain risks and potential complications. These include things like malfunction, breakdown, and the propensity for their various mechanical parts to induce chronic toxicity.

But what's not widely known – and this was news to me, too, until fairly recently – is that many FDA-approved medical devices are known to be *cancer-causing*, even when used appropriately. And yet they are given to patients anyway.

It makes sense when you consider the fact that foreign objects and materials are coming into direct contact with internal tissues and remaining there indefinitely. I mean, what could possibly go wrong? I ask that question tongue-in-cheek, of course, but the answer is simple: *a whole lot* can go wrong. Not just at the site of contact but systemically, depending on the type of device and the materials from which it was made.

Simply put, the issue of cancer-causing medical devices is much more serious than many people realize. Because my mission in life is to help as many people as possible avoid cancer, it's something that I strongly believe *you need to know about* in order to make smart medical decisions – especially if you're considering the use of a medical device to help improve your quality of life.

Before agreeing to any medical procedure, you need to know the risks: both short term and long term

FDA Routinely Approves Medical Devices With No Evidence of Safety

From the everyday to the obscure, medical devices of all types pose various degrees of cancer risk, many experts warn. The U.S. Centers for Disease Control

and Prevention (CDC) has issued warnings about **contact lenses**, for instance, which are known to increase the risk of eye infections like uveitis, an inflammatory eye condition that's been implicated in causing cancers like leukemia, lymphoma, and ocular malignant melanoma.

Speaking of uveitis and eye inflammation, **LASIK eye surgery** poses similar risks, despite being lauded as a permanent solution to poor vision. The renowned Mayo Clinic warns that laser eye surgery can cause a host of health issues, including eye flap problems that leave surgically-reshaped eyes prone to potentially cancer-causing infections. This is more than just a bit concerning, considering that LASIK eye surgeries have already been performed on more than 11 million people living in the United States alone since it was first unveiled as a "cure" for bad eyesight.

The medical device industry doesn't like to talk about any of this because even mentioning the "C" word in association with their products would greatly detract from their bottom line. If people truly understood the risks associated with many of the most commonly used medical devices, they might think twice about getting them. The industry knows this, hence its position of silence on the matter.

How they get away with keeping this information a secret is largely due to malfeasance by the U.S. Food and Drug Administration (FDA). The FDA is failing to properly vet the safety of medical devices before approving them – a direct violation of federal law. A report published in *JAMA Internal Medicine* found that most moderate- to high-risk, FDA-approved medical devices **lack the necessary safety data** to even be on the market. This means it's a gamble every time a person agrees to use one.

Don't gamble on the FDA for providing long-term safety information for any medical device you're considering

These Common Medical Devices Show Evidence of Carcinogenicity

The implications of this for public health are particularly noteworthy when considering the fact that more than a million-and-a-half new people living in the U.S. will develop cancer this year… many of them for supposedly "unknown" reasons. After looking into the matter myself, I'm convinced that medical devices are a major contributor to the current epidemic of cancer that's gone largely unnoticed, and I want you and your family to know the truth.

There are hundreds of medical devices currently on the market that haven't been adequately scrutinized for safety. But my focus here will be on the most common ones that you or a loved one may be considering as an option for correcting a particular medical condition. These also being some of the most risky when it comes to their potential to cause cancer.

Artificial Eye Lenses. Earlier I touched on intraocular lenses as being inadvertently carcinogenic due to their propensity to cause eye inflammation in some patients. These same lenses are also inherently

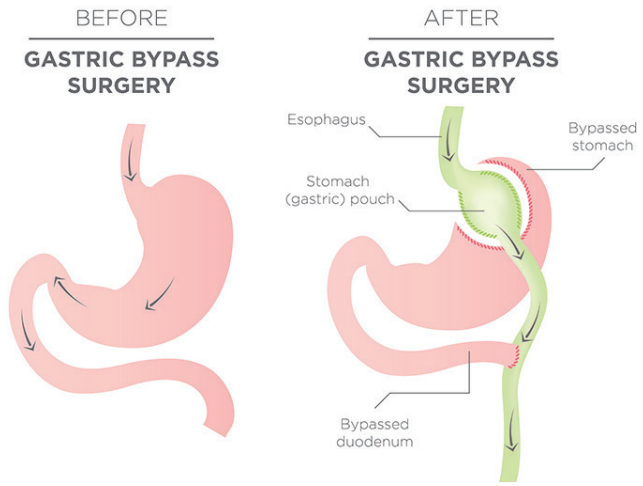
carcinogenic due to the plastic materials from which they're made. The American Society of Cataract and Refractive Surgery (ASCRS) lists various synthetic polymers like hydrophobic acrylic and hydrophilic acrylic as being among the primary materials used in artificial eye lenses, along with silicone.

These synthetic materials have poor biocompatibility with the body, meaning the body treats them as foreign invaders. A paper published in the *Journal of Cataract & Refractive Surgery* points to **chronic inflammation as one of the markers of this bio-incompatibility**, noting that the less biocompatible the lens, the more inflammatory the response. We know that inflammation is one of the driving forces behind cancer development.

Silicone is generally non-reactive and non-leaching, and doesn't pose the same estrogenic and endocrine-disrupting risks as plastics, so logically it's the better choice for artificial eye lenses. Acrylic and other plastics, on the other hand, are best avoided for long-term health.

Bariatric Surgery. This common weight-loss procedure is often credited for *decreasing* patients' risk of colorectal cancer, which often emerges as a result of a person being overweight. But a retrospective cohort study out of Sweden that looked at 77,000 obese patients found that those who had previously undergone a bariatric "stomach stapling" procedure were 60 percent *more likely* than those who hadn't to develop colorectal cancer.

Gastric bypass surgery should be a last resort when all other weight-loss methods have failed. Even then it should be given very careful consideration under extreme caution. A safer alternative when diet and exercise aren't enough is gastric band hypnosis, or a virtual gastric band, a form of hypnotherapy that's helped some morbidly obese patients achieve breakthroughs without the need for invasive surgery.



Gastric bypass surgery should only be a last resort for weight loss due to the increased risk of colorectal cancer

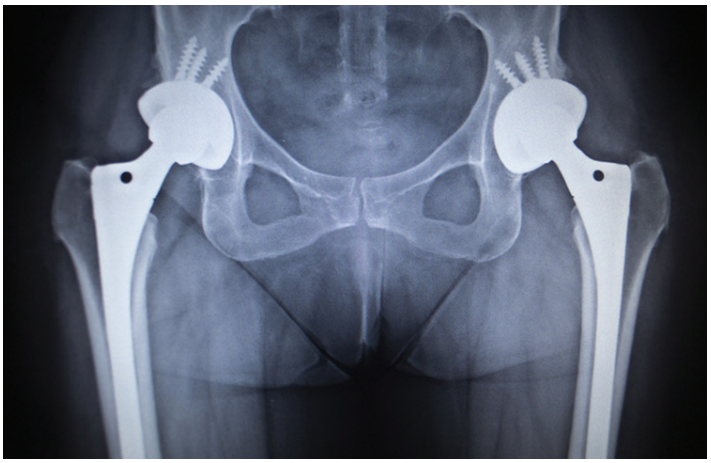
Implantable Cardioverter Defibrillator (cardio-defibrillator or ICD). Largely considered to be an overutilized medical device (meaning it's implanted into way too many people, a great number of whom don't actually need it), an ICD is a small device that keeps track of a patient's heart rate and helps to correct an arrhythmia, or irregular heartbeat, as well as protect against sudden cardiac death (SCD).

Studies show that not only are ICDs ineffective in many cases, they're also risky to long-term health. A population-based cohort study using medical registries covering the entire Danish population revealed that ICD recipients had a slightly elevated overall risk of cancer, particularly in patients with ischemic heart disease (IHD).

Some doctors will recommend that patients opt for a heart pacemaker rather than an ICD, but even pacemakers come with risks. An epidemiological study looking at a nationwide cohort of patients

from Denmark found that pacemakers are associated with a "slight excess" risk of cancer overall, particularly multiple myeloma in men (an increase of 126 percent) and kidney cancer in women (an increase of 37 percent).

Depending on the type of arrhythmia from which a patient suffers, there are various natural alternatives to ICDs, pacemakers, and pharmaceutical drugs. These include berberine, the primary active ingredient in goldenseal (*Hydrastis Canadensis*); coenzyme Q10; and taurine.



A large Swedish study found that hip replacements were associated with an increased risk of multiple myeloma as well as prostate and bladder cancer

Artificial Hip Implants. Implants of any kind, whether they be those replacing a hip, joint, or knee, pose varying degrees of cancer risk depending on the materials used. Studies show that orthopedic implants and their fixatives often contain carcinogenic metals like chromium, cobalt, nickel, beryllium, cadmium, zinc, iron, lead, titanium, and polymethylmethacrylate, as well as plastics like polyethylene, that can leach into bodily tissue over time, increasing one's overall cancer risk.

A large cohort study out of Sweden that looked at more than 100,000 patients who had received hip replacements found that the implants were associated with a statistically significant increased risk of melanoma, multiple myeloma, as well as cancers of the prostate and bladder. The authors wrote that exposure of implant materials – what they described as *"metallic ions and other particulate debris released through corrosion of the implant"* – is a major risk factor for cancer.

"...we observed...a statistically significant excess of melanoma and prostate cancer and, after a latency of 15 years or more, of multiple myeloma and bladder cancer," they highlighted.

The safest material option when it comes to hip implants are ceramic-on-ceramic varieties that avoid the use of metals and plastics. While a very small percentage of patients who opt for ceramic hip implants (roughly 1-2 percent) may experience occasional squeaking, ceramic is the best choice for hip implants. This is because it's still regarded as being both strong and long-lasting, and is the least toxic and most bio-compatible implant option that won't leach harmful chemicals into the body over time.

Knee Replacements. Like hip replacements, knee replacements come with a significant cancer risk that's often not a part of the doctor-patient discussion. A 30-year follow-up study of patients who received knee replacements found that the surgery **increases one's risk of leukemia-type cancers by anywhere between 300-700 percent**! This same study noted increased risks of other types of cancer as well, including melanoma and both breast and prostate cancers.

Spinal fusion implants are similarly high-risk, as the rod implants typically implanted as part of the

procedure are known to release high levels of chromium into patients' bodies, increasing their risk of developing reproductive problems and multiple types of cancer.

A 30-year Swedish follow-up study published in the European Journal of Cancer in 2011 found a greatly increased risk of leukemia-type cancers in recipients of knee replacements

Metal Screws, Rods, Pins, and Discs. Serious injuries involving bone fractures that can't fully heal on their own are often addressed by surgical procedures that utilize various bone reconstruction and spinal fusion hardware to put everything back in its proper place. But these devices, which are typically made out of metal alloys, can corrode and leach metallic ions into the body.

One study found that patients with stainless steel spinal instrumentations showed elevated levels of chromium and nickel in their blood serum. Such metals are associated with elevated risks of certain types of cancer. Chromium, for instance, having a direct correlation with elevated risk of lung cancer, and nickel linked to both lung and nasal cancers.

There really aren't any viable options besides metal alloys and titanium for bone reconstruction hardware, other than to not get these implants in the first place, if at all possible. In some cases there's no other option, of course. But if you can avoid metal implants, your best bet is to do just that.

Recombinant Bone Morphogenic Proteins (rBMP). Though not a medical device in the traditional sense, the use of genetically-modified (GM) proteins to support active tissue regeneration in bone grafts is quickly becoming a premier medical device technology for promoting bone growth. rBMP is supposed to mimic the action of naturally-occurring morphogenic proteins inside the body, but studies show that this isn't actually the case.

At least one research team that conducted a multi-center, randomized controlled trial of patients with degenerative lumbar spine conditions who were given rBMP concluded that therapeutic doses of the substance significantly increases patients' risk of developing new cancers compared to patients who received traditional autogenous bone grafts made from materials like demineralized bone or ceramic.

Breast Implants. This is the most common type of plastic surgery performed in the U.S. Breast implants are a popular cosmetic procedure for women looking to enhance their female anatomy, as well as a medical necessity for breast cancer survivors looking to reconstruct what was lost following a mastectomy. But breast implants aren't without their share of risks, particularly when it comes to cancer.

The U.S. Food and Drug Administration (FDA) issued a warning earlier this year about a rare type of cancer that's directly related to breast implants, and that's becoming increasingly non-rare as reports continue to pour in about complications. The cancer

is known as **anaplastic large cell lymphoma (ALCL)**, a form of non-Hodgkin lymphoma characterized by abnormal growth of T-lymphocytes, or T-cells, as well as strong expression of a protein cytokine receptor known as CD30.

The FDA has long claimed that ALCL is extremely low-risk in women who undergo breast augmentation surgery, but France's National Cancer Institute says there is a "clear link" between silicone implants and ALCL. The link is so definitive that France's regulatory body ANSM issued a warning about Anaplastic Large Cell Lymphoma (ALCL) in July 2016. It has given implant manufacturers 12 months to prove that their products are safe for use or face a ban. In a statement, the FDA said: *"All of the information to date suggests that women with breast implants may have a very low but increased risk of developing ALCL."*

Back in 2013, researchers looking at a consortium of studies published over the last several decades similarly concluded that, based on the data available, women with breast implants have a 38 percent greater risk of dying from breast cancer than women without them.

In July, France's regulatory body issued a warning about the link between breast implants and ALCL. Implant manufacturers in that country have one year to prove their products are safe

The most common type of material used in breast implants is silicone, and the second is probably saline. Dr. Susan Kolb, MD, from the Plastikos Surgery Center and Millennium Healthcare in Atlanta, Georgia, says that both materials are problematic, especially in the event that they rupture and leak bio-toxic fluid into the body. Smooth silicone implants, she says, are the safest bet if a patients opts for the use of artificial materials. There's also a new augmentation method currently undergoing clinical review by the FDA called stem cell fat transfer that removes fat tissue from the thighs or hips and implants it into the breast to promote natural growth.

Intrauterine Contraceptive Devices (IUDs). After falling out of favor in the late 1970s due to persistent problems with their safety, IUDs started coming back into vogue during the late 2000s as a supposedly safe way for women to avoid pregnancy. But a study published in the journal *Obstetrics and Gynecology* found that the devices, which typically release hormones directly into a woman's body, can increase the risk of developing breast cancer.

After evaluating more than 93,000 women between the ages of 30 and 49, all of whom had used the devices, Finnish researchers determined that intra-uterine systems that release *levonorgestrel*, a synthetic form of progesterone, **increase a woman's breast cancer risk by as much as 19 percent**.

Common sense would dictate that the safest IUDs are those that utilize copper and silver, and in some cases gold, rather than synthetic hormones or other pharmaceutical drugs. Copper and silver have been shown to naturally inhibit sperm motility and prevent fertilization when in contact with cervical mucus, and all without damaging the endocrine

system, and gold helps protect the copper in particular from corroding. But be warned that complications are still a possibility with any type of IUD.

Tubal Ligation. Also known as a tubectomy, this permanent form of birth control for women is where we derive the phrase "getting your tubes tied." It involves surgically blocking, tying, or removing a woman's fallopian tubes to prevent pregnancy. It's the female equivalent of a vasectomy, and the medical community claims that it's safe and comes with minimal risk of complications.

The tubal ligation procedure is also hailed for its supposed side effect of reducing a woman's risk of developing ovarian cancer. But the truth of the matter is that the procedure often results in women having to undergo a hysterectomy later on in life, which research shows actually increases a woman's risk of developing vaginal cancer.

Power Morcellator. This surgical device, which is used to cut up tissue during a hysterectomy or a myomectomy, has been under increased scrutiny after the FDA issued a warning that it could be spreading cancer cells throughout the abdominal cavities of women. According to the agency, as many as 1 in 350 women could have hidden cancers lurking inside their body as a result of having been operated on with a power morcellator, a statistic that's caused many women to think twice about procedures that involve its use.

Botox Injections. Aging is a difficult pill to swallow, which is why many people opt for injections of *Clostridium botulinum*, a toxin more popularly known as "Botox" that helps cosmetically remove the appearance of wrinkles by paralyzing the muscles that cause them. Botox injections have become an anti-aging trend, but research shows that the procedure can permanently damage muscular tissue, as well as harm the brain and central nervous system.

On the flip side, numerous studies suggest that *botulinum* may actually be effective in treating cancer, including one published in the *Asian Pacific Journal of Cancer Prevention* which showed that the toxin causes breast cancer cells to commit suicide. An earlier study published in the *Journal of Biomedical Science* demonstrated general anti-tumor properties in *botulinum* – though injecting the bacteria into the face as Botox treatment is unlikely to produce such benefits.

While studies suggest that botulinum may cause apoptosis (cell suicide) in breast cancer cells, having Botox injections to smooth wrinkles comes with a number of risks

Be Careful With Anything That Goes Into Your Body

The moral of the story here is to think twice about any procedure that involves the invasive removal or altering of bodily tissue, or that requires having a doctor or surgeon implant foreign objects, a.k.a. medical devices, directly into the body. Unless such procedures are absolutely necessary for survival – which in many cases they aren't – the long-term risks more than likely outweigh the benefits.

About Ty Bollinger

After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

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

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

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Wow… October has been an incredible month for The Truth About Cancer movement so far!

After months of planning, scheduling, and a lot of plain old hard work… our Truth About Cancer Ultimate LIVE Symposium finally took place outside Dallas, Texas, on Oct 14-16th.

If you couldn't join us in person, I sure hope you were able to take advantage of the Live Streaming to watch the event at home via your computer.

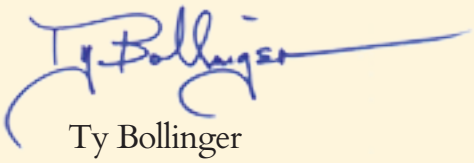
The caliber of the presenters was off the charts, and I know the information they shared is truly life changing in so many respects. (If you missed it, do yourself and your loved ones a favor and get the recordings of the event.)

In upcoming issues of *The Heroes Against Cancer newsletter* we'll also delve deeper into the promising new cancer treatments and prevention strategies, as well as critical information about the causes of disease that our ULS experts shared – so stay tuned for even more great articles.

Coming on the heels of the Symposium we also have the release of *The Truth About Cancer book* on October 25th. If you're one of the thousands who pre-ordered the book to help ensure we make a splash the mainstream media can't ignore – thank you from the bottom of my heart.

I've said it before, and I'll say it again… we can't do this alone, and your encouragement, kind words, and advocacy for this cause are what keep us going. Thank you for standing with us!

Until next month...



Ty Bollinger

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