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Cancers thrive in acid conditions which are common in most people and most foods we eat, especially green smoothies, so add baking soda to it. A teaspoon of baking soda in a glass of water daily helps alkalize your system so cancer can't survive when your cells have plenty of oxygen and are not acidic.

Dr Al Sears wrote -

Bali has a very low cancer rate.

Flowers are so important on Bali, some are considered sacred.

There are so many anti-cancer plants in Bali, I eventually lost count. And the Balinese not only use them medicinally, they eat and drink them every day as part of their native diet.

I'm convinced this is why the people of Bali have half the rate of cancer as we do in America.

And with cancer rates in America reaching emergency status, there's no time to waste.

The "Jamu Secret" kills cancer cells. In a study virtually ignored by Western medicine, researchers from Taiwan looked at the "Jamu Secret" and tested its cancer-killing power.

They treated cells with differing amounts of an extract from the "Jamu Secret." The more extract they used, the more cancer cells died off. Just 200 µg/ml of the root extract dropped the cancers' ability to survive to nearly zero.

There is a flower the Balinese hold sacred. The natives use it to control their weight... I learned it can stop melanoma in its tracks. 4

And a tree that not only soothes coughs, it kills MRSA – the incredibly tough bacteria that's resistant to most antibiotics. 5

A tropical bloom that can make your hair shiny... and guards against DNA damage that causes premature aging. (If you live in a warm climate, this one might be growing in your backyard right now!)

There are DOZENS of roots, herbs, leaves, plants and berries that prevent, treat and cure every type of cancer on earth... many of which are for sale in your health food store or online.

*Add to Cancer as avoids*

*Emotional traumas create a source or trigger for the cancer mechanism.*

*Excessive intake of hot chillies has been linked to stomach cancer, so don't go overboard.*

*Grapefruit's naringenin repairs DNA, may protect against prostate cancer*

*Naringenin, a flavonoid concentrated in grapefruit, helps repair damaged DNA in human prostate cancer cells (cell line LNCaP), reports a lab study published in the February 2006 issue of the Journal of Nutritional Biochemistry.*

*The risk of prostate cancer, the most commonly diagnosed cancer in men in the U.S, increases with age since the older we become, the more times our cells have divided and the greater the chance for DNA mutations to occur. DNA repair is one of the body's primary defense mechanisms against the development of cancer since it removes potentially cancer-causing mutations in cells.*

*Naringenin helps restore health to damaged DNA by inducing two enzymes that repair DNA during the replication stage. These enzymes, 8-oxoguanine-DNA glycosylase 1 (hOGG1), and DNA polymerase beta (DNA poly beta), are both involved in the DNA base excision repair (BER) pathway.*

*In this study, the researchers measured the repair that occurs when damaged cells are exposed to naringenin by measuring the amounts of two compounds, deoxyguanosine (dG) and 8-hydroxydeoxyguanosine (8-OH-dG). The former is found in normal DNA; the latter, a product of hydroxyl radical attack, is found in damaged DNA. After 24 hours of exposure to 80 micromoles per liter of naringenin, the ratio of 8-OH-dG to dG had decreased by 24%.*

*The scientists in this study exposed cell cultures to 80 micromoles per liter, an amount we cannot achieve by consuming grapefruit since research indicates that only between 2 and 15% flavonoids in the food we consume are absorbed in the GI tract, and plasma concentrations after eating flavonoid-rich foods range from 0.5 to 1 micromole per liter.*

*Fortunately, however, the researchers also demonstrated that the concentration of naringenin inside*

*the cells that was needed for its beneficial effects was only 5% of the amount in the medium, and this amount is physiologically achievable in our tissues.*

*Unlike many other cancers, prostate cancer is slow growing initially and often remains undetectable for a long time. Enjoying grapefruit regularly may be one way to prevent its progression by promoting the repair of damaged DNA in prostate cells, thus preventing them from becoming cancerous.*

### **Cranberries**

*Enjoy whole cranberries, not just cranberry juice. Cranberry presscake (the material remaining after squeezing juice from the berries), when fed to mice bearing human breast cancer cells, has previously been shown to decrease the growth and metastasis of tumors, and a new study published in the June 2004 issue of the Journal of Nutrition suggests compounds in whole cranberries also inhibit prostate, skin, lung and brain cancer cells as well.*

*Androgen-dependent prostate cancer cells were inhibited the most (just 10 mg of a warm water extract of cranberry presscake inhibited their growth by 50%). With androgen-independent prostate cancer cells and estrogen-independent breast cancer cells, a larger amount was needed but produced the same beneficial effect (250 mg of cranberry presscake extract inhibited their growth by 50%).*

*Researchers concluded that the active compounds in whole cranberry prevent cancer by blocking cell cycle progression and inducing cells to undergo apoptosis (programmed cell death).*

### **Green Tea**

*Green tea polyphenols halt prostate cancer at multiple levels. The polyphenols in green tea help prevent the spread of prostate cancer by mobilizing several molecular pathways that shut down the proliferation and spread of tumor cells, while also inhibiting the growth of blood vessels that supply the cancer with nourishment, according to research published in Cancer Research.END*

If you want to slash your risk of breast cancer, eating more vegetables is one of the tastiest ways to do so. Better still, eating vegetables may lower your risk of many types of cancer and other chronic diseases.

Cancer is a massive killer, fast or slow, and there are lots of cures and preventions suggested, including oxygen, blueberries, tomatoes, broccoli, carrots, maple syrup, and other anti cancer repelling foods.

### **Maple syrup and bicarbonate of soda prevents and cures cancer**

Maple syrup and bicarbonate of soda treatment which focuses on delivering natural chemotherapy in a way that effectively kills cancer cells and significantly reduces the brutal side effects experienced with most standard chemotherapy treatments. In fact so great is the reduction that the dangers are zero. Costs are low so every cancer sufferer should know to combine it with other safe and effective natural preventions and treatments.

This cancer treatment is similar in principle to Insulin Potentiation Therapy (IPT). IPT treatment consists of giving doses of insulin to a fasting patient sufficient to lower blood sugar into the 50 mg/dl. In a normal person, when you take in sugar the insulin levels go up to meet the need of getting that sugar into the cells. In IPT they are artificially injecting insulin to deplete the blood of all sugar then injecting the lower doses of toxic chemo drugs when the blood sugar is driven down to the lowest possible value. During the low peak, it is said that the receptors are more sensitive and take on medications more rapidly and in higher amounts.

The bicarbonate maple syrup treatment works in reverse to IPT. Dr. Tullio Simoncini acknowledges that cancer cells gobbles up sugar so when you encourage the intake of sugar it's like sending in a Trojan horse. The sugar is not going to end up encouraging the further growth of the cancer colonies because the baking soda is going to kill the cells before they have a chance to grow. Instead of artificially manipulating insulin and thus forcefully driving down blood sugar levels to then inject toxic chemo agents we combine the sugar with the bicarbonate and present it to the cancer cells, which at first are going to love the present. But not for long!

This treatment is a combination of pure, 100% maple syrup and baking soda and was first reported on the Cancer Tutor site. When mixed and heated together, the maple syrup and baking soda bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell. The actual formula is to mix one part baking soda with three

parts (pure, 100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by Cancer Tutor but one could probably do this several times a day.

“There is not a tumor on God’s green earth that cannot be licked with a little baking soda and maple syrup.” That is the astonishing claim of controversial folk healer Jim Kelmun who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle worker. “Dr. Jim cured me of lung cancer,” said farmer Ian Roadhouse. “Those other doctors told me that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays.”

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda. Since then, reported by a newspaper in Ashville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that number 185 lived at least 15 more years and nearly half enjoyed a complete remission of their disease. When combined with other safe and effective treatments like transdermal magnesium therapy, iodine, vitamin C, probiotics and other items like plenty of good sun exposure, pure water and clay treatments we should expect even higher remission rates.

People who regularly eat well-done meat cooked at high temperatures have a 60 percent greater risk of pancreatic cancer. Remember that USA, England and China put out most of the health research information, all using grain-fed meat (and other animal trial results, so they may not apply if you are fortunate enough to eat pasture fed meat and other animal and poultry foods.

It is very important not to use baking soda that has had aluminium added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminium but the company insists that is not true. One can buy a product which specifically states it does not include aluminium or other chemicals. (e.g. Bob's Red Mill, Aluminium-Free, Baking Soda). Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It’s an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Studies have already shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy. [iii]

“The therapeutic treatment of bicarbonate salts can be administered orally, through aerosol, intravenously and through catheter for direct targeting of tumours,” says oncologist Dr. Tullio Simoncini. “Sodium bicarbonate administered orally, via aerosol or intravenously can achieve positive results only in some tumors, while others – such as the serious ones of the brain or the bones - remain unaffected by the treatment.”

### **Salvestrols**

From Neil Clatworthy, our friend and electrician.

The science behind Salvestrols started with Potter’s work on resveratrol (an antioxidant chemical found in grape skins and red wine), which is widely credited with cancer preventative properties. It was found that resveratrol is changed by an enzyme, present in both pre-cancerous and cancerous cells, to produce a toxic substance which brings about ‘cell death’ (apoptosis) and therefore destroys the cancer cells.

without losing hair and suffering the torture that chemotherapy causes.

### **Australian, Percy Weston's book Cancer: Cause & Cure**

“Percy found himself burned out by age 31. Investigation and exploration found that his diet contained a greater abundance of acid minerals than alkaline minerals. He was determined to reclaim his lost health and vigor. He had a strong suspicion that the growing of his crops in fields fertilized with man-made ‘Superphosphate’ was to blame. He wondered if the acid elements in this fertilizer were the culprits. This prompted Percy to switch to a diet high in naturally occurring alkaline minerals, such as organically grown crops. The results were staggering. Percy made a full recovery, and was once again renewed to his former healthy self.

“His concerns about the wide scale use of superphosphates and the link between rising cancer rates in his district kept him motivated and intent on finding a solution to this increasing problem. He succumbed to cancer himself.

“Three years into the twenty-first century, centurion Percy could look back in time when farmers had fewer problems with pests and insects; before chemists unleashed their potent pesticides, and chemical companies upset the biological balance of the soil with their superphosphates.”

End

In New Zealand superphosphate is made from the cheapest phosphate costing only about \$70/tonne while the good ones cost about \$800/tonne.

At the time, Percy Weston and the rest of the world would not have known about the incredibly important element, Selenium, a deficiency of which I believe was one of the causes of Percy's and his animals' health problems. Go to Human Health Elements and read Selenium.

To see what superphosphate does to other elements, soils, animals and people, see Elements > Phosphate.

X-radiation from CT scans is estimated to cause about two percent of all cancers in the United States (New England Journal of Medicine, 2007 (Nov); 357:2277-2284). Most decisions to order

CT scans are made by physicians who do not inform their patients of the risks involved (JAMA Intern Med. March 4, 2013).

\* Up to one third of imaging tests in the U.S. are ordered in situations when the expected benefits do not sufficiently exceed the risks.

\* Two-thirds of patients in USA hospitals are not told that radiation from CT scans may cause cancers.

\* When patients are fully informed, they often opt for fewer tests and less aggressive care.

CT scans are used to diagnose medical problems inside the body, such as sinus infections, lung disease, brain tumors and so forth. You can get even more information from MRIs that produce no radiation. However, MRIs are usually more expensive than CT scans because the machines used to perform this test are more expensive.

**IF YOUR DOCTOR RECOMMENDS A CT SCAN:** The more radiation you receive in your lifetime, the greater your risk for cancer. Tell your doctor that you are worried about X-radiation from CT scans. Ask him or her if the test is really necessary, and if so, whether an MRI could be ordered instead.

DrMirkin

### **Even Small Amounts of Alcohol Increase Cancer Risk**

Drinking even small amounts of alcohol regularly increases risk for cancers of the mouth, larynx, esophagus, colon, rectum, liver, and breast, according to a study in the American Journal of Public Health (published online Feb 14, 2013).

Doctors usually tell their patients that it is safe for men to take up to two drinks a day, and for women to take one drink a day. This study shows that this advice is not true, since

drinking any amount of alcohol regularly increases cancer risk.

HOW EXTENSIVE IS ALCOHOL-INDUCED CANCER? The authors found that alcohol causes 3.5 percent of all cancers in the United States. Of this 3.5 percent, three or more drinks a day causes up to 60 percent of the cancer-related deaths, while more than 30 percent of cancer-related deaths were caused by taking fewer than 1.5 drinks a day.

Weak data show that taking up to two drinks a day of alcohol may help to prevent heart attacks. However, this recent study shows that alcohol causes TEN TIMES MORE DEATHS in the United States than it may prevent.

HOW ALCOHOL DAMAGES CELLS: Alcohol damages every tissue it touches. It hurts to pour alcohol on a cut because alcohol will pull the water right out of cells to damage them and make them shrivel up. If you add a pint of water to a pint of alcohol, you will get a volume far less than two pints. Alcohol takes water right into its own molecule so the combination takes up less space than when alcohol and water are in separate glasses.

ONLY YOUR LIVER PROTECTS YOU FROM ALCOHOL: Your liver is the only organ in your body that can break down alcohol rapidly. It contains the enzyme, alcohol dehydrogenase, that breaks down alcohol into acetaldehyde that is even more toxic than alcohol. Acetaldehyde causes facial flushing, hot sensations in your body, nausea and rapid heart rate. Then your liver uses a second enzyme called acetaldehyde dehydrogenase to break down acetaldehyde to harmless substances.

A drink is the amount of alcohol that causes a significant amount of alcohol to remain in your bloodstream for one hour. For most people, that is 12 ounces of beer, five ounces of wine or 2/3rds of a shot glass of 100 proof alcohol.

Since your liver breaks down alcohol at a constant rate, and there is nothing you can do to make it break down alcohol faster, you should limit your intake of alcohol to a level that exposes your cells for only up to two hours a day. This new study shows that safe exposure may be even less than that.

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## All Sugared Drinks Can Make You Fat

Children who take sugared drinks eat more food than those who drink non-sugared drinks, and the more sugar-sweetened drinks they take, the more high-calorie, less-healthy foods they eat (American Journal of Preventive Medicine. March 12, 2013). Pizza, cakes, cookies, pies, fried potatoes, and sweets are major sources of solid fats and added sugars. Sugared drinks include sodas, sweetened tea and coffee, fruit juices, fruit drinks, sports drinks and energy drinks.

HOW SUGARED DRINKS MAKE YOU FAT: When you eat sugar in a solid food such as a cookie, your brain recognizes that you are taking in calories and you eat less of something else. However, when you take sugar in a drink, your brain does not recognize these calories and you do not reduce the amount of calories from other sources.

SUBSTITUTE WATER FOR SUGAR-SWEETENED BEVERAGES. Replacing

sugar-sweetened beverages with water would eliminate about 235 excess calories per day among children and adolescents (Archives of Pediatrics & Adolescent Medicine. April 2009). Avoiding sugared drinks would markedly reduce obesity, dental cavities, diabetes, and other health problems associated with added sugar.

**RESTRICTING SUGARED DRINKS REDUCES WEIGHT MORE THAN RESTRICTING FOODS.** Researchers at the Johns Hopkins Bloomberg School of Public Health found that reducing calories in drinks is far more effective in promoting weight loss than reducing calories in food (American Journal of Clinical Nutrition, April 1, 2009). Both liquid and solid calories were associated with weight change, however, only a reduction in liquid calorie intake was shown to significantly affect weight loss during a six-month follow up.

**THE BOTTOM LINE:** To help protect you from gaining weight, quench your thirst with water, unsweetened tea or other non-sweet, no-calorie beverage.

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### The Guilt and Death of Eugene O'Neill

Eugene O'Neill, one of America's greatest playwrights, wrote about people who went wrong and asked for forgiveness. An article in the New England Journal of Medicine (April 13, 2000) gives O'Neill the forgiveness that he never requested in his own life time.

**HE DID NOT DIE OF ALCOHOLIC BRAIN DAMAGE.** O'Neill died at age 65 of brain damage that he incorrectly thought was caused by his heavy drinking.

In his youth, he often drank himself into a drunken stupor. He kept on drinking because each time he stopped, he suffered from delirium tremens, a condition that alcoholics commonly suffer when they try to stop drinking after binging. He would develop terrible head and belly pain, vomit, shake all over, break out in a cold sweat, and often feel so sick that he thought that he was going to die.

**HE GOT THE MESSAGE:** At age 40, after binging and withdrawing for many years and showing complete disdain for warnings that he was killing himself, his doctor warned him that continuing to drink would leave him impotent and that he would lose his ability to write.

This made him realize that he was about to lose his magnificent gift that was also the most important activity of his life. After that, he drank rarely and for the last eight years of his life, he didn't drink at all. In spite of complete withdrawal from alcohol, he continued to lose coordination and eventually was unable to write well enough to even read what he had written. He could not hold a glass of water without spilling it on himself. He was so shaky that he couldn't walk, and he lost his ability to speak. In 1953, at age 65, he choked on his food and died of pneumonia in a rented hotel room.

**MISPLACED GUILT:** Right to the end, he believed that he had killed himself with his drinking. In the year 2000, 48 years after O'Neill's death, he was exonerated by Dr. Bruce Price, a

professor of neurology at Harvard Medical School. Price wrote in the New England Journal of Medicine that he had examined slides of O'Neill's brain and determined that O'Neill died of LATE-ONSET CEREBELLAR ATROPHY, a disorder that has no known cause, but certainly is not caused by drinking.

TWO LESSONS: This story teaches you two lessons. First, Eugene O'Neill died of a condition that was not caused by drinking, so he died with plenty of guilt that he did not deserve. The second lesson is that the majority of diagnoses that you may get from a neurologist have fancy names, but no known cause and virtually never any effective treatment. The conditions are often named after the doctors who first described them: Nieman Pick disease, Creutzfeldt-Jakob disease, Dandy-Walker syndrome, Friedreich's ataxia, Gaucher's disease, Guillain-Barré syndrome, Huntington's disease, Prader-Willi syndrome, Wilson's disease and so forth. Medical students go through neurology classes and learn fancy names for obscure types of nerve damage. It may take years for them to learn that knowing a fancy name for their condition doesn't help the patient.

EUGENE O'NEILL DIED OF late-onset cerebellar degeneration in 1953 because nobody could help him. Now, 60 years later, neurologists know that they would not be able to help him today. Laetrile anti cancer drug - the answer to Cancer by James South MA.

The anti-cancer drug Laetrile is one of the most controversial subjects in the history of medicine. Laetrile's most ardent proponents consider it to be a natural cancer cure, literally built in to the normal "vitamin architecture" of mammalian food supplies as the primary natural exogenous cancer control for humans and animals. They have called Laetrile "vitamin B17."<sup>(1)</sup> Laetrile's opponents consider it, quite simply, as a "toxic drug that is not effective as a cancer treatment."

Studies have shown that adequate oxygen from good ventilation and taking Omega-3 from fish and and flax oil, reduce the chances of getting cancer. High omega-6 increases the incidence.

Omega oils from high mercury countries usually have high levels. See Human Health > Mercury and Oxygen.

Krill oils have been promoted extensively by its marketers, but the half dozen I've got tested were all low in compatibility and high in toxic minerals.

A lack of oxygen in homes and vehicles increases breast cancer. See China.

"Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar." 1

In other words...

"The Lack of Oxygen is the #1 Cause of Cancer"

That in itself is pretty incredible...

But what about the solution?

According to Warburg, "It is indisputable that all cancer could be prevented if the respiration of body cells were kept intact."

Dr. Mercola's Comments:

Most people are aware that certain genes are linked to an increased risk of breast cancer, however having a family history of breast cancer is not the only risk factor women have to contend with, and it's likely not even the most important one.

In fact, according to statistics only about 20-30 percent of women diagnosed with breast cancer actually have a family history of the disease.

The research presented at the 101st 2010 meeting of the American Association for Cancer Research in Washington DC offers a very interesting glimpse into what may be going on here.

Could it be that the increasing health problems and diseases such as cancer we're seeing today is the result of our grandparents' adopting a diet of processed foods?

I read that an Australian doctor found that his patients who ate butter rather than margarine, got less skin cancer.

Many parts of the world including the United States have suffered increasing numbers getting cancer. Uranium contamination has been found in 42 states where depleted uranium bombs and shells have been manufactured, stored or tested. The fastest growing leukemia cluster in the U.S. is found adjacent to the Fallon, Nevada. bombing and gunnery ranges. There is strong evidence that persons living within 20 or 30 miles of nuclear reactors have an increased level of malignancies. To make matters even worse the United States has sold depleted uranium bombs and shells to at least 29 nations around the world.

In the first 2 months of 2006 there were 172,000 cases of lung cancer in the U.S. The whole year of 2005 only saw 175,000 cases of lung cancer. How can this be explained? This does not fit with inhalation of second hand smoke or cigarette smoking. High levels of uranium were found in the air at the Aldermaston research Center in northern England ten days after the second war in Iraq began with heavy bombing and shelling in Iraq. This suggests that all of Europe was contaminated with radiation at the onset of Gulf War II. There have now been 4 nuclear wars since World War II (Iraq twice, Afghanistan, Bosnia). The amount of radiation released since 1991 is greater than the equivalent radiation of 82,000 Nagasaki type nuclear devices. No news media in Europe or the U.S. discusses this as this is one of many forbidden topics.

There is a new form of vitamin C that apparently protects every cell in your body.

27 January 2012 Amazing non-toxic liquid kills cancer cells from Dr Suzanne <[drsuzanne@gmail.com](mailto:drsuzanne@gmail.com)>

"If I could pick only one treatment to cure my cancer, this would be it," says a top expert on alternative cancer treatments.

It's one of the world's most powerful cancer cures, according to research conducted by a scientist at the Detroit Institute of Cancer Research. [Click here now and watch a new video presentation about this amazing discovery.](#)

Even the mainstream National Cancer Institute has confirmed that this do-it-yourself treatment kills cancer cells. My investigators have been searching for six years, and NO at-home treatment is better, as far as we've been able to confirm -- after looking into more than 400 alternative cancer cures.

In fact, it's likely that no treatment anywhere is better, even the ones provided by top alternative cancer doctors. Yet you can purchase this amazing breakthrough over-the-counter without a prescription.

A 54-year-old terminal patient named Robert totally got rid of his cancer in six months. Another patient named Arch was told he had only a 15 percent chance to live. He's still alive three years later with "no evidence of cancer in repeated CAT scans."

But of course mainstream medicine HATES alternative cures like this one. [Click here and watch this important presentation while you still can.](#)

Lee Euler

Publisher, Cancer Defeated

See [http://www.nrdc.org/health/diseaseclusters/files/california\\_diseaseclusters.pdf](http://www.nrdc.org/health/diseaseclusters/files/california_diseaseclusters.pdf)

Dr. Gabe Mirkin's Fitness and Health E-Zine January 22, 2012

A Cure for Cancer? Part II



I received a large number of emails this week asking if avoiding sugar would prevent or cure cancer. This was generated by last week's eZine article about cancer cells needing sugar to survive because they have defective mitochondria: <http://www.drmirkin.com/public/ezine011512.html>

You cannot prevent or cure cancer just by avoiding sugar. All carbohydrates are made up of chains of sugars, and the only known way to deprive your body of sugar is to starve yourself to death. Sugar will always be available. The researchers' goal is to prevent sugar from entering cancer cells.

WHAT WOULD HAPPEN IF CANCER CELLS WERE UNABLE TO OBTAIN SUGAR? A possible cure for cancer was presented this month by Philipp Mergenthaler and Andreas Meisel, of Charité - Universitätsmedizin Berlin, Germany, and McMaster University, Canada. They showed that depriving a cell of the sugar, glucose, while giving it plenty of **oxygen** at the same time, blocks glycolysis and therefore forces the cell to revive its mitochondria and use the Krebs Cycle for energy. Reviving the mitochondria also revives apoptosis, the process of programmed cell death, and therefore would stop cancer cells from growing and spreading through the body (Proceedings of the National Academy of Sciences of the USA, January, 2012).

This breakthrough research studied what happens to nerve cells when they are deprived of sugar. The brain has no way to store energy. It gets almost all of its energy from sugar in the bloodstream. When a person has a stroke, brain cells are deprived of oxygen and sugar because of blocked blood flow. The brain cells respond to a stroke by producing an enzyme called hexokinase II, which helps protect nerve cells from dying by driving any available sugar into cells. Hexokinase II is produced in large amounts when brain cells are deprived of sugar.

#### CELLS GET THEIR ENERGY FROM:

- \* The Krebs Cycle: a series of chemical reactions to produce energy from sugar, fats or proteins in the mitochondria; requires oxygen
- \* Glycolysis: breaking down sugar in cells outside the mitochondria; does not require oxygen

Normal cells have a programmed cell death called APOPTOSIS, which means that cells divide so many times and then they die. CANCER CELLS ARE DIFFERENT because they do not have apoptosis and try to live forever. They kill by invading other tissues. For example breast cancer cells can invade your brain cells, and kill you by destroying your brain. Cancer cells lack apoptosis because they have defective mitochondria, so they are forced to use glycolysis for energy.

GLYCOLYSIS REQUIRES SUGAR AND THE KREBS CYCLE REQUIRES OXYGEN. Blocking hexokinase II, the enzyme that drives sugar into cells, prevents sugar from entering cells and being used for energy by glycolysis. Also giving the cells plenty of oxygen encourages the Krebs Cycle and revives mitochondria. This combination of blocking glycolysis (a cell's ability to use sugar for energy) and forcing the cells to use the Krebs cycle (needs oxygen) revives the inactive mitochondria of cancer cells. Reviving the mitochondria should revive apoptosis and cause cancer cells specifically to die, without killing normal cells.

Thus cancer should be cured by depriving cancer cells of sugar while providing them with oxygen, which should revive their mitochondria and regain their ability to use the Krebs Cycle. Now that the mechanism is understood, researchers will work to find ways to target cancer cells, or to prevent the abnormal cell changes from occurring in the first place.

Meanwhile, realize that anything that raises blood sugar levels INCREASES YOUR RISK FOR CANCER: being overweight, not exercising, being diabetic, eating sugar or refined carbohydrates when you are not exercising, lack of vitamin D, not having enough muscle, eating red meat, storing fat in your belly, not eating enough fruits and vegetables, and so forth. Also, at this time, EXERCISE is the best way we have to increase the number and efficiency of mitochondria in cells.

#### References:

P. Mergenthaler, A. Kahl, A. Kamitz, V. van Laak, K. Stohlmann, S. Thomsen, H. Klawitter, I. Przesdzing, L. Neeb, D. Freyer, J. Priller, T. J. Collins, D. Megow, U. Dirnagl, D. W. Andrews, A. Meisel. Mitochondrial hexokinase II (HKII) and phosphoprotein enriched in astrocytes (PEA15) form a molecular switch governing cellular fate depending on the metabolic state. Proceedings of the National Academy of Sciences, January, 2012;

WHAT ARE MITOCHONDRIA? In the 1970s, Lynn Margulis proposed that mitochondria were originally bacteria that invaded living cells billions of years ago and set up a symbiotic relationship. The bacteria could supply the most efficient source of energy for cells, and the cells would give these bacteria a place to live and multiply. We know this because mitochondria have genetic material, DNA, which is similar to that of bacteria and is much different from the DNA of other parts of cells in the human body. Trends Microbiol. 2011 Feb;19(2):58-64.

#### **Pancreatic Cancer**

The pancreas is a gland behind your stomach and in front of your spine. It produces juices that help break down food and hormones that help control blood sugar levels. Cancer of the pancreas is the fourth-leading cause of cancer death in the USA. Some risk factors for developing pancreatic cancer include -

- Smoking
- Long-term diabetes
- Chronic pancreatitis
- Certain hereditary disorders

Pancreatic cancer is hard to catch early. It doesn't cause symptoms right away. When you do get symptoms, they are often vague or you may not notice them. They include yellowing of the skin and eyes, pain in the abdomen and back, weight loss and fatigue. Also, because the pancreas is hidden behind other organs, health care providers cannot see or feel the tumours during routine examinations. Because it is often found late and it spreads quickly, pancreatic cancer can be hard to treat. Possible treatments include surgery, radiation and chemotherapy.

This makes prevention of all cancers more important.

After Steve Jobs died of pancreatic cancer I Googled for 'pancreatic cancer EMF' (half a million hits) and 'pancreatic cancer wireless' (2.2 million hits).

#### **Types of pancreatic tumours**

Both the exocrine and endocrine cells of the pancreas can form tumors. But tumors formed by the exocrine cells are much more common. When someone says that they have pancreatic cancer, they usually mean an exocrine pancreatic cancer. Not all of the tumors in the pancreas are cancer. A small number are not cancer (benign).

It is important to know whether a tumour is from the exocrine or endocrine part of the pancreas. Each type of tumour has its own signs and symptoms, is found using different tests, is treated in different ways, and has a different outlook for survival (prognosis).

SELASA, 01 MARET 2011

EMF dangers and how to protect against them

Look in your pocket or in your bag or on the table next to you. In one of those three places it is probable that you saw a device that could cause your injury or death at some point in the future. What is it you ask? What is it that I carry with me everywhere? What is this object that you say could hurt or kill me or possibly those close to me that I care about? It is your cell phone. The make and model are irrelevant; they all produce unnaturally high amounts of EMF or electromagnetic fields.

If it was just a threat to ourselves there might not be such awareness, but it's the fact that people near us that could be adversely affected as well. Those little bundles of joy that are the centre of your life are affected more than anyone else. The question you need to ask is: What can I do about all this? I don't have the power to get EMF emitting cell phones banned or anything like that. There is something you can do though, to minimise the risk of harmful radiation effects to yourself and those close to you.

There are many radiation protection devices available today to help you get rid of this threat that is hanging over your head every time you pick up that phone. There are wide selections of products to suit any need you might have, in many shapes, at a range of prices that will allow anyone to afford this absolutely necessary protection.

There are hands-free devices that will protect you from this potentially lethal threat as well as helping you comply with current regulations. These regulations can actually be encouraging us to use non-radiation protective ear pieces that are increasing the amount of radiation directed into our heads. So, to ensure you are protected you need to ensure that the ear piece or hands-free kit you use is one of those specially designed to protect you and others in your vicinity.

There are many different types of devices available for you to choose from, but the best way to ensure you are protected from radiation is to use a combination of devices, bearing in mind that a cell phone will affect any part of the body that it is close to, not the head alone. You need to aware that to be completely protected you need to have some form of protection when your phone is in your pocket and not being used as well as a method of protection while you are using your cell phone.

The cell phone is making communication easier all the time and no-one wants to give up that convenience, but it must be paired with the awareness of the inherent dangers associated with this convenience. To eradicate this danger we need to take the proper steps to ensure we have sufficient radiation protection. see PICS OF BABY ACNE

For more information about Dr. Gonzalez and his practice, see [www.dr-gonzalez.com](http://www.dr-gonzalez.com)

**Story at-a-glance Steve Jobs**, co-founder of Apple, died on 5 October 2011, from complications of pancreatic cancer. While Jobs seems to have received the best care possible, even some conventional oncologists question the decision to perform a liver transplant, stating that this procedure and the subsequent immuno-suppressant anti-rejection drugs he had to take was, perhaps, a fatal mistake.

Steve's premature passing is a profound tragedy, but if we take to heart some of the wisdom he lived his life by, we may be able to improve our own lives.

Dr. Nicholas Gonzalez is an internationally known expert on the natural treatment of pancreatic cancer was interviewed for his take on the treatment Steve received and an attempt to put it proper context.

24 July 2011. Itch and pain around waist since 2008. The first was on the right hip pin bone. Charl Marais diagnosed that it was from Vanheusen underpants containing cadmium. He had many men clients diagnose underpants a the cause of waist itches and pains without knowing it was Vanheusen's who also use formaldehyde (a severe toxin) in clothing to stop creasing. See Toxins.

Occupation and pancreatic cancer risk in Shanghai, China.

Ji BT, Silverman DT, Dosemeci M, Dai Q, Gao YT, Blair A.

Source

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Abstract

BACKGROUND:

Any association between occupation and pancreatic cancer risk has not been conclusively demonstrated. A population-based case-control study was conducted to examine occupational risks of pancreatic cancer in Shanghai, China.

METHODS:

The study included 451 pancreatic cancer patients newly diagnosed in 1990-1993 and 1,552 controls randomly selected from Shanghai residents. Information on a lifetime job history and other factors was obtained in a face-to-face interview.

RESULTS:

Among men, an increased risk of pancreatic cancer was associated with employment as an electrician.

CONCLUSIONS:

Our results suggest that occupations associated with exposures to metal and textile dusts or certain chemicals may increase the risk of pancreatic cancer. The elevated risk among electricians may warrant further study to evaluate the possible role of EMF or other exposures.