

# Healthy Living

## Fact Sheet



### Cancer

Dr John G. Clark, MD

#### What is Cancer?

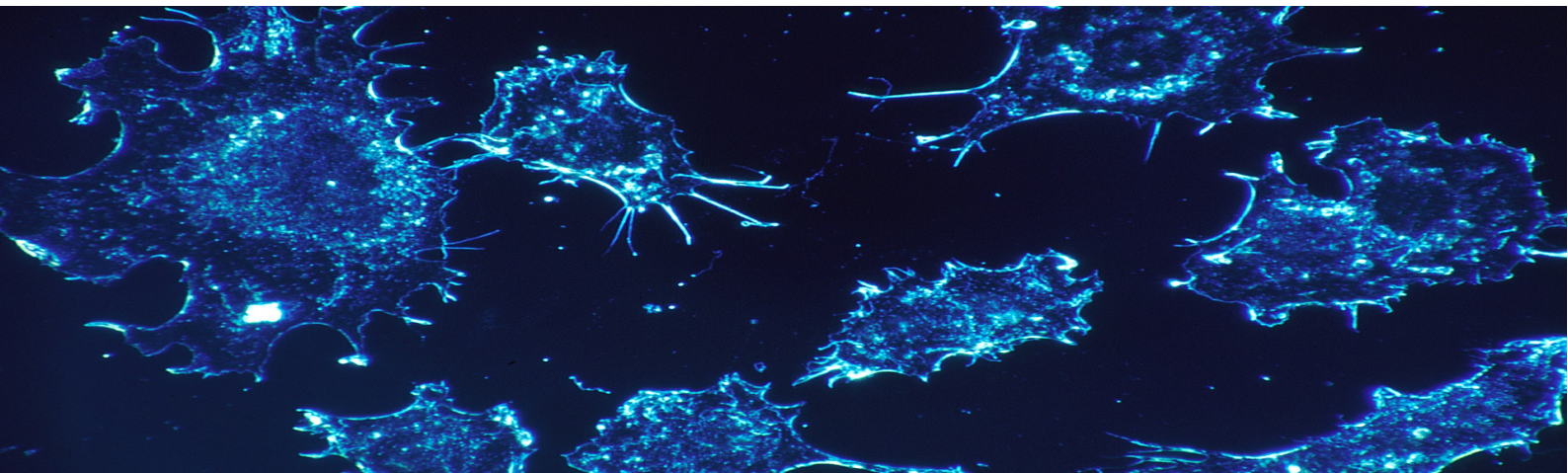
Cancer results when body cells lose normal regulation and grow out of control. These “out of control” cells invade other tissues and make masses of cells called tumors.

#### Why do cancers occur?

Everybody has a few out of control cells at any given time that if not taken care of could grow into cancer. Cancer is most often the result of a failure of the immune system to destroy bad cells. Viruses, toxins, oxidative stress, poor nutrition and/or radiation create cancer cells. Once cancer begins, it is often driven on by too many hormones or inflammation in the body.

#### Encouragement

*“Bless the LORD,  
O my soul, and forget  
not all his benefits:  
Who forgiveth all thine  
iniquities; who healeth  
all thy diseases;”  
Psalms 103:2, 3*



#### What foods promote cancer?

Animal products are second hand nutrition and the main source of viruses, hormones, toxins, oxidative stress, and poor nutrition that lead to cancer cell growth. If your diet includes some second hand nutrition (meat, dairy, eggs) you need to be extremely careful that you make up for dietary deficiencies by eating the best fresh fruits and vegetables that contain phytochemicals, antioxidants, minerals and vitamins.

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### Natural lifestyle approach

#### **Dietary Considerations**

A nutrient dense diet, which boosts the immune system, is the most effective at fighting cancer. Fresh fruits, vegetables, nuts and seeds are the most important part of a cancer prevention diet. It is recommended that 80% of your diet consist of fresh fruits and vegetables for fighting cancer. This would mean a diet free from animal products and only 20% being cooked.

#### **Exercise**

People who exercise regularly reduce their risk of dying of cancer by 50%. Schedule a walk in the morning when you get up, and a short walk after each meal. A good practice to improve overall health is to never sit for more than 25 minutes without some activity.

#### **Water**

Three liters of water a day is recommended an adult: one when you arise in the morning, one mid morning and one mid afternoon.

#### **Rest**

A regular schedule with an early bedtime and early rising time improves the body's ability to fight cancer.



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Jenifer Skues  
Health Psychologist

### The Psychology of Cancer

#### What has stress got to do with cancer?

Even though scientific evidence that stress can cause cancer is weak, apparent links between psychological stress and high risk factors that potentially contribute to the growth and spread of cancer have been identified. For example, ongoing stress results in high levels of adrenaline and cortisol. Over time this causes cellular inflammation and toxicity, poor digestion, eating problems, weakened immune system, hypertension, and high blood pressure, as well as an increase in bad health habits. These can include poor diet, consuming alcohol, caffeine and smoking. All of this in combination weakens our system so it cannot maintain a healthy balance and inhibit the growth and spread of cancer cells. Furthermore, it is more likely to trigger a genetic predisposition to cancer (see below). Hence managing your stress levels on a daily basis and having a healthy immune system is the way to go.

#### Encouragement

*“Be anxious for nothing,  
but in everything by  
prayer and supplication,  
with thanksgiving, let  
your requests be made  
known to God;”*

Philippians 4:6 (NKJV)

#### Can our genes cause cancer?

Apparently most cancers are caused by gene faults that develop during our lifetime. These gene faults can occur as we age due to random mistakes during cell division. However they can also happen when we are exposed to carcinogens that are found in such things as tobacco, food and even cosmetics. Carcinogens cause cell mutations that are called sporadic cancers. These gene changes don't affect all body cells and are not inherited so can't be passed on to our children. However we can be born with an inherited faulty gene, but it doesn't mean that a person will necessarily get cancer. Faulty genes contribute to a higher risk of developing particular types of cancer at a younger age than other people. Doctors call this having a genetic predisposition to cancer. Even with a genetic predisposition, further gene changes (mutations) have to happen over time. Of course pair this with stress and carcinogens the cancer gene is more likely to be expressed. As we all have cancer cells, prevention is definitely better than cure.

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### Cancer Prevention Tool Kit

#### 1. Managing your stress levels

- Learn to live in the present moment, where is your mind focus at any given time? The past has gone and the future hasn't happened. It is stressful to ruminate on past problems as this causes depression and it's dangerous to project our future fears as this causes anxiety.
- Balancing the heart-brain connection keeps you focused in the present moment. It helps to switch off the adrenals, wind down, and feel calm and relaxed. Try this easy breathing technique I call heart focused breathing. Put your hand on your heart and focus on taking slow and even breaths into the area where your hand is then into the lungs (to the count of 5 in and 5 out). Also try to think of something you appreciate that generates a good heart feeling or connection.
- Check out your beliefs and types of thoughts you have because what you believe feeds your thoughts, what you think results in how you feel, which helps to determine behaviors, actions and your physiological response. It's a chain reaction with multiple feedback loops from the brain to the body so make it a positive not a negative loop.
- Other ways to calm your adrenals and focus your mind and body is by enjoying nature; pet therapy; exercising; drinking herbal teas such as chamomile, lemon balm or passion flower; as well as to pray and meditate on a loving God.

#### 2. Make a NEW START

Use the following NEW START acronym for a holistic approach to help you to improve and maximize your overall health and wellbeing:

**NEW** N = Nutrition; E = Exercise; W = Water; **START** S = Sunshine; T = Temperance (with things that are harmful); A = Air (fresh); R = Rest & Relaxation; T = Trust in God.

**Remember that prevention is better than cure!**

**Disclaimer:** This fact sheet presents principles designed to promote good health and is not intended to take the place of personalised professional care. The opinions and ideas expressed are those of the writers. Readers are encouraged to draw their own conclusions about the information presented.