

# How to be Cancer Preventative

## What to do if diagnosed

### Books

- *Anti-Cancer* – Dr David Servan Schreiber
- *Healing Cancer with Nutrition* – Dr Patric Quillian
- *Health in the 21<sup>st</sup> Century* – Dr Fransisco Contreras
- *The Cancer Battle Plan* – Frahm & Frahm
- *The pH Miracle* – Dr Robert O'Young
- *Wheat Belly* – Dr William Davis
- *Gluten Freedom* – Dr Alessio Fasano
- *Grain Brain* – Dr David Perlmutter
- *Cleansing the Body and the Colon for a happier and healthier you* – Theresa Schumacher

### What is Cancer

Cancer is a state of cellular growth, which occurs when normal cells become abnormal and continue to grow abnormally without apparent control, and in the process destroying healthy tissues and organs.

### Statistics

Cancer is a disease of so-called civilised nations. According to Dr Colin Campbell the latest statistics shows... as high as 1 in 2 males and 1 in 3 females will get cancer. It is estimated that by the year 2020 another 15 million people will be diagnosed. Ross Horne in his book *Health Revolution* states that 'cancer does not occur in properly nourished and vigorously healthy humans'.

According to Research Data  
**80% – 90% of Cancers are preventable with Nutrition!**

### Factors contributing to Cancer

- Insufficient anti-oxidants - There are many types of cancer and probably hundreds of causes, but most cases are accompanied by poor antioxidant defences.
- Acid pH of the blood
- Exposure to Animal & Environmental hormones (Estrogen Dominance)
- Refined sugars and starches (with high levels of insulin cancer cells will grow – insulin is a growth-factor for cancer cells)
- Food sensitivities/Food Allergens which leads to inflammation in the blood which leads to a blocked lymphatic system (poor lymphatic flow)
- Processed foods and additives, High protein diet, Heated fats
- Dehydration
- Constipation (insufficient fibre in the diet)
- Lack of exercise
- Emotional toxicity (Rejection, unresolved Hurt, Fear, unforgiveness, bitterness)

### Read up on:

1. pH of blood
2. Colon health
3. Inflammation in blood - Villi and small intestine
4. Candida overgrowth
5. Estrogen Dominance

For a Healthy Body we need:

## Healthy Cells and Healthy Blood

pH of the Blood

0

7 7.35 -7.45

14

Blood carries nutrients to all our cells. Life and health is the balanced interaction of all body cells. Cells group together to form tissues, organs, bone, systems, etc. Cells consume fuel, produce energy, eliminate waste. They are made up of water, electrolytes, protein, lipids and carbohydrates.

Given the necessary components our body in the totality of its cells can maintain a balance of life and health. **Your DAILY FOOD INTAKE should be 75% alkaline forming and 25% acid forming.** Food and drink leaves and acid/alkaline ash or residue on your blood. Stress secretes an acid ash on the pH of the blood. Disease thrives in an acid-ash environment. The pH of our blood is alkaline and a 75% alkaline forming diet will greatly contribute to overall better health.

### pH Test Kit

You can check your saliva pH or urine pH by using Litmus paper to find out if your food selection is providing the desired balance. Check urine pH 3 times a day. A urine pH of between 6.2 in the morning and 7.4 in the afternoon is ideal. This will vary throughout the day depending on the foods you eat, allergic reactions and stress factors.

Acid Forming Foods	Alkaline Forming Foods
<ul style="list-style-type: none"><li>• All animal products</li><li>• Vinegar</li><li>• Heated fats and Heated fruits</li><li>• All processed juices, teas, coffee, cocoa &amp; alcohol</li><li>• Sugar</li><li>• Most nuts</li><li>• Most grains</li></ul>	<ul style="list-style-type: none"><li>• All raw foods</li><li>• Raw fruits</li><li>• Sprouts</li><li>• Almonds</li><li>• Raw and cooked vegetables</li><li>• Millet</li><li>• Dried fruit (Sulphur free)</li><li>• Freshly squeezed fruit &amp; vegetable juices</li></ul>

### Barleylife

Barleylife is the richest most balanced source of nutrients in a single food on the face of the earth.

- Barleylife is a 100% natural dried juice and a **MUST for Cancer patients!**
- Contains Natural Chlorophyll
- Barleylife contains an abundance of vitamins, minerals, amino acids, numerous usable live enzymes
- **Alkaline pH factor** - builds and strengthens the immune system
- **Anti-tumor promoters** - promotes restoration of damaged DNA in the cell nucleus and restores biochemistry of each organ in the body
- Barleylife helps stabilize blood-sugar levels
- Helps normalize high-blood pressure and low-blood pressure
- **Barleylife is anti-inflammatory**

# Effectively Managing Colon, Digestive and Lymph Problems

## Colon = Most Important Organ in the Body

*Dr Fransisco Contreras (Oncologist)*

'Providing a means by which the body will get rid of toxins is paramount. There are studies that show that people who move their bowels three to four times a day are much healthier. They have lower incidences of cancer, lower incidences of diabetes, and lower incidences of heart disease. I truly believe that all disease begins in the digestive system – that all disease begins with what we eat.'

Make sure that you have a regular and good functioning digestive system.

### **NB – Quantity and Quality of elimination!**

You should not struggle with constipation or diarrhea.

Your stool should be light (float), have a pocket-like shape (not rope-like shape). Should be light in color (sign of enough fiber in diet), have no mucous on the in- or outside, should crumble when hitting the water.

*In my years of working with health and Nutrition, I have witnessed many people effectively deal with Colon and Digestive Related Issues utilizing the category of **FOOD & NUTRIENTS**.*

- *Those who completely eliminate sugar, coffee and food chemicals have better Digestive Health.*
- *Those who eliminate food sensitivities and food allergies from their diet, have HUGE improvement in Constipation, Bloating, Gas, Diarrhea, Pain, Cramps... IBS symptoms etc.*
- *Also, Use **Herbal Fiberblend** or **Herbal Release** or both.*

### **Herbal Fiberblend – 19 Active Herbs**

A Special combination of fibre and 19 Herbs, cleanses and heals colon and digestive tract, helps peristaltic movements. Excellent for constipation and spastic colon.

- A 'one-step' **detoxification product**
- Reduces transit time and regulates bowel moment
- Helps stop Diarrhoea
- **A MUST for Cancer patients**
- More balanced assimilation of food. Helps stabilize blood pressure and blood sugar problems. Helps heal piles and polyps. Heals haemorrhoids. Excellent for De-worming! Herbal Fiberblend is not a laxative and not habit-forming.

If you suspect a Food Sensitivity, get tested with the ImuPro100 blood test or eliminate the problem food for 3 months and see how and if your health improves.

### **For Inflammation use Herbal Release**

A combination of 8 herbs that Cleanses the Lymphatic system, helps 'un-block' lymph nodes, helps with Inflammation, Constipation, water retention, excellent for Cellulite and Varicose Veins etc.

- **A MUST for Cancer Patients!**

### **AlMega**

Cold pressed flaxseed oil (correct balance of Omega 3, 6 and 9). Supports all brain function.

**A MUST for Cancer.** Helps normalize hormonal function. Supports healthy cholesterol levels.

Stabilizes blood sugar. **For Inflammation!**

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