

# Seven Principles of Natural Cancer Prevention and Therapy

Based on the understanding of cancer found on page one, here are seven things one can do to reduce one's risk of cancer and/or assist the body in overcoming cancer. Although we've suggested possible herbs and supplements one can use with each principle, we again strongly encourage you to seek professional assistance in designing your program.



## Principle Number One: Increase Oxygen Levels

Cancer cells are anaerobic, which means they live and thrive in a low oxygen environment. They are able to get their energy by metabolizing nutrients, notably sugars and carbohydrates, without oxygen, in a fermentative process. Cancer cells cannot survive in a high oxygen environment, so keeping the body well oxygenated inhibits cancer. Do this by getting plenty of fresh air and exercise. Breathe deeply. If you smoke, quit.

There are several supplements that can enhance oxygenation in the body. For starters, **Chinese Lung Support** helps with oxygen delivery and uptake and is very useful for anyone with respiratory weakness. Another Chinese remedy that strengthens the lungs and enhances oxygen transport is **Cordyceps**. Cordyceps also helps the immune system.

**Liquid chlorophyll** is another great way to enhance oxygen transport. It prevents clumping of red blood cells and helps red blood cells carry more oxygen to the tissues. Research has shown that it can reduce the risk of cancer.

## Principle Number Two: Balance pH

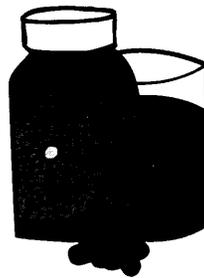
In order to have optimal health, the body must maintain a proper internal pH. Cancer cells prefer an acid pH environment. Their fermentative metabolism also releases large amounts of lactic acid that inhibit transportation of oxygen to neighboring cells. This spreads the environment for cancer. A build-up of acid waste also inhibits toxins from being released by cells.

The best way to counteract this acidic environment is to eat large quantities of fresh, preferably-organic, fruits and vegetables every day. This is well-recognized as one of the best ways of decreasing your risk of cancer, but unfortunately, its benefit in helping people recover from cancer is often ignored. Fresh fruits and vegetables not only help alkalize the body, they also strengthen immunity, aid detoxification and provide antioxidants.

Besides eating fresh fruits and vegetables, there are several other supplements that can help alkalize the body. The first is **pH Green Zone**, a whole food supplement that alkalizes the environment,

aids in detoxification and builds the immune system to help it recognize and destroy cancer cells.

Digestive enzymes are very important to helping balance pH. **Food Enzymes** and **PDA** are good choices for people with cancer. A lack of hydrochloric acid (an ingredient found in both Food Enzymes and PDA) leads to excess lactic acid in the body, which sets the stage for cancer. They are taken with meals to help the body metabolize food correctly so as to avoid a build-up of acid waste and toxins. They are also taken between meals to help rid the body of excess proteins that may be causing acid in the blood.



## Principle Number Three: Strengthen the Immune System

The body normally and regularly produces cancer cells due to free radical damage, environmental factors or other causes. A healthy immune system recognizes and destroys these defective cells. When the immune system is unable to recognize these deviant cells or is too weak to destroy them, the disease we call cancer develops.

There are many reasons why the immune system becomes weakened. Poor nutritional intake is a major factor. The loss or destruction of friendly bacteria in the intestinal tract is another. Excessive sugar consumption supplies cancer cells with the energy they need to proliferate quickly, while contributing to chronic inflammation that distresses the immune system.

Improving nutritional intake, especially eating those 7-9 servings of fruits and vegetables daily, will help the immune system, as will eliminating chemically-laden processed foods. Reducing intake of sugar, white flour and other simple carbohydrates will also help.

Supplements that can help to rebuild a weakened immune system include the Chinese formula, **Trigger Immune**. This formula enhances vital energy and immune function, increasing white blood cell production and platelet count. It is very helpful in recovering from chemotherapy and can also be taken during chemotherapy to strengthen the system to resist toxic effects from chemo.

**Immune Stimulator** is another supplement that can boost the immune system to fight cancer. It not only enhances natural killer cells (lymphocytes), which kill cancer cells, it also increases T-cell production and antibody production. An important benefit of Immune Stimulator is its ability to enhance cellular communication, which helps the immune system identify and target cells it needs to destroy.

**Uña de Gato Combination** is another herbal formula that strengthens a weakened immune system. The principle ingredient, Uña de Gato, has been used in South America for cancer treatment and contains compounds that inhibit tumor growth in animals.