



Alternative Non-Toxic Cancer Treatments

Alternative Prevention, Treatment
And Healing

MARCUS D. ADAMS

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CHAPTER ONE:

What is Cancer?

Cancer is a generic term for a large group of diseases that can affect any part of the body and is often referred to as "malignant tumours". The main feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, forming malignant tumours. These tumours invariably invade adjoining parts of the body and metastasise (spread) to other organs, which is usually the cause of death.

There are about 10.9 million new incidences of cancer every year worldwide and about 6.7 million deaths a year from cancer. There is still an upward trend in most of the western countries where people live a "Modern Lifestyle", with 1 in 4 adults expected to get some form of cancer in their lifetime.

Are you or one of your loved ones a cancer candidate?

We all have Cancer!

Did you know that every one of us has cancer cells in our body, but most of us aren't even aware of it. That is because of the body's amazing Immune System that continuously patrols our body and eliminates foreign invaders, including the newly forming cancer cells. However if the immune system gets compromised in any way, then it can't control the cancer cells and they become established usually resulting in one form of cancer or another. Often the cancer

may have been developing over many years before it is identified.

However, many doctors use this threat of urgency to rush you into a specific cancer treatment regimen of their choice, which may not be the best treatment for you. Unfortunately, most of us are unaware of the various treatment options available and blindly trust our doctors, oncologists and specialists to make the choice for us.

Regrettably, a very good friend of mine did that when his wife was diagnosed with Liver Cancer, and she suffered devastating pain, uncontrollable nausea, loss of hair and other bodily functions, and eventually died prematurely from the chemotherapy. He knows now that he could have prevented that and she could have regained her health and wellness if he had been aware of the available "natural cancer treatments".

Once you have the "Awareness and Knowledge" about Cancer and the available treatments then you can participate in that decision, after all it's YOUR LIFE.

How Deadly Is Cancer?

It is true that cancer kills hundreds of thousands of people in the United States annually, BUT, the likelihood of a person dying from cancer has steadily decreased since the 1990s. Additionally, the five-year survival rates for cancers such as prostate, thyroid, and breast, are now over 90 percent. For ALL types, it is around 66 percent.

These numbers are based on data from large groups of people. This means that the percentages noted above may

not be accurate for each individual. How long a particular cancer patient will live beyond diagnosis or how likely it is that they will survive depends on several factors, including:

- The patient's overall health;
- Whether the cancer is fast or slow-growing; and
- How much the cancer has spread.

Does Sugar Make Cancer Worse?

While research has demonstrated that cancer cells do consume more glucose than normal cells, no studies have concluded that eating sugar would make it worse, or that removing sugar from one's diet will make it better. Changing your sugar habits does not have an impact on cancer itself, however, a high sugar diet is bad for overall health. It may contribute to excessive weight gain and obesity carries a greater risk for developing various cancers. For a healthier lifestyle, it is best to keep your sugar intake minimal.

Don't Artificial Sweeteners Cause Cancer?

that cyclamate in combination with saccharin caused bladder cancer. However, later studies of these sweeteners have NOT provided clear evidence of a correlation between using artificial sweeteners and developing cancer. The following artificial sweeteners are approved by the FDA and considered safe for human consumption:

- Saccharin
- Aspartame
- Acesulfame Potassium
- Sucralose
- Neotame

Cancer is not a contagious disease

A person cannot get cancer from being sneezed on or touched by someone with cancer. The only circumstance where cancer would spread from one person to another is an organ or tissue transplant from someone who had cancer in the past. However, the risk of developing cancer in this situation is extremely low and doctors avoid the use of tissue or organs from donors who have a history of cancer.

In the case of cancer being caused by certain viruses or bacteria, the virus or bacterium could spread (as viruses and bacteria do), but that does not mean that the cancers they cause will also spread.

Don't Worry, Be Happy

Many people feel that having a positive attitude promotes good health and decreases the risk of developing cancer. Likewise, a positive attitude would help a patient more successfully fight cancer. While the NCI claims that there is no convincing scientific evidence to support this theory, we still believe staying positive (but realistic) is the best attitude to have. Just because there is no physical evidence that it helps does not mean a person won't benefit from having a positive outlook.

Herbal Remedies for Cancer

While there are studies that suggest alternative or complementary therapies may help patients deal with cancer treatment side effects, no herbal products have been shown to be an effective cancer treatment. Some may even be harmful if taken during radiation therapy or chemotherapy. It's always best for a cancer patient to discuss alternative avenues before starting to use them.

My Grandmother Had Cancer, Does That Mean I Will To?

Not necessarily. Only about five to ten percent of cancers are caused by inherited harmful gene mutations. Ninety to 95 percent of cancers are caused by mutations that happen during a person's lifetime. Just because someone in your family had cancer does not mean there is an inherited