



**Health & Wellness Institute**®

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## **Cancer Fact Sheet**

Cancer is the second leading cause of death in the United States. Cancer risk increases with age, and it is estimated that two-thirds of all cases occur in people over age 65.

### ***Some quick facts about cancer:***

1. Cancer is an invasive, uncontrolled replication of cells in the body.
2. Lifestyle and environmental factors are indicated as being the cause of about 60% of existing cases of cancer.
3. Cancer risk is high in individuals who have family members with cancer.
4. Most cancers require several years to develop.
5. If the cancer is detected early and properly treated, most cancer patients have a favorable outcome. But, since cancer can be deadly, prevention should become a way of life.

### **What Causes Cancer?**

Currently, it is thought that cancer is caused by multiple factors. Many physicians agree that cancer has multiple interacting causes. This is contrary to the scientific view of identifying single precipitating factors—such as genes or infectious organisms. Practitioners of integrative medicine know there is no single cause for cancer, nor is there a single cure. Cancer is caused by a gradual toxic systemic exposure and weakening of body systems (i.e. immune system). However, there are contributing factors which will be reviewed briefly and are listed below:

- ✓ Chronic Stress
- ✓ Diet and nutritional deficiencies
- ✓ Environmental toxins
- ✓ Excess exposure to sunlight
- ✓ Food additives

- ✓ Free radicals
- ✓ Genetic predisposition
- ✓ Heavy metal toxicity (mercury, arsenic, lead, etc.)
- ✓ Hormonal dysfunction
- ✓ Immune-suppressive drugs
- ✓ Intestinal toxicity and digestive imbalance
- ✓ Oncogenes (genes responsible for initiating cancer)
- ✓ Pesticides and herbicides
- ✓ Polluted water
- ✓ Tobacco and smoking
- ✓ Viruses

### **Chronic Stress**

Stress can be defined as a reaction that can potentially upset the function of normal physical and emotional health. There are various causes of stress, such as illness, pain, loss, grief, financial pressures, and so on. Chronic stress directly affects the immune system in a negative way. Stress is part of life and a continual health challenge. The stress load continues to grow with each passing decade. Many Americans today experience stress from the overwhelming job pressures in a fast-paced corporate culture. Under emotional distress, the brain releases many signals to produce certain hormones that can weaken the immune response. Cancer activity can be accelerated in the presence of these chemicals. Research confirms that emotional stress can increase your susceptibility to illness. Chronic stress that is unrelieved can begin to weaken body systems and suppress vital function.

### **Diet and Nutritional Deficiencies**

The types of foods we eat profoundly influence our health. According to the National Academy of Sciences, 60% of all cancers in women and 40% of all cancers in men may be caused by dietary and nutritional factors.\* Some of the negative factors in diet are listed below:

- ✓ Excessive intake of meat products
- ✓ Excessive intake of processed and smoked foods
- ✓ Decreased vegetable and leafy green intake
- ✓ Contaminated fish and seafood intake
- ✓ Excessive fat intake
- ✓ Excessive sugar intake
- ✓ Excessive alcohol and caffeine consumption
- ✓ Inadequate hydration (not drinking enough water)
- ✓ Inadequate essential fatty acid intake (omega 3, 6, and 9's)

Nutritional imbalances may increase cancer risk and facilitate degenerative disease. A wholesome diet with healthy foods is the foundation of good health.

\* Committee on Diet, Nutrition and Cancer. Assembly of Life Sciences,

National Research Council. *Diet, Nutrition and Cancer*. Washington, DC: National Academy Press, 1982.

### **Environmental Toxins**

There is a continuous challenge to keep environmental pollutants under control. The Environmental Protection Agency (EPA) estimates that as many as 10,000 cancers a year in the United States can be attributed to indoor air pollution. The EPA cannot begin to calculate how many cancer cases are caused by outdoor pollutants. In my opinion, the number of cancer cases caused by external pollutants is seriously high. The key here is to minimize exposure and strengthen the body's ability to defend itself against the negative factors in the environment.

### **Chronic Sunlight Exposure**

Our Earth's protective barrier from UV rays continues to be compromised. The Earth's upper atmosphere has expanded, weakening the Earth's natural shield against it. With this weakening, comes the increase in the number of skin cancer cases that are seen each year. There are primarily three forms of skin cancer: melanoma, squamous, and basal cell types. Melanoma is the most lethal type of skin cancer. The number of melanoma cases annually is approximately 40,000. The other two forms in comparison are approximately 7,000. Using natural-based protective barrier creams against direct UV rays can minimize the risk of these cancers. Generally speaking, the damaging effects of too much sunlight on fair skin, which can also cause the immune system to be suppressed, can occur years before an actual tumor appears. This cancer risk can be minimized through prevention.

### **Food Additives**

There are many chemicals that are added to foods to preserve shelf life. These chemicals are also used to enhance palatability of processed foods. There are over 3,000 of these chemicals used every year, and many have not been studied for their adverse effects on humans. Some of the most common food additives are:

- saccharin
- cyclamates
- aflatoxins
- aspartame
- hydroxytoluene.

These chemicals are known to cause adverse biological activity, which can increase cancer risk significantly. Eating whole foods that are free of preservatives is the key to minimizing this cancer risk and the answer for healthier living.

## **Free Radicals**

Today, we are exposed to all kinds of external and internal factors that can impair our health. Free radicals are among the most potentially harmful agents in existence. A free radical is an unstable molecule with an unpaired electron that steals an electron from another molecule, producing harmful effects. Antioxidants (Vitamin A, C, E, Selenium, CoQ10, glutathione, proanthocyanadins) are used to protect against these harmful effects. Free radicals are produced by both external factors (environmental pollution) and internal factors (immune defense and metabolism). Antioxidants can profoundly protect against such negative influences.

## **Genetic Predisposition**

All cancer is genetic, in that it is triggered by altered genes. However, just a small portion of cancer is inherited: a mutation carried in reproductive cells, passed on from one generation to the next, and present in cells throughout the body. Most cancers come from random mutations that develop in body cells during one's lifetime—either as a mistake when cells are going through cell division or in response to injuries from environmental agents such as radiation or chemicals. The involvement of genes in cancer is a complex subject. A term that is now used to describe the family tendency for particular cancers is "family cancer syndrome." The term implies that the cancer is likely to show up in succeeding generations of the same family. Many advances are being made in cancer technology. Many genes are being identified with certain cancer types a few are listed below:

- Adenocarcinoma of lung, pancreas and colon- K-ras
- Brain cancer - MSH2, MLH1, PMS1, PMS2
- Breast cancer - BRCA1, cyclin D1, erb-B2
- Colon and uterine cancer - BRCA2, DCC, K-ras, APC
- Endocrine Cancer- MEN1, MEN2a
- Leukemia- ATM, BLM, FA-A,C
- Lung Cancer- myc, erb-B2, cyclin D1, abl
- Lymphoma- ATM, BLM
- Pancreatic Cancer- p16, BRCA2, MLH1, MSH2, PMS1, PMS2, K-ras
- Skin Cancer- p16 (melanoma), BLM
- Thyroid Cancer- MEN2B

Genetic predisposition doesn't imply that you are going to develop the cancer. It is a term that should inspire you to lead a more health-conscious lifestyle in order to beat the odds of developing cancer.

### **Heavy Metal Toxicity**

Heavy metals, such as mercury, arsenic, nickel, lead, and cadmium, are among the most common known to cause dysfunction in the body. These metals accumulate in healthy body tissue, causing toxic symptoms. Some of these symptoms include fatigue, joint aching, difficulty concentrating, headache, impaired bowel function, and cold hands and feet. There are ways to test for concentrations of these heavy metals. Urinary, blood, and hair analysis are available to determine if concentrations of these are increased in the body. In addition, ELISA/ACT testing is available to give a more accurate result on concentration within cells. Consult your physician on your options. Detoxification and chelation therapy may be indicated to help rid your body of these toxic metals, although identifying the source of exposure is essential.

### **Hormonal Imbalances**

Hormonal imbalance can significantly increase cancer risk. There have been studies that have shown the risk of cancer to be higher in women who are using birth control as compared to nonusers.† It is essential to determine the underlying cause of hormonal imbalance and to have the appropriate treatment. Hormonal analyses, using either blood, urine, and/or saliva, are helpful diagnostic tools. There are other treatment options available. Natural hormone therapy and the use of certain herbs and nutrients demonstrate positive benefits. You may want to discuss this with your doctor.

† Weinstein, A.L., et al. "Breast Cancer Risk and Oral Contraceptive Use: Results from a Large Case-Control Study." *Epidemiology* 2:5 (September 1991) : 353-358.

### **Immune-Suppressing Drugs**

There are a great number of conventional drugs, antibiotics, and vaccines that can have suppressive effects on the immune system. Any suppression of the immune system is unfavorable, except in cases of organ transplantation and tissue rejection. In these cases, it is necessary to modulate the immune system to prevent the loss of function. Vaccinations have suppressive effects on the T lymphocytes, which are an integral part of immune defense and regulation. This could set the stage for the onset chronic disease. Antibiotics hinder immune response and disturb intestinal immune defense by killing off friendly bacteria that protect from potential disease-causing bacteria, viruses, and parasites.

### **Intestinal Toxicity**

Besides the skin, the intestines have the largest surface area contained in the human body. Twenty-five feet of intestine lying out smooth provides approximately 2 \_ miles of surface area. Many illnesses, including cancer, allergies, and chronic infections, can be attributed to toxic bowel function. If the intestines become clogged and diseased, a toxic environment results. Often, an individual with such a toxic bowel is terribly ill. Diet is an

essential part of bowel health. Heavy meat eaters and junk-food junkies are ruining their bowels; and over time, they will pay the consequences. Bowel cleansing and detoxification are strongly recommended. Stool digestive analysis is highly advised to determine the health of the bowel. In addition, replenishing healthy bowel bacteria in order to counteract the potentially harmful bacteria is essential. Speak to your doctor about bowel health and how to optimize it.

### **Oncogenes**

In conventional medicine, the emphasis is to find individual genes capable of causing cancerous cells to proliferate and form tumors. Oncogenes were first identified in the 1970s, and currently there are over 50 different oncogenes responsible for specific cancer types. An oncogene is a gene that causes normal cells to behave in a dysfunctional fashion, thus causing the development of cancer. With the new development that comes from the breaking of the genetic code, some new promising cancer therapies can be designed specifically to attack the cancer and spare healthy tissue. Cancer types will be identified genetically, and therapy will be genetically engineered. The positive benefits may include less side reactions to treatment, better quality of life while undergoing treatment, and hope of cure.

### **Pesticides and Herbicides**

The use of pesticides and herbicides is widespread and alarming. Their usage has increased phenomenally since 1945. Over 400 pesticides are currently licensed for use on our food supply in the U.S. Approximately 1.5 billion pounds of these thousands of varied chemical compounds and formulations are dumped on crops, forests, lawns, and fields annually. The Environmental Protection Agency has identified many pesticides and herbicides that could leave carcinogenic residues on foods. These chemicals build up in body tissue and cause toxic accumulation. This process is called "bioaccumulation." Such accumulation in fatty cells (breast, brain, and sexual organs) can initiate cancerous activity. Detoxification and chelation therapy may be necessary to remove these toxic compounds. In addition, careful selection and cleaning of the foods you eat are necessary precautions to assure healthier body function.

### **Polluted Water**

Our water supply in North America is not as pure as it was 50 years ago. There are many organic chemicals and heavy metals found in higher concentrations with each passing decade. It takes greater efforts to purify the water using reverse osmosis and UV filtration. It is important to remember that approximately 75% of the toxins from water that enter the body accumulate in vital tissues. The liver can become overloaded and impaired by these pollutants, which can, in turn, cause cancerous activity to increase. Another problem is the use of chlorine and fluorine, two toxic compounds used to purify water and assure dental hygiene. Both of these elements are known to initiate cancerous activity. It is recommended that purified, filtered water, without the use of chlorine and fluorine, be used. When shopping for pure water, ask for a chemical and

biological analysis. In addition, it is important to know where the water source is coming from. This information is available to you without charge. Your water supply should be free of any toxic elements and/or compounds as well as any harmful organisms, such as Giardia and Cryptosporidium, that impair healthy body function.

### **Tobacco, Smoking, and Alcohol**

Tobacco, smoking, and alcohol consumption are among the top cancer causing agents known. It is estimated that 300,000 deaths occur each year in the U.S. as a result of tobacco and alcohol use. There are a variety of cancers that are caused by using tobacco and alcohol:

- ✓ Pancreatic cancer
- ✓ Liver cancer
- ✓ Tongue and lip cancer
- ✓ Throat cancer
- ✓ Stomach cancer
- ✓ Lung cancer
- ✓ Leukemia
- ✓ Kidney cancer
- ✓ Bladder cancer

All cancers caused by cigarette smoking and heavy use of alcohol could be prevented completely. The American Cancer Society estimates that in the year 2010 about 200,000 cancer deaths are expected to be caused by tobacco use, and about 26,000 cancer deaths may be related to excessive alcohol use, frequently in combination with tobacco use. It would be prudent to abstain from the use of tobacco and alcohol in order to promote a healthier lifestyle. The risks far outweigh the benefits and the medical literature proves it.

### **Viruses**

Viruses are non-living particles that look for a living host to replicate. Approximately 15% of the world's cancer cases have been linked to a viral cause. Hepatitis B and C, human papillomavirus (HPV type 16 and 18), Cytomegalovirus (CMV) and Epstein-Barr (EBV), the same virus that causes "mono", are suspect in increasing cancer risk. There are many other viruses that are suspect in causing cancer including the stealth viruses and the Spuma class of viruses.

### **Chronic Inflammation**

Chronic inflammation in the body can predispose to the development of cancer cells. Inflammation is a normal process but when it is chronic then cell types can transform into cancer cells. There are many causes of inflammation and it is essential to find the cause. Trauma and infection are the two most common causes of inflammation. Integrative medicine is very effective in treating underlying causes of inflammation.

## Types of Cancer

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Bladder Cancer	Leukemia	Pancreatic Cancer
Bone Cancer	Liver Cancer	Prostate Cancer
Brain Cancer	Lung Cancer	Rectal Cancer
Breast Cancer	Melanoma	Renal Cancer
Cervical Cancer	Mesothelioma	Sarcoma
Colon Cancer	Multiple Myeloma	Skin Cancer
Esophageal Cancer	Myelodysplastic Syndrome	Testicular Cancer
Gastric Cancer	Non-Hodgkin's Lymphoma	Thyroid Cancer
Head and Neck Cancer	Ovarian Cancer	Uterine Cancer
Hodgkin's Lymphoma		

## Treatment

There are many types of treatment options for cancer and it is specific for individual cancer types:

- Conventional Medicine uses chemotherapy, hormone therapy, radiation therapy, biological therapy, immunotherapy, gene therapy (controlled research) and surgery.
- Integrative Medicine blends conventional with biohomeopathic immunotherapy, fractionated peptide and autologous vaccine therapy, bioidentical hormone therapy, intravenous nutritional therapy, proteolytic therapy, botanical therapy, diet, nutrition and other physical modalities including massage, acupuncture, trigger therapy for pain management and postural mechanical therapy.

## Sample Integrative Cancer Treatment Plan

Below is a basic sample oral plan and intravenous support plan for general nutritional and immune support during chemotherapy and conventional treatment:

### Nutritional Replacement

- IP-6 3 caps 3X day between meals (anti-cancerous)
- Cluster Free 2 capsules 2Xday between meals (Reduces tumor formation)
- Vitamin E 400IU daily (antioxidant protection)
- Oncologic Support Nutrients 2 capsules 3X day with meals
- CoQ10 200 mg 2X day daily with meals
- ImmKine 2capsules 2X day (cytokine stimulation, cytokines fight tumor activity) away from food
- C-Statin 2 capsules 2X day (cytokine) away from food
- ThistleComp 2 capsules daily away from food
- Livit 2 1 capsule 2X day (liver)

## **Sample Integrative Cancer Treatment Plan Con't**

### **Nutritional Replacement**

- Bone Formula 3 capsules 2X day
- Hoxey Formula 20 drops 3X day (anticancer protocol)
- Indoleplex 2 capsule 2X day (estrogens metabolism)
- Priorityzyme 3 tabs 3X day (enzyme support)
- Megase 2 tsp 1X day (for appetite)

### **Diet**

- Follow the vegetarian diet, vegetable juices (beet, parsley, bitter, carrot, lemon and protein powder support. For anemia a good grade hormonal free meat beef (organic source) 2X day. Water 2 liters daily throughout the day. Stay off of high sugars, trans-fat. Higher protein and lower carbs.

### **Intravenous Therapy**

- Intravenous Immune Protocol 1-2X weekly (Nutritional Replacement Therapy)

### **Injections**

- Fractionated Peptides
- Biohomeopathic Autologous HD Cancer Vaccine 3 courses of 11 weeks

### **Other Recommendations:**

- There are other treatment modalities for cancer that can be considered for pain management and general support and these treatments can be discussed with the physicians

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