

CANCER: IS THERE A CURE IN THE KITCHEN?

by Sue Visser



Why can just about everything cause cancer and just about anything cure it?

Cancer is elusive. It can come and go without a sign or it can creep up and suck your vitality away until every organ eventually shuts down. You can fight it with all you've got and lose or come to terms with it and still lose. Either you survive cancer or you don't. Cancer strikes at many levels at just about every organ. In fact, there are very few living cells that cannot become cancerous. Some lucky people have experienced spontaneous remission from cancer whilst others are cured by laborious and expensive procedures. Others become terminally ill patients.

Cancer is not an infectious disease: it is a manifestation of a malfunction. A faulty cell with damaged genetic material gets a false instruction to divide and multiply. It gets big and ugly and soon a tumour develops. We call this cancer. In time, the clump of mutant cells forms a colony and it taps its own blood supply from a donor vessel. Now little families of these cancer cells can zoom all over the body and find a site to breed and spread disaster. We all have a few potential cancer cells in our bodies, all the time but these faulty cells are automatically detected and destroyed on a regular basis providing we stay healthy in mind, body and spirit.

Everybody has a theory about cancer but our cells just need enough oxygen and nutrients to

get on with the job within a favourable range of vibrations. A healthy immune system identifies mutant or damaged cells and zaps them before they get a chance to grow into tumours. If these cells are not processed by the liver they can travel to other regions of the body. Especially when organs and tissues are infested with parasites that are taking the same journey! Parasites and cancerous cells thrive on acidity, like that caused by stress, toxins (especially fluoride and benzene), radiation, electromog and eating toxic or manhandled foods that leave acidic residues in the body.

Acidic tissue cannot receive enough oxygen and cells begin to weaken or become cancerous. With a deficiency of anti-oxidants such as selenium, vitamin A, Vitamin C and Vitamin D and not maintaining an alkaline pH, you have a perfect set up for cancer cells to proliferate. Especially if you have a genetic predisposition for cancer and your skin is already covered in mysterious raised, dark lumps. Add some stress, chronic unhappiness, a load of negativity, steroid hormones, harmful electrical frequencies and push yourself to the limit, with very little sleep and your chances of surviving the onslaught of cancer will be almost zero. All the best surgery, chemotherapy, radiation and pharmaceutical drugs will only help to weaken what's left of your dwindling vitality. Even a drastic turnabout to fruit, vegetables and spirituality may not

be able to spare you. Too little, too late is not the answer. Please heed this warning.

Negative vibrations can have a devastating effect on the immune system. Even a false diagnosis of a deadly illness will sound off a volley of harmful vibrations and cause a lot of harm. Fear and anxiety combined with other forms of vibrational stress such as living under power lines or being exposed to electromagnetic smog are well known causes of cancer. Simply avoiding or diverting them is the easiest way to prevent this type of cancer. Changing the vibrations within your body by using meditation, mantras and healing sounds is also very effective and uplifting. There are no contraindications of harmful side effects either!

Eating foods, even so-called "health" foods, that do not suit you is another problem. You produce antigens to these foods and the nutrient receptors on the surface of your cells clog up so that they cannot feed properly. If these sick, starving cells also begin to suffer from a lack of oxygen, the genetic material will become damaged. Without enough oxygen they could multiply into vast tumours, very quickly. And the toxic overload from chemicals we eat and inhale in will only speed up the process, especially when we carry internal stresses that continually make us angry, agitated and unhappy. Even those doing a lot of exercise can get ill from oxidative stress. This happens when you do not take sufficient vitamin C before exercise and the rapid exposure of oxygen to the lungs causes free radical damage to the cells. Exposing yourself to smoke, chemical vapours and exhaust fumes does even more damage.

Hormonal cancer is on the upswing, thanks to contraceptive pills and estrogen, progesterone and testosterone supplements that are indiscriminately given to pre-cancerous patients. Estrogen receptors on cancerous tissue

can become over stimulated by synthetic or "natural" products, resulting in cancer of the breast, cervix, uterus and prostate. But there are estrogen receptors present in just about every tissue and organ in the body - from the brain to the bowel. See the connection? These make perfect targets for tumours. Many innocent "health" foods and hormone supplements are notorious boosters of sex hormones, causing almost as much damage as commercial HRT. It is dangerous to encourage or provide any estrogen or testosterone to a site where cells are becoming cancerous. When in doubt, don't. SERMS, known as selective estrogen receptor modulators (found in red clover and black cohosh) are the only safe way to balance hormones in cancer patients or those with a suspected potential for developing cancer.

Cancer is far easier to prevent than to cure. We all seem very confused when it comes to preventing cancer. There is no smart product on the market that can claim to do this for you. You alone have to control your thoughts, choose the environment you live in, the work you do, the relationships you have with people and the amount of joy and happiness you have. Next, be very cautious when it comes to hormone supplements. Only red clover and black cohosh carry no cancer threats and have been thoroughly tested in this respect. Then attend to your diet, your food supplements and the maintenance of a neutral to alkaline pH. According to some, vitamins make very expensive urine but it's a small price to pay for vibrant health and vitality. Lastly, seek happiness and the best way to be happy is to make others happy.

For more information, visit: www.naturefresh.co.za search: calcium / SERMS / soya / fluoride / black cohosh / red clover / hormones