

Home

Lifestyle
CenterCountry Life
Natural FoodsHealth Books
Videos

Seminars

Training
ProgramsCounseling
Sheets

Contact Info

Counseling Sheets

CANCER: THE RISKS AND THE ROUTINE

How Not To Get Cancer And What To Do If You Do Get It

The Risks

Cancer is the result of the simultaneous action of at least three factors: a virus, an injurious agent and a native weakness. We can determine cancer susceptibility early in life and keep up the body's defenses by carefully managing lifestyle. Animals may be the reservoir for cancer viruses. Animal products figure highly in cancer risks. Viral particles have been found in certain cancers and in milk and eggs. Cooking may not be adequate to make animal products safe, as even heat-killed viruses have caused cancer in hamsters. In countries where dairy industries are well developed, cancer rates are high: where poultry industries are well developed, leukemia and early maturation of children are high. There have been "clusters" of cancer cases associated with sick pets as well as with certain places. Implicated as cancer virus carriers are monkeys, chickens, cows, cats and dogs.

Eighty-five percent of cancers are directly related to the environment in one way or other, and another 10 per cent are indirectly related. Estrogens and bile acid derivatives are internally produced carcinogens, which are recognized as being related to environmental factors. Examples of environmental factors include the following: There is a three times higher risk in women to develop bladder cancer if as little as one cup of coffee per day is taken. Any X-rays to the mouth, head, and neck, and even diagnostic X-rays, increase the risk of developing thyroid cancer. Atromid-S (Clofibrate for lowering cholesterol) is associated with a higher incidence of cancer and gallbladder disease.

Amphetamines, once used in weight reduction programs and now used for hyperactive children, may increase sixfold the risk of later development of Hodgkin's disease. In the United States, about 32,000 deaths per year are attributed to Hodgkin's disease.

GENERAL CANCER RISKS: ALL AREAS

1. High meat and fat consumption.
2. Coffee, tea, colas.
3. Aflatoxins (fungal products; especially in peanuts and soy sauce).
4. Lack of iodine, Vitamins A, C, E.
5. Amines (such as nitrosamines) in unrefrigerated foods, processed meat, cheese.
6. High intake of certain vitamins.
7. Habit of overeating (associated in 35% of all cancers).

8. Some species of mushrooms.
9. Diet high in refined foods.
10. Diet high in fat or protein.
11. Diabetes
12. Overweight
13. High "transit time" through colon.
14. Estrogens
15. Hair dyes
16. Asbestos fibers
17. Drugs: certain antibiotics (Tetracycline, probably penicillin), aspirin, diuretics, immunosuppressants, Azolid, Butazolidin, Presamine, Tofranil, SK-Pramine, Tapazole, Methotrexate, antihistamines, amphetamines, Atromid-S, etc. (NOTE: These are associations, not implying that they are causative of cancer).
18. Use of tobacco, alcoholic drinks, caffeinated and decaffeinated drinks.
19. Excessive exposure to chemicals, industrial fumes, hydrocarbons, cleaning solvents, vinyl chloride.
20. Stress
21. Exposure to cold, heat, and radiation.
22. Drinking water in most large cities.
23. Long contact with sick pets.
24. Chronic irritation or infection.
25. All viral illnesses (flu, colds, rashes, diarrhea).
26. Early sexual activities - cervical and fore skin cancer.
27. A kidney transplant.
28. History of any previous cancer.
29. Nonspecific factors: age, race, sex, occupation, family history of cancer.

COLON CANCER RISKS

In some countries where colon cancer is unknown, the diet is chiefly fruits, vegetables and whole grains, and the dietary fiber is 12-15 grams daily. In this country, where colon cancer is high, many people average only 3-5 grams daily. Low-fiber animal products are suspect. A lifestyle that encourages diabetes will also encourage cancer, as more cancer of all kinds occur in diabetics. A lack of exercise, irregularity in sleeping and eating times and a diet high in protein, refined sugars, grains, and oils are all associated with a greater cancer risk. Animal experiments indicate a much higher incidence of cancer on high protein diets. There are some encouraging results from treating leukemic children with a low protein diet. Fats are repeatedly incriminated in medical reports as being likely to promote cancer when used in large quantities.

The following list shows factors connected to colon cancer.

1. High meat diet
2. High fat diet
3. Low fiber diet
4. High "transit time" for intestinal digestion

5. Aromatic spices, pepper, ginger, etc.
6. Alcoholic beverages
7. Beer consumption (rectal cancer)
8. Previous cancer of breast, colon, or endometrium
9. Eating between meals, and eating more than two meals a day.

BREAST CANCER RISKS

ITEM	HIGH RISK	LOW RISK
Sex	99% female	1% male
Age	75% over 40	Under 40
Race	Caucasian	Oriental
Number of Pregnancies	Nulliparous	Multiparous
Age at first birth	Over 25	Over 31
Previous breast disease	Yes	No
Family History	Positive	Negative
Rauwolfia or reserpine medication	Yes	No
Climate	Cold	Warm
Iodine deficiency	Yes	No
Selenium deficiency	Yes	No
B-Vitamin deficiency	Yes	No
Overweight before puberty	Yes	No
Weight	Obese	Lean
Religion	Jewish	Other
Socio-economic	High	Low
Age of beginning menstruation	Early	Late
Age of natural menopause	Late	Early
Wet ear wax	Yes	No
Nipple Secretions	Yes	No
Heavy use of meat or fats	Yes	No
Height	Tall	Short
Thyroid activity	Low thyroid	Normal thyroid
Breast-feeding infants	No	Yes
Viral particles in milk	With	Without
Breast trauma	Yes	No

THE ROUTINE

The objectives of the cancer routine are to improve circulation to and oxygenation of the cells, to change the intestinal flora with a high fiber diet, to discourage cancer cell growth with hot baths, to stimulate the immune mechanism for cancer resistance, and to combat toxins which cause anemia and loss of appetite.

NUTRITION

- a. Vegetables Eat freely.
- b. Fruits generously.
- c. Grains moderately.
- d. Nuts and seeds sparingly.
- e. Avoid oils, margarine, shortening, greases, and fried foods.
- f. Omit all animal products meat, milk, cheese, eggs, butter, yogurt, ice cream.
- g. Vegetarianism is best. However, if meat and eggs absolutely must be eaten, they should be overcooked to try to kill germs, viruses, bacteria and other microscopic organisms that can ruin your health. The meat should also be blotted to remove excess fat that beads up in great yellow droplets upon steaks and burgers, just waiting to become plaque and cholesterol in your body. Limit use, in accordance with the recommendations of the American Heart Association, to two to five times a week, except for objectionable meats such as pork, ham, bacon, sausage, hot dogs, hamburger, canned meat spreads, pressed meats, and canned composite meats such as Spam, which should all be permanently eliminated.
- h. Use mostly whole grain cereals, bread, pastas. Make sure the cereal grains are well cooked, usually from 2 to 4 hours.
- i. Use legumes (beans) five or more times weekly.
- j. If you feel compelled to use a sweetener, use honey, molasses, barley malt, maple syrup, or turbinado sugar instead of white sugar, brown sugar or confectioner's sugar. In any case, use these all sparingly.
- k. Dried fruits use moderately.
- l. There is a great advantage in skipping the third meal. The two meal plan allows the digestive organs to rest. Never snack. Not a sip or a taste or a morsel between meals.
- m. Have a set time for meals. Establish regularity and regimentation as far as meal schedule is concerned. The digestive organs should be stimulated only at certain specified intervals, so that they can maintain their rhythmical pattern. Therefore, mealtimes should be very regular, with as little variation as possible, and nothing eaten between meals.
- n. Read labels for irritants and harmful foods and additives such as vinegar, monosodium glutamate, pepper (black, cayenne, hot), baking powder, soda (sodium bicarbonate), ginger, cinnamon, nutmeg, cloves, all spice, animal products (whey, sodium caseinate, gelatin, mono- and di-glycerides), mace, lactose. All of these substances will do you positive harm.
- o. Omit one to three meals weekly unless underweight.
- p. Eat a lot of your fruits and vegetables RAW.
- q. Eat slowly and chew well.
- r. Cook grains and legumes thoroughly for three hours at least. Use crock pots.
- s. There are cheeses, butters, and sauces made from nuts, potatoes, carrots, tomatoes, onions or other vegetables and seasonings that provide delightful creams, spreads, and dips for vegetables, pastas and breads. Simple and inexpensive dishes can be made from appropriate recipes. (See y. for recommended cookbooks.) Cheese is not the best food. The putrefactive process results in the production of amines, ammonia, irritating fatty acids

(butyric, caproic, caprylic, etc.) and lactic acid. These are all waste products which cause irritation to nerves and gastrointestinal tract. Tyramine, one of the toxic amines produced in cheese may cause migraine headache. Certain of the amines can interact with the nitrates present in the stomach to form nitrosamine, a cancer-producing agent. An intolerance to lactose, the chief carbohydrate of cheese and milk, is probably the most common food sensitivity in America. Rennet is used in the curdling of milk for cheese manufacture. Most rennet is obtained from the whole stomach lining of calves, kids, or pigs, and a very small percentage from vegetable sources.

t. Omit liquid foods at meals except on rare occasions. Liquid foods are pops, juices, water-based soups, other beverages.

u. Use frozen fruit blended with a little fruit juice, as an ice-cream substitute. Shop at health food stores and produce markets. Put five hours between the end of one meal and the beginning of the next. Eat a substantial breakfast and lunch; supper, if eaten, should be only whole grains or fruit. Two meal plan allows the body the greatest opportunity for recovery from the heavy work of digestion. There should be at least five hours between meals. Do not vary meal time by so much as a few minutes. Take no fluids with meals. Chew well.

x. Never use soft drinks, coffees, teas, medicines, chocolate. May use herb teas and cereal beverages.

y. Use a good cookbook like Country Life Cookbook, Of These Ye May Freely Eat, and/or Eat For Strength for starters. All three are excellent reading material as well.

z. Do not use white bread, buns, melba toast, crackers and saltines, cakes, cookies, white macaroni, spaghetti, white rice, bolted corn meal, cream of wheat, and other refined grain products. Make your own whole grain melba toast and melba waffles. Crackers, cakes and cookies are unhealthful when made with baking soda or powder, eggs, milk, shortening, artificial flavorings and colorings and sugar. They can, however, be made healthfully. The whole grain pastas require a little more cooking, but with a bit of experience the cook handles these just as well as the white varieties.

aa. Milk products are not recommended. Milk sensitivity is the commonest form of food sensitivity in the United States. Many symptoms that have obscure or unknown causes have their origin in the use of milk. Recommended are nut milks, soy milk made from soybeans or flour (not commercial soy milks which are heavily sweetened), cheeses made from nuts, flours or vegetables, and sour and sweet creams made from special recipes. These milks may be used sparingly in cooking and in limited quantities with meals.

bb. It is best to learn to eat foods in their natural, unsweetened state as much as possible. One should cultivate the habit of leaving off sweeteners.

cc. Do not eat bread within 24 hours of the baking time. Time is required to ensure that the yeast is deactivated and the alcohol is evaporated away.

Nutrition is so important, there are a few points needing to be repeated:

a. Eat plenty of raw fruit including fresh lemon and grape juice, or raw vegetables including carrot juice, but do not eat both fruits and vegetables at the same meal. If possible, 50 to 80% of the meal should be eaten raw. Asparagus and garlic have both been ascribed anticancer qualities.

b. Choose cooked grains or vegetables from the following list. These foods are

selected because of their low phenylalanine and lysine content. Barley, Buckwheat, Carrots, Corn, Millet, Oats, Potatoes (white or sweet), Rice, Rye, Wheat.

- c. Use immature legumes such as field peas or green peas not more than twice a week, as they are high in phenylalanine and lysine. Select only one at a meal.
- d. Use whole grain cereals or quick breads without sugar, baking powder or soda, or excessive salt.

EXERCISE

- a. Swim.
- b. Split wood.
- c. Walk, walk, walk.
- d. Gardening.
- e. Jog on padded surfaces as appropriate.
- f. Cycle stationary, or three-wheeled, etc.
- g. Rebounders.
- h. Lawn care.
- i. Daily, progressively and religiously!
- j. Especially beneficial after meals.
- k. At least 20 minutes and up to 10 miles walking daily.
- l. Exercise produces brain substances (endorphins) that "doeth good like a medicine".
- m. Massage for passive exercise.
- n. Aerobics.
- o. Stretching exercises.
- p. Exercise is your best friend. Twenty minutes per day is minimal. One hour daily is better, but on certain days three to five hours may be needed. Do not get sunburned and do not make your muscles sore with too much exercise. Both of these are unhealthful. Gradually build to a good exercise level without ever developing sore muscles. Exercise helps keep your appetite under control, neutralizes stress, lowers blood cholesterol, promotes digestion, and normalizes blood sugar. Make it your companion. Breathe deeply while exercising and meditate on nature as you work out. By active exercise in the open air every day the liver, kidneys, and lungs also will be strengthened to perform their work. The studied habit of shunning the air and avoiding exercise, closes the pores, the little mouths through which the body breathes, making it impossible to throw off impurities through that channel. The burden of labor is thrown upon the liver, lungs, kidneys, etc., and these internal organs are compelled to do the work of the skin. When the oxygen is cut off from normal cells, they are damaged, to the extent that they are no longer able to burn foodstuffs down to carbon dioxide and water, because oxygen is needed for this reaction. The cells then have to depend upon the energy obtained from metabolizing sugar to lactic acid, which does not supply adequate energy to maintain normal structure and function. As a result, the cell turns cancerous. Morning exercise, walking in the free invigorating air of heaven is the surest safeguard against colds, coughs, congestions of the brain and lungs ... and a hundred other diseases. Walk up to eight miles daily.

WATER

- a. Drink 6-10 cups of water, as pure as possible, each day but never during meals.
- b. Drink four cups of Pau d'Arco tea daily. Make this tea by boiling 3 tablespoons of the tea in four cups of water for 15 minutes, then steep for 15 minutes more.
- c. Drink 2-4 cups of Chaparral tea daily. Make this tea by steeping on teaspoon of leaves per cup of preboiled water for 15 minutes.
- d. Do not use sweeteners in your teas. Though they are medicinal and may not appeal to the taste, the herbs were given to us by our Creator for healing. Drink them faithfully.
- e. Drink Blue Violet and Red Clover tea freely. They are made the same as Chaparral. These teas may be considered part of the daily water intake.
- f. A daily bath is essential; personal hygiene is a must. Wear a clean change of clothes daily.
- g. Clean and neat living conditions and fastidious kitchen facilities are important.
- h. Water is the best liquid to cleanse the tissues. Drink freely, it helps to supply the necessities of the system, and assists nature to resist disease. Pure water to drink and fresh air to breathe invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system. A good sign: Drink water until urine is pale.
- i. Do 15-20 hyperthermia treatments (3-5 per week, depending on the strength of the patient). No more than one per day should be given.

THE HYPERTHERMIA TREATMENT

1. Use a hot bath of 108-110 degrees F. to accomplish a "fever" or thermoregulatory elevation of the set point.
2. Obtain a 102-104 degree F. oral temperature and maintain it for 20-40 minutes, as tolerated.
3. When oral temperature goes above 100 degrees F. or the patient begins to sweat, keep the head very cool with icy cloths changed often.
4. Keep bath water 110-112 degrees F. while oral temperature is 102-104 degrees F. Do this by adding hot water.
5. End hot treatment with a tepid shower, brisk drying, one hour of bed rest with an ice pack on the forehead.
6. Prevent chilling after treatment.
7. Abort the treatment if the heart rate rises above 160 in a person under 50 years of age. Abort the treatment if the heart rate goes over 140 in a person over 50 years old. For more details on hyperthermia treatments, see the book Home Remedies by Drs. Calvin and Agatha Thrash.
8. For superficial tumors, use ice massage for seven to twelve minutes; followed by 20 minutes of hot compresses and end with cold compresses for one minute.

SUNSHINE

- a. A 20-60 minute sunbath daily would be healthful. Expose at least face and arms.
- b. Sunlight increases the production of lymphocytes. The lymphocyte is also

capable of producing a substance called interferon which is effective against several different kinds of cancer including carcinoma, sarcoma, and leukemia. This fact spurred the American Cancer Society to spend 2 million dollars to purchase interferon from Finland for experimental use. Dr. Hans Strander of Finland discovered that he could give interferon to terminal bone cancer patients and double the number of long-term, disease-free survivors. The lymphocytes in our own bodies manufacture this wonderful interferon that can help so dramatically in cancer and viral infections. Sunlight is a great stimulus for increased lymphocyte production and thereby increases the production of interferon. Sunlight also generates vitamin D. Sunlight destroys bilirubin. To the sick it is worth more than silver and gold to lie in the sunshine or in the shade of the trees.

TEMPERANCE

a. God will supply power and help to overcome once and for all health-destroying practices. A few of these are: overeating, snacking between meals, indulgence of unhealthful habits such as caffeine, nicotine, alcohol; purging, prescription or nonprescription drug usage, masturbation and all other improper expressions of sexuality, overworking, television viewing, late bedtimes, use of harmful food items or overuse of marginal items (such as salt).

b. True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful. Drugs never heal; they only change the features of the disease.

AIR

a. Fresh, outdoor air. Avoid smog, motor exhaust, hydrocarbons, tobacco smoke.

b. Keep correct posture.

c. Keep sleeping rooms well being careful not to sleep in a draft.

d. Spend more time out of doors.

e. Take 20 deep breaths outdoors or near an open window 2-4 times per day.

f. Blow up balloons to encourage oxygenation of tissues.

g. Hike

h. Spend time out of cities as much as possible.

i. Remember that prayer is the breath of the soul.

j. A group of rats with cancer were allowed to breathe charged (outdoor) air while an equal number breathed common indoor air. After one month the cancer in the rats breathing the indoor air was twice the size of the cancer in the rats breathing the charged air.

REST

a. Reinststate regularity, routine, order and predictability of daily activities.

b. Simplicity and quietness of living is the goal.

c. Stop overworking.

d. Readjust your overly stressful job and whittle various involvements out of your life.

e. Prioritize your life with much prayer.

- f. Keep the Sabbath Holy. You need a day of Rest. God made the Sabbath for man and specially blesses those who commune with Him that day by spending every possible moment in Bible reading, meditation, prayer, study of spiritual lessons in nature, and innocent family pleasures.
- g. Rise and retire at set times.
- h. Omit TV, Rock n' Roll, novels, love stories, idle talk, frivolity, and other exciting but unnecessary activities.
- i. Learn to live more simply, spending less money on yourself, more to help others.
- j. Refuse to defend yourself, or to argue, worry, or complain.
- k. If you are not sleeping at night, do not nap during the afternoon. Do not sleep in late and take breakfast off schedule. A nap before lunch can be taken instead.
- l. Make sure you have one day off each week besides Sabbath. Use this day for personal chores and private projects; this is not selfish. Your first duty to God and to others is that of self development.
- m. Plan outings, campouts, canoeing, hikes, weekends away for rest in nature and change of pace from the daily round of activities.

TRUST IN DIVINE POWER

- a. Reevaluate your relationship to God.
- b. Begin each day or end each day with a quiet hour or so alone with God in prayer and reading.
- c. Keep your joys (thanks), your wants (needs), your sorrows (sins), your cares, and your fears before God.
- d. Talk to Him all day. Practice His presence.
- e. Read **Desire of Ages, Ministry of Healing, (Health and Happiness), and Counsels on Diet and Foods** by Ellen G. White.
- f. Resume or continue morning and evening family devotions.
- g. Become a Christian anew every day.
- h. Accept the circumstances of daily life even if they are not what you may have planned or chosen.
- i. Pray for God's will to be done and do not insist on healing. He does not heal everyone but He intends to save every soul. Have faith that God will accomplish the very best thing for your life.
- j. Be thankful, cheerful, prayerful. These attributes produce the endorphins. These are merry hormones and happy chemicals that fight cancer and promote a sense of well-being.
- k. Consider being anointed by the church elders.
 - l. You will need the Lord to make these lifestyle changes and to maintain them.
- m. Read **Alone with God** by Matildo and Ross from Pacific Press Publishers Association from Adventist Book Centers.

DRESS

- a. Simple, modest, healthful, clean, and attractive.
- b. Natural fibers and blends are best.
- c. Keep your limbs warm.
- d. No tight bands and restrictive garments.

These are just a few suggestions. Your future is in the hands of the Lord. He has loved you with an everlasting love and if we believe that, we have the peace that passes all understanding.

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