

Nutrition and Cancer

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Modified Elimination Diet:

1. Eliminate dairy products, milk, cream cheese, cottage cheese, yogurt, ice cream, soy cheese.
2. Eliminate fatty meats like beef, pork or veal. Chicken , turkey, lamb and cold water fish such as salmon, mackerel and halibut are acceptable.
3. Eliminate gluten. Avoids any foods that contain wheat, spelt, kamut, oat, rye, barley or malt. Gluten is in many bread, cereal, pasta, crackers and products containing flours made from these grains. Products made from rice, millet, buckwheat and gluten-free flour from potato, tapioca and arrowroot may be used.
4. Drink at least 2 quarts of water, filtered is the best a day.
5. Avoid alcohol, beer, wine liquor, caffeine- coffee, tea, soda pop. Coffee substitutes from gluten should also be avoided.
6. Avoid foods containing yeasts, sugars, etc.

With a Metastatic cancer on has to be very aggressive conventional therapy- chemo and radiation. But you also have to support the health of the immune system to allow the patient to live.

Cancer:

- Sugar and stress the largest causes.
- Sugars make the body acidic, hypoxic this is a healthy environment for cancer cells.
- O₂ kill cancer cells.
- Cancer decreases your lean muscle tissue. When the medical guys give you Ensure and the other diets they contain sugars and fats which makes you fatter and gives the cancer a better environment in which to live.
- The western diet contains an excess of n-6 fatty acids. At a ratio of 16.74 / 1 where it should be 1:1 n-6 to n-3 fatty acids.

Foods and Treatments to Stay Healthy:

- French fries increase the rate of cancer 30X.
- Omega-6 promotes tumor growth.
- Omega-3 reduces tumor growth- 10 gms a day. Best source is salmon, mackeral, sardines then cod.
- GLA- 2 gms a day.
- Omega-3 has EPA and docosahexaenoic acid (DHA) have a n inhibitory effects on inflammation and tumorigenesis.. This will stop or slow the growth of Metastatic cancer
- ***** Omega-3 reduces inflammation, reduces angiogenesis, decreases oncogenes, induce differentiation, suppress NFKB, supere bcl-2 (apoptosis blocker), reduces cachexia.

- **DHA** may activate peroxisome proliferator activated receptor which has antiproliferative effects in vitro on prostate cancer cells. It also improves the response of breast tumors to cytotoxic agents.
- 50 human genetic diseases caused by defective enzymes can be remedied or ameliorated with high doses of vitamin B. The coenzyme restores enzymatic activity with several single-nucleotide polymorphisms.
- **Glutamine** is for muscle production.
- Exercise is for mitochondria production, ATP and energy.
- The highest level of energy efficiency is at 30-40 years of age your metabolic rates do not reduce as long as you exercise. 30 minutes of cardio and weights recommended. Have to increase your heart rate.
- Hyperbaric chambers- pure O₂ at high pressure.
- *** Have to keep your body alkaline.
- Exercise 30 minutes a day aerobic or anaerobic.
- **Vitamin B3, B6, B9, B12, riboflavin's** are essential for **methylation**.
- Methylation markers is the average size of the RBC. MCV>88, RDW< 11.5.
- **B12** is good for the nerves and DNA replication.
- **Zinc** is for sperm production, 50% of men don't have enough.
- 9 servings of vegetables and fruits a day.
- Vit C/ Vit K3 kills cancer cells
- Vit E kills cancer

- **Bioflavonoids**- fruits and vegetables, ginkgo, tangerine every day. Proliferate androgen-independent human prostatic tumor cells. Complete growth retardation is observed with PC-3 cells treated with 100microM quercetin, kaempferol and luteolin. **Red premium is a good supplement.**
- They also reduce heart attack by 5x.
- They reduce all cancer by 9x.

- DNA is mutated. On the end of the DNA is a telomerase and enzyme that replicates the cell. It shortens each time it replicates a fixed number of times. If the cell is mutated this is when it takes place. A change in the biological terrain and cell division. (Green tea detoxifies the system and decreases the telomerase and the cell strength increases by promoting GABA). Page 48
 - ** Normally cells that are damaged or mutated will perform **Apoptosis** which is a gene within the cell which kills itself as not to harm the cells around it.

Cancer is toxic and the conventional treatment is toxic as well. The idea is not to let your body die enough to no longer become a host. The object is to support the immune system so it may also kill or halt the progression of the cancer in conjunction with the treatment. Without support the treatment has a better chance of killing you than the cancer.

Supplements to keep mitochondria healthy:

- (Mild)- Mitochondrial resuscitate 1-2x per day.
- (Moderate)- Mito-resus 1-2x per day mg/K asparate 2 tablets 2x/day
- (Severe)- Mito-resus 1-2x per day mg/k asparate 2 tablets 2/day, CoQ10 100 1-2x per day.

Chiropratically:

- You can adjust these individuals but you have to be careful what type of cancer, if it metastatic, and how compromised the spinal structure is.

Tests of Value:

Bioelectrical Impedance Test

Biochemical analysis

Darkfield microscope

AMAS (serum antibody test) - is the best test for cancer. Sensitivity and specificity of 95% on the first determination and >99% on repeat determinations. The higher the antibodies the higher the rate of survival.

You are better off evaluating chemistry than trying evaluate energy like with AK

Placenta

- The placenta is foreign tissue to the mother it acts like a tumor. At the same time it stops invading her body as soon as the fetus produces **pancreatic enzymes**.
- **Panceatic enzymes** people are taking large doses without food because it attacks the protein coat of the tumor. This dramatically decrease the tumor size if you take it with food the enzymes break down the food rather than attack the tumor.

Ultimate Detox: page 43

- Detox hard for 30 days then moderate how often you detox.
- Complete protein methionine, cysteine
- MCT's (energy).
- Fiber (transit time).
- Energy nutrients- B1, B2, B3, B5, Mg
- Phase II conjugates- NAC (GSH synthesis), sodium sulfate, amino acids.
- Methylation support-5MTHF, B12, B6, methionine, choline.
- Bi-functional modulators- ellagic acid catechins (green tea), watercress (PEITC).
- Additional support- silymarin (SOD), artichoke, vitamins, minerals and additional antioxidants.
- Page 43 gives you the amount and the vitamins to take.

Bioelectrical Impedance Analysis- page 24

- Is a test to tell you if the patient is healthy or not.
- Can't eat or drink anything for 10-12 hours prior
- It is a way to measure body composition.
- It defines the mass of all metabolically active tissues including the muscle and organ tissues.
- These tissues consume O₂ produce CO₂, oxidize glucose and synthesize proteins including enzymes.
- In a typical adult the organ mass should remain nearly constant. Minor declines may occur with age muscle mass should remain constant.
- Loss of body protein is not compatible with health and accompanies disease.
- Renal, gastrointestinal, liver cancer and HIV are associated with the loss of body protein.
- When the loss of body protein exceeds 30% the survival drops to about 20%.
- Phase angle is the criteria that they look at.
- The conventional medicine would have you drink, ensure and have a high sugar diet which is contraindicated.

Glutamine: page 21-22

- 30 gms a day of 10 gms- 3x of chicken, turkey or fish is recommended.
- Glutamine toxicity is nowhere found in the research.

Life functions

1. Helps the gut to heal
2. Protects normal cells and kills cancer cells
3. Enhances the therapeutic index protecting normal tissue from and sensitizing tumor cells to chemotherapy and radiation related injury.
4. Most abundant amino acid in plasma and muscle in humans
5. Preferred fuel for enterocytes and lymphocytes.
6. Regulator of acid based balance
7. Nitrogen carrier.
8. Precursor of nucleic acids, amino sugars and proteins.
9. Aids in the mitochondria production.

30-40% of the cancer people die of malnutrition.

They also end up with a gut born infection from the chemo.

Cachexia: page 22

- Is the clinical consequence of a chronic , systemic inflammation response to high synthesis of acute- phase proteins resulting in the depletion of essential amino-acids.
- Attributes to 33% of all cancer deaths- malnutrition
- Massive loss up to 80% loss of both adipose and skeletal muscle mass.
- Results in a high mortality in cancer patients.
- ***** **Eicosapentaenoic acid (EPA)** downgrades the catabolic effect and returns muscle mass, epically with protein and energy dense supplements.

Cortisol and other glucocorticoids stimulate gluconeogenesis by the liver. This results in mobilization of amino acids from the extra hepatic tissues mainly from muscle.

- Red meat is good as long as it is grass fed rather than grain feed, the grains have all the chemicals added to them.
- Calcium hydroxy appetite- for bone growth.

Life Pyramid

Top- Pure fats/ oils, 1:1 omega-3 and 6

Unprocessed grains- gluten free.

Lean clean protein to maintain muscle

Vegetables, fruits, 9 servings a day of each.

Supplements, EFA's (92% RDA), plant nutrients

Think, drink, sleep, eat, poop, move and talk

Bottom- Love and discipline You need some pleasure daily.

**** You can get through any horrendous event in your life as long as you have a higher purpose.

Coffee Enema's: page 17

- **Best way to detoxify your system.**
- Use organic coffee- caffeinated.
- Mix 6 heaping tablespoons with 2 quarts of boiling distilled water.
- Boil for 15 minutes, strain and let cool.
- Use 1 pint of the strained coffee at a time.
- To detoxify do this 2x daily for 1 week then 1 time a day for a month.
- The caffeine is absorbed into the enter hepatic system which goes directly to the liver where it becomes a very strong detoxicant. I makes the liver dump out the toxins it has been accumulating in the bile ducts. This also allows the toxins that have been in the bloodstream and organ tissues to filter into the liver to be taken care of.
- Principal function of the **colon** is to absorption of water and electrolytes from the chyme and storage of fecal matter until it is expelled.
- The distal ½ is concerned with storage.
- Bilirubin is a toxic end product of hemoglobin metabolism that is excreted in the bile. This gives the feces its color. The odor is caused by indole, skatole, mercaptan and hydrogen sulfide.
- Headaches and fatigue can be a result of constipation.
- One should have a bowel movement 3 times a day.
- A distended colon can result in a leaky colon.
- Then supplement with folic acid and B12 to repair the DNA.

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8 Support Factors:

- Detox- Ultra clear, advaclear
- Methylation. B6, B9, B12, Mg
- Dysglycemia- Ultra+ meta glycemX
- Inflammation- EPA/DHA, ultra inflamx, kaprex, NFKb.
- Stress- adaptogens, exhilarin, adrest.
- Immune- ultra c, zinc, echinacea, perimine, inflamx.
- Hormones- estrogen factors, 13C, thyosol.
- Mitochondria- mito resuscitate.

Inflammatory Reducers:

- Ultra Inflam-X, EPA/DHA, ES, Inflammoid L.C. Alapars.
- Fish oils EPA/DHA 10rms per day in divided doses.
- Hops extract, humulus and synergists
- Ginger, tumeric, boswelvia.
- PARP, niacinamide NAC

Prostate Cancer / Condition:

- Zinc is for sperm production.
- 50% of the men don't have enough zinc.

Iron Toxicity:

- Too much iron can cause cancer.
- Oxidized hemoglobin is not functional and exists in the Fe⁺³ state, known as **Methemoglobin** when it detaches and precipitates creating a **Heinz Body**.
- SOD and Glutathione protect the RBC against oxidation.

H-Pylori (Helicobacter pylori)

- Is a class 1 carcinogen.
- Blocks the stomach acid with this you are 10x more likely to get food allergies.
- Although the majority are harmless many infected individuals develop a peptic ulcer disease or gastric cancer.

Hepatitis has an affinity for the liver.
HIV has an affinity for T-cells .
They both mutate the cells and you have the disease.

HPV-

- Folic acid, Co-Q10 are both good for cervix conditions.
- 43% of the women cleared hepatitis –B from their system

Carbohydrate Bodies:

- Omega-6 is a by product of the breakdown of carbohydrates. This is also known to promote cancer growth.
- Omega-3 even out omega-6 and neutralizes them.
- Carbohydrate bodies actually start 2 generations before you.
- If this is the case you are set up for obesity by the time you are born.
- There was a study done on cats depriving them of food and nutrients. The first generation became sick at the end of their life, the second generation became sick in the middle of their life, the third generation were sick as infants and the fourth generation never happened because the third generation was sterile.
- Obesity will control itself with time.

When setting someone up on a nutrition schedule, you have to have it catered to them. Certain foods are better for one person and may not be good for another. People need different foods.

- What you should do is have a column of foods to take.
- Another column of foods to avoid.
- Ask them how the diet is going and make alterations depending on what feedback they give you.
- Should be gluten free and dairy free.
- Food that bothers you don't eat it. They would or you would know this by when you eat something it gives you indigestion or gas or whatever.
- Once you become healthy the foods that bother you will bother you less and you can have some of those in moderation.
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