



Up and Running

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Issue 01/09

Published By:

Healing Caring Supporting

Inside This Issue:

Bowel Cancer - All You Need

To Know:

This is a series of new web pages added to www.cancer-gone.com. The series of pages explain where bowel cancer occurs within the digestive system, what are the main causes and what actions we can take to prevent it happening in the first place. There are also pages that define signs, symptoms and treatment protocols.

Herbs:

Goldenseal (Within Newsletter)

Aloe & Wormwood (Added to Web this month)

Product Review:

Detox with...Liver Cleanse
Alcohol Free Mouth wash
Green Smoothies:
DIY Bio Degradable seed pots

Toa Te Ching - Lou tzu Extract from ...

Pete's Ramblings

Hello again Pete here...

It's been some time since the last newsletter but I think you will find the new layout, reading options and content to be well worth the wait.

A newsletter review will be supplied by email and will briefly describe the content.

From there you will be able to access the whole newsletter in all it's glory available as a pdf for ease of access and pleasurable reading experience.

Some newsletter information will be added to the web site and links may be added to these pages and can be identified by the colour blue. (Mouse over and select, but don't forget to come back).

Web Site Plans:

New This Month:

1. Cancers of the Digestive

System

2. Bowel Cancer

Coming Soon:

1. Stop Smoking Holistic Program
2. Diet & Nutrition for Cancer Prevention, Obesity, and Weight Management.

I have at long last got my house in order such that I can devote more time to <http://www.cancer-gone.com> and the Cancer Prevention Campaign™. My long time ambition and dream to help eliminate cancer world wide is now progressing.



Me Pete Relaxing at Home

Bowel Cancer: **All you need to know:**

The digestive system: or Gastro Intestinal System extends from the mouth, pharynx, and oesophagus all the way down to the anus. Many types of cancer occur within this system usually revolving around a specific function or organ.

To have a basic understanding of this very important system is key to preventing possibly most if not all cancers within the human body. We have as usual kept it as simple as possible with diagrams to assist understanding.

The digestive system is essentially responsible for transporting food and drink from the mouth down

through our body. During this transport process the digestive system breaks down the food and drink into elements the body can use, and waste material in the form of solids and liquids. The solid waste material is excreted via the anus.

Chewing food in the mouth starts the process of breaking down food. If food is properly chewed (masticated) in the mouth it is in the form of a paste when swallowed and the body has already added many enzymes to assist in the digestive process.

The stomach is the first stop where food is broken down further preparing the food for digestion. The stomach reduces the food to smaller elements using enzymes and strong acids.

The prepared food then moves down to the small bowel (intestine) which is about 5 metres long. The small bowel consists of the duodenum, the jejunum and the ileum. The small bowel extracts nutrients from the prepared food and transports it into the body. If the body gets the right nutrients in sufficient quantity it can maintain health much easier relieving much stress.

The food material that is left is then moved on into the large bowel (intestine). This is broken down into the ascending colon, the transverse colon and the descending colon (Sigmoid colon?). As the food passes through this section water is extracted.

The waste material is then stored

Ramblings Cont'd:

I fully expect to have members in over five countries by xmas and anticipate a wave of success follow. The time has never been better now that the peoples and governments around the world are focusing on the lifestyles that are having devastating effects on our health and impacting economies that cannot be sustained. Cancer Prevention will only work effectively if all aspects of our lives are considered, including smoking, diet, nutrition, and exercise being the most obvious contenders and most frequently linked aspects of life to cancer and other major disease.

Other aspects of our lives that need to be considered are spiritual, psychological, relationships, our work and the societies we work within.

The air we breathe and the water we drink, can often, only be improved by creating change within our wider society. The impacts of industry and technologies used in purifying our water and growing our foods will all affect our health in the long term.

With all this in mind you may not be surprised at the wide range of subjects our newsletter is likely to print for information, discussion and comment.

If you have recently seen a article or have some information yourself that you would like to share please send it in and we will consider adding it where space allows.

Here are some subjects for you to consider:

Cancer Prevention, Cancer Treatments, Smoking, Diet, Exercise, Emotions, Meditation, Spirit, Religion, Growing Vegetables, Wild Food, Foraging, Energy Conservation, Safer Environments, Herbs, Self Suffi-

The Digestive System:

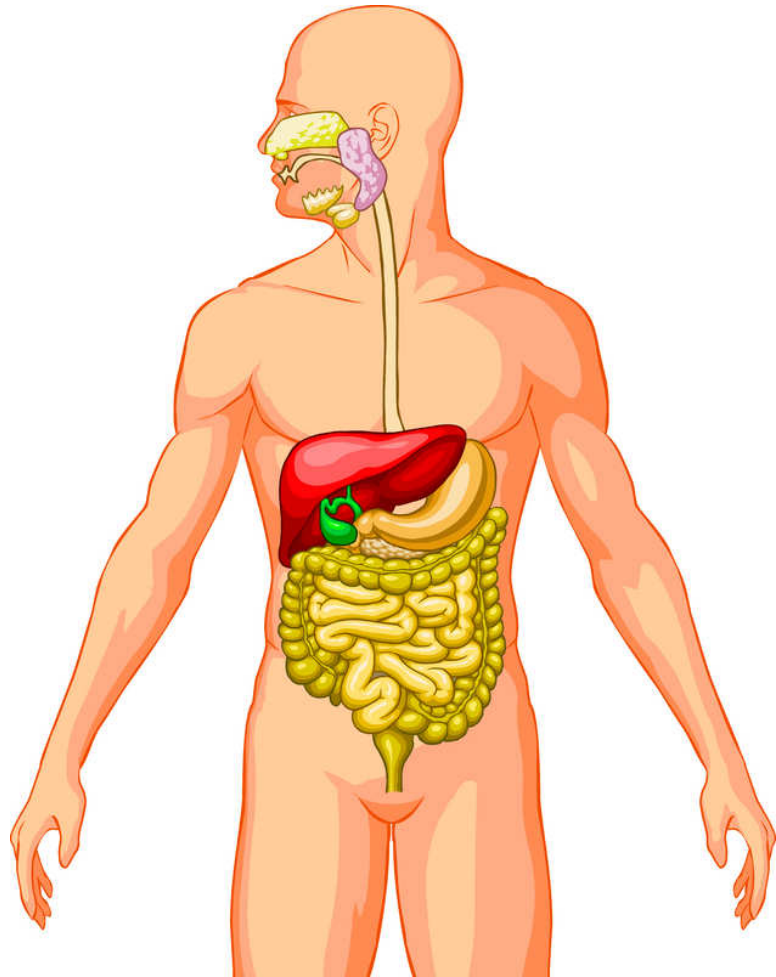
Mouth, Tongue & Salivary Gland

oesophagus

Stomach, Pancreas, Liver and Gallbladder.

Large Intestine surrounding the small intestine (Colon).

Rectum



ciency, Supporting each other.

The Cancer Prevention Campaign provides a guide to help you assess how well you are doing, where you are at today, and how far you have progressed tomorrow, with your efforts to living a life that significantly reduces your risk to contracting cancer.

It's a simple rough guide but it is a great motivator, especially if you put it out and stick it up on a wall or mirror where you will see it every day.

As you make a change you can amend the guide and track your progress toward better health and longevity.

I gave up smoking years ago and have shared a number of actions I took to assure my success within the stop smoking sections. Take a peek...<http://www.cancer-gone.com>

Now I am improving my eating habits. I have always included a good number of vegetables within my diet, but sadly I also

have eaten too many sweet foods, meats and processed foods too. I am now on a path to change all that.

You know what they say, don't preach what you can't do....

Since October I have been slowly transitioning towards a more raw diet. The raw diet tends to tick most of the boxes for a good [Ramblings Cont'd:](#)

cancer prevention diet. There are a few aspects to watch out for but if you take it steady it should not cause any harm. Having said that

I still have a long way to go before I reach a satisfactory controlled and comfortable diet plan...

I'm not in a hurry, I have the rest of my life to get it right...

For about a month now I have been about 70% raw and have reduced my meat consumption to about three times a week. I must admit eating only cold meals at this time of year is extremely difficult to get used to. Now that spring is approaching it should I hope get easier.

I have pretty well sorted out my breakfast, having a home mixed muesli most days with occasional grapefruit. (I'm not much of a fruit lover so that's difficult too).

I sound like a winging Pom!... Oh I am a winging Pom!...Oh well!

I am preparing a green smoothie about twice a week and taking that to work which I consume in the morning.

Lunch is usually some form of salad, sometimes with a crisp bread or one pitta bread. This is to wean me of the reliance of breads. Another harder than you think it's going to be issue. I usually prepare this the night before as time is precious in the mornings. (I like as much sleep as I can get!)

I am less strict on the evening meal but find that I am less hungry than I used to be so meals have got a bit lighter.

Why not join me, support me, join the CPCT and we can all support each other.

A must have read.... 12 Steps to RAW Foods Victoria Boutenko

My daughter and granddaughter moved to Japan recently and I had always thought that the Japanese had a good diet, due to the numbers of people reported to be living to a ripe old age. I recently discovered however that Japan has a very high level of Bowel cancer which is thought to be linked to their diet and possibly their high consumption of pickled food.

If you are in Japan and would like to help promote the CPCT send me an email and I will explain how you can do just that. Thank You. ...

Sorry, I'm rambling on again! Please enjoy and welcome Best wishes to a healthy future

Bowel Cancer Cont'd: in the rectum before being evacuated via the anus.

Most cancers, about 2/3rds occur in the colons (colorectal cancer) and 1/3rd in the rectum (rectal cancer), which is not unexpected as most fermentation and storage is carried out in these areas.

Cancers in the small bowel are quit rare.

Bowel Cancer: Below we have provided enough information to enable you to prevent bowel cancer and other cancers of the digestive system. The information will enable you to make informed decisions on how much change you need to make to eliminate or at least minimise your and your families risk to contracting bowel cancers.

If you or a family member is unfortunate enough to have already contracted a cancer of the digestive system you will find some must have information to help you combat the disease.

Statistics:

Bowel Cancer is a major killer in most developing countries. In the UK 35,000 were diagnosed in 2006 with around 50% mortality (*Cancer research*), US 225,000 diagnosed with 130,000 deaths. Cancer of the digestive system is a major killer in Japan also.

Bowel cancers however are one of the most curable cancers when diagnosed early. With the introduction of increased screening programs and your own awareness of possible symptoms it is possible to substantially reduce mortality figures in the future.

Business and Health

Some members find they cannot maintain full physical, psychological and spiritual health while working a 9 to 5 job. Me included.

While it is fine for some, many of us need to create our own success to achieve our personal ambitions and to set our own standards.

This is important because any cause of stress can create malfunction within the mind/body system. To assure a healthy system internally we need a happy satisfied system emotionally.

Dr Hamer in Germany suggests that all cancer is caused by an emotional stressful cause and uses brain scans to locate lesions from

which he can pinpoint the part of the body a cancer may occur. the planet and those around us.

Where was I, oh yes. I have as a result of walking the path, and may I add still on route, found a number of ways to earning an income and paying the bills while striving towards personal success, contentment and good all round health. I'm not there yet but on my way.

A healthy business and a healthy workforce, whether it is a one man or woman show, or a business with a large work force is crucial to a healthy planet.

If we create full and true health we will be working in harmony with

Our business, we ourselves, our families and our workforce will be living a true sustainable life on a sustainable planet in a sustainable universe.

We can help guide you, give you some support, and point you in the directions of systems and methods that are working for others. If you would like more information drop me an email.

But let's not stop there!

It is much safer and healthier to prevent the onset of the disease in the first place rather than running the gauntlet of early diagnosis and then the pain and trauma of treatments.

Prevention is a real option but you need to consider taking action now before it is too late.

We have researched many articles, extracted data from many books and gathered up to date feedback on what is working around the globe, We then transpose this information in as simplified format as possible so that you don't need a PHD, or be highly qualified to understand what we present and more importantly to put the information to good use right away.

If you have any suggestions or feedback that will help us improve further please do not hesitate to contact us.

The following pages will show you how the digestive system relates to certain types of cancer, how they are caused, and as a result demonstrate that prevention can be easily achieved and ultimately show that elimination of most bowel cancers world wide is possible. We also provide some need to know treatments that must be considered for a holistic curative program. Welcome

Colorectal cancer prevention is relatively straightforward to implement because most causes lead to one or more activities combined. With the causative factors known it is easy to plan what to do to effect prevention

Bowel Cont'd

Smoking:

Smoking causes more cancer related deaths than any other activity. Because this is such a large impact-full subject in a person's life and the life of their loved ones we have devoted a complete section on smoking its dangers and provided assistance to stop.

As a qualified Clinical Hypnotherapist and NLP practitioner I am well equipped to help you overcome this long term debilitating life threatening activity. I was also a smoker for well over 20 years so know first hand how difficult it can be.

We also provide a Holistic Stop

smoking programme which combines all the information you need with the most successful methods for giving up. If you commit to following this programme we guarantee 100% success. It's just not possible to fail.

<http://www.cancer-gone.com>

Diet and Nutrition:

When it comes to cancers of the mouth, throat, stomach, colons, and rectum it will come as no surprise that a major contributing factor in preventing any disease within this system will be your diet.

A healthy diet and good nutrition will all but eliminate all cancers within the digestive system.

Again like smoking the subject is so wide that we have devoted a rather larger section to providing dietary and nutritional guidance. Please do not skip this section as we have carried out substantial research which identifies a number of diets which will fundamentally prevent and in some cases cure a cancer once it has started.

Like smoking changing a diet to any significant degree and sticking to it, is not easy as anyone who has tried to lose weight will testify.

Like smoking many foods which we eat, and perhaps we should question the name "food" being applied to such substances, have

within them, and form after consumption addictive chemicals. Did you know for instance that the feel good factor is not psychological but most likely caused by small levels of opiates reaching the brain when certain food substances are consumed. As you know opiates are also addictive. Why else would we crave certain food types when we are not hungry?

Within our diet section we are providing guidance and support to help you and your family move towards a healthier cancer preventing diet.

Stress and emotional factors:

Stress has for a long time been linked to problems of the digestive system including some cancers. Stress can largely be controlled and kept in check however sometimes additional assistance is worth while getting. My advice, and I guess I am biased, is to see a Clinical Hypnotherapist or at the very least obtain a book / manual and CD that will show you how to control stress using Hypnotherapy and NLP methods. Meditation is not too dissimilar to this and may be helpful as long as it is a non focused meditation method and not a goal directed version.

For more information and recommendations go to www.cancer-gone.com or email me.

Screening:

Regular screening is not as such preventing the cancer from forming but it is a method that should have an impact on the number of serious cases that develop and result in mortality. We have included further information about screening and other testing methods on the "Testing For Bowel Cancer" page see link below.

Cancer Prevention is the single key factor which motivates me to continue building this web site. By actively promoting cancer prevention through The Cancer Prevention Campaign™ and assisting people like

yourself to make small but significant lifestyle changes we can and will reduce the unnecessary suffering around the world due to cancer.

If you think you would like to do more and help eliminate cancers around the world let me know and I will explain how.

Testing For Bowel Cancer

Bowel Cancer testing can start before you have any signs or symptoms simply by participating in a screening program or paying privately for a test

Screening:

Screening for bowel cancer in the

United Kingdom can start for people aged between 50 and 74 in Scotland or 60 and 69 years in the rest of the UK. Many professionals in the field believe it should be reduced to start at age 50 for the UK as a whole.

Local Area Web Sites:

Scotland:

www.boweiscreening.scotnhs.uk

Wales:

www.waies.nhs.uk/bsw

England:

www.cancerscreening.nhs.uk

Ireland: www.cancerscreening.ie

Screening is usually carried out by taking a faecal sample and testing for unseen blood in the stools. The test is called a Faecal Occult Blood Testing (FOB)

Private screening in the UK can be obtained economically by contacting POCL www.pocl.co.uk

Health Check Questionnaire:

Harvard Center for Cancer Prevention have created a health check questionnaire for cancer prevention for more details go to: www.yoursiseaserisk.wustl.edu/hccpq.html?lu_nq=enq_Ish&func=home&u_iz=stomach

Bowel Investigation:

Rigid sigmoidoscopy: This is a visual examination using a short scope accessing the body via the anus.

Flexible sigmoidoscopy: Visual examination with a scope that penetrates the bowel by about 60cms. Access via the anus.

Colonoscopy: Long tube which accesses the colon via the anus. A colonoscopy is able to provide photographic evidence and take biopsy for later examinations.

Endoscopy: Similar to a colonoscopy but accesses the body through the mouth to examine the throat, stomach and small bowel.

Barium Enema: This is a special type of xray. The patient is required to evacuate the system by not eating for a certain number of hours before, this is followed by an enema. A liquid substance called barium meal is then consumed which enables the xray equipment to photograph within the body.

A Vega check can be obtained privately which will test for Helicobacter pylori, a bacteria which is known to cause stomach ulcers and cancers. This is easily treated using bismuth (Bisodol), wormwood and golden-seal.

For more details send email asking for: VEGA check and Bacteria/Parasite control process.

Types Of Bowel Cancer:

There are many types of bowel cancer and cancers of the digestive system most of which are named after the physical area of the body to which they are associated.

Bowel Cont'd

Small Bowel Cancer:

Adenocarcinoma: Associated with the lining or internal skin

Sarcoma, Associated with the muscle/fatty wall of the small bowel or ileum (Leiomyosarcoma)

Gastrointestinal Stromal Tumour (GIST): Associated with any part of the small bowel

Carcinoid: Usually associated with the ileum or appendix (Cells that make hormones within the small intestine.

Lymphoma: Non Hodgkins Lymphoma (NHL), MALT Lymphoma

Colorectal Cancer:

Cancer of the colon or rectum

Familial Adenomatous Polyposis (FAP):

FAP is largely found in people who have a history in the family. Approximately 1 in 100 cancers are linked to FAP however 1 in 3 have no known familial links.

If you have a genetic or familial link you are advised to have annual tests.

Diagnosis can often be achieved by visual examination of the eye where black dots at the back of the eye can be seen. Lumps or Cysts and polyps in the stomach are signs of FAP.

FAP often starts in teens and early

treatment may involve the option to remove the bowel, and or colon. (Colon and rectum stoma)

There is a low risk of spread to the duodenum, thyroid, adrenal and pancreas.

Gene APC and germline mutations in genes MLH1, MSH2, PMS1 and PMS2 are responsible for FAP.

Signs & Symptoms:

Signs and symptoms of colon cancer, symptoms of pancreatic cancer and other cancers of the bowel are largely similar and increase in intensity as the cancer develops.

It is important to be aware of the signs and symptoms of colon cancer as it is a treatable disease with high levels of success when it is identified early.

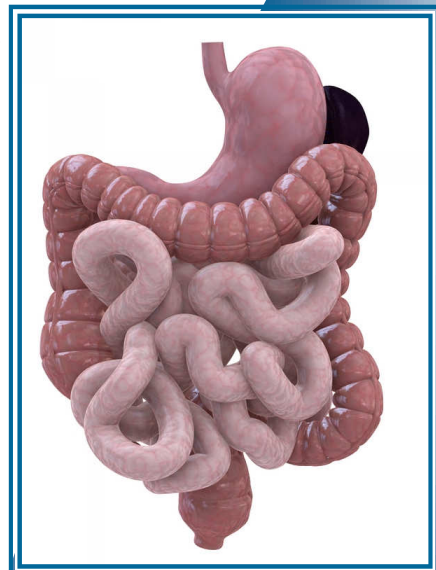
The problems of recognition occur because the symptoms of colon cancer are not dissimilar to many other disturbances of the bowel from simple prolonged stomach upsets to newly developed food intolerances.

If you experience a persistent change in bowel movements, more or less frequent, diarrhoea, constipation or other pains or discomfort you should consult your doctor and get it checked out.

Do not be embarrassed when discussing these issues with your doctor he is used to talking about them all day long. If you get flustered and forget what you want to tell him write it down before you visit and take your notes with you.

You should consider any of the following symptoms as being cause for monitoring. If they persist for more than a few days or if pain and discomfort forces you before consult with your doctor. Do not wait but also do not worry, most causes of these symptoms will not be cancer and most will be easily treated.

Look out for and monitor: bloating, indigestion, lumps in tummy, coughing, breathlessness and hoarseness, changes in bowel movement, bleeding / blood in stools, dark / black stools, moles, weight loss, feeling sick, being sick, loss of appetite, trouble swallowing, heartburn, stomach pain / gripping pain, trouble swallowing,



diarrhoea, constipation, mucus in stools abdomen pain, pain in tummy or back passage, anaemia, tiredness, weight loss.

The following may also cause or be a precursor to cancers of the bowel: Crohns disease, colitis, anorexia, dyspepsia, jaundice, cirrhosis of liver (hepatoma), piles / haemorrhoids, polyps on bowel lining, IBS, diverticular disease, peutz - jehers syndrome.

Constipation can be caused by a lack of fiber in the diet.

Polyps on bowel lining are mostly treated during a colonoscopy. Most will be tested and found to be benign. 1 in 10 people over 60

still unaffected.

Dukes C: This stage is identified when the cancer has spread to one or more lymph nodes.

Dukes D: This is when the cancer is more advanced and has spread to other parts of the body. Cancers are now often called secondary.

Treatment Of Bowel Cancer:

Bowel cancer has a number of different treatment protocols, many of which work better when combined. Here are a few listed but not detailed here:

Surgery

Clostomy

Ileostomy

Chemotherapy

Radiotherapy

Clinical Trial

Biological

Interferon, Imatinib (Glivec), monoclonal antibodies or vaccines prepared from cancer cells

Alternative Treatments

Supportive: Pain

Stress Family

will have polyps and most are found to be benign. Considered to be caused by poor diet.

IBS is often diagnosed after no cause for symptoms can be found. It is often treated by diet and also stress relieving methods such as Clinical Hypnotherapy.

Diverticular disease causes cramps, diarrhoea and altered bowel habits. It is common in older people and is often controlled by nutritional! dietary changes.

Crohns Disease and colitis increases a persons risk to contracting cancer. They may be controlled with good nutrition and

diet.

Stages Of Bowel Cancer:

Staging or stages of Bowel Cancer is defined by the extent of spread of the disease and is helpful when prescribing a treatment protocol.

Dukes Staging:

Dukes A to D, often referred to as simply Stage 1 to 4 is described below.

Dukes A: This stage is defined when the cancer is contained within the bowel

Dukes B: At this point the cancer has spread through the bowel muscle, however the lymph nodes are

To get the best treatment and most successful outcome, If bowel cancer is suspected I would recommend a more holistic approach which considers all aspects of a persons individuality. Get as much up to date information as you can and build a team of helpers and supporters who you can rely on. One of the best

Bowel Cancer Cont'd

resources would be CancerActive a web based non profit organisation doing great work to determine what is working now in the cancer treatment arena.

Herbs: Goldenseal - *Hydrastis Canadensis*

Also known as; yellow root, eyeroot, wild tumeric, ground raspberry, Indian dye, Indian paint.

Location: Native to North east America. First introduced to Europeans by the Cherokee and Iroquois.

Known Uses:

Skin Problems

Eye wash, sore eyes

Dye

Antiseptic,

Inflammation

Stomach Upsets,

Improves apatite,

Cancer Treatment,

Diarrhea

Earaches

Fever

Whooping cough

Pulmonary problems

Heart and liver troubles

Sore throat

Mouth wash

Infected gums

Mouth sores (Chewing of Root) Natural Antibiotic

The chemical Berberine found in Goldenseal acts Against bacteria Staphylococcus and several intestinal parasites including Giardia and Tapeworms. It is toxic to some fungal cells and some types of cancer cells.

Goldenseal benefits the circulatory system and heart.

Mix with *Echinacea purpurea* to boost immune system.

Note: Goldenseal can be toxic in large doses and should not be used by pregnant woman, or where high blood pressure is a problem. Check with GP or Medical consultant prior to use.

To see new web pages on Aloe and Wormwood go to www.cancer-gone.com



The Cancer Prevention Campaign™



We need your help..

Cancer Prevention is dependant on people like you & I taking some action. Anthony Robins the NO 1 Life coach in the US states that you need to first know your outcome, second you need to have a strategy, third you need to take action & fourth you need to monitor results.

The Cancer Prevention Campaign™ outcome is reducing the onset of cancer statistics world wide.

The strategy is phenomenal & is likened to taking one railway engine that's ours & set it running. Initially it struggles with the hills but keeps on going. We add another engine on the front & now with twice the power we run smoothly & the hills are easier. We add another engine to the front, this may be you, you are guided, supported & driven by the first two engines. With the power of three engines were racing up the hill & almost flying down the other side. Goals are being met destinations come & go there is no stopping us now. We keep adding engines who add to the power, guidance & support. **We have a community with a clear outcome & a strategy that is exponential in potential.**

We now need you to join us. We will show you some simple easy actions that will help reduce your risk to contracting cancer in your lifetime. Your small easy actions contribute to the whole just like the engine analogy. Very soon due to the phenomenal growth rate of this strategy we will be affecting onset of cancer statistics in many countries.

We will be monitoring the success of our strategy & at times we may make adjustments to improve the speed & or impact of our success.

Cancer-gone will soon be closer to a reality as onset cancer statistics reduce from 1 in 3 people to 1 in 4, then 1 in 5 and more....

For more details of the Cancer Prevention Campaign™ go to <http://www.cancer-gone.com>

Or just send the slip below:

.....
: Please send me details of CPC™ Thank
: You.
: Name: _____
: Address: _____
: _____
: _____
: Email: _____
: Tel: _____
: _____
: Send To~: Pete at
: Healing Caring Supporting
: 45 Alandale Drive, Pinner, HA5 3UX
: Englang UK.
:



News Clips / Updates:

Childrens Bath Products Contain Cancer Causing Chemicals:

Source: HealthKnowItAll.net

I find it amazing that news reports and studies are still being issued that tell us what many of us knew ten years ago and have been doing our best to warn people of since. I guess we should remember that there are many people out there who are still unaware of the dangers lurking in our personal care products. Lets tell more people about it and point them to safer options.

This report states: cancer causing chemicals formaldehyde and 1,4-dioxine have been found in leading children's bath and body products. The findings were made public in a report by the Campaign for Safe Cosmetics.

They found that over half the well known brands tested contained trace elements of cancer causing chemicals. Warnings of their presence were not on the labels. The chemicals were not intentionally added so warning labels are not required by law.

What this report does not tell you is that many chemicals in our personal care products are toxic and in some cases carcinogenic but still pass the safe usage standards at the time of writing.

The good news is that as many customers started to vote with their feet many manufacturers have had to re-evaluate the content of their products. There is still a long way to go and as this article shows, we have to ask ourselves, "Can we trust them" (with our lives).

For a safe range of products simply send me Pete an email...

I have been using a range of safe products for over 6 years now and can recommend them whole heartedly.

Alter Your Lifestyle To Cut Colon Cancer Risk

This report states that in Ventura County (USA ed) some 325 people will contract colon cancer and some 105 people will die of the disease.

Colon cancer is the third most common cancer and is the third most common cause of cancer related death.

Colon cancer is however both preventable and treatable.

Men and woman who maintain a sensible body weight are less susceptible as are those who eat less red or processed meats. Studies also show that high levels of physical activity my cut the risk of colon cancer by 50%.

Treatment is more successful if diagnosed early. If you are 50 plus you should ask you GP about screening options.

Report issued by The American Cancer Society: [link](#)

Cancer Cure Is One Step Closer:

Source: Daily Express Monday 09 March 2009

Researchers have identified a enzyme "LOX" (Lysyl Oxidase) which allows cancer to spread throughout the body. The enzyme was discovered while studying cancers in mice.

The research team hope to have a drug available within 5 years which will switch off the "LOX" protein and stop cancer spread.

A comment was made that "through such collaborative effort", (UK and US teams involved), "we will find a cure for cancer".

The charity's science information officer said "this cutting edge research provides new opportunities to study the complex relationship between cancer cells and their surrounding tissue"

Ed comment:

1. "We already know how to

"cure" most cancers and that is to prevent them from materialising in the first place. The application of more drugs, whose side effects from long term use is unknown will only result in other reactions, pain and pitfalls, and more time wasted, more lives ended prematurely.

2. You wouldn't think that cancer research charity would be looking for new opportunities to study unless they have more funds than projects! "A strange comment?"

President Obama vows to find cure for cancer

Source: www.cancer.org

President Obama lost his mother

to ovarian cancer and has vowed to find a cure for cancer.

Most cancers are related to lifestyle. 30% of all cancers could be avoided by stopping smoking.

Fifteen different forms of cancer are attributed to smoking.

Other lifestyle choices could reduce cancer dramatically.

To find out ways to reduce your risk of cancer, take the American Society's Health Challenge.

www.cancer.org/docroot/subsite/greatamericans/index.asp.

Colorectal Cancer:

Source: Mazen Alsatie MD
(info@chsmail.org)

Colorectal cancer is the second major cause of death in the US.

Death is almost 90% preventable

if appropriate screening measures are followed. Causes of colorectal cancer are generally known and include toxins in the stool and high fat diet. Genetic pre-disposition only playing a relatively small role.

If we take responsibility ourselves we can prevent most incidences of this type of cancer. Combine this with adequate screening and it could easily become a rare disease of the past. Ed

Drinking Wine Increases Risk of Breast Cancer

Source: KYW medical ed. Dr B.McDonough

The Fred Hutchinson Study revealed that drinking 14 glasses of wine a week increases risk of developing breast cancer by almost 25%. Red or white wines has no difference in effect.

Dual Therapy For Brain Cancer

A Lancet Oncology Report states that trials in USA and Europe demonstrate a 10% increase in survival rates for brain tumors when radiation and chemo drug Temozolomide are applied. Rates were up to 28% for patients under 50 years

Anti-angiogenic therapy:

Anti Angiogenic therapy combined with chemotherapy has demonstrated benefits in clinical trials with certain cancers. Laboratory testing has however demonstrated a need to keep a close watch on this therapy due to a increased incidence of metastasis.

Patients with a form of liver cancer called Hepatocellular Carcinoma and possibly those with Kidney cancer treated with single agent anti-VEGF therapy showed improved survival rates with no deleterious effects

Patients with glioblastoma treated with anti-VEGF therapy with or without chemotherapy generally benefit with a reduction in tumour size. "The gratifying responses are meaningfully durable". Most patients how-

ever become resistant and show subsequent tumour spread in other areas sometimes leading to more aggressive spread.

"These data therefore highlight the point that oncologists must carefully scrutinise clinical data, not only focusing on short term endpoints, such as response rates and time to progression, but also patterns of failure, overall survival and quality of life."

Ref: Nature Vol 458, 19 March 09, LM.Ellis The University of Texas MD Anderson Cancer Center, Houston, Texas.

Organometallic Drugs Pro-

gressed:

Inorganic drugs such as Cisplatin, that are toxic and non targeted, and large organic drugs, which are weaker, targeted and have a narrower range of cancers, are both less effective due to resistance in cancers. These may now be replaced by organometallic drugs such as dinuclear ruthenium-arene compounds which have now progressed to experiments in animals. These drugs have previously been found to be highly toxic and unstable.

Ref: Nature Vol 458 iss7237 March 2009, P.I.Dyson Swiss Fed Ins. OfYech, Loussanne.

Melanoma Tumour size re-

duced.

Researchers at the National Cancer Institute in Bethesda have found that combining retinoic acid with a drug that activates SOX9, which slows cell division and sensitises melanoma cells, tumour size in mice was significantly reduced. Human melanoma has otherwise become resistant to treatment with retinoic acid.

Ref: Nature Vol 458 March 2009 page 262.

Sun Tan & Cancer - Is it safe to sunbath:

According to Professor S Shuster writing in the book Panic Nation Sensible sunbathing is safe. He states that the reporting & of skin cancer incidence has painted a bleak picture & has almost been tantamount to scaremongering.

Nearly all skin cancers are benign, they do not spread or cause death. Most skin cancers are no more than 1 cm wide are easily removed & treatment is nearly always successful. Skin cancer is in fact at the bottom of the cancer mortality tables.

The advice is to enjoy the outside, cover up to prevent burning & use a safe sunscreen that is toxic & carcinogen free. Exposure to natural light increases chemical production behind they eye which promotes good health. (eg Vitamin D)

For a list of safe sunscreens go send me an email for information.

Green Smoothes:

Take a handful of Spinach, or Watercress, or Kale. Blend vigorously with a little water until well broken down.

Add fruits to taste: eg Banana, nectarine, pear, pineapple and blend.

Finally add a small carton of plain yogurt and lightly blend to complete the mix.

Enjoy!

Tao Te Ching - Lao Tze - (Extract From)

*The Tao that can be told, is not the eternal Tao.
The name that can be named is not the eternal name.
The Tao is both named & nameless,
As nameless it is the origin of all things.
As named it is the mother of 10,000 things
Ever desire-less, one can see the mystery
Ever desiring, one sees only the manifestations
And the mystery itself is the doorway to all understanding.*

*Under heaven all can see beauty as beauty
Only because there is ugliness
All can know good, as good
Only because there is evil*

*Being & non being produce each other
The difficult is born in the easy
Long is defined by short
The high by the low
Before & after go along with each other*

*So the sage lives openly with apparent duality
& paradoxical unity
The sage can act without effort & teach without words
Nurturing things without processing them*

*He works but not for rewards,
He competes but not for results
When the work is done it is forgotten,
that is why it lasts forever*

Comments:

The name isn't what it is!

People in different countries put labels on things in different languages. There are therefore many names for the same thing. "it's what it is, it is not the name"

Let go of wanting & just let it be!

Do not want to start to play the guitar, just "start playing"

Do not want to be successful. Just start doing what you desire & success will manifest itself.

Enjoy the moment of doing. If you enjoy that moment repeat it. Repetition breeds skills which breeds success.

Let go of annoyances, especially annoyances regarding others. Let others be what they are at that moment. Move out of their space & into your own space of being. Be yourself.

If a person can show you the Tao, that is not the Tao.

Especially not for you!

The eternal way "is". Your way "is" the way.

There may however be shorter paths, more pleasant paths, or simply other paths. But the important thing is that the way is eternal.

Liver Cleanse & Gallstone Flush:

This is a quick way to do a detox and flush. I am on the second day. You are advised to put 3 days aside. I can vouch for this method in getting things moving. You definitely need to be at home!

I obtained the recipe from The Rainbow Diet by Chris Woollams (CancerActive / ICON) who attributes the process to William Kelleys Cancer Treatment.

I will follow this up with a Parasite cleanse after a few days respite.

Day 1: Eat no fat for breakfast or lunch. Mix 4 Tablespoons of Epsom Salts with 3 cups of water (warm to dissolve) Note: I added some grapefruit juice to cover the taste. Drink 1/4 of the liquid at 18.00, a further 1/4 at 20.00 Mix 1 to 1.5 grapefruits juice extracted with 1/2 cup of extra virgin olive oil. Sip this by 22.15. Take a herbal sleep remedy and retire

Day 2: Take 1/4 of the Epsom salts mix in morning not before 7.00 and the final 1/4 2 hours later. Eat nothing until after mid day and take a light lunch.

Once movements start drink plenty of clean water. Expect diarrhoea for several days.

DIY Bio Degradable Seed Pots:

These seed pots take just a couple of minutes to make and provide ideal containers for all types of seed.

Take a plastic bottle, the base of which will be the size of your seed pot.

Next take a sheet of news paper and fold it once or twice depending on size.

Now wrap the newspaper around the bottle allowing some to hang off the bottom. About half on half off is good. Secure with a couple of pieces of sticky tape.

Now fold the paper over the base just like wrapping a xmas present. Again secure with sticky tape.

Slide cup newspaper cup of the bottle and you should have something like that shown in the picture. Make a few a group them together. Add soil seed etc. The seeds can be left in the pot when planting out, this will just degrade in the soil.

This Newsletter was brought to you by:

Healing Caring Supporting

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Alcohol Free Mouthwash:

Many mouthwashes have contained alcohol and other strong chemicals to kill germs and bacteria. These are thought to be associated with many cancers of the mouth and oesophagus.

I have been using a alcohol free mouthwash for some years now and would recommend it's use.

Please check your bathroom! Pete

