

# ***Steps to a healthier life and reduced risk of most cancers***

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With cancer cases on the rise, we are learning the importance of actively practicing prevention to avoid this dreaded disease and keep ourselves and our families healthy. The following nutrient and dietary recommendations may help. They are compiled from cancer experts, such as Dr. Sandra Bevacqua, PhD in cellular and molecular biology and cancer researcher, and Ellie Cullen, RN and president of Your Future Health Preventive Blood Testing Services. For 25 years Ellie and her staff have been tracking patients with cancer and precancerous indications in their blood and the success they have after making dietary changes and implementing vitamin supplement programs that YFH recommends.

## ***A little background***

Every day our bodies produce cancer cells. Cancer cells are abnormal cells with damaged DNA. If our immune systems are strong, the various white blood cells attack these mutant cells and remove them. But if our immune systems become weak and if these abnormal cells grow uncontrollably, then cancer takes hold in the body. By the time a cancerous mass is detected, it's likely that 100 million to 1 billion cancer cells are present, and the original cell may have been dividing for five years or more.

***What weakens the immune cells?*** The most simplified explanation...

#1 Exposure to toxins and contaminants and

#2 Nutritional deficiencies that prevent the body from doing its job of rebuilding and repairing immune and other cells as they constantly die off and need to be replaced.

## ***Where to Start... Healthy Eating***

Making small changes in your everyday life may reduce your risk of cancer. All of us must work toward the ideal diet, even though when we begin our journey to a healthier body, changing eating habits may sometimes be the most difficult part. ***The ideal diet includes lots of fresh raw vegetables every day...*** fresh interesting salads full of varied ingredients, different greens, lightly steamed asparagus or green beans, sugar snap peas, mushrooms, sprouts, almonds, dried cranberries, walnuts, etc. with delicious fresh homemade salad dressings (they are simple to make with fresh pressed garlic!) Sound good? And stir-fry meals for dinner over brown rice. That, by the way, is the easy part. The hard part is what we eliminate from the diet... sugar (ouch) and white flour snacky things (pretzels, chips, crackers, etc). Sweets and refined carbohydrates, including alcohol, can drain the immune system fast and make us vulnerable. Nature provides the most delectable array of fruits and vegetables. We want to set a goal to eat as many different types of products every week that we can. ***Since research suggests that about 30% of cancers are related to nutrition***, the American Cancer Society recommends that you:

- Eat an abundance of foods from plant-based sources. Green and dark yellow vegetables, beans, soybeans and cruciferous vegetables – such as broccoli, cabbage- may help reduce your risk of colon and stomach cancers.
- Limit fat since high-fat diets may increase your risk of cancer of the prostate, colon, rectum and uterus.
- Drink alcohol in moderation since your risk of cancer increases with the amount you drink

## **Supplement with High Quality Vitamins, Minerals and Herbal Formulas**

These can boost the immune system tremendously, especially if you don't want to eat huge quantities of food. They provide nutrients that are so essential, they should not be left to chance each day.

[Vita Lea Multi Vitamin Multi Mineral \(In the Vitalizer\)](#)

**Multi-vitamin and mineral tablet providing the best balance of essential nutrients available in a readily absorbed formulation. Fills in the gaps missing in a good diet (due to sprays and dyes, waxing or processing produce). Reduces risk of birth defects.**

[CarotoMax \(In the Vitalizer\)](#)

Essential for healthy mucosal membranes in the digestive, respiratory and reproductive tracts. Reduces susceptibility to infection, allergies, bronchitis, asthma, ear infection and skin disorders. Contains other naturally occurring carotenoids such as alpha carotene and other types of beta-carotene. ***CarotoMax protects the fatty parts of the body such as breasts, cervix, prostate.***

[FlavoMax](#)

These powerful antioxidants increase the power of the immune system to fight infection, are natural antihistamines, are antiviral and antibacterial because they interfere with the actual mechanism of some of these organisms, lower risk of many cancers including gastric cancer. Easy to use with children, and especially important for those who may not eat a wide variety of vegetables, simply open the capsule and pour the anti-oxidant rich powder into juice or a protein shake. ***FlavoMax protects the watery parts of the body such as the circulatory system and the related organs, i.e. the heart, liver.***

#### [☐ Nutriferon](#)

Developed and extensively tested by immunologists in Japan, contains an exclusive, proprietary blend of natural plant extracts from pumpkin seeds, safflower flowers, plantago seeds, and Japanese honeysuckle flower buds, which has been clinically proven to support and stimulate the natural immune response process at the cellular level. Supports and stimulates the immune system, by increasing the activity of macrophages and inducing natural interferon production. Optimizes immune response against environmental irritants and airborne substances (as with allergies and asthma). Completely safe – no adverse reactions to these plant extracts ever recorded.

#### [☐ Energizing Soy Protein](#)

Contains phytochemical-compounds, called isoflavones, found only in soybeans. Reduces cholesterol levels, helps prevent osteoporosis, reduces the risk of breast and prostate cancer, helps control PMS and hot flashes (due to natural phytoestrogens), helps prevent fatigue, irritability and hunger

#### [☐ Garlic](#)

Two-way odor control with a gentle, temperature-controlled drying process and with a pleasant blend of spearmint and rosemary extracts. Historically, has been used for congestion, asthma, sinusitis and allergies, colds, flu and pneumonia, sore throat and bronchitis. Has antibacterial and antifungal properties and is effective against yeast infections (Candida). Nature's strongest natural antibiotic.

#### [☐ GLA](#)

Shaklee's GLA Complex contains oil from the seeds of the borage plant, the most concentrated natural source of gamma-linolenic acid available. Our bodies are supposed to produce GLA in order to form prostaglandins, potent hormone-like compounds that impact virtually every system in the body. Prostaglandins are important in regulating normal body processes such as blood pressure, blood clotting, and inflammation. They also reduce the symptoms of PMS, hormonal headaches, menopausal symptoms, eczema, allergies, rheumatoid arthritis, diabetic neuropathy, and tremors associated with Parkinson's Disease. Many factors inhibit our ability to produce adequate GLA such as stress, aging, smoking, diabetes, viral infections, consumption of alcohol, processed fats, deficiency in B-Complex, zinc and genetics.

#### [☐ Optiflora \(In the Vitalizer\)](#)

(Acidophilus and Bifidus) – *Two-Product Daily Colon Care System*

The healthy body contains trillions of "friendly" micro-organisms. Most of them live in the colon and perform a multitude of health supporting tasks. The most common cause of imbalance in normal microflora populations is the use of antibiotics. Other factors include age, poor food choices and low fiber intake. Shaklee's patented state-of-the-art triple encapsulation process permits guaranteed delivery of bifidobacterium longum and lactobacillus acidophilus to the intestine...and no refrigeration is necessary. Adding these microflora can enhance the body's total immune response.

#### [☐ Vita C Sustained Release \(In the Vitalizer\)](#)

In addition to Vita-C's antioxidant qualities, it has also been shown to reduce risks for cataracts, cancer, colds & viruses. Shaklee's 500mg Vita-C has a unique sustained-release system based on all-natural plant gums & waxes, maintaining high levels of Vita-C for an amazing 24 hours in the blood.

#### [☐ Zinc](#)

Necessary to maintain normal immune function. It is also important for the synthesis of protein and DNA.

[☐ Vivix](#) which is recommended as a cancer prevention.

#### ***The Shaklee Difference***

*The principle of Shaklee is that the philosophy of "Products in Harmony with Nature and Good Health" guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square foot Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world stand for quality.*

#### **Other Steps to Preventing Cancer**

- Don't use tobacco
- Stay active and maintain a healthy weight
- Protect yourself from the sun
- Get screened

#### **Toxins in Our Environment**

We breath, drink, eat and touch chemicals. The connection of toxins in the environment and our health is proven. There are over 75,000 chemicals in commercial use, only a small fraction of them have been adequately examined. A study by the CDC found that the average body contains 116 chemicals, many of which have been banned for the past two decades because of their toxicity. The average home contains 1500 hazardous toxins. Even the air is not safe... after studying over 800 VOCs (volatile organic compounds) the EPA reported, **Indoor air is far more toxic than outdoor air because of VOCs.**

In recent years, the following problems have increased at alarming rates: infertility problems, reproductive damage, liver disease, nerve damage, cancer. Record numbers of children have cancer, ADHD, asthma, and autism. Cancer is now the leading cause of disease related deaths in children. Brain cancer in kids has increased 40% between the years 1973-1994. This directly correlates to the massive increase of chemical production since the 1950's.

### How do chemicals in the environment effect our health?

Chemicals accumulate in the fatty tissue of our bodies and in areas with rich blood supply. The brain, breasts and liver are prime targets because of their high fat composition. Problems occur when we accumulate toxins faster than our bodies can get rid of them. It is thought that cancer may develop not because of one particular chemical, but rather because of low level exposure to many over a long period of time, or an acute intense exposure. **Carcinogenic effects of toxins can take more than 30 years to manifest. This accumulation over the years eventually may lead to disease.** Women have 2-10% higher body fat content than men. When women are exposed to the same amount of chemicals as men, women have more places to accumulate those chemicals within their bodies. Women store fat soluble toxins at higher concentrations for longer periods of time than men. The breasts are one of the most common spots in which our bodies store toxins. A 2004 report by the non-profit groups The Breast Cancer Fund and Breast Cancer Action found that fewer than 1 in 10 cases of breast cancer are genetic. 50% of cases remain unexplained by risk factors. This report offers clear evidence that the rise of exposure to toxins from cleaning products to personal care products to pesticides to xrays in recent decades is effecting our health. Toxic exposure can be responsible for cellular changes in our bodies and pose serious health threats to our well being.

### What can we do?

Take responsibility for toxins in our environment. We cannot rely on the EPA and FDA to protect us. The FDA said in the 1950's, "There's no evidence that smoking causes lung cancer." Do you want to put your health in their hands?! That is why it is so important for us to be proactive and reduce our risk and exposure to chemicals.

- Read labels in household and personal care products
- Replace toxic agents with safe alternatives
- Purify drinking water
- Purify the air of your home

**Say goodbye to cleaning products with undesirable chemicals, and clean your home with *Shaklee Healthy Home products* – a sensible alternative for a clean, healthy home. The household product line includes products to wash the house, dishes and laundry. They are non-toxic, biodegradable, and effective. Shaklee personal care products are hypoallergenic, pH balanced, contain no artificial colorants or mineral oils. The personal care line includes *daily care* items such as shampoo, organic toothpaste, soap-free cleanser, Enfuselle which is the most advanced nutrient rich anti-aging skin care system.**

*From B Lagoni, Nutritionist 2006 Healthy Files 7/2013*

## CANCER - For healing of the body

*Goal 6-8 months*

- Drink 6-8 cups of purified water daily to hydrate and flush
- Strive to decrease or completely eliminate WHITE FLOUR, WHITE SUGAR (sugar "turns off" the immune system)
- Avoid all DAIRY
- Food Sensitivities/ allergies should be investigated and addressed
- Avoid alcohol, **caffeine** or other stimulants, soda pop, processed products
- Increase Omega-3 essential oil intake
- Lots of fresh, raw fruits and veggies- (*Wash with Basic-H2 to remove most of the chemicals*)
- Better to lightly steam veggies
- Stress and relaxation techniques
- Avoid environmental and food toxins- cleaners/ personal care

*Remember, you are what you eat, breathe, drink, and put on your body. Be serious about what you do and cancer prevention is possible!*