

# Cancer!!! Why ME?

So, you've got the terrible news that you've got cancer. For that we are truly very sorry. The searching pained question that everyone asks is: "Why Me?" For those, this simplified handout may be helpful for you, not only to recognize the potential cause or causes of your cancer, but also to take steps to help overcome those causes and remove the cancer from your life so it won't come back.

## ***A SUPPRESSED IMMUNE SYSTEM***

Cancer is a shout from your body that your immune system has been suppressed and your body is under attack. The shocking reality is that everyone has cancer cells (pathogens) of various types circulating in their bodies much of the time. Our immune system generally keeps those "bad boys" under wraps. It's only when our immune system takes a dive that cancer begins to take hold and grow, often exponentially.

So what causes our immune system to become suppressed?

- Toxins (aka Carcinogens)
- Stress
- Trauma
- Aging

There's likely more, but these are the main areas.

## ***TOXINS***

**Toxins** are the leading cause of cancer with an estimated 80% of cancers stemming from an accrual of toxins in the body. The toxins diminish immune system function, often confusing the white blood cells so they cannot find and remove the cancerous cells or pathogens. There are essentially 2 types of toxins, those are metabolized and excreted, and those that build up in the body over time (non-metabolized). As they accrue, these toxins eventually shut down the immune system, and gum up our bodily functions. These toxins include:

- those that we intentionally participate in: e.g. smoking, drinking, drug usage, grilled meats (BBQ), etc. Some medications also have toxins that build up over time, often resulting in side effects for which often additional medications are prescribed (medication stacking).
- those that we unintentionally or ignorantly ingest: **mercury** in fish, dental amalgams, vaccination preservatives, or the air near coal-fired power plants, **lead** in toys, clothing, jewelry or paint, **heavy metals, herbicides and pesticides** that remain on our fruits or vegetables or in non-filtered drinking water (e.g. from a well), **aluminum** in non-dairy creamers, underarm antiperspirants, foil and uncoated aluminum cookware, **food additives and dyes** that are neurotoxic (such as MSG or Aspartame), **chemicals** used to treat clothing, car or furniture fabrics or carpets such as for stain and/or fire resistance, and **skin or cosmetic products** with their additives (a good rule is don't put anything on your skin that you wouldn't eat), etc.

- those that that we are exposed to as part of our job: e.g. asbestos, dirty oil, benzene, cleaning fluids, inks, toners, particulates such as a diesel mechanic might breath, fumes and chemicals used in a nail or hair salon, anesthesia chemicals, farm chemicals, etc. That's why OSHA exists.
- those that are a byproduct of pathogenic, parasitic or organism action (e.g. a hepatitis infection, a systemic yeast/Candida infection, worms or flukes). See [www.parasitecleanse.com](http://www.parasitecleanse.com) for more information on this category.

**Resolution:** Go on an intensive detox program to remove many of the toxins from your body. Recently developed safe methods make it possible to remove 80-90% of non-particulate-type toxins in just 1-2 weeks. This involves a green juice fast along with using a combination of ingestible detoxifying clays such as Calcium Montmorillonite or Zeolite Clinoptilolite. Excellent green juice powders include AIM BarleyLife (<http://www.natural4life.com/barley-life-info.html>) or Garden of Life's Perfect Food Super Green Formula (<http://www.gardenoflife.com>). Call toll free 1-866-435-7233 if you are serious about learning more. Other cleansing protocols should be used to eliminate parasites, and cleanse the liver, bile ducts, kidney or other stones or accumulations. Spending time in a sauna at moderate temperature for several hours can also help cells release their toxic loads. If you do this, make sure you drink lots of fluids and electrolytes and use a detoxifying mineral such as those listed above to bind to and flush the released toxins. Otherwise, you are simply moving the toxins from one part of the body to another.

## **TRAUMA**

**Trauma** that leads to cancer can occur in many forms, the most common being long term exposure to small doses of the traumatizing agent. This can include over exposure to U.V. rays (e.g. sunshine or a tanning booth) as in the case of Melanoma, exposure to X-rays (such as from a radiology technician job), exposure to radiation (e.g. exposure to nuclear materials or radon gas), exposure to microwave radiation (e.g. extensive cell phone usage, heavy usage of old microwave ovens, or doing telecommunication tower work) resulting in brain tumors, or exposure to electromagnetic fields (e.g. living close to high voltage transmission lines). More short term (and rare), localized trauma may include a blow to the abdomen or organs, or overly severe breast compression from mammogram procedures. Often the cancer initially forms near or in the site of the trauma. Here's an interesting quote:

*"The voluntary exposure of the brain to microwaves from hand-held mobile phones is the largest human biological experiment ever" (Professor Leif G. Salford, Head of Research at Institute of Clinical Neuroscience, Lund University, Sweden)*

**Resolution:** Remove the offending exposing source or remove yourself from exposure to the source. E.g. get a microwave neutralizer for your cell phone (e.g. BioPro Chip) or use a corded cell phone headset (blue tooth devices have their own radiation issues), quit a radiology job or wear more protection, remove the radon source, or move from a house built near a power line. Minimize the potential for localized acute trauma. Accidents can often be prevented (i.e. pay attention when you drive, don't walk down a dark alley in a bad part of town).

## **STRESS**

**Stress** is highly present in our daily modern lives. Stress causes a shut down in bodily function such as the production of stem cells (for growth, healing and repair) and of our immune system. A lot of people *think* they are exposed to stress. This isn't exactly true. We are exposed to *stimuli*. Stress is OUR response to the stimuli. According to a recent *Men's Health* article, chronic worriers live 16 years shorter than optimists! And a man who is married to a woman unhappy with her job or career is 2.7 times more likely to get heart disease. No, divorce is not the answer. Rather help her make a positive job change. **Resolution:** Live in a perpetual state of gratitude. **Gratitude determines your attitude.** Your attitude determines how you relate to people and circumstances. It's difficult to worry when you are thankful. Don't accept other people's negative influences in your life. Forgive those who may have hurt you or those you love. Wish all people well. To the greatest degree possible, improve your circumstances. Most people won't make changes due to inertia and indecision. Become decisive. Avoid creating emergencies (i.e. like locking a key in a car – keep a spare door key in your wallet or purse) or overspending (“I'm worth it” is a poor justification). Seek circumstances where you can be or feel somewhat in control (that's why symphony conductors are among the longest lived professions). Life is too short to waste spending time where one is not happy. And remember: *“Most people are about as happy as they make up their minds to be.”* - Abraham Lincoln

## **AGING**

**Aging** is a fact of life. As we biologically age, our systems begin gradually shutting down. Of course as we age, toxins that we have accrued over the years begin building up compounding the aging effect. Our body tissues slow down their regenerative processes (they produce fewer stem cells). We exercise less. We gain weight. We wrinkle. But do we have to?

**Resolution:** It has been said, “Aging is inevitable. However, the *rate* at which we age is negotiable.” There are many things one can do to slow down the aging process and live many years longer. Minimize exposure to toxins, exercise (esp. weight lifting or isometric exercises to tone muscles), drink lots of water filtered using pressed carbon block technology, eat nutritionally and organic where feasible, minimize sugars, fats and food additives, supplement with absorbable vitamins and minerals, drink dark juices (such as grape, Acai, or black current juices) or a blended berry juice concentrate, such as Univera's Ageless Extra or Xperia [use Associate ID: 1141353 to order], get plenty of rest, get outdoors and enjoy the sunshine, and maintain a strong spiritual connection with the Creator (yes, this does slow down aging). Supplementing with stem cell releasing products (e.g. StemEnhance) or using a growth hormone release-type product (e.g. GHR-15) can also improve the rate at which one heals and ages. Believe it or not, it is possible to slow down and even reverse one's biological aging process (to a point) and actually feel and appear younger in 2-3 years.

## ***BOOST THE IMMUNE SYSTEM.***

So if you have cancer and wish to overcome it, besides what your doctor recommends, in order increase your odds and to reduce the chance of the cancer from coming back, you have to:

- Get rid of the causes
- Boost the immune system
- Live a healthy lifestyle

As all individuals with cancer have toxins to some degree on board, do a thorough body cleanse and stop ingesting toxins. If you need help with this, call the number on this handout. It will take effort on your part and a minor investment of cash (when compared to conventional medicine or medical procedures), but you'll likely get rid of that 80% factor.

Boost the immune system by eating organic raw foods as much as possible. These contain *live* enzymes that will help heal the body. Additionally, products such as 4Life's "Transfer Factor Plus" (<http://www.4life.com/TransferFactor.aspx>) have been shown to boost immune system effectiveness by raising Natural Killer cell function 437 percent. If you order it, use 4 Life Distributor #5941018).

Have a great attitude, being truly grateful for everything that happens to you (even the cancer). You'll smile more, people will enjoy being around you more, and your immune system function will rise.

Slow down and even reverse some of the aging process by making healthy living decisions. Be open to learn more by researching on the internet, reading books, and above all, *practicing* a healthy lifestyle.

## ***YOUR DOCTOR***

You should be in close contact with your physician. You need to follow his or her recommendations. But your doctor cannot live your life for you. He or she cannot deal with the root causes that precipitated your cancer in the first place. He can only treat the cancerous growth (through surgery, chemotherapy, radiation, etc.) and along with you, hope that you will go into remission. But if the causes are still there (e.g. toxins on board), the cancer *will* come back.

## ***IT'S YOUR CHOICE***

Yes, you may have cancer. But it doesn't have to have you, permanently. Cancer can often be a wake up call to change – a change in lifestyle, a change in choices, a change in environment, a change in attitude. YOU hold the key to your health. Invest in your future and invest in healthy decisions. The rewards will be returned to you many times over.

Are you ready to decide? If so, good! Then start today! If you need help, call the number on this handout and we can help you get started with some of the items indicated

above. Always leave a message if voicemail should pick-up and your call will be returned as soon as possible.

We're rooting for you.

To you and your family, best wishes,

Ed Meelhuysen, President  
Sharper Mind Centers, Inc.

**Got Questions? Need Help? Call toll free 1-866-435-7233 and ask for Ed.**

Note: The statements contained in this handout have not been reviewed or approved by the Food and Drug Administration for their validity. Nothing contained on this handout is meant to infer or state that any of the products are for the treatment of any disease or ailment. Always consult with your physician if you experience any medical problems.

It is not the intent of this handout to address *every* cause of cancer, nor to provide a highly referenced scientific document. Plenty of evidence, studies and books documenting what has been shared are available via the internet or a library.

*This revision is subject to review and change without notice.*

## Steps to Take to Reduce Cancer Effects

**DETOX, DETOX, DETOX.** This is a very vital step that the importance cannot be overstated. Around 80% of cancers are precipitated by carcinogens that confuse the immune system so it can't fight the cancer. The best products to do the detox quickly are to use the following toxin binding agents: Liquid Zeolite drops (See <http://zeoliteliquid.com> or Waiora's Natural Cellular Defense) and Red Desert Clay/Terramin powder (see <http://www.i-amperfectlyhealthy.com>). You can call 817-710-4594 for a local source for both. Take 10-15 drops, 3 times per day for one month of the Zeolite and 1 teaspoon 1-2 times per day for a month of the powder followed by smaller continuing doses. The powder will also reduce vomiting and soothe the intestinal tract. To make the binding agents even more effective, go on a one-week green-juice-powder fast in conjunction with those items. This can eliminate over 80% of non-particulate toxins within one week. Excellent green juice powders include Garden of Life's Perfect Food Super Green Formula (<http://www.gardenoflife.com>) and AIM BarleyLife (<http://www.natural4life.com/barley-life-info.html>).

**GROUND FLAX SEED.** Flax seed has 26 known anti-carcinogens. Take 1 to 2 tablespoons of ground flax seed 3 times per day. Fairly flavorless, mix with food or liquid.

**BECOME A VEGETARIAN** or even better a Vegan for two to three month, only eating raw ORGANIC fruits and vegetables. These have live enzymes that will boost the immune system. If you have trouble digesting raw foods, grind or blend the vegetables and drink. Use a good probiotics blend to help break down foods such as *iFlora*.

**DRINK LOTS OF FILTER WATER.** You need to flush the system. Every day, drink at least 2 quarts of water filtered using pressed carbon block technology (not granulated carbon). Drink one quart first thing in the morning 30-60 minute before breakfast and the rest during the day.

**EXERCISE IN THE SUNSHINE.** Go for a walk outdoors every day. The sunshine (or rays penetrating the clouds) boosts Vitamin D levels and the immune system. Movement promotes circulation of both the blood and the lymphatic system. If you can't go walking for long, do 2 or 3 shorter sessions per day and work up to longer sessions.

**ELIMINATE ALL INJURIOUS HABITS** such as smoking, drinking alcohol, eating a high fat, high sugar, high caffeine or BBQ diet or taking drugs. Reduce behaviors that introduce carcinogens to the body such as being around chemicals, coloring one's hair, using non-natural cosmetics or lotions. Eliminate or reduce behaviors that restrict flow of the lymphatic system such as wearing tight or underwire bras that reduce circulation to the breast tissue.

**LIVER SUPPORT.** To help support the liver as it bears the burden of filtering many of the toxins from your body, take supplements such as Milk Thistle, Dandelion and N-A-C (N-Acetyl L-Cysteine). Another potent herbal blend is that found in Essiac Tea which contains extracts from burdock root, sheep sorrel, slippery elm bark, and Indian rhubarb root (<http://www.essiac-resperin.com>). For those concerned about parasites which are often present in those with cancer, Dr. Hulda Clark's combination of extracts from black walnut hulls, wormwood and cloves must be used together to be effective (<http://www.drclark.com>).

**DARK JUICES.** Drink daily an 8 oz. glass of dark juice such as from the dark grape, black currant, blueberry or blackberry or acai fruit. Or use custom crafted high anti-oxidant type juices to boost the immune system. An Oxygen Radical Absorbance Capacity (ORAC) score is a test

tube analysis that measures the antioxidant levels of food and other chemical substances. If a food has a high ORAC score, then it means the food is high in antioxidants. The antioxidant's strength is its ability to eliminate oxygen free radicals. With the ORAC score, a higher score means the food is better at helping us fight diseases such as heart disease and cancer. The highest ORAC level in a juice that we know of is that of Univera Life Sciences Ageless Extra (ORAC of over 4500 per oz) (<http://us.univera.com>). Others customized juices include Drinkables' Miracle Fruits of the World (ORAC of 1500 per oz) (<http://www.drinkables.com/miracle-fruits.html>) available from Sam's Club, Costco and other suppliers.

If you cannot find a local source for the items mentioned above, we recommend you research key items online.

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