

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 (carcinogens) in the body. 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.
- 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, Aspartame and some food colorings), **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, 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 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 detoxifying clays such as Calcium Montmorillonite or Zeolite Clinoptilolite. Costs around \$300 to do (compare this vs. the \$10,000 each I've had 2 of my clients pay for IV-chelation therapy). Call toll free 1-866-435-7233 if you are serious about learning more or visit www.SharperMinds.net/detox. 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 (~120-140° F) 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.

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), 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: 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), 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 (or a 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. Klamath Blue Green Algae (<http://www.klamathbluegreen.com/>) or StemEnhance) 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 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 those 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 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. The best times to call are between 10:00 a.m. and 2:00 p.m.

We're rooting for you.

To you and your family, best wishes,

Ed Meelhuysen, Founder
Sharper Minds

Got Questions? Need Help? Call 503-641-5707 or 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.