

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 loses proper function that cancer begins to take hold and grow, often exponentially.

So what causes our immune system to become suppressed?

- Toxins (a.k.a. Carcinogens)
- Stress
- Trauma
- Aging

There are likely more, but these are the main factors.

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 that are metabolized and excreted, and those that build up in the body over time (non-metabolized). As the latter 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), even chlorinated water, etc. Even some medications may have a toxic effect on the body (producing side affects, which over time may reduce the immune system function).
- those that we unintentionally or ignorantly ingest: **mercury** in larger fish, dental amalgams, vaccination preservatives, or the air near coal-fired power plants, **lead** and **nickel** 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 vaccines, 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 we are exposed to as part of our job: e.g. nail and hair salon chemicals, asbestos, dirty oil, benzene, cleaning fluids, inks, toners, particulates such as a diesel mechanic might breathe, etc. That's why OSHA exists.
- those that we are exposed to as part of a treatment plan for some health issues. Most allopathic medications have side affects. That is because in their own way,

they are toxic, i.e. they have toxins that are designed to kill some pathogen or suppress immune system response. These may include (but are not limited to): an antibiotic, an antifungal, an anti-inflammatory, an anti-rejection medication, chemotherapy, antidepressants, etc. If left or kept in the body through chronic medication taking, these can produce short-term side effects and long-term immune system degradation.

- those that are a byproduct of pathogenic, parasitic or organism action (e.g. a hepatitis infection, a systemic yeast/Candida infection, viruses, 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 ingestible detoxifying clays. Costs around \$300 to do (compare this vs. the \$10,000 each that I have had 2 of my clients pay for IV-chelation therapy). 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 low to moderate temperatures for several hours over time can also help cells release their toxic loads (As “moderate” temperatures varies by the type of sauna, use common sense and don’t exceed your limits). 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 assist in flushing 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. These 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 other radiation (e.g. exposure to nuclear materials or radon gas),
- exposure to microwave radiation (e.g. cell phones, police radios worn on the chest, heavy usage of old microwave ovens, or doing telecommunication tower work) resulting in reduced testosterone levels, breast cancer, brain tumors, etc., 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 is 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, substituted lower dose X-rays for CT scans where feasible, 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 and minimize distractions when you drive, don't walk down a dark alley in a bad part of town, etc.).

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. A 2007 Men's Health article called "50 Ways to Beat the Reaper," quoted a Purdue University study, "scientists discovered that constant worrying shortens your life span by 16 years!" 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 and positivity. **Gratitude determines your attitude.** Your attitude determines how you relate to people and circumstances. It is 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 fail to 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

Ageing 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: Ageing 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/resistance training – maintaining muscle mass as one ages can reduce or eliminate typical middle-aged spread), drink lots of water filtered using carbon block technology, eat primarily fresh produce, nutritiously and organic where feasible, minimize sugars, animal and hydrogenated fats, food additives, and especially processed foods (try to stay away from anything in a box or bag). Supplement with absorbable vitamins and minerals, drink dark juices (or a berry juice concentrate, such as Univera's Ageless Extra or Xperia, 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), engage in frequent social interaction requiring talking. Supplementing with stem cell releasing products (e.g. Klamath Blue Green Algae (<http://www.klamathbluegreen.com/>) or StemEnhance) or taking a Growth

Hormone Releasing agent (e.g. GHR-15) and DHEA can also improve the rate at which one heals and ages. The herb, He Shou Wu (Fo-Ti), contains a powerful antioxidant called a superoxide dismutase which appears to slow the aging process. In test tubes, it “has been shown to have anti-inflammatory, antidiabetic, antibacterial, and antitumor effect,” and “may also positively affect blood cholesterol levels and improve conditions caused by an age-related decline of the nervous system.” However, keep dosages moderate (e.g. 1mg/day). 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, to increase your odds and to reduce the chance of the cancer from coming back, you have to:

- Get rid of the causes, the triggers of the cancerous growths
- Boost the immune system to recognize and defeat cancer
- Live a healthy lifestyle

As all those with cancer have toxins to some degree in their bodies, the first step is to do a thorough body cleanse and stop ingesting/absorbing 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 will likely get rid of that 80% factor in a little over a month.

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. Another great immune system boosting product is glutathione accelerators such as in MaxGXL. At the cellular level in all tissues, glutathione acts as an antioxidant that helps defend cells from a variety of metabolic and environmental insults. It also plays an important part in gene expression, apoptosis or programmed cell death, and cell proliferation. Its pivotal role in cell metabolism, reproduction and health is demonstrated by the fact that paucity of glutathione has been implicated in a variety of pathological conditions including diabetes, cancer, AIDS, neurodegenerative and liver diseases.

A fun way to boost the immune system is through humor. Watching funny comedies and slapstick humor that help make you laugh stimulate the release of endorphins. These may have a protective healing effect and increase immune function.

Have a great attitude, being truly grateful for everything that happens to you (even the cancer). You will 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. Finding a purpose involving interaction with people can also stimulate brain activity and development. Verbal interactions involve the speech, listening, vocalization and cognitive cortices in the left hemisphere of the brain. The more these are stimulated, the less they will deteriorate.

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 or she 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 present in the body), the cancer will come back.

IT IS 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 keys to your health. Invest in your future and invest in healthy decisions. The rewards will be returned to you many times over.

If you need help applying the above or would like personalized counseling guiding you through the process, Sharper Minds can assist. We offer the detox minerals mentioned and the counseling/personalized guidance for just \$300 plus shipping (and sales tax if in Texas). You will need to purchase the other supplements online or from your local grocery or health food store.

Call toll free 1-866-HELP-A.D.D. or 1-866-435-7233. Leave a message if voicemail should pick up.

To your health.

Ed R. Meelhuysen, Founder
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Got Questions? Need Help? Ready to place an order? Call toll free 1-866-435-7233 and ask for Ed.

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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 document is subject to review and change without notice.