

## Some information on cancer;

Cancerous cells are always being created in the body. It's an ongoing process that has gone on for eons. Specific parts of your immune system are designed to seek out and destroy cancer cells. {At Carefree Health Path (CHP) we encourage a properly functioning immune system.}

Cancer has been around as long as mankind, but only in the second half of the 20th century did the number of cancer cases explode. Contributing to this explosion are the excessive amounts of toxins and pollutants we are exposed to, high stress lifestyles that zap the immune system, poor quality junk food that's full of pesticides, irradiated and now genetically modified, pathogens, electromagnetic stress, lights, and just about everything that wasn't here 200 years ago. {At CHP we help eliminate toxins}

All these **weaken** the immune system, and alter the internal environment in the body to an environment that promotes the growth of cancer.

Cancer is not a mysterious disease that suddenly attacks you out of the blue, something that you can't do anything about. It has definite causes that you can correct if your body has enough time, and if you take action to change the internal environment to one that creates health, not cancer, while at the same time attacking cancerous cells and tumors by exploiting their weaknesses. {Again, at CHP we work with the internal environment}

Cancer tumors begin when more cancerous cells are being created than an overworked, depleted immune system can destroy.

Constant exposure to tens of thousands of manmade chemicals from birth onward, chlorinated and fluoridated water, electromagnetic radiation, pesticides and other toxins, leads to the creation of too many free radicals and excessive numbers of cancerous cells.

Alone this would be enough to raise cancer levels, but combined with an immune system weakened by a diet of refined and over processed food, mineral depleted soils, and too much exposure to artificial light at night, the immune system at some point no longer is able to keep cancer in check, and it starts to grow in your body.

**Surprise;** Research shows that the immune system needs 9 1/2 hours of sleep in total darkness to recharge completely -- the authors of the book *Lights Out* explain. When was the last time you had this much sleep?

Because of this stress and the overload of toxins, you end up with a malfunctioning immune system, and a body that is not capable of destroying the excessive numbers of cancerous cells that develop. Some, sooner or later, survive and multiply. And then you have cancer. Of course, diets loaded with sugar and refined carbohydrates don't help. Refined carbohydrates digest so fast they act like sugar, and cancer cells love sugar. They have at least 8 times more receptor cells for capturing sugar than healthy cells so eating sugar or refined carbohydrates feeds your cancer.

Overcoming cancer is a process of reversing the conditions that allowed the cancer to develop, while going after and killing cancerous cells.

The exact causes don't always have to be known, though certainly the more varied the approaches taken to correct those conditions, the more likely you are going to hit on what works best in a particular case. What you need to do is to strongly and dramatically interrupt and reverse the cancer-causing conditions in your body so that it becomes healthier, and stops breeding cancer.

The more cancer there is, the more serious the condition -- meaning much more has to be done -- fast. No one knows where that cutoff point is as sometimes people given only a few days to live have pulled through and conquered cancer when they applied these strategies.

### **Low Levels Of Cellular Oxygen Help Breed Cancer... Increasing Oxygen Levels Helps Kill Cancerous Cells**

In 1931 Dr. Warburg won his first Nobel Prize for proving cancer is caused by a lack of oxygen respiration in cells. He stated in an article titled *The Prime Cause and Prevention of Cancer* that "the cause of cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its oxygen requirements." "Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation. All normal body cells are thus obligate aerobes, whereas all cancer cells are partial anaerobes."

Decades ago, two researchers at the National Cancer Institute, Dean Burn and Mark Woods, (Dean translated some of Warburg's speeches) conducted a series of experiments where they measured the fermentation rate of cancers that grew at different speeds. What they found supported Dr. Warburg's theory. The cancers with the highest growth rates had the highest fermentation rates. The slower a cancer grew, the less it used fermentation to produce energy.

### **Acidic pH Levels Lead To Cancer**

According to Keiichi Morishita in his book, *Hidden Truth of Cancer*, when your blood starts to become acidic, your body deposits acidic substances in the blood (usually toxins) into cells to allow the blood to remain slightly alkaline. However, this causes your cells to become more acidic and toxic, which results in a decrease of their oxygen levels, and harms their DNA and respiratory enzymes.

Over time, he theorizes, these cells increase in acidity and some die. These dead cells themselves turn into acids. However, some of these acidified cells may adapt in that environment. In other words, instead of dying - as normal cells do in an acid environment - some cells survive by becoming abnormal cells.

These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function nor with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order. **This is cancer.**