THIS IS LONG BUT VERY INFORMATIVE...CATHY

AFTER YEARS OF TELLING PEOPLE CHEMOTHERAPY IS THE ONLY WAY TO
TRY (TRY THE KEY WORD) AND ELIMINATE CANCER, JOHN HOPKINS IS FINALLY STARTING TO TELL YOU THERE IS AN ALTERNATIVE WAY.

Cancer Update from John Hopkins

1. Every person has cancer cells in the body. These cancer cells
do not show up in the standard
tests until they have multiplied to a few billion. When doctors
tell cancer patients that there are no more cancer cells in their bodies
after treatment, it just means the tests are unable to detect the cancer
cells because they have not reached the detectable size.

2. Cancer cells occur between 6 to more than 10 times in a
person's lifetime

3. When the person's immune system is strong the cancer cells
will be destroyed and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has multiple
nutritional deficiencies. These could be due to genetic, environmental,
food and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing
diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer
cells and also destroys rapidly-growing healthy cells in the bone
marrow, gastro-intestinal tract etc, and can cause organ damage, like
liver, kidneys, heart, lungs etc.

7. Radiation while destroying cancer cells also burns, scars and
damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often
reduce tumor size. However prolonged use of chemotherapy and radiation
do not result in more tumor destruction.

9 When the body has too much toxic burden from chemotherapy and
radiation the immune system is either compromised or destroyed, hence
the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate
and become resistant and difficult to destroy. Surgery can also cause
cancer cells to spread to other sites.

11. An effective way to battle cancer is to starve the cancer
cells by not feeding it with the foods it needs to multiply.

CANCER CELLS FEED ON:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off
one important food supply to the cancer cells. Sugar substitutes like
NutraSweet, Equal,Spoonful, etc are made with Aspartame and it is
harmful. A better natural substitute would be Manuka honey or molasses
but only in very small amounts. Table salt has a chemical added to make
it white in color. Better alternative is Bragg's aminos or sea salt.

b. Milk causes the body to produce mucus, especially in the
gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and
substituting with unsweetened soya milk cancer cells are being starved.

c. Cancer cells thrive in an acid environment. A meat-based diet
is acidic and it is best to eat fish, and a little chicken rather than
beef or pork. Meat also contains livestock antibiotics, growth hormones
and parasites, which are all harmful, especially to people with cancer.

d. A diet made of 80% fresh vegetables and juice, whole
grains,seeds, nuts and a little fruits help put the body into an
alkaline environment.About 20% can be from cooked food including beans.
Fresh vegetable juices provide live enzymes that are easily absorbed and
reach down to cellular levels within 15 minutes to nourish and enhance
growth of healthy cells. To obtain live enzymes for building healthy
cells try and drink fresh vegetable juice (most vegetables including
bean sprouts)and eat some raw vegetables 2 or 3 times a day. Enzymes are
destroyed at temperatures of 104 degrees F (40 degrees C).

e. Avoid coffee, tea, and chocolate, which have high
caffeine.Green tea is a better alternative and has cancer-fighting
properties. Water-best to drink purified water, or filtered, to avoid
known toxins and heavy metals in tap water. Distilled water is acidic,
avoid it.

12. Meat protein is difficult to digest and requires a lot of
digestive enzymes. Undigested meat remaining in the intestines become
putrified and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By
refraining from or eating less meat it frees more enzymes to attack the
protein walls of cancer cells and allows the body's killer cells to
destroy the cancer cells.

14. Some supplements build up the immune system (IP6,
Flor-ssence,Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to
enable the body's own killer cells to destroy cancer cells. Other
supplements like vitamin E are known to cause apoptosis, or programmed
cell death, the body's normal method of disposing of damaged, unwanted,
or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A
proactive and positive spirit will help the cancer warrior be a
survivor. Anger, unforgiveness and bitterness put the body into a
stressful and acidic environment. Learn to have a loving and forgiving
spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment.
Exercising daily, and deep breathing help to get more oxygen down to the
cellular level. Oxygen therapy is another means employed to destroy
cancer cells.

(PLEASE FORWARD IT TO PEOPLE YOU CARE ABOUT)

CANCER UPDATE FROM JOHN HOPKINS HOSPITAL , U S - PLEASE READ

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters.
This information is being circulated at Walter Reed Army Medical Center
as well.
Dioxin chemicals causes cancer, especially breast cancer.
Dioxins are highly poisonous to the cells of our bodies.Don't freeze
your plastic bottles with water in them as this releases dioxins from
the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at
Castle Hospital , was on a TV program to explain this health hazard. He
talked about dioxins and how bad they are for us.. He said that we
should not be heating our food in the microwave using plastic
containers.
This especially applies to foods that contain fat. He said that
the combination of fat, high heat, and plastics releases dioxin into the
food and ultimately into the cells of the body. Instead, he recommends
using glass, such as Corning Ware, Pyrex or ceramic containers for
heating food. You get the same results, only without the dioxin. So such
things as TV dinners, instant ramen and soups, etc., should be removed
from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's
just safer to use tempered glass, Corning Ware, etc. He reminded us that
a while ago some of the fast food restaurants moved away from the foam
containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just
as dangerous when placed over foods to be cooked in the microwave. As
the food is nuked, the high heat causes poisonous toxins to actually
melt out of the plastic wrap and drip into the food. Cover food with a
paper towel instead.