

DO YOU PRESENTLY HAVE A DIAGNOSIS OF CANCER?

Rebecca Montrone – Wondrous Roots

This article will wrap up my discussion of cancer, at least for a while. Over the last couple of months I have written about this subject. We talked about how sometimes the nutritional strategies for preventing cancer and curing cancer can be very different. We talked about how important it is to maintain a body pH that sports an alkalinity of around 7.4, which keeps the body able to detoxify properly and creates a condition that is hostile to the mutation of cells into cancerous forms in the first place. Correcting an acid constitution in a person with cancer will help stop the growth and overcome the cells that are present. Another point I made is that when it comes to maintaining health, our bodies are our friends and our allies, always working to achieve homeostasis or, in other words, a balance of health. Sometimes our circumstances or environment can throw us off, weakening the immune system, and – I must admit that – in the big picture we are in a “decline of life’s energy” due to the process of aging, but – generally speaking – we trend towards wound recovery, or, perhaps better said, the healing of things.

ONE OF MY FAVORITE SUBJECTS!

This week I would like to offer some information on a few other cancer-treating natural therapies, but first I want to talk about one of my very favorite cancer-prevention topics, and that is cellular energy, otherwise known as ATP, which stands for adenosine triphosphate, which is what we are talking about when we mention the Krebs cycle, the health of which is hugely important when it comes to preventing degenerative disease and slowing down the aging process. By the way, it is actually the reason you will want to discontinue your use of a statin drug, which hurts your heart by depleting your body of ATP-boosting Coenzyme Q10 and l-carnitine, but that comes next time in my “heart disease unveiled and understood.” Stay tuned. I can’t help myself: Did you know that cholesterol is the mother steroid and essential to your health – that without adequate cholesterol you will DIE, possibly after suffering years of a lack of vitality? I promise I will tell all, but BACK to the subject at hand!

ATP is the *life force*. It is energy. It is produced in our cells as glucose and essential fatty acids are drawn into the cells via the mitochondria. When that happens our cells produce vital life-giving energy, and all of our organs function well. Unfortunately, by the age of 30 our production of ATP declines, and this decrease is due to the fact that our aging cells have fewer mitochondria with which to make ATP in the first place. When ATP levels are optimum, our work capacity is high. Our ability to put out energy is at a high. As we age, the things we see happen, such as less lean muscle and more fat, and lack of energy in general. Many, if not all, degenerative disease states – cancer, brain disease, decline in sexual potency, and in some cases so-called autoimmune illnesses, to name a few – are a result of our declining hormone levels and declining ability to make sufficient ATP. Some of the “diagnoses” associated with low ATP include migraine headaches, cyclical vomiting syndrome, periodontal disease, obesity, muscle atrophy, heart disease, allergies (the body needs adequate cellular energy to detoxify). The list goes, but, in any case, to keep ATP production at a high, there are a variety of nutritional approaches that will fit the bill. Among the ATP-boosting nutrients are CoQ10, various

forms of l-carnitine, creatine monophosphate, magnesium, ribose, NAD, NADH, and the B-vitamins niacinamide and riboflavin. Well, this will have to be a future topic in order to do justice, but...for now, back to cancer!

A FEW INTRIGUING “TREATMENTS”

714-X – see separate article.

GRAVIOLA

From the Amazon rainforest, Graviola is a plant that attacks cancer by snuffing out its ATP. Graviola was first noted to have a profound effect on curing cancer some twenty years ago. When the pharmaceutical company investigating it realized there was no way for them to isolate its active constituent and patent it and make tons of money, they sent out a gag order to all of the involved scientists. Finally, one person felt the weight of guilt keenly enough to let the cat out of the bag. Graviola also has a positive influence on blood sugar control. The connection? Cancer feeds on sugar; many people with cancer are diabetics, as well. By the way, as an aside; you will note that I don't footnote and provide you with much in the way of references when I talk about these things. That's because I write out of my head and am usually typing fast and furiously to meet deadline and simply don't have the time to try to convince you that I've done my homework! I leave it to you, if interested enough, to do your own research to see if what I say is true.

ELLAGIC ACID

Found in the seeds of Meeker raspberries and several other foods, ellagic acid has been found to be a great cancer preventive and useful in overcoming cancer of many kinds. Duke University has been running trials specifically involving uterine cancer that are very promising. Don't want to take another pill? Eat one cup of raspberries a day – YUM – and you'll be good there.

ESSIAC TEA

Essiac is an herbal tea formulated by a nurse, Renee Caisse, and Dr. Gary Plum, first published in 1988. It consists of four plants; turkey rhubarb root, slippery elm bark, burdock root, and sheep sorrel. It has an amazing affect on cancerous cells/tumors and is health-building in many ways. All of my clients with cancer are using this, by the way, which I brew for them in one-month batches for a fraction of the cost of what you find commercially.

THE BUDWIG DIET

You know what? This is so intriguing and simple, that I am going to say I lied and leave it for an entire piece next time. Ah... might share the spotlight with tea; white, green, black, red, or oolong. THEN, after that, we will move on to cardiovascular disease, but for now, “Th...th...th...that's all folks!”