**Cancer**

**Jimmy Carter's healthy prognosis: While teaching a Sunday school class in Georgia this week, former President Jimmy Carter revealed he is cancer-free. Four months after announcing that a life-threatening stage IV melanoma had metastasized in his brain, Carter, 91, said his most recent MRI brain scan showed no signs of the original four cancer spots, "nor any new ones." Carter said he would continue to receive regular treatments of pembrolizumab, a drug that encourages the patient's immune system to kill the cancer. Stage IV melanoma was once considered a death sentence, but Carter's announcement should give hope to cancer sufferers across the country, said Houston oncologist Dr. Adi Diab. "A lot of patients and their doctors will say, 'He's 80 years old, he's 90, there's no point giving him this treatment,'" said Diab. "The case of President Carter put an answer to that." *(The Week magazine, December 18, 2015)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Research has revealed that far from being a self-developing, powerful disease, cancer cells are weak. They are present in all of us and are easily sloughed off by healthy, normal body functions. *(Unity pamphlet, The Healing Process, p. 8)***

Occasionally our own cells begin the mutinous proliferation known as cancer and evade the surveillance of our defensive forces. But for every successful penetration of our defenses, thousands of attempts are repelled. *(Peter Jaret, in Reader’s Digest)*

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Early medicos said many a malignant tumor had a central mass with claw-like appendages, so looked like a crab. That’s why the ominous ailment got the Latin name for crab: “cancer.” *(L. M. Boyd)***

**For many years I had a beloved friend, someone a couple of decades my senior with whom I worked throughout my 20s. In his 40s, he was diagnosed with an aggressive form of cancer, and given six months to live. By some miracle or another, he survived those six months, and then another six, and then almost three decades more. He was never “cured,” however. His doctor told him the cancer was a wolf at the door, biding its time. Sooner or later the wolf would slip in, which it ultimately did a couple of years ago. But the three decades under this cloud were not a burden. On the contrary, they reminded him every day of thegift that was the current day, and thus, to look for his satisfactions not in audacious, multiyear life goals, but in tiny, everyday moments of beauty with his beloved wife and daughter. *(Arthur C. Brooks, in Atlantic magazine)***

**The number of people dying from cancer in the U.S. fell 2.2 percent in 2017 -- the largest single-year drop ever reported. Since 1991, the overall cancer death rate has dropped by 29 percent, which translates to 2.9 million fewer deaths. Researchers credit the progress to fewer people smoking, new immunotherapy treatments, and "targeted" therapies that halt the action of molecules involved in cancer growth. *(The Washington Post, as it appeared in The Week magazine, January 24, 2020)***

**Detecting cancer early: Scientists may have found a way to detect cancer up to 35 years before current diagnosis, reports The Daily Telegraph (U.K.). As people get older, their cells divide in a way that introduces errors into their DNA. Most of these genetic mutations are harmless, but some trigger the uncontrollable cell growth that leads to tumors. If scientists can pinpoint which mutations are potentially cancerous -- and figure out how to test for them -- they could recommend at an early stage lifestyle changes or treatment that might prevent the disease. For the new study, researchers examined 47 million genetic changes in more than 2,500 tumors, covering 38 cancer types. By looking at the mutation rates over time, they were able to identify the exact moment when the genetic code changed in a way that signaled cancer was on the way. They found that ovarian cancer can be seen up to 35 years before it would normally be diagnosed, and cancers of the kidney, bladder, pancreas, and skin 20 years before diagnosis. "One day it may be possible to detect these mutations, say for example, with a blood test," said Clemency Jolly, a researcher at the Francis Crick Institute in London. "These tests sound a bit like science fiction at the moment, (but) may become possible in 10 to 20 years' time." *(The Week magazine, February 28, 2020)***

**Cancer rates are twice as high among the least educated Americans as among those with graduate degrees. Cancer experts say the poorly educated are more likely to smoke, eat unhealthful food, and lack health insurance. *(CNN.com, as it appeared in The Week magazine, July 1-8, 2011)***

**How elephants defy cancer: As the world's largest land mammals, elephants should suffer one of the highest rates -- they simply have far more cells that could potentially mutate and become malignant. But new research reveals that elephants rarely get cancer -- and the reason why may help in the search for human treatments, New Scientist reports. Only about 4.8 percent of elephants die from cancer, compared with up to 25 percent of humans. The key to the discrepancy, scientists says, is found in the genome of the African elephant. Elephants have 20 pairs of a gene called TP53, which produces a tumor-suppressing protein that a nightly glass of wine might actually help. Researchers instructed 224 adults with the disease to drink 5 ounces of mineral water, white wine, or red wine with dinner for two years, TechTimes.com reports. The participants, who were previously teetotalers, also followed a heart-healthy Mediterranean diet rich in plant-based foods, whole grains, nuts, and healthy fats. People with Type 2 diabetes are at greater risk for heart disease, but those who drank red wine increased their HDL, or "good," cholesterol levels by about 10 percent and experienced fewer metabolic conditions, such as high blood pressure. Meanwhile, the red or white wine drinkers who were genetically identified as "slow alcohol metabolizers" saw improvements in their blood sugar control. Although red wine proved most effective against diabetes, the study's senior author, professor Iris Shai, recommends that people "enjoy both wines in moderation, and as part of a healthy diet." *(The Week magazine, October 30, 2015)***

**Every person has cancer cells in the body. Those 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. *(John Hopkins University News)***

**Needing something from the outside in order to feel complete inside: The cell membrane is the protective outer skin of a cell that is responsible for the transport of nutrients into the cell. If the cell membrane is damaged, cancer-causing chemicals may enter the cell. Cell membrane damage can arise from highly reactive fragments of molecules called "free radicals." Most free radicals are extremely reactive because of their tendency to gain (capture) an additional electron and thus be complete. *(Dr. Richard A. Passwater)***

**Scientists have proved what they long suspected: that cancer is the result of an error in our genetic program. The genetic error appears to be inherited in some cases. Far more frequently, however, the disease seems to result from DNA damage that occurs in normal cells over the course of an individual's life. *(Sharon and Kathleen McAuliffe, in Reader's Digest)***

**Not being able to create healthy boundaries with those people around us: Normal (healthy) cells stop growing when they meet neighboring cells. But cancer cells keep on growing uncontrollably. Their cell-to-cell communication has been destroyed and they no longer respect each others' boundaries. *(Dr. Richard A. Passwater)***

**Growth for the sake of growth is the ideology of the cancer cell. *(Edward Abbey, author and environmentalist)***

**When Louise Hay was diagnosed with cervical cancer at age 50, she believed it had been caused by lingering resentment she had over sexual abuse she'd suffered as a child. Declining medical treatment, she set out to best the disease through diet and positive thinking. Within six months, the cancer was gone -- a recovery Hay drew on to become a widely read self-help author. Claiming "love is the most powerful stimulant to the immune system," she built a self-improvement empire and brought hope -- misguidedly, doctors said -- to AIDS sufferers. *(The Week magazine, September 15, 2017)***

**Hoarding rather than sharing: Activated cancer cells break all the "rules" in their "instruction manuals," multiplying without restraint, gobbling up more than their share of nutrients from the bloodstream, crowding, invading, and strangling other cells of the body. *(Dr. Arnold Fox and Barry Fox)***

**Hope for a universal cancer treatment: In a potential breakthrough for cancer research, British scientists say they have found a class of immune cells that could one day be used as a "one size fits all" therapy for most cancers. T-cell immunotherapies -- in which immune cells are harvested from the patient, genetically modified to search and destroy a cancer, grown in vast quantities in a lab, and then returned to the patient's bloodstream -- are at the cutting edge of cancer treatment. They have proved highly effective against some cancers, yet so far have had no success against solid tumors, which make up the majority of cancers. But while examining human blood for immune cells that could fight bacteria, researchers at Cardiff University came across a T-cell with a new type of receptor -- proteins that let immune cells "see" at a chemical level. Tests revealed that this T-cell can identify and kill cancers of the lung, skin, blood, colon, breast, bone, prostrate, ovaries, kidney, and cervix. To create a treatment, T-cells harvested from a patient would be reprogrammed to make the receptor. While the therapy has shown progress in lab tests on mice with human cancers, many more safety checks are needed before human trials can begin. But researchers say this could be a significant moment in the fight against cancer. "There's a chance here to treat every patient," lead author Andrew Sewell tells BBC.com. "Previously nobody believed this could be possible." *(The Week magazine, February 7, 2020)***

**Three quarters of all illnesses are cured without the victims ever knowing they have had them. Proof of this contention is to be found in post-mortem examinations, which time after time reveal indelible and unmistakable traces of diseases which the subject had conquered unknowingly. The body simply has a super-wisdom which is biased in favor of life rather than death. It doesn't win every time, often needs our help, but it is ten times as powerful as medicine's imitation. (Dr. Richard C. Cabot)**

**When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors. *(John Hopkins University News)***

**The important knowledge we must gain in preventing or curing cancer is that there is a natural healing mechanism in the human body. A first step is the knowledge that the body’s natural defenses are stronger than cancer cells. *(Unity pamphlet, The Healing Process, p. 9, 10)***

**Inbreeding as the cause of cancer: Many of the diseases we suffer from today are the result of inbreeding among our ancestors, new research suggests. Scientists who compared human genes with those of rats and mice were surprised to find a much higher rate of mutations among people – about 140,000 genetic “mistakes” per person. These mutations occur naturally, but make humans more susceptible to genetically based diseases, such as cancer. The high rate of mutations likely results from an evolutionary bottleneck that occurred about 6 million years ago, when the total population of our hominid ancestors was only about 10,000. That made the process of weeding out bad adaptations via natural selection harder and slower. In contrast, rats and mice are descended from a much larger population, making them less vulnerable to disease. “We’re used to viewing us as the pinnacle of evolution,” researcher Martin Leecher tells New Scientist. “Seeing that rodents control their genes much more precisely is somewhat sobering.” *(The Week magazine, February 11, 2005)***

**Mice that are immune to cancer: A special breed of mice whose immune systems destroy tumors may provide a breakthrough treatment for cancer, says the Los Angeles Times. The mice were bred from a single mouse discovered in an experiment at Wake Forest University seven years ago. In that experiment, scientists injected a group of lab mice with tumor cells in order to study cancer treatments. But no matter how many times they injected mouse No. 6 with different cancer cells, the mouse stayed healthy. They decided to breed the single mouse, and found that all of his descendents were also cancer-free, no matter how many times they were injected with tumors. That’s because white blood cells in the special mice were surrounding the tumor cells and systematically killing them. Now, the scientists have discovered that by injecting those white blood cells into regular mice, they can make them cancer-resistant too. It’s believed that a specific gene or set of genes gives the special mice an immune system that fights off cancer, which means similar genes may exist in humans. “Some people never get cancer,” says Howard Young of the National Cancer Institute. “That may mean they have an active gene and are inherently more resistant to cancer.” The study of these mice, researchers say, may lead to treatments that could not only cure cancer but prevent it. *(The Week magazine, May 26, 2006)***

**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. *(John Hopkins University News)***

**It's not every day that new organs are discovered in the human body, but researchers at the Netherlands Cancer Institute believe they have done just that. Salivary glands were discovered in the nasopharynx, the upper part of the throat behind the nose. The discovery could be a godsend to cancer patients undergoing radiation therapy. Such therapies can damage salivary glands, leading to trouble eating, swallowing, and speaking. The discovery of these new glands can direct radiation therapies away from their location, improving the quality of life for cancer patients*. (The Daily Chronicles)***

**Newton John's "gift" of cancer: Olivia Newton John sings to herself to lift her spirits, said Ann Lee in The Guardian (U.K.). She likes to repeat the lyrics "I'm healthy, I'm strong" to random melodies. "I think it's very important to keep that positive message in your head, says Newton-John, who was diagnosed with stage 4 breast cancer in 2018, the third time she's been diagnosed with the disease in the past 28 years. At 72, the British-born pop star and actress looks much younger than her age, just as she did in 1978, when she was 29 but played high school senior Sandy Olsson in Grease. She's learned to cope with illness and tragedy in a variety of ways: Her first cancer diagnosis was in 1992, soon after the death of her father. In 2018, she had to learn to walk again after the cancer spread and she fractured the base of her spine. Newton-John has had surgeries and receives regular chemotherapy and radiotherapy, which she says have shrunk the tumors and uses medical**

**cannabis to help with anxiety, sleep, and pain. Her husband grows it commercially on their ranch near Santa Barbara, California, She doesn't like to think of herself as "fighting" cancer, she says. "I don't know what I would be without it. It gave me purpose and intention and taught me a lot about compassion. It has been a gift. Every day is a blessing." *(The Week magazine, November 20, 2020)***

**A cancer is not only a physical disease, it is a state of mind. *(Michael M. Baden, 20th-century medical examiner)***

**Cancer cells occur between 6 to more than 10 times in a person's lifetime. *(John Hopkins University News)***

**Living life from a source other than God: Dr. Otto Warburg long ago noted that cancer cells can form from cells not receiving adequate oxygen. These oxygen-deficient cells sometimes change to a glucose-based chemistry to derive their source of energy instead of dying. If the cells make this switch, they become cancer cells. *(Dr. Richard A. Passwater)***

People got cancer just to educate me. There have been times in six years where I have been so mixed up and so confused, I can't wait for the person to come over to the house to tell me their story so I can figure out mine. *(Dr. Paul Brenner)*

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The most common symptom of skin cancer is a sore that won’t heal, say the medicos. *(L. M. Boyd)***

**Forty years ago, four out of five skin cancer patients were men. Now it’s about 50-50 men and women. Medical researchers think bikini swimsuits changed the odds. *(L. M. Boyd)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Speaker: “I see we have some new faces at our meeting tonight. So I’d like to tell you a little bit about our breast cancer support group. One of the things we do is to hold fund-raisers for breast cancer research. It’s sort of like a membership drive in reverse.” *(Tom Batiuk, in Funky Winkerbean comic strip)***

**MORE SURVIVE CANCER: 9.8 million is the number of cancer survivors in the United States in 2001, more than three times the survivors in 1971. Patients diagnosed between 1995 and 2000 have about a 64 percent chance of surviving five years, up from the coin-toss rate of 50 percent in 1971, reports the National Cancer Institute. The government goal is to increase the overall five-year survivor rate to 70 percent by 2010. *(Associated Press, as it appeared in the Rocky Mountain News, June 25, 2004)***

**We don’t know how many cancer cells we normally develop during a lifetime, but it is probably thousands, if not millions – or even billions – in a normal lifetime, without ever developing the disease. So our body normally has intact mechanisms for handling this very easily and automatically. *(Dr. Carl Simonton)***

**Trying to be good at everything: As normal healthy cells grow, they differentiate or become specialized in their functions -- lung cells transport oxygen, stomach cells produce digestive juices, and so forth. Cancer cells do not differentiate. Researchers hope that some undifferentiated cancer cells can be made to perform specialized, normal functions again. *(Challem / Lewin, in Let's Live magazine)***

**The truth is both startling and simple. While most researchers are operating on the assumption that cancer is foreign to the body and part of a process of death and decay, it is, instead, a vital part of the life cycle and an expression of the onrush of both life and healing. *(G. Edward Griffin, in World Without Cancer, p. 95)***

**Vitamin C targets cancer: Most people take vitamin C to fend off a cold, but new research suggests it could also be a possible weapon in the fight against cancer. A team of researchers at the University of Salford in England evaluated seven substances -- vitamin C, two natural products, and four experimental cancer drugs -- on their ability to block the growth of cancer stem cells, which inhibit chemotherapy and help tumors spread throughout the body. They found that vitamin C did block the growth of cancer cells; in fact, it was 10 times more effective than one of the pharmaceuticals, although it was outperformed by two experimental drugs. The finding adds to previous research indicating that high-dose vitamin C treatments could slow the growth of cancer cells in the prostate, liver, and colon. "Vitamin C is cheap, natural, nontoxic, and readily available," study co-author Michael Lisanti tells ScienceDaily.com. "To have it as a potential weapon in the fight against cancer would be a significant step." *(The Week magazine, March 31, 2017)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**President Nixon's 1971 declaration of War on Cancer: It is a war still very far from being won, and its current level of achievement would have come as a grave and terrible surprise to those who began it. Over $100 billion has been spent by the American government alone, yet the vast bulk of improvements in cancer epidemiology have come not through novel treatments but chiefly from the reduction of smoking. Childhood cancer treatments have been transformed wonderfully, but adult ones have not. The scale of the disappointment is huge. The dismal result is not because nothing has been accomplished, but because what has been achieved is so minimal in comparison with what was expected. *(Druin Burch, in Natural History magazine, September, 2014, beginning on page 12)***

**Usually we are oblivious to the incessant wars within us, because our corps of defender cells silently routs the enemy. But sometimes these sentries are caught unprepared, and we develop a cold, the flu or worse. Occasionally our own cells begin the mutinous proliferation known as cancer and evade the surveillance of our defensive forces. But for every successful penetration of our defenses, thousands of attempts are repelled. *(Peter Jaret, in Reader's Digest)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**We develop cancer because we couldn't evolve as a species if our cells didn't mutate -- though, happily, the one to five cells that turn cancerous in the body every day are almost all caught and killed by our immune system. *(The Week magazine, November 1, 2019)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Later I attended a lecture given by the late Kahn Uyeyama, M.D. at a Healing Meeting of our local Chapter of the International Order of St. Luke. He made a statement that impressed me deeply. It was, “Cancer cells are weak, wayward cells and can be controlled!” That was a new thought for me. Prior to this I’d always felt that cancer cells were strong, frightening cells, beating their way through our bodies, killing everything in their way. I supposed that once they got control, it was next to impossible to stop them. *(Bea Darling)***

**More and more doctors like Carl Simonton are discovering that the bodies that develop cancer have been weakened by emotional and psychological factors as well as physical factors. (Unity Magazine)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**What Cancer Cannot Do: Cancer is so limited . . . It cannot cripple Love, It cannot shatter Hope, It cannot corrode Faith, It cannot destroy Peace, It cannot kill Friendship, It cannot suppress Memories, It cannot silence Courage, Ot cannot invade the Soul, It cannot steal eternal Life, It cannot conquer the Spirit*. (Missionary Oblates of Mary Immaculate))***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Diet, Exercise, and Cancer**

**An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply. *(John Hopkins University News)***

**When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system. *(John Hopkins University News)***

**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 soy milk cancer cells are being starved. *(John Hopkins University News)***

**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. Cancer cells\ 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. *(John Hopkins University News)***

**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, and to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrified and leads to more toxic buildup. *(John Hopkins University News)***

**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. *(John Hopkins University News)***

**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. *(John Hopkins University News)***

**A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juice 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). *John Hopkins University News)***

**All of which sets me wondering. Perhaps the stress of looming deadlines let that cold virus sneak through my defenses. And perhaps the best antidote I know of for stress -- a pleasant jog through a nearby park -- does more for me than simply take my mind off my worries. *(Peter Jaret, in Reader's Digest)***

**Diet That Protects Against Breast Cancer: More than 4,000 women followed the Mediterranean diet supplemented with olive oil, the diet with nuts, or a low-fat diet in a new JAMA: Internal Medicine study. In five years, women on the Mediterranean diet with olive oil had a 68 percent lower risk of breast cancer than those on the low-fat diet. The nut group had an insignificantly lower risk. Women with the lowest risk ate about four tablespoons of olive oil per day. *(Kelsey Kloss, in Reader's Digest)***

**The Fruit That Targets Cancer Cells: Avocado molecules destroy stem cells of acute myeloid leukemia -- a deadly cancer -- but leave healthy blood cells untouched, found a new study published in Cancer Research.The associated stem cells drive the disease, but only a few current drug treatments attack them without harming healthy cells. Researchers are preparing an avocado-derived drug for a clinical trial to determine whether it could be approved for widespread use. (*Kelsey Kloss, in Reader's Digest)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Traditional Ways To Treat Cancer**

**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. *(John Hopkins University News)***

**Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs. *(John Hopkins University News)***

**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. *(John Hopkins University News)***

**In a new approach to fighting cancer, doctors say they have used light to activate a powerful drug in the bloodstream and apparently vaccinate cancer victims against their own disease. The technique has produced remarkable remissions in some people with a relentlessly fatal form of blood cancer. The therapy appears to marshal the body's own immune defenses to zero in on cancer and destroy it. It seems to do this without causing nausea, hair loss or any of the other common side effects of chemotherapy or radiation. *(Associated Press)***

**Charles Fillmore, the co-founder of Unity, says, "With every thought there is a radiation of energy." You hear about people with cancer who go and have radiation treatment. You can give it to yourself. Radiate with your thought energy. Whatever you are thinking about radiates through the body. *(Christopher Ian Chenoweth)***

**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. *(John Hopkins University News)***

**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. *(John Hopkins University News)***

**Physicians are convinced that any cutting into a malignant tumor, even for a biopsy, actually increases the livelihood that the tumor will spread. *(G. Edward Griffin, in World Without Cancer, p. 86)***

**Frank J. Rauscher, Jr., senior vice president for research at the American Cancer Society believes that antibodies -- with their remarkable homing ability -- may eventually allow us "to replace the shotgun approach of chemotherapy with a precise rifle shot." Conventional drug treatment blasts the whole body in an attempt to knock out the primary cancer tumors and any new growths. Explains Rauscher, "You also wind up killing hair follicles, gut cells and any other normal tissue that grows at a rapid pace." That is why hair loss, nausea and vomiting are common toxic reactions. The hope is that antibodies will score a perfect hit every time -- without side effects. *(Sharon and Kathleen McAuliffe, in Reader's Digest, March, 1983, page 61)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***