# **The 5 Cancer Essentials**

## The Five Essentials for Fighting Cancer

It takes a lifetime to battle any ailment that affects you personally. a conflict you can triumph in with the proper strategy. Yes, this implies that you must exert some effort and educate yourself on a lifestyle that kills cancer. You can, however, stay healthy or improve with that effort. You have the ability to rise above your circumstances, to triumph, to kill naturally, and not to settle for merely surviving.

Remember that There is only ONE CAIJSE! Anything that hinders your body's capacity to combat cancer and other diseases is that cause. One remedy exists: Eliminate obstructions to increase potential.

You must now figure out how. The outside world is challenging. Everyone has said that "everything causes cancer!" Foods, drinks, contaminants, the environment, dietary supplements, hormones, bodily functions, and where, when, and how to exercise are all things you need to consider. It may appear so complicated and daunting that it may be tempting to give up, as many others have done.

Do not give up! We've distilled everything you need into five fundamental categories and provided actionable strategies that target the most prevalent and likely cancer-causing factors. The Five Cancer-killing Essentials are what they are named. Once you choose a lifestyle that kills cancer, your participation in these essentials can help your body become a cancer-killing machine once more.

Each Essential will be explored in greater detail over the course of the following five segments, which will also offer suggestions on how to put each one to use in your daily life. Your objective is to create a cause-addressing lifestyle that helps your body defend itself both now and in the future, rather than being a destructive force in your life.

THE FIVE CANCER-KILLING ESSENTIALS

1. MAXIMIZED MINDSET
2. MAXIMIZED NERVE SUPPLY
3. MAXIMIZED QUALITY NUTRITION
4. MAXIMIZED OXYGEN AND LEAN MUSCLE
5. MINIMIZED TOXINS

In the vast tapestry of life, the thread of existence sometimes unravels silently, almost imperceptibly. It's a tale of choices made, paths taken, and the unseen consequences that linger in the shadows. This is the story of Dr. Majors, a man who, on the surface, epitomized health and vitality. Yet beneath the facade of a vigorous exterior lay a silent, sinister adversary—cancer.

Dr. Majors believed he was immune to the clutches of this relentless disease. After all, he was diligent about his lifestyle choices, or so he thought. He ate what he considered a healthy diet, engaged in regular exercise, and even sought chiropractic care. In the eyes of the world, he was the picture of health. However, life often has a way of teaching us lessons we never anticipated.

It was a moment of reckoning when he discovered that the ravages of cancer had infiltrated his body, unbeknownst to him. The cancer cells had been clandestinely amassing their forces, constructing a stronghold within him. Despite his outward appearance of well-being, an insidious foe was lurking within.

His story serves as a stark reminder that a healthy appearance does not always equate to a healthy body. The misconceptions we hold about nutrition, fitness, and overall well-being can sometimes be the veils that obscure the truth. It's a revelation that even those who diligently follow certain aspects of a healthy lifestyle may remain vulnerable to the silent machinations of cancer.

In the realm of nutrition, Dr. Majors had been under the illusion that he was making the right choices. He consumed what he considered fitness foods, but the focus was on quantity rather than quality. It's a common misconception, the belief that loading up on so-called fitness foods will guarantee good health. Yet, the truth is far more intricate. It's not just about what we eat, but the quality and source of our nourishment that matter.

Another aspect of his journey was the revelation about his supplements. Dr. Majors discovered that many of the supplements he had been taking were synthetic rather than whole foods. The nutrients he believed were fortifying his body were, in fact, pale imitations of what nature provides. This revelation underscores the significance of the source and form of our dietary supplements. The nutrients in their natural, whole-food form bear the potential to be far more effective in nurturing our bodies.

Dr. Majors' exercise regimen also underwent scrutiny in the wake of his cancer diagnosis. He realized that his approach to fitness had been somewhat one-dimensional. While he appeared robust on the outside, his workouts were primarily focused on lifting heavy weights. The outer façade concealed an essential truth: a truly healthy system requires more than just external aesthetics. It necessitates an oxygen-efficient body—a body capable of combatting diseases such as cancer with the utmost effectiveness.

An integral factor in achieving and maintaining such health is the central nervous system. Dr. Majors realized that his pursuit of well-being had overlooked this vital aspect of his body. A central nervous system that operates optimally plays a pivotal role in bolstering the immune system to withstand the toxic environment of the modern world. It was a lesson that Dr. Majors learned the hard way, a lesson he now fervently shares as a life-and-death message to all who will listen.

Dr. Majors' journey is a testament to the intricate web of lifestyle choices and their profound impact on our health. It serves as a poignant reminder that the allure of healthful appearance should not deceive us into complacency. The layers of our well-being encompass far more than meets the eye. It's a tale of awakening, of a life-and-death message, and an opportunity for transformation—a transformation toward an existence that genuinely thwarts the grasp of cancer.

Because of this, it's crucial to never judge your health based on how you appear physically or because you believe you do well in a certain area, such as nutrition or fitness. How carefully you adhere to these Five Essentials will decide your capacity to be truly healthy and prevent chronic disease.

## CANCER-KILLING ESSENTIALS NO.1: MAXIMIZED MINDSET

The term "psychooncology" itself indicates a connection between the body and the mind. Whether or not living better may also entail living longer is one of the field's most fascinating scientific questions. This section will evaluate randomized intervention trials that looked into this issue. For people with a range of diseases, including breast, melanoma, gastro-intestinal, lymphoma, and lung cancers, the majority of studies demonstrate a survival advantage for participants randomized to psychologically effective therapies. Importantly for breast and other cancers, supporting methods seem to be more beneficial when aggressive anti-tumor treatments are less effective. A recent randomized clinical trial of palliative treatment for people with non-small cell lung cancer serves as a good example of this.

There is mounting evidence that circadian rhythm disruption, particularly changes in sleep-wake cycles and hypothalamic-pituitary-adrenal (HPA) axis activity, influences cancer risk and development. Diurnal cortisol patterns are flatter in women with metastatic breast cancer than in healthy women, and the amount of daily cortisol variation lost predicts early mortality. Review of the mechanisms by which aberrant cortisol patterns impact immunological function, gene expression, and metabolism. Elevated amounts of cytokines that have an impact on the brain can be produced by the HPA hyperactivity associated with depression. In turn, tumor cells may use inflammatory mediators like NFkB, IL-6, and angiogenic factors to aid spread. Additionally, being exposed to high norepinephrine levels causes the release of vascular endothelial growth factor (VEGF), which promotes the growth of tumors.

Endocrine, immunological, and autonomic dysfunction are consequently linked to the stress of progressing cancer and its therapy, which has repercussions for host resistance to cancer advancement.

The hyphen in the name of the field, psycho-oncology, is a sticking point. How can the connection between the mind and body be understood? Is the hyphen just an arrow pointing to the left, signifying that cancer affects the mind as well as the body? Can the mind influence the course of cancer, like an arrow to the right? We are aware that social support has an impact on survival, especially cancer survival. Additionally, people typically pass away after significant holidays and birthdays rather than before them.

Depression worsens the prognosis for cancer survivors. To avoid making unwarranted claims or unintentionally supporting exaggerated assertions that seeing white blood cells destroying cancer cells or wishing away cancer will actually make it go away, we have been reasonably circumspect concerning mind-body influence. Rather than being a superhighway, that arrow to the right represents a connector. The patient's physiological stress coping mechanisms, however, are a natural ally in the fight against cancer that we frequently undervalue in our ambition to be respected members of the oncology community.

The prognosis for cancer survivors gets worse with depression.5,6 We have been rather conservative about mind-body influence in order to avoid making unfounded claims or unwittingly endorsing exaggerated claims that watching white blood cells attacking cancer cells or wishing away cancer will truly make it go away. That arrow to the right signifies a link rather than a motorway. However, we commonly undervalue the patient's physiological stress coping systems because we want to be well-respected members of the oncology community. They are a natural ally in the fight against cancer.

Even near the end of life, it is more humanitarian to support patients in facing death, deciding on their level of care, and managing their pain and misery than to continue with aggressive anti-cancer treatment alone.

We made understanding cancer and learning the truth about your ability to fight and destroy it the No. 1 Essential because it is so important to taking and committing to the appropriate activities.

There is no question that you won't if you think you have no control over your health. On the other hand, you can develop into a potent Cancer Killer if you think you have the ability to be or recover. Your future is something you can influence! You are not some genetically programmed machine with preset options for happiness or sadness, health or illness.

This enemy will flee the battlefield as a result of your educated lifestyle strengthening your internal climate. Any who continue will be dismissed. But you must accept responsibility if you want to develop this skill. Get control of your thinking about your lifestyle right now if you never want to be lying in a hospital bed with tubes coming out of your arms, gazing up at the ceiling and at God.

Don't claim you lack discipline. Too many cancer patients have suddenly developed strict routines and laser-like concentration. They begin to eat healthily, take supplements, exercise, keep all of their chiropractic visits, get rest, reduce their stress levels, and spend the time with family and friends that they had somehow missed out on in the past.

Read carefully the paragraphs below that are meant for those who actually have cancer if you're reading this book because you hope to never be told you have cancer. You'll see the kind of attitude toward responsibility and control you should have now, so that you don't have to read it later in order to get over it.

So many people have neglected their personal well-being in favor of their families, jobs, and other commitments. If you're ill or dead, you're no good to God, your job, or your family! The flight attendant will always instruct you to put on your own oxygen mask before helping passengers aboard an airplane. This is so that you can help the others who are depending on you if you faint. Action and accountability must be taken right away. We all need to adopt an attitude that kills cancer.

**The Killer Instinct: The Mind of an Overcomer**

Doctors and cancer survivors may verify that, when facing this grave danger, attitude and confidence in your body's capacity to heal are crucial.

After years of observing patients under his care live or pass away, Dr. Bernie Siegel, a famous oncologist, speaker, and author on the subject of fighting cancer, noted that there was something special about the outlook of those who recovered from their illness.

Dr. Siegel noted that despite receiving the same therapies for the same problems, some patients died while others recovered. He observed that having the strong coping mindset of an overcomer was the one thing that all people who had survived had in common. Successful people don't feel like victims. They act, confident that they will prevail. The word "survivor" is not enough for you. To be a Cancer Killer, you must possess a killer instinct mentally, much like these football players. As uncertainty, fear, and worry are banished from your body and mind, everything becomes possible.

**IF YOU'VE BEEN DIAGNOSED, START CONSIDERING YOURSELF A CANCER KILLER**

* Step one is to stop acting like a victim. You cannot adopt a "poor me" mentality. If you're the victim, it will be difficult for you to regain control over your thoughts, feelings, or actions.
* Step two You must accept responsibility for your cancer if you want to control yourself. This was made by you. Once you comprehend that you were the one who caused the disease, you also realize that you have the power to make it go away.
* Can you view your cancer as an opportunity rather than a tragedy in step three? How you choose to view it is entirely up to you. If you view your cancer as a tragedy rather than an opportunity to strengthen your relationships with family, make every day matter, and discover a meaningful purpose in life, you will handle it differently.
* Step four is to wake up every morning believing that anything is possible. Embrace the complete truth rather than simply the facts. The fact that you can conquer this situation and get healed is more important than the fact that you have a poor diagnosis or a positive test result. You acknowledge the truth, yet you maintain your belief that God can heal without your assistance. Every morning you must tell yourself, "If one person overcame this cancer and became healthy, then I can do it too!" Do you perceive a robust, healthy person when you look in the mirror? Do you believe that recovery is possible? Or are you fixated on your illness and on the medical professionals who told you there was no treatment or that your chances were 50/50? Although those are facts, they may not entirely reflect the whole story.

**A Healthy Brain: Build Peace, Don't Manage Stress**

This transformation isn't just about semantics; it's a profound change in how we perceive and engage with the stressors that punctuate our existence. Rather than passively managing stress, we should actively strive to create a mindset that nurtures peace. Stress, often accepted as an unavoidable aspect of modern living, is, in reality, a silent assailant of our health and well-being. It chips away at our vitality, surreptitiously undermining our immune system and interfering with the intricate functions of our bodies.

While stress may be omnipresent, it need not dictate our reality. The idea is to cultivate a mindset that nurtures peace rather than surrendering to stress management. Stress, if left unchecked, evolves into a corrosive force that erodes our well-being. It's not limited to the mind; it has tangible physical repercussions. Stress suppresses the immune system, disrupts our digestive functions, and perpetuates the production of harmful stress hormones.

The prevalence of stress is undeniable. Most of us are unwittingly subjected to a ceaseless deluge of stress-inducing stimuli from the moment we wake up. News, whether through television, newspapers, or radio, inundates our consciousness with a continual stream of distressing information. Front pages of major newspapers often depict a world seemingly on the brink of catastrophe. But is it necessary for us to be passive consumers of this relentless negativity?

The wisdom underlying this insight is profound—make a conscious choice to surround yourself with positivity. Break free from the cycle of consuming stress-inducing information and instead, immerse yourself in a world of optimism and hope. Rather than accepting stress as an inevitable part of life, construct a mindset that defies the norm—one that thrives on hope and positivity.

However, peace and a healthy mindset are not solely confined to the realm of thoughts and emotions; they are closely tied to our physical well-being. An often-underappreciated facet of building peace and combating stress is sleep.

During restful slumber, our bodies heal, rejuvenate, and recharge. It's a time when essential hormones and brain functions synchronize harmoniously, counteracting the adverse effects of stress. Unfortunately, the average person is woefully deprived of sleep, missing out on a staggering 365 hours of rest each year. This chronic state of sleep deprivation in a society marked by stress and illness is a disconcerting trend. The insight here urges us to break free from this cycle, to embrace the "abnormal" practice of self-care, and to reclaim the rest that our bodies desperately require.

The message is clear: a healthy brain is one that thrives on constructing peace instead of managing stress. This wisdom serves as a guiding light in the tumultuous journey of life, reminding us that we have the power to build peace in the face of life's inevitable stressors.

## CANCER-KILLING ESSENTIALS NO.1: MAXIMIZED NERVE SUPPLY

In the microenvironment of tumors, such as those in pancreatic, colon and rectal, prostate, head and neck, and breast malignancies, nerves play a significant pathogenic role. Perineural invasion has been linked in recent studies to tumor growth and poor outcomes. The reprogramming of neurons to attract additional nerve fibers is then triggered by malignancies. As a result, the present cancer research hot issue and trend is the interaction between nerves and tumors. In this article, we analyzed recent studies that provided concrete information to help us understand how nerves and tumors interact.

The central nervous system, comprising the brain, spinal cord, and intricate network of nerves, serves as the unseen conductor of the symphony that is your body.

Your nervous system and your body are connected in a way that goes like this: Throughout the day, your brain, spinal cord, and nerves send chemical and physical signals to your body. In addition, the body communicates with and through the central nervous system its physiological needs.

It's simple but extremely complex.

If this two-way communication between the central nervous system and the body continues without interference, the body is ready to function as normal.

It's like having a good phone connection; without it, your conversation may not be heard or understood.

For this type of intelligible communication to occur, the central nervous system must be protected from damage or interference caused by the skull and spine.

Although the spine and skull are designed for protection, in today's world, your spine and body are subjected to a lot of physical, chemical, and emotional damage that they would never otherwise must endure.

As a result, these bones often move abnormally and put pressure on parts of the central nervous system.

When these bones shift, it appears the body is dealing with poor phone connectivity, healthy communication is disrupted, and messages cannot be sent.

There is noise on the line.

The displaced spine and skull eventually interfere with the neuro-body pathways and thus lead to poor functioning of cells, organs and tissues.

The longer this neurological interference lasts, the more damaged the central nervous system and the organs and tissues it supplies become.

This interference can limit the body's ability to produce normal cells, hindering important detoxification mechanisms,

and seriously compromises immune and other vital functions; All of these will threaten the body's ability to win the daily battle against cancer.

**THE SUPERSYSTEMS**

Your body has two supersystems: the immune system and the central nervous system. Your body's lymph nodes, thymus, spleen, and bone marrow—as well as the pathogen-fighting substances they produce—are all part of the immune system. The body's capacity to adapt to the shifting and frequently hostile environment you live in is controlled by these two supersystems.20

The central nervous system communicates with the immune system and with other bodily systems to control immunological responses. You're in good shape if this intercommunication continues. If there is a breakdown in this communication, one of these two supersystems won't receive reliable information about the demands of the body, putting the body at risk.

**Establishing Maximum Nerve Supply**

You obviously require the greatest amount of nerve supply. Nobody can agree on how to acquire and keep a healthy central nervous system, though. Taking good care of your spine is the first step. The brain-body link can function normally if the spine remains stable. Every time your spine is misaligned, that integrity is compromised, and your organs and cells start to suffer right away.

Correct the Cause: Spine and Central Nervous System Correction

Corrective care is defined as treatment that realigns the spine, restores the curves, and ensures that the skull and pelvis are in proper alignment. This type of treatment is necessary because it corrects the cause, eliminates the hindrance, and maximizes function, much like all other aspects of the Cancer-killer lifestyle. Get your two super systems to properly communicate with one another in this specific instance to help in maximizing immunity.

The nerve supply can be repaired with spinal correction as long as issues are identified early on, before too much damage is done. Thanks to your body's amazing capacity for healing, even "old" problems can be significantly healed.

Many people associate chiropractic care with getting rid of back pain quickly using manipulations and techniques like ultrasound and electric stimulation. Corrective care, on the other hand, does not just address spinal pain. A number of precise adjustments are necessary, coupled with a specially created training regimen, to really restore normal spinal position and its right relation to the skull and pelvis.

This is not a temporary cure. Actually, a completely new way of living is at stake. To maintain the greatest amount of nerve supply after correction is accomplished, some kind of retainer or wellness care must be provided on a regular basis.

It is a thoroughly researched scientific approach that has been repeatedly demonstrated by the thousands of patients who use it every day in clinics all around the world. You may have experienced it in the past with a chiropractor.

You require a chiropractor who has received specialized training in the protocols to rehabilitate your spine and central nervous system in order to correct a misaligned spine. This is a crucial component of any effort to develop or maintain a beachhead of excellent health if your nerve supply is less than optimal.

A specialist who specializes in corrective therapy will thoroughly examine your spine for misalignments that cause nerve interference using the instruments that have been developed today. The results of this examination will explicitly outline the corrections that must be made in order to replace misplaced vertebrae and restore spinal curvature. The workouts that will benefit your individual illness will also be shown to the doctor.

For some who have been informed they have a terminal neurological illness or a permanent arthritic condition, correction can be a very energizing process. This kind of therapy aids in reversing what is frequently thought of as the natural aging process, some bone loss brought on by degradation, and disc height.

Corrective care might take weeks to years, depending on how long a spinal condition has been present and the extent of tissue damage. Once more, correction alone does not restore and maintain maximum nerve supply. It's a vital component of a way of life that prevents cancer. Never ignore your central nervous system, just as you should never stop drinking clean water, exercising, brushing your teeth, or consuming foods that fight cancer.

## **CANCER-KILLING ESSENTIAL NO. 3: MAXIMIZED QUALITY NUTRITION**

After receiving a cancer diagnosis, diet and nutritional factors have a significant impact on both the quality and length of life.

An oncology nurse is in a good position to: \

1. make sure that patients with newly diagnosed cancer, active treatments, or advanced disease have their dietary needs met;

2. encourage individuals with more severe dietary needs to be referred to licensed dietitians;

3. Promote to patients who are likely to join the ranks of the ever-growing population of cancer survivors, who now make up roughly 4% of the U.S. population and number over 11 million, the importance of weight management and a healthy plant-based diet that is low in saturated fat and simple sugars and high in fruits, vegetables, and unrefined whole grains.

1.44 million Americans received a cancer diagnosis in 2008, and as a result, they were classified as "cancer survivors." Fortunately, this classification will be extended to include concerns with long-term survivability and health maintenance for about 65% of patients who were just diagnosed. The idea of long-term cancer survivorship is very new. Most patients who received a diagnosis of the illness in the past did not recover.

Longer survival times are a sign of progress, but this accomplishment comes with a drawback: a sizable portion of these survivors will develop recurrence or other tumors. More people will also go on to develop co-morbid illnesses including cardiovascular disease (CVD), diabetes, or osteoporosis, which frequently claim the lives of or severely impair survivors at far higher rates than the cancer itself.

There is evidence that lifestyle variables, such as nutrition and exercise, may have an impact on reducing the risk of cancer as well as its symptoms and enhancing quality of life. Additionally, there is proof that a person's dietary health may affect how a disease develops and how quickly cancer spreads. Given that most people's dietary needs vary as they progress along the cancer continuum, oncology nurses who are knowledgeable about the most recent recommendations are best positioned to help those who are under their care make better food decisions and pay attention to weight control.

The American Cancer Society (ACS) created the first nutrition recommendations for cancer survivors in 2003, and they were revised three years later. In 2007, the World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR) jointly released dietary recommendations for cancer prevention that also applied to cancer survivors.

Most people are aware that eating poorly causes weight gain. While this is true, the same type of food that results in weight gain also causes toxicity, poor intestinal motility, thyroid dysfunction, insulin insensitivity, and cell inflammation, to name just a few serious side effects. All of these elements have the potential to malfunction cells either directly or indirectly, which can result in the mutations and decreased immunological resistance we've been talking about.

Many American youngsters and the vast majority of adults are overweight or obese as a result of modern nutrition. The issue is becoming more and more widespread. Because of how pervasive the obesity epidemic is, weight loss can frequently make headlines or be the focus of the #1 book on the New York Times Best Seller list.

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The longer this neurological interference lasts, the more damaged the central nervous system and the organs and tissues it supplies become. This interference can limit the body's ability to produce normal cells, hindering important detoxification mechanisms,

and seriously compromises immune and other vital functions; All of these will threaten the body's ability to win the daily battle against cancer.

Hormones

Chemical messengers called hormones have an impact on almost all physiological processes. All Five Essentials have a big impact on their levels and reactions! These hormones play a significant role in determining body fat levels in the context of nutrition. Cancer is greatly impacted by body fat. For instance, breast cancer adores fat cells.

Insulin, commonly referred to as the "fat hormone," is a particular hormone that is responsible for controlling blood sugar levels as well as the management of fats and proteins that enter your cells. Contrary to what we'll be teaching today, a diet high in grains and sugars will result in an overactive insulin response and ultimately insulin resistance.

**The Nutrition and Major Cancer Risk Factors**

We extensively examine foods that affect the production of hormones and insulin, as well as problems with weight, bowel motility, toxicity, and inflammation, when removing nutritionally related causes of cancer. We also talk about the nutrients that are important for good health. When deciding what to eat and what not to consume, we consider the three macronutrients—fats, proteins, and carbohydrates.

FAT

It is not a vitamin or mineral that is the most frequently absent component from the typical American diet. It's the absence of "good" fat consumption. Surprising? It's not that we don't consume fat; in fact, we consume far too much. It's only the wrong sort, like trans fats, rancid vegetable oils, and hydrogenated and partially hydrogenated oils. Almost all packaged foods contain them. While healthy fats are necessary for the synthesis of hormones, the prevention of cancer, the regulation of metabolism, the burning of fat, the development of the brain, weight loss, cellular repair, and the reduction of inflammation, bad fats have the opposite impact on all of these processes, limiting the ones we require while causing an overabundance in others.

They are linked to cancer, heart disease, and neurotoxicity and cause issues in your cells. They're also connected to a lot of the chronic inflammation that people today experience.

PROTEINS

The building blocks for hormones and neurotransmitters are found in protein. You must have the right amount of pure, lean protein at each meal.

Numerous studies relate commercially produced meats to heart disease and cancer. On the other hand, meat that has been grown naturally offers nutrients, good fatty acid ratios, and amino acids that are vital for optimum health. Without developing cancer or heart disease, many societies have survived on organically reared meats in the quantities that people eat in North America.

Since you are what you eat and what the flesh eats in the case of animals, animal proteins must be organic. Fats found in meat and dairy products contain significant quantities of toxins.

Red meat animals that would normally consume grass are unnaturally given grain, which alters their fatty acid ratios and causes healthy saturated fats to fast turn harmful. Commercially produced animals become prone to illness and need high doses of antibiotics as a result of the way they are fed and cared for.

Many of the fatty acids that are lacking in the typical American diet are found in meats that are grass-fed and free-range. These are the fatty acids that your body actually need for good cell activity, fat burning, detoxification, and the prevention of heart disease and cancer: arachidonic acid, conjugated linoleic acid, and the right ratio of omega-6 to omega-3 fatty acids.

Read some of the milk labels to get a sense of how awful commercial animal products have grown. Several are currently stating: "The FDA has determined that there is no significant difference between milk from artificial growth hormone treated cows and nontreated cows." It is obvious that milk from cows given steroid treatments to speed up production will change in composition and contain contaminants you don't want to consume.

Recombinant bovine growth hormone (RBGH) is frequently used by milk producers to artificially boost milk production in cows. The European Union, Canada, and some other nations have prohibited this procedure because it is thought to be potentially dangerous. It has been discovered that drinking milk from these hormone-treated cows causes levels of insulin-like growth factor-I, or IGF1, to rise noticeably and persistently. Increased IGF-I levels have been related to the development of tumors in breast cancer, small cell lung cancer, melanoma, malignancies of the pancreas and prostate, as well as the progression of numerous childhood cancers.

**Sugars: The Cancer Fuel!**

Anyone who advises a cancer patient that eating sugar is irrelevant is simply incorrect, including oncologists. Like all other cancer-causing factors, sugar disrupts physiology that is normal, healthy, and balanced. Sugar is already a concern, but cancer really benefits from it.

What is given to a patient who has a positron emission tomography (PET) scan to determine whether their cancer has spread? Dextrose, a type of sugar, is the answer. Why? because sugar has more receptors than any other substance on cancer cells. The truth is that sugar feeds cancer.

**carbohydrates**

Fruits, vegetables, and grains all contain **carbohydrates**, which are foods that provide you energy. However, the faster a carbohydrate converts into sugar and disrupts your hormone cycles, the higher it is on the glycemic index. If you frequently consume high-glycemic and sugary foods, you will develop insulin resistance, obesity, inflammation, and all the related health problems.

We are aware that for you, cutting back on or completely giving up sugar may seem impossible. There are plenty of options for dessert recipes and sweetening up the plan, so don't worry.

## CANCER-KILLING ESSENTIAL NO. 4: MAXIMIZED OXYGEN & LEAN MUSCLE

Beyond clothing sizes and Speedos, your body fat to lean muscle ratio is important. The ratio of lean muscle to body fat is important for general health.

More essential to your existence than any substance you can consume is oxygen. Cancerous tumor growth has been demonstrated to be inhibited by oxygen. Cancer cells despise oxygen whereas healthy cells enjoy it. It seems logical, doesn't it? (Remember that sugar is the cancer's main fuel source.)

Maximized Oxygen and Lean Muscle (via exercise) is a significant step in addressing the causes of cancer.

One of the deadliest carcinogens is the too sedentary American way of life. As we said in Essential No. 3, obesity results from our couch-potato lifestyle, which increases your body's vulnerability to cancer. No matter your weight, not exercising still increases your risk of developing cancer.

Your likelihood of acquiring cancer of any kind decreases with increased muscle mass and decreased body fat. For instance, Dr. Kenneth Cooper, the father of aerobics, found that in a study of 13,000 men and women monitored for 15 years, poor diet and inactivity contributed to up to 60% of all colon cancers in men and 40% in women. Cancer risk was shown to be 300% higher in those who are out of shape.

CANCERS DIRECTLY LINKED TO LACK OF EXERCISE:

* Breast (among women who have gone through menopause)
* Colon and Rectum
* Endometrium (lining of the uterus)
* Esophagus
* Kidney
* Pancreas

##### Exercise and Hormones

Growth hormone (GH) and testosterone support muscular growth and fat metabolism. Age-related natural GH and testosterone declines can be combated by increasing GH and testosterone levels through exercise.

The appropriate amount and type of exercise can raise these positive hormone levels for several hours or even days. Additionally, exercise aids in thyroid and estrogen hormone optimization. These two hormones affect metabolism, fat-to-muscle ratios, mood, and sex drive in addition to being linked to cancer. You can feel healthier, look better, and enjoy sex more by controlling these hormones. So, everyone benefits.

The three Ts—Time, Tempo, and Type—should be considered. Exercise duration, pace or intensity, and the kind of activities you're doing all matter a lot. These three Ts have a significant impact on how you can affect the hormone production in your body.

The good news is that improving your body's physiology is more effective with shorter, more intensive intervals. Therefore, even though you have to exert yourself and raise your heart rate, it only lasts for a short time. It only takes twelve minutes to complete the daily workout that surge training and interval training include. To quickly implement this, we use the MaxT3 application created by Maximized Living.

Additionally, research indicates that exercising fewer than three days a week is counterproductive. Almost every day, you should try to engage in some kind of strenuous activity. But when it comes to preventing cancer, more is not always better. According to several studies, the rate of return decreases when you go above moderate daily amounts. This is yet another excellent reason to keep your workouts brief but intense in order to achieve the necessary physiological effects.

Another effective way to maximize oxygen is to breathe deeply throughout the day. Unfortunately, for the majority of the day, most Americans breathe quite shallowly. Learn appropriate deep breathing by imitating a baby. Inhaling through their noses, newborns' abdomens will expand significantly. Both the upper and lower lungs are used in this. Life pushes us away from this natural deep breathing as we age. You can increase the amount of oxygen in your blood by regularly taking deep breaths. Once more, this produces a pleasant environment for healthy cells and an unfit environment for malignancies. The possibility exists to combat cancer at the cellular level. Note: Another effective method for reducing stress is deep breathing.

## **CANCER KILLING ESSENTIAL NO. 5: MINIMIZED TOXINS**

When you understand that cancer is caused by your surroundings, what do you do? There are many realistic methods to combine fitness and diet into your life. How can you avoid all the chemicals you come into contact with on a daily basis, including those in the water, the air, on public transportation (buses and airlines), in your car, the pesticides your neighbors use on their lawn, household cleaning products, shampoo, sunscreen, and toothpaste? Do you have to go to a less polluted, far-off place and subsist off the land?

It's not that simple. You can't really escape the solution because it isn't moving. To escape the pollutants, there is nowhere to go. Even in the most remote region of Antarctica or the deepest jungles of Peru, you can still locate chemicals that cause cancer. They can be discovered in the soil, water, and air. Toxins, many of which we know will cause cells to mutate and can evolve into cancer, are found in the urine, blood, and breast milk of the inhabitants.

Why are we not informed of this more? The chemicals found in products may be toxic in excessive concentrations, yet food producers, product manufacturers, government officials, pharmaceutical businesses, medical professionals, and others all acknowledge that they are completely safe in the little amounts that a product includes. And if it was the only time in our lives that we were exposed, it might be a significant claim. The issue is that because we are constantly exposed to these toxins, they gradually accumulate in our bodies.

While one diet cola, one cigarette, one fast food meal, the aroma of a new car, or one use of chemical-based skin lotion won't likely cause cancer in you, your body is unable to adequately digest these harmful substances. Thus, these toxins pile up in your body and generate what is referred to as a "toxic burden." It may take years for symptoms to appear after this slow accumulation of poisons in your blood, cells, tissues, or organs. The weight piles up until the body can no longer support it. Therefore, even while they don't currently cause illness or death, they very well may do so in the future.

Toxins interfere with normal cell function as they build up, causing the body's cells to respond to the increasing concentrations of undesirable substances. As a result, the prevalence of disorders like melancholy, Attention Deficit Disorder (ADD), and Attention Deficit Hyperactivity Disorder (ADHD), as well as new, unknown illnesses like Chronic Fatigue Syndrome and Fibromyalgia, is on the rise. Asthma, which is 10 times more common in children now than it was at the start of the decade, sleep deprivation, weight loss resistance, early onset of puberty, thyroid failure, Parkinson's, Alzheimer's, and, of course, cancer are further instances of diseases associated to toxins.

The Central Nervous System and the Immune System are directly attacked by these poisons. They are stored inside the cells as well as outside of them, both in the blood and tissues, indicating their extensive infiltration of the body. They harm the areas where they are stored and build up over time.

**COMMON TOXINS OUT THERE**

**Plastics**

Surely fruits and veggies are good for you? No, especially if they are encased in plastic, which is the case with almost everything these days. We consume so many meals daily that contain phthalate (a chemical added to plastic to make it more flexible) that the government has actually defined a daily maximum intake that is safe for us to consume.

You are exposed to extremely high quantities of phthalates and other chemicals when you drink out of plastic water bottles or microwave food in plastic containers.

Plastics affect hormone receptors, impair sex desire, deplete energy, alter brain chemistry, build up in organs, and cause disease. They have been directly associated to thyroid, breast, lung, and prostatic malignancies.

Additionally, a lot of plastics include bisphenol A (BPA), which has drawn a lot of controversy and is forbidden in certain nations. Scientists are concerned that BPA, a xenoestrogen, is associated with early puberty onset, obesity, attention deficit disorder, low sperm counts, and some forms of cancer in addition to lowering testosterone levels and other negative health impacts. Low doses can still cause issues.

Polystyrene is another chemical that comes into touch with our meals. The toxic polystyrene, which is created from the chemical styrene, is present in the Styrofoam trays that many dishes are served in. When heated, the chemicals phthalate and styrene leach more quickly into foods and drinks. The next morning, consider that while you sip your hot coffee from a Styrofoam cup.

**Environment**

Every substance mentioned in this chapter enters the environment in some capacity. There are numerous layers of poisonous chemicals and pesticides on the grass where we play and the soil where our food is grown. These poisons harm both small animals and birds. Why did we assume they wouldn't have an impact on us as well? After applying these herbicides to our lawns, we allowed our kids play on the same grass a few days later. These substances persist even after some time has passed.

Toxins called environmental endocrine disruptors (EEDs) mimic hormones in the body. They can cause an increase in hormone-related malignancies, such as those of the breast, testicles, and prostate, which are all not surprisingly on the rise, by inhibiting or modifying hormone functioning. Chemicals include phthalates, dioxins, pesticides, detergents, polystyrene, and trichloroethylene as well as the majority of household cleaning and maintenance products contain endocrine disruptors. Even worse, tap water contains it.

One illustration of these EEDs is dioxin. Due to their indigestibility, they build up un the body. Dioxins are produced through the production of insecticides, plastics, and other chemicals that are then ingested in our food and drink. These substances are significant cancer-causing agents. Infants can receive up to 18 times the recommended maximum "safe" lifetime dose of carcinogenic dioxin through breast milk, according to the U.S. Centers for Disease Control and Prevention in Atlanta, Georgia, the federal organization responsible for maintaining public health.

Of course, the businesses that produce these items and the authorities that authorize them assert that because they are present in such minute quantities, they are not hazardous. Once more, the issue is that these purportedly minute amounts build up to form lethal time bombs.

**Water**

You must be cautious about the things you consume, use to bathe in, and use to clean and prepare food. Chlorine, heavy metals, pollutants, and other poisons are abundant in tap water. The largest is chlorine. Do you honestly believe it's a good idea to consume our water if it's powerful enough to destroy the germs and other harmful things in it? Additionally, it goes beyond chlorine and heavy metals.

Many studies have found prescription drugs, including beta blockers, estrogen, antidepressants, and pain killers in tap water. Not surprisingly, a 2006 article in the International Journal of Cancer concluded that drinking tap water left men, in particular, as much as 50% more vulnerable to bladder cancer. With this knowledge in hand, it's up to you to decide whether or not to drink it and in what quantity.