



You've Just Received the News...You Have Cancer

After hearing that you have cancer, your life is forever changed. This impact can be very emotional and very difficult to cope with. Everyone reacts differently but it is important not to feel alone or lose hope. No matter what stage of cancer or what type of cancer you have been diagnosed with, we believe that HOPE itself can be a great healing tool.

- According to Dr. Patrick Quillin in his book *Beating Cancer with Nutrition*, "Nutrition is a low-cost, non-toxic, and scientifically proven helpful component in the *comprehensive* treatment of cancer." There are thousands of medical studies identifying the effects of nutrient deficiencies, like Vitamin A, zinc and selenium, and gradual weakening of the immune system and the development of disease. For example, zinc is involved in every aspect of immune function and yet studies have shown that 68% of Americans get less than two-thirds of the recommended daily allowance.
- Proper nutrition is *essential* in successful cancer therapy. Cancer is a wasting disease. *Forty percent of cancer patients actually die from malnutrition. You cannot fight a life-threatening disease while malnourished.* Also, properly nourished cancer patients receiving chemotherapy and radiation experience less nausea, less immune suppression, malaise, hair loss and organ toxicity than those with nutrient deficiencies and imbalances.

According to the **American Cancer Society**, There are more than 10.5 million individuals in the United States today who are living with cancer.

- Nearly 40 percent of people living with cancer are under the age of 65.
- Lifetime probability of being diagnosed with cancer for men is 1 in 2, for women is 1 in 3
- 64 percent of adults diagnosed with cancer today will be living 5 years from now.
- Nearly 80 percent of children (age 0 through 14) diagnosed with cancer today will be living five years from now.
- The five year survivorship rates for young adults (age 20 through 40) with cancer has remained unchanged for the past 30 years.
- Three out of every four American families will have at least one family member diagnosed with cancer.
- 24 percent of adults with cancer are parents who have a child 18 years or younger.
- One of every four deaths in the United States is from cancer.
- The annual cost of cancer in the United States is \$189,800,000,000 in direct and indirect costs.
- More than 1,500 people a day die from Cancer.
- Cancer is the second leading cause of death in the US, exceeded only by heart disease.



Interesting facts about Cancer:

- Cancer obtains its protein needs from healthy cells
- Cancer needs simple sugars to survive and multiply. Dietary measures low in simple sugars can help starve cancer cells.
- Cancer cells are susceptible to heat. Administering heat to cancer cells may help shrink cancerous tumors.
- Cancer cells need a large blood supply and they proliferate rapidly. It is important to reduce blood supply to the tumor, induce anti-angiogenesis and decrease proliferation.
- Toxins from cancer cells build up in the body, especially when the cancer cells die at a high rate from chemotherapy and radiation. It is crucial to increase detoxification in the body to restore normal regulatory functions (among others) and to restore normal programmed cell death (apoptosis).
- The DNA in cancer cells is undifferentiated (it has lost the ability to become a certain cell, like a liver cell, and grows out of control without the programmed cell death of normal cells). Certain natural herbal substances can protect the DNA of healthy cells from mutations. They can also assist in the re-differentiation of cell DNA. This means reverting cancer cells to normal cells, whenever possible through re-establishment of cell cycle controls hereby slowing their growth.
- Cancer lowers the immune system. Improving the immune system and raising the activity of cancer-fighting mechanisms helps the body to fight cancer.
- Strengthening normal cells through appropriate nutrition and oxygenation improves their resistance to cancer spread.