

To Prevent The Cancer Diagnosis, You Should....

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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

To Prevent The Cancer Diagnosis, You Should....

By Bill Henderson

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All my experience watching people "get" and overcome cancer can be boiled down into one sentence: What we put in our mouth causes and reverses all degenerative diseases. All of them can be avoided and overcome by correcting what we put in our mouth (just another way of saying the same thing).

DIET

So, first things first. Detoxify your body and avoid cancer (and all other degenerative diseases) by fixing your diet. Stop eating processed food (hydrolized this and hydrogenated that), dairy, red meat, sugar and other sweeteners (even honey and maple syrup), preservatives and chemicals. Stop drinking coffee and alcohol and using cigarettes and prescription drugs. Hmmmmm. Tall order.

[Of course, I'm not recommending that you stop taking prescription drugs immediately. Consult your doctor. In Chapter 1 of my book are 11 website directories of "holistic" doctors who are sympathetic with this approach and will help you gradually eliminate your prescription drugs -- all of which have side effects.]

Diet books abound. Many are worthless. The theories in one are contradicted by those in another. Find any book by John McDougall, Susan Powter, Robert Pritikin, Gary Null, Dean Ornish, Neal Barnard and Terry Sintani. You'll get sound advice on your diet. They describe a diet {and give you tasty recipes) based on whole grains, beans, most vegetables, some local fruit and small amounts of poultry and seafood (if your system is compatible with seafood).

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This is how you get and stay well.

Did you know that many studies with fruit flies and mice (they live conveniently short lives) show that restricting your calories to 30–40% less than what you are now eating will extend your life expectancy by 40%, no matter when you start it. Amazing but true. The same effect can be obtained by fasting every other day.

The Japanese are first in the world in life expectancy (average 81.9 years). The French are 7th. The U.S. is 23rd. Why do you think this is true? The average American eats 170 pounds of sugar every year. Junk food and processed food with no nutrients cut

our life span by years and ensure that most of us will suffer from prolonged degenerative disease before we die.

Changing your diet is the least expensive and most productive thing you can do to improve your health and lifespan. I began getting this right when I married my present wife in 1995. I was 64.

EXERCISE

OK, you've heard it since grade school. Exercise is good for you. But did you know that gradually building up to one hour a day of strenuous exercise (where it is difficult but not impossible to talk to the person next to you) doesn't just benefit your bones, muscles, tendons, endurance, etc.? It also affects your cellular health and avoids cancer, heart disease, stroke, diabetes, osteoporosis, arthritis, multiple sclerosis, irritable bowel syndrome, chronic fatigue syndrome, fibromyalgia and virtually all other degenerative disease.

Get clearance from your doctor, of course, and get supervision when you start by hiring a qualified trainer. Details of the program I use are in my book. I started a regular exercise program I've become "hooked" on when I was 60. What's your excuse? Age? Physical condition? Hey — just do it!

SUPPLEMENTS

Just take "One–A–Day" vitamins and you're home free. NOT!!

The so–called "Recommended Daily Allowances" (RDA) of vitamins and

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minerals are woefully below the optimum level you need to maintain vibrant health. There is no real excuse for this. There are thousands of studies of the effect of supplements and the best daily dosage. Unfortunately, if you try to follow these guidelines with individual supplements like Vitamin C, beta carotene, CoQ10, colloidal silver, selenium, astragalus, etc., etc. you will soon go broke.

Better to find one of the formulas put together by knowledgeable health professionals. I mention the one I have used for about 15 years in my book. I am 73 and in perfect health. It is Dr. David Williams' Daily Advantage. It costs about \$44 a month, but it has kept me healthy ever since I started taking it (and exercising regularly). You can get more information at Dr. Williams' web site:

or by calling Mountain Home Nutritionals in Ranson, West Virginia

at (800) 888-1415.

I get no compensation of any kind from any of the products I recommend. My conviction that this is the best, however, was reinforced recently when I read a book called "Comparative Guide to Nutritional Supplements," by Lyle MacWilliam, BSc, MSc, FP. The author had compiled charts which compared 500 "nutritional" supplements. Daily Advantage was not one of them. However, when I compared its ingredients with the "top 5" in the book using his "blended standard," it was better than any of them.

Your age now is immaterial. Whatever age you are, whatever your current health condition is, starting a sound supplement program is essential. I started getting this right when I was 58.

THE FOUR-LEGGED STOOL

The above three "vitals" — diet, exercise and supplements — form what many have called a "three-legged stool of health." The idea is that if you neglect any one of the legs, the "stool" (your health) collapses.

Others have suggested that the "stool" has a fourth leg, which is spiritual faith. I don't try to cover it in my book, but there is evidence that it has a strong role in maintaining or regaining your health.

I'll be back soon with an article on specific recommendations for overcoming cancer. I am just a "reporter," not a medical professional. Any changes in your health regimen should be discussed with your doctor.

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Bill Henderson is the author of "Cure Your Cancer" and "Cancer-Free." His books and 70 newsletters have helped over 600 people in 51 countries overcome their cancer in the last 4 years. He provides phone and e-mail answers to his individual reader's questions. His web site is:

Breast Cancer Awareness Bracelet: Support A Noble Cause!

By Lisa Hyde

Breast cancer is a major health threat to women around the world. The number of women affected by breast cancer is shooting up every year. The sad thing is early diagnosis and treatment can lead to an almost 100 per cent cure rate among those affected by this illness.

Often the problem is not the unavailability of treatment for breast cancer, but late diagnosis. Awareness of the symptoms of breast cancer is the only way to assure that every person with the disease will get an early diagnosis. Many charities and cancer foundations have launched breast cancer awareness programs with this fact in mind.

The mass appeal of the LiveStrong yellow cancer bracelets from the Lance Armstrong foundation led breast cancer foundations to launch the breast cancer awareness bracelets. Pink was chosen as the color for these bracelets as an expression of the feminine character. Currently millions of dollars are being generated from the sale of pink ribbons and breast cancer awareness bracelets, which is going towards supporting cancer research and for spreading awareness of the disease.

What makes breast cancer insidious is that there are no clear cut symptoms or criteria that help predict this illness. It doesn't matter if you have a family history or not, whether you are young or old, you can still get breast cancer. Though age increases the risk of breast cancer, more than 20 per cent of the affected women are those under 50 years.

Even though breast cancer awareness bracelets first came out in pink color, they now come in a variety of colors and materials. Usually the rubber and the silicone awareness bracelets sell for around \$1. These bracelets can also be made of pearl, cats eye or any other suitable material and sell for around \$30. These metal and pearl bracelets can be used as jewelry, and at the same time they support a cause.

Custom-made breast cancer awareness bracelets on which you can stamp any message that you want are also available. These messages can be of hope, or endurance, or success. Often, the friends and family of the cancer patients wear these bracelets to show their support to the struggling person.

Over the years the sale of breast cancer awareness bracelets has helped many. There are many discussion and information groups online on cancer that are supported by money from the sale of these bracelets. There are 'fund-free mammogram' facilities available for those who cannot afford the diagnostic procedure, funded by the sale of these breast cancer awareness bracelets.

Be it a \$1 or a \$ 30 breast cancer awareness bracelet, it can go a long way in spreading breast cancer awareness.

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Lisa Hyde-Barrett, a registered nurse and wellness advocate, understands the relationship between awareness and prevention and make breast cancer awareness a top goal! Please visit her site:



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