



HEALTHY LIVING

A 'BENT MILES PUBLICATION



Turning on and Turning off Cancer:

A Report on "The China Study"

By:

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Publisher

Do you know someone who now has or previously had cancer? Maybe you have heard the numbing words "It is cancer". This spoken aloud is both unbelievable, yet somehow, in the western society, a dreaded expectation. When these words are spoken to you, you are alone. There may be hundreds of people around and about. The waiting room is packed. It is a warm and sunny summer day. You can hear cars and footsteps in a hustle and bustle outside; you can hear parts of conversations drifting in on the warm summer breeze from the sidewalk; but these words? They are reserved for you, "ALONE". And, at that moment in time, you are so very, very, ALONE. You had unlimited summer plans swarming around in your head; these words halt the swarming. Now, only one thing is important. "What do I do, now?" And, you don't know.

Though heart, actually arterial, disease is the number one killer in the U.S., Americans fear these words, "I'm afraid it is cancer," more than any other in

the English language; and they need never be spoken. I am a survivor, and I will never forget the words, "I think it is cancer." If you have had these words spoken to you, you are not alone. According to Dr. Campbell 38 percent of American women and 47 percent of American men will hear those dreaded words directed at them during their lifetime. Please believe me when I tell you that I am convinced you do not have to ever hear those words directed to you; and if you have heard them, you may still be able to beat the disease.

In chapter 3 "Turning off Cancer", Dr. Campbell shares with his readers scientific experiments he and his team conducted on rodents. I understand there may be some of you who feel that it is morally wrong to use animals for medical or scientific testing. I would guess most of you who feel this way, have never watched a loved one suffer a long and painful death at the will and pleasure of that horrible disease or heard those dreaded words, "it's cancer", spoken to you. If you have and you still feel animal, testing is wrong, you and I will agree on one thing: we will never agree.

I am a vegan in only one sense of the word, I eat no animal products. This choice was made strictly for health reasons on October 15, 2008. It will be one

year in five more days since I made this life saving decision to change to a healthier life style. This decision has not only impacted my quality, and hopefully life expectation, but following my example, my 12-year-old grandson stopped eating all meat products as well.

Americans have gone through one public scare after another with regards to chemicals we use on a daily basis when they are found to be carcinogenic. Many years ago we found that DDT was carcinogenic, among other things. Another was Sodium Nitrite in hotdogs and bacon, as was other chemicals sprayed as pesticides in our apple orchards. However, these are just a few of the carcinogens to which we are exposed daily. And, according to Dr. Campbell, we have been exposed to the extent that cancer has likely been initiated in most of us already.

So, you might ask, "If cancer is initiated in most of us already, what chance do any of us have?" As I tell my science and health students, many of us, if not most, have a predisposition to cancer. Whether or not it manifests itself by tumor production mostly depends on our choices. Let's take a look at what Dr. Campbell has to say about it.

According to him, cancer has three stages: initiation, promotion, and progression.

Initiation Stage:

This can take place in just a few seconds. You breathe in chemical fumes. The carcinogen is delivered through the blood to the cells. It is acted upon by an enzyme that breaks it down into its active product; it binds to the cell DNA. The body usually does a good job, and given the time, it will correct the damage. However, should the cell divide before the body corrects the damage, this mutated DNA will be forever passed on with subsequent cell divisions. The carcinogen itself does not inflict damage directly. In fact our bodies are subjected to these daily and it, the body, cleans itself from all indications that the attack ever occurred. However, in today's contaminated world, most, if not all, Americans have had such damage to take place.

Promotion Stage:

This is the stage that can be most readily corrected. Once initiation takes place, only in rare occasions may it be reversed. However, we don't have to let the process proceed to sickness. It can be halted in its tracks at the promotion stage. According to Dr. Campbell's studies, this is the point at which it can be turned on and off by the amount of animal protein we feed our bodies. The magic numbers were 5% and 20% animal protein.

If I could hear you as you read the next statement, I'm sure I would hear an audible gasp from many of you. Are you ready? Drum roll; please. Casein is the name of the animal protein that so readily feeds cancer to fruition. What is Casein? Well get ready! You braced? MILK! It is the animal protein of which

milk is mostly made. Now stay with me. Remember, this is your children's lives we are discussing.

When I made the comment that milk was not good for children, one woman audibly gasped and a father told me that I'd be hard pressed to find a nutritionist to agree with me and he didn't want his daughter taught such nonsense. I told him he had every right to teach and feed his daughter whatever he chose.

However, when he finds out that she has reached menarche ten years before the world's average and has been exposed to estrogen for ten years longer than she should have been—directly as a result of dairy products—and joins 3 million other American women with breast cancer, ignorance will be no excuse. He, however, will have likely died of a heart attack by that time.

It is our responsibility to educate ourselves about our children's health, not just take big business' word for it. Think they don't have a vested interest to tell you how good their product is for you?

Now back to chapter 3. The safe level of animal protein ingestion was found to be five percent. Well, guess what percentage of animal protein is in human milk? You got it; five percent. How much protein does cow's milk contain? Casein, which is the bulk of protein contained in cow's milk, is at 30%.

Study after study, conducted by Dr. Campbell and others, has consistently shown that mice and humans have a similar protein requirement, between 5 and 12 percent. Once this is

increased, the promotion stage is switched back to the on position and new cancer foci start to manifest themselves. This held true with virus stimulated cancers as well as chemical stimulated cancers.

However, when plant protein was tested, there was no growth of cancer at any percent ingestion.

This report has not covered every detail in chapter 3. Get the book; read it. Keep it by your bed and re-read it. Make it a part of your reference library. The link [is](#)