

## **The Secret is, Keeping It All Moving:**

Good morning folks:

I hope this finds you in a good mood and ready to “Face the Nation”. I was somewhere between needing to drain my bladder, dreamland, and waking when I received the thought: “Cancer is preventable and curable”. Humm...Does your doctor know this? Do you believe this? It is a scientific fact that only a very small percentage of cancers are inherited due to genetics. Humm...Depending on what reference one uses, only 2—10% of all cancers are actually genetic, in that they are inherited. The rest are, in large part, due to environmental conditions. All cancers are genetic, only in so much as they involve genes. But, most of these gens can be turned on and off due to environmental conditions. Just because you may have inherited the propensity to have cancer, does not mean you have to allow it to manifest itself in your life.

A former college of mine once told me that he had [diverticulitis](#). Humm...thank you for sharing? I'd see him in the lunchroom and the little “Dog House” where he raised funds for the various sports teams he coached, chowing down on hotdogs, chilly, and chips; all of which would be followed by a soda chaser. Oh, by the way, did I mention that he was also a health teacher? I don't say this disparagingly or condescendingly. I say it to point out that we all fail to set the example at times. I'm as guilty as anyone else. However, when the stakes are as high as they are with teaching children a proper and healthy diet in a world where the advertising media, paid for by the food industry, is promoting poisons everywhere our children turn, we can't afford to fail.

Do you see why he had diverticulitis? This disease was not heard of before the early 1900s. It came into vogue following the introduction of highly processed foods. It is scarce or unheard of in developing countries. I'm going out on a limb here: Its sole cause is a diet deficient in fiber. Now, there: I've said it: FIBER! FIBER! FIBER! How much fiber does meat have? How much saturated fat does meat have? Is there a connection between meat and colon cancer? If you reduced meat to its basic components you would get protein and saturated fat, both of which have been connected to cancer, especially red meat and colon cancer.

[http://www.drmcDougall.com/med\\_colon.html](http://www.drmcDougall.com/med_colon.html)

Constipation is another byproduct of a fiber deficient diet. Hemorrhoids are a result of repeated straining during defecation that stresses the sphincter muscle of the anus and causes painful puffed out pockets and ruptured blood veins to extrude from the sphincter. After all of this nonsense suffering, fertile ground has been laid for the growth of polyps. These are growths found in the intestine that can be cancerous, precancerous, or benign.

Our bodies produce free radicals through normal cellular respiration. However, even more free radicals may be produced by our choices of foods, and styles of food preparation. Free radicals are compounds that are missing or have one extra electron. This makes them unstable with an affinity for another electron or trying to lose an electron. How do they go about trying to correct this chemical instability? They repeatedly attack our cells. Cancer causing agents are called carcinogens and can be chemically produced or they may be viral. We are exposed to them from our environment, the foods we eat, frying our meals, grilling our meats. Animal proteins as well as fats have been linked to cancer. Viral infections can be picked up in any number of ways.

There are three stages of cancer production: initiation, promotion, progression.

### **Initiation Stage:**

During this phase, a carcinogen either chemical, from something ingested, or a virus, gets into our bloodstream. There is no notice or production of a tumor at this stage, and it does not have to progress any further. It can be halted at this stage. In fact, most people are already at this stage. Believe me when I tell you, we live in a very dangerous environment.

The initiation stage takes place in just minutes or hours. Once initiation takes place it is rarely ever reversed; but, it can be halted. Cells are designed to be self destructive. They are supposed to regenerate and the old generation should die and be eliminated from our bodies through many ways. Within our large intestines, fiber—found only in plants—scrape the walls of our intestines of old dead cells and they are eliminated through our feces. Fiber, once again found only in plants, also binds with carcinogens as well as excess cholesterol, and escorts it out of our bodies.

Phytochemicals, once again found only in plants, are compounds that also fight against cancer. However, should a carcinogen get into our cells, the cells are designed to neutralize it. These carcinogens tend to be fat soluble. That means they are stored in your fat tissues. During their neutralizing phase, the cells proceed to convert carcinogens into water soluble compounds so they will less likely be stored in the body and more readily eliminated from the body.

Certain enzymes are responsible for carrying out the above conversion. This usually takes place in the liver. The body has and produces thousands of different proteins and some proteins function as enzymes. Enzymes can be viewed as instigators. Just as instigators of fights often don't actually get involved, enzymes start a process but are not used up in that process and may be recycled. In the process of breaking the carcinogen down into water soluble—hence less toxic—metabolites they must first break them down into a more reactive metabolite. So far everything is going as it should and this process will correct itself. However, should the cell divide during the step where the highly reactive metabolite is created and before the process can

be completed, then the DNA is permanently mutated in that this condition is passed on to all succeeding daughter cells. Initiation has just taken place.

### **Promotion Stage:**

While doing his work with rodents, Dr. T. Colin Campbell, professor of Nutritional Biochemistry at Cornell University, was introduced to a way to measure tiny clusters of cancer-like cells right after initiation. This allowed him to carry out experiments in a much shorter time frame. He found that he could turn on and off the oncogenes just by manipulating the amount of animal protein he fed the rodents. Anything above 10 or 12% turned on the cancer genes. The safest percentage was found to be 5%. When he tested plant protein, he found that no percentage of plant protein would turn on the cancer genes. Amazing work! Don't you think?

You may ask: "Just how do I turn off the cancer genes?" That is simple, exercise at least 40 minutes a day. Eat only a whole plant diet. Don't ever fry anything. And, don't add oils to your cooking. If you eat a verity of whole plants, green leafy vegetables, whole grains, colorful fruits and vegetables, and lots of starch such as beans, corn, potatoes, and sweet potatoes, you will get plenty of calcium, protein, fats, and minerals. You will lose weight and regain your health.

### **Progression Stage:**

This is when the cancer has grown sufficiently enough to be detected; it has produced tumors large enough to be detected. They can be benign or malignant. Dr. Campbell states in the transcripts of his lecture as well as his book, "The China Study" that, while he did not continue past the promotion stage, there is no reason to believe that cancer cannot be stopped even in the progression stage. There have been folks who have used a whole plant diet to do just that.

For more on this subject go to [www.bentmileshealth.com](http://www.bentmileshealth.com) and click on "Healthy Living" or "Exercise and Health".

**National Digestive Diseases Information Clearinghouse (NDDIC)**