

5

Simple Ways to **STOP CANCER NATURALLY**

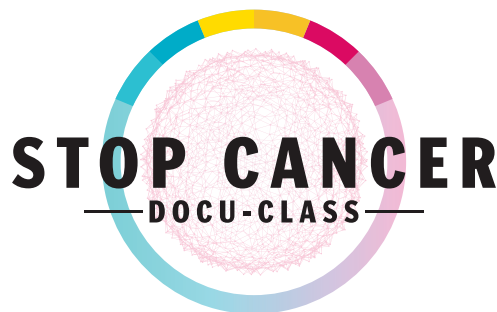


STOP CANCER
— DOCU-CLASS —

NaturalHealth365
PROGRAMS

5

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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

Cancer is the second leading cause of death in the United States - right behind heart disease. The U.S. Centers for Disease Control and Prevention (CDC) reports that 602,350 people lost their battle with this devastating disease in the year 2020 alone.¹ To make matters worse, Western medicine suggests that the causes of cancer are “complex” – and may include genetic (uncontrollable) factors. But, wait, what’s wrong with this narrative?

When cancer patients are told that their disease is complex or “genetic” ... it leaves you with the impression that nothing can be done, except treat it with surgery, chemotherapy and radiation. Yet, we know, this narrative is far from the whole truth!

The truth is: What you’re about to read has the potential to forever change the way you look at cancer. It’s time to get rid of powerless thoughts like, ‘I don’t know why I got cancer’ and step into the world of positive possibilities, in terms of avoiding and even overcoming a cancer diagnosis.

Fact #1: According to many of the leading experts in integrative medicine, cancer cells mainly grow out of control due to the existence of too many toxins trapped inside the body and a lack of nutrition, on a cellular level. The main message is simple: there are natural techniques that exist to help discourage cancer cell growth. Today, you will discover 5 simple ways to help reduce the risk of this life-threatening illness.

GETTING SUFFICIENT VITAMIN D CAN HELP SLASH CANCER RISK

After skin cancer, breast cancer is the most common form of cancer among women, with the CDC reporting that the disease claims the lives of about 41,000 women in the United States every year.² And, while breast cancer can sometimes strike young women, the risk rises with age.

In fact, the average age of breast cancer diagnosis for women is 61. Now, a new study involving postmenopausal female participants shows that raising levels of a common nutrient can help cut breast cancer risk.

Having healthy levels of vitamin D has been linked in studies with lowered risk of bladder cancer, lung cancer and leukemia. But its “superpower” may well be its ability to decrease the odds of developing breast cancer.



For example, the “Sister Study,” published in 2017 in *Environmental Health Perspectives*, assessed women with sisters who had been diagnosed with breast cancer (a fact that placed the women at higher breast cancer risk). The team found that women with blood vitamin D levels of at least 38 nanograms per milliliter were 21 percent less likely to develop cancer, when compared to women with levels of 24.6 ng/mL or less.³

But the latest study, conducted by scientists at University of California San Diego School of Medicine, offers the most compelling evidence by far for vitamin D’s anticancer benefits. The research, which involved over 4,000 women over age 55, was published in the respected journal *PLOS One*.

The team found that participants with vitamin D levels above 60 ng/mL had an astonishing one-fifth the risk of breast cancer, when compared to those with levels less than 20 ng/mL. In other words, the minimum vitamin D blood level for protective health benefits appears to be 60 nanograms per milliliter - which happens to be exactly three times the 20 ng/mL advised by the Institutes of Medicine and other mainstream medical authorities.

Study author Dr. Cedric F. Garland, an adjunct professor in the UC San Diego Department of Family Medicine and Public Health and a long-time proponent of vitamin D, declared that the study shows the “strongest association yet” between vitamin D levels and reduction in breast cancer risk.⁴

To boost levels of vitamin D - which is produced in the skin in response to sunshine - natural health experts advise getting 20 minutes of direct sunlight three times a week. Dietary sources of vitamin D include cage-free eggs, wild-caught salmon, soy products, raw dairy foods and mushrooms grown under UV light. Naturally, opt for organic foods whenever possible.

Depending on your levels, which can be checked with a simple blood test, your integrative doctor may recommend supplementation to ensure optimal concentration of this important anticancer nutrient. And, once again, the advice of conventional medical authorities falls far short. (Are you surprised?)

The Office of Dietary Supplements recommends that adults take a paltry 600 IU of vitamin D a day.⁵ While the ideal amount can vary according to age, sex, weight, state of health and the climate in which one lives, Dr. Garland insists that most people need to take between 4,000 and 6,000 IU of vitamin D3 a day to reach concentrations of 60 ng/mL.

Pro tip: experts advise vitamin D3, or cholecalciferol, over the D2 form. Vitamin D3 has been found to be 87 percent more effective in raising blood levels than vitamin D2.

Obviously, before supplementing you should consult your knowledgeable integrative physician, who can advise a level that's best for you. One thing, however, is abundantly clear. When it comes to cancer, and other life-threatening diseases, the "sunshine vitamin" can lead to brighter outcomes.

EAT 5 SERVINGS A DAY OF ORGANIC FRUITS AND VEGETABLES

In study after study, diets high in fruits and vegetables have been shown to lower cancer risk. Fruits and veggies are rich in polyphenols, flavonoids, dietary fiber and antioxidant vitamins and minerals that can pay off in major cancer-fighting dividends. For example, diets high in fiber, which is reliably found in fruits and vegetables, have been shown in multiple studies to lower risk of colon cancer.

Unfortunately, many conventionally grown fruits and vegetables are loaded with unwanted chemicals like, glyphosate - the active ingredient in the weedkiller Roundup.

Introduced in 1996 as an herbicide, glyphosate was designated by the International Agency for Research on Cancer in 2015 as “probably carcinogenic.” In a 2019 study, scientists at the University of Washington reported a “compelling link” between exposure to glyphosate-based herbicides and increased risk for non-Hodgkin’s lymphoma.⁶

While the Environmental Protection Agency (EPA) continues to insist that there is no evidence that glyphosate causes cancer in humans, it’s worth nothing that Bayer, which acquired Monsanto in 2018, has shelled out over \$10 million for current and future lawsuits involving glyphosate and NHL.

Not surprisingly, eating an organic diet (which contains far fewer pesticides) is linked with lower rates of cancer. In a French study published in 2018 in the prestigious Journal of the American Medical Association, researchers assessed the dietary habits of over 70,000 adults for 4.5 years. They reported that participants who followed an organic diet were 25 percent less likely to develop cancer than those who consumed produce containing glyphosate.⁷

In addition, a 2019 study published in Environmental Research provided encouraging results: the scientists found that switching to an all-organic diet caused participants’ blood levels of synthetic pesticides - including organophosphates, neonicotinoids, pyrethroids, chlorpyrifos and other “nasties” - to plummet by a dramatic 60 percent within a week. “The study shows that organic works,” stated study co-author Kendra Klein, Ph.D.⁸

According to a new Harvard study, five servings of fruits and vegetables a day is optimal for discouraging cancer and other diseases. The team found that people who ate that amount, as opposed to those who ate two servings, reduced their risk of dying from cancer by 10 percent.⁹ Just make sure to choose organic produce, whenever possible!



GET REGULAR EXERCISE ... THE KEY HERE IS “REGULAR”

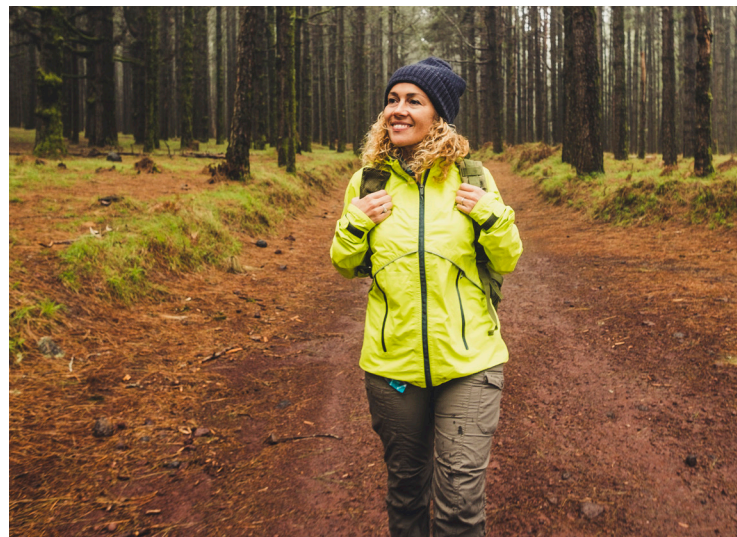
The health-promoting benefits of exercise are hardly a secret. Scientists already know that regular physical activity helps to control weight, maintain healthy blood sugar, elevate mood and strengthen the immune system. But, there wasn't much research directly linking exercise with cancer prevention - until a landmark study in 2016.

Researchers at the American Cancer Society (ACS) and the National Cancer Institute (NCI) joined forces to study the effect of physical activity on cancer prevention - and they found exercise can help protect against 13 different types of cancer!

The eye-opening study, published in JAMA Internal Medicine, showed that exercise decreased the risk of colon, breast, endometrial, esophageal, liver, stomach and kidney cancers, with risk of some cancers reduced by as much as 20 percent. In addition, a lowered risk of multiple myeloma - along with cancers of the head and neck, rectum, bladder and lung - were strongly associated with regular exercise.¹⁰

More great news: You don't have to be an elite athlete, marathon runner or distance swimmer to reap rewards from exercise. The scientists examined the effects of “leisure-time physical activity,” ranging from moderate to vigorous intensity. (For reference, the ACS defines walking at three miles per hour as “moderate intensity.”)

The scientists concluded that adults should get at least 150 minutes of moderate activity - or 75 minutes of “vigorous” activity - a week. In other words, a half-hour stroll five days a week could accomplish cancer-preventive benefits. (Of course, you can also dance, swim, row, jog and bike). The impressed team concluded that the study “tremendously boosts the evidence base that physical activity may have an even more far-reaching benefit for cancer prevention.”



By the way, that isn't the only study revealing anticancer benefits from exercise. A 2018 study shows that exercise appears to reduce risk of lower bowel cancer. The participants were instructed to follow an exercise regime of 30 to 60 minutes of cardiovascular activity three times a week for six weeks.

As with the preliminary animal studies, the exercise caused increased production of butyrate, a short-chain fatty acid linked with lower rates of bowel cancer. Other benefits of butyrate include reduced inflammation and more efficient metabolism.¹¹

Clearly, getting and staying active is a powerful tool in your arsenal of weapons against cancer. Make exercise as enjoyable as possible, be consistent and you will enjoy the lifelong benefits.

MINIMIZE RISK OF INFECTIONS IN THE MOUTH

Integrative doctors and biological dentists have long known that having a clean, healthy mouth is one of the cornerstones of disease prevention. Yet, what is not so well known is the connection between oral health and cancer.

Now, an analysis published in the United European Gastroenterology Journal has shown that poor oral health - characterized by bleeding gums, deep gum pockets, painful gums and loose teeth - dramatically increases the risk of liver cancer, a particularly lethal form of cancer that claims roughly 28,000 lives each year in the United States.¹²

The research, which used data from over 400,000 participants in the UK, showed that poor oral health increased the risk of liver cancer by a staggering 75 percent!¹³ While researchers didn't find any link with gastrointestinal cancers in this study, they noted that earlier studies had shown a link between gum disease and pancreatic cancer, as well. (Pancreatic cancer is a particularly deadly form of cancer that is projected to cause over 49,000 deaths in 2022).

There's another issue having to do with oral health and cancer. The American Association of Endodontists acknowledges that a staggering 25 million root canal procedures are performed in the United States every year. Many biological dentists are concerned that these common

procedures - which involve drilling out the tooth pulp - inhibit the tooth's natural ability to maintain good circulation, thereby turning it into a breeding ground for bacteria and other toxins.

Many natural health experts maintain that root canal-treated teeth, themselves, can generate toxins capable of causing cancer.¹⁴ Of course, conventional dental authorities, including the American Dental Association (ADA), continue to insist that there is no causality between root canals and cancer.

The best policy is to educate yourself on this issue and work with a trusted biological dentist.

Common-sense techniques to improve gum health include regular dental visits for professional cleaning, at least two minutes twice a day of careful teeth brushing, and a routine of daily flossing - or even better, hydro flossing - to eliminate periodontal pockets (spaces around the teeth and below the gum line that contain bacteria and plaque).

Of course, avoid smoking, get proper nutrition, maintain healthy blood sugar levels and get adequate amounts of vitamin D to help support your journey towards optimal oral health.



In addition, herbal interventions and natural nutrients can promote gum health. Daily rinsing with aloe vera solution was shown in a recent review to improve gum health by decreasing plaque and reducing bleeding.¹⁵ Other natural nutrients for gum health include rinses made from green or chamomile teas. Both have been shown to ease gum inflammation as well as (or better than) the pharmaceutical medication chlorhexidine!

You can also turn to basil for natural dental hygiene. Basil, a popular garden herb, is a rich source of eugenol, a natural antibacterial and pain-killing compound used in commercial dentistry. Fresh or dried basil leaves can be steeped in hot water to create basil tea, which may then be cooled

and used as a refreshing mouthwash. Naturally, check first with your biological dentist before trying these herbal rinses.

KEEP A POSITIVE (AND FORGIVING) MENTAL ATTITUDE

When it comes to sustaining health and well-being, the importance of a positive mental attitude - embodying traits such as empathy, compassion, gratitude and understanding - can't be overestimated. The act of offering forgiveness - as difficult as it may be - is particularly significant.

According to Loren Toussaint, PhD, a professor of psychology at Luther College in Decorah, IA, recent research published in Biological Psychiatry has shown that forgiveness is linked to improvements in mental health outcomes, such as reduced anxiety and depression.¹⁶ Interestingly, forgiveness is also associated with fewer physical health problems and lower mortality rates.

“Everyone can benefit from being more forgiving,” says Toussaint. Everett Worthington, Ph.D., a professor of psychology at Virginia Commonwealth University, agrees, adding that “forgiveness is not a sign of weakness.” Worthington also points out that offering empathy and understanding to those who may have hurt you doesn't necessarily mean “letting someone off the hook.” Rather, it offers a place for healing that can ultimately benefit the victim.



Guided imagery, also known as visualization, involves deliberate recreation of mental images to alleviate anxiety and facilitate mind-body healing. Memorial Sloan-Kettering Cancer Center (MSKCC) reports that guided imagery has positive effects on pain, stress and fatigue resulting from a variety of serious illnesses, including cancer. It may also reduce nausea and vomiting that accompany cancer treatment.¹⁷

You can “fly solo” and learn the basics of guided imagery from books and tapes, or, if you prefer, from a licensed practitioner. While guided imagery is generally considered safe, MSKCC says that patients with a history of trauma, mental illness or abuse should work with a qualified therapist.

Finally, mindfulness meditation, often coupled with breathing exercises, can reduce blood pressure, strengthen the immune system and increase production of mood-stabilizing serotonin. Significantly, it has also been shown to lower levels of interleukin-6, an inflammatory biomarker linked with cancer.¹⁸

Worth noting, when it comes to meditation, you don’t need to invest a large amount of time. Experts say that as little as 10 minutes a day of meditation can show benefits.¹⁹

Other non-invasive, natural methods of reducing stress and creating a positive attitude include biofeedback, yoga and acupressure.

Here’s hoping that the above suggestions can become part of your health-sustaining “toolbox,” and that you make some - or all - of them a part of your regular cancer-preventive health routine.

Remember, living a cancer-free lifestyle is fun! Focus on making your lifestyle better and better, every day.

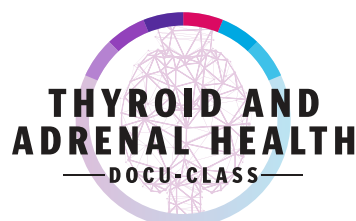
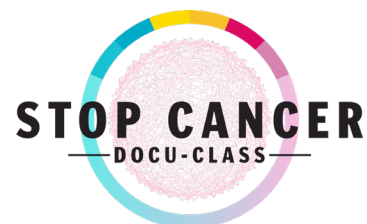
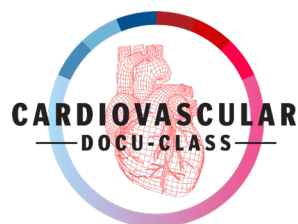


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