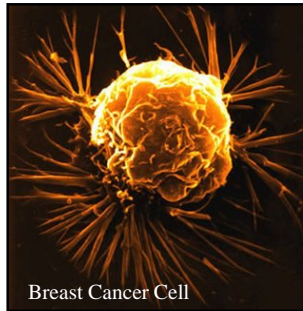


Cancer cure 2008

10 Steps to Stop Cancer in its Tracks
Dr. R. Jay Shetlin; South Jordan, UT; January 2008

Cancer is an odd disease. Odd in that there are so many types of cancer and that it used to be considered an, 'old person disease.' Not any more. Today we have entire wings of hospitals dedicated to childhood cancer like leukemia. Many types of cancer are far



Breast Cancer Cell

more preventable than curable. Even though it is an 'inside-out' disease, I would still classify it as an "opportunistic" disease. What I mean by that is like 'outside-in'

infections and diseases such as viral and bacterial infections, cancer runs rampant when the body or the body's immune system is compromised.

When the human body is in state of 'disease' and unable to properly adapt to its environment or to unhealthy invaders (be them 'inside-out or outside-in') that is when real problems begin to develop.

Watch this:

Every day you and I are exposed to countless toxins, viruses and bacteria. If we went to a daycare and swabbed the back of each child's throat, you may be surprised to find that both the "healthy kids" and the "sick kids" have the same trace pathogens (viruses or bacteria) in their throats. Yet some kids are sick and others don't 'catch' anything.

Now a daycare may be an extreme example. It seems like a lot of things are passed around the daycare. So let's take the workplace for another example. Why is it

Tom comes in to work fighting a cold on Monday then stays home on Tuesday. A few others at work begin complaining they are becoming ill or miss a day of work. BUT NOT EVERYONE! Why do some get sick and not others? Because both viral and bacterial, infections are opportunistic in nature. They can only take hold in a host whose immune system is compromised.

I put my hands on sick patients all the time, seeing anywhere from 30 to 100 patients per day. Yet there is no correlation between how many sick people I see and whether or not I become ill.

The reason I bring up viral and bacterial infections in the same topic as cancer is this. There are things we can do preventatively to minimize our chances of developing these problems. Things we can do to boost our immune system thus helping us prevent or fight infections and even cancer!

Guyton's medical text book states, "Each of us develop about 10,000 cancer cells per day. It is the direct responsibility of our immune system to recognize these cells as "NON-Self" and dispose of them. Our immune system is under the direct control and influence of our nervous system. Thus, a healthy nervous system helps us fight infection, disease...and yes, even cancer.

Finally a Cure for Disease...Prevention!

So how do we turn the tides on Cancer?

Simple, stop playing defense with medicine and go on the offensive with lifestyle!

The inventor Tomas Edison stated that: "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease".

There are cases where cancer develops in someone who may be considered, "a health conscious individual," however, the majority of cases are individuals who have either made choices that over-expose them to unnecessary toxins or have been involuntarily exposed (through environment) to carcinogens. For example: Skin cancer is usually due to excessive sun exposure, Lung and throat cancer most often from smoking or being exposed to 2nd hand smoke, etc. These all cause an abundance of free-radicals which damage healthy cells causing cancer cells.

According to the American Cancer Society, in 2006 there were to be 1.4 million new cancer victims in America.

It is mind-boggling to think of the billions possibly trillions of dollars we have now spent chasing a cure for cancer rather than educating the public on preventative measures.



What offensive steps can we take?

1. *Avoid exposure to toxins.* Yes, toxins are all around us but many we can easily dismiss from our presence.
 - a. *Do not smoke tobacco* and do not linger around those that do. Second hand smoke is as bad, or worse than direct smoke from cigarettes.ⁱ Chewing tobacco is no better.

- b. *Avoid alcohol.* Alcohol is without question toxic to our body and especially the liver, one of our key organs in detoxifying the body. Minimizing or avoiding the consumption of alcohol helps the body's innate intelligence stay focused on battling involuntary immune challenges. (See "other references")
- c. *Recreational Drugs.* Do I really need to explain why on this one?
- d. *Pharmaceutical Drugs.* The more 'outside-in' medication we take to palliate symptoms or alter the body's chemistry, the more difficult it is for the body to self-regulate. I am not saying all medication is unnecessary, simply that we should use good judgment. It seems American adults treat medication today like American kids treat Halloween candy. There is not a single man-made drug that does not have SOME side-effect.

(On this topic, it is my hypothesis, that the increase in childhood cancer could be related to the mass inoculation with vaccines in infancy and early childhood. It is not the pathogen that is the problem but the preservatives. We are injecting heavy doses of extreme toxins (mercury, formaldehyde, aluminum, fetal rhesus monkey lung and kidney cells, chick embryo, and antifreeze), directly into the bloodstream of these perfect-little bodies. I understand the purpose of the vaccine is to hopefully and theoretically 'strengthen' the child's immunity to the pathogen of choice. However, the toxic exposure received from the 'preservatives' may far out way the benefit by causing chronic disease or cancer in the years to follow.)

- e. *Avoid excess sweeteners and Artificial Sweeteners.* Too much processed sugar is known to weaken the immune system. Artificial sweeteners not only affect our blood chemistry and increase weight gain (yea, the opposite of what you were

probably expecting) but they are also shown to be seriously toxic to our nervous system which regulates our immune system.^{ii iii}

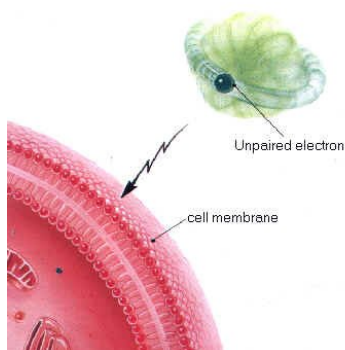
Toxins contain free-radicals or cause the creation of more free-radicals within the body. **Free Radicals** - Free radicals are atoms or molecules in your body with an unpaired electron, making them highly unstable. Because electrons normally come in pairs, the free radicals collide with other molecules in an attempt to steal an electron, and may start a chain reaction, damaging your DNA and cells. Emerging science suggests this free radical damage may be linked to disease. Free radical scavengers, or antioxidants, bind with the free radicals before they can do their damage.

2. *Eat plenty of organic fruits and vegetables.* These, of course, supply the body with the necessary vitamins, minerals, and other nutritional building blocks necessary to not only sustain life but do so in a much healthier fashion.

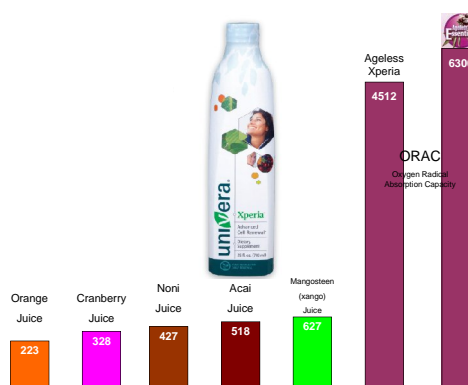
The closer we stay to a vegetarian diet, the more likely we are to avoid cancer. (How many vegetarians do you know with colon cancer?)

Organic fruits and vegetables are the best choice because of pesticides and genetic altering of “normal” fruits and vegetables in America, however, I still recommend “normal” fruits and vegetables over a diet with no fruits and vegetables.

3. *Get Plenty of Anti-oxidants in your diet.* Fruits and Vegetables are loaded with anti-oxidants. These are molecules that can donate an electron to free-radicals



without becoming a free-radical themselves. If you are not getting enough anti-oxidants in your diet or not eating enough fruits and vegetables, then I suggest supplementation. There are plenty of products on the market that help with anti-oxidants. One I am impressed with is Univera, a 2 oz. serving of this fruit and vegetable concentrate with herbs and aloe vera, has an anti-oxidant rating (ORAC) of 10+ servings of fruits and vegetables. Or 700% of a single glass of orange juice.^{iv}



With the overwhelming number of free-radicals we are exposed to in our daily life, from smog, tobacco smoke, ultra violet light, exercise, pesticides and processed foods; it is imperative that we balance free-radical exposure with anti-oxidant intake.

4. *Consume healthy oils.* No-fat / low-fat diets are killing us. Every cell in the body has an outer membrane made up of lipids – which are simply fats. We are replacing 300 million cells in our body every day. If we do not have the healthy oils necessary to build healthy cells then we are promoting disease and cancer by causing the body to use whatever materials it can to produce these new cells. Olive oil, coconut oil, and real butter are best in our diet.^v I

recommend avoiding all other cooking oils. Hydrogenated vegetable oils create trans-fatty acid which is not found in nature, thus, the body does not know what to do with it. It is therefore quite carcinogenic or causes cancer. Healthy oils are vital for healthy cells. Healthy cells are not cancer cells!

5. *Sleep.* The body does most of its healing during deep sleep. Be sure to prioritize quality, not quantity sleep.^{vi}

6. *Fresh Air.* If you live in the country, there is less of a problem with this one. In the big cities, have a good air purification system in your home and get out of the city to recreate on the weekends.

7. *Exercise.* I just stated that exercise is one of the things that create free-radicals in the body. That does not mean we do not want to exercise. We simply want to eat right to have the necessary anti-oxidants to clean out any free-radicals created in the body by excessive exercise.



Exercise is fantastic! It increases circulation to oxygenate and deliver nutrients to all tissues in the body. It creates an endorphin release which makes the body feel good. It increases metabolism. It certainly is a fantastic outlet for stress. Reducing stress is critical for our immune system thereby aiding in the fight of disease and cancer.

8. *Water.* Drink plenty of pure water. Not soda pop, not fruit punch, not canned-man-made beverages, and especially not diet drinks! Listen to

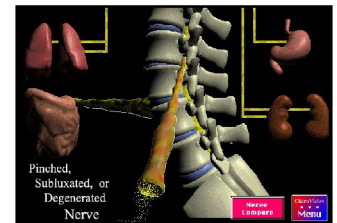
your body. The drinks just mentioned would best be classified under the “toxins section” on page 2 of this paper.

9. *Chiropractic.* Research shows our immune system is at least 48% stronger after a chiropractic adjustment, in some cases 200% stronger.^{vii viii ix} It is well known that



our brain and nervous system controls everything in our body...every muscle, organ and other systems.

Thus, the immune system, as complex as it is, is under the direct influence of the nervous system. Since we lift kids and boxes, sleep funny, bend, twist, slip, fall, and simply live on a planet with gravity; it is easy for some of our 24 bones stacked on each other in our spine to become mis-aligned thereby putting unwelcome pressure on there nervous system.



According to statistical averages, 1 in 4 American have or will have cancer. 1 in 23 regular chiropractic patients and only 1 in 300 chiropractors.^x Wow! I am not saying chiropractic is the ‘Cure’ for cancer but if being under chiropractic care helps you become FIVE TIMES less likely to develop cancer...that is worth investigating. I have been practicing for almost 10 years now and I am witnessing that these statistics are quite accurate.

The above mentioned are just a few steps that can seriously reduce our chances of cancer and improve our quality of life.

Taking the offensive does not mean a life of lack. You can still have sweets or ice cream. It simply means finding fun and affordable ways to rearranging priorities, practice self discipline, exercise moderation in your diet and become more in-tune with what your body *truly* needs, rather than in-tune with what the TV says is best for you and your family. Just because it is on TV, in a magazine, or even FDA approved, does not mean it promotes health and longevity.

References:

- ⁱ Second hand smoke
<http://www.nlm.nih.gov/medlineplus/secondhandsmoke.html>
- ⁱⁱ <http://www.321recipes.com/aspartame.html>
- ⁱⁱⁱ *American Spinal Research Foundation – 2002*; Research completed (not published) by Dr. R. Jay Shetlin and Dr. Mark A. Snow; MS patients showed improved neurological symptoms when artificial sweeteners were removed from their diet.
- ^{iv} www.univera.com – See products called, “Ageless-Extra,” “Xperia,” and “Essentials.”
- ^v *Techniques for Advanced Living*, R. Jay Shetlin; (to be published in 2008) – Chapter on fats
- ^{vi} *Techniques for Advanced Living*, R. Jay Shetlin; (to be published in 2008) –REM
- ^{vii} *East West Nov. 1989* – Ronald Pero, Ph.D., Chief of cancer prevention at New York Preventative Medicine institute. – Study found chiropractic patients had 200% great immune-competence than those without chiropractic. 400% greater immune-competence than individuals with cancer or other serious diseases.
- ^{viii} The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients. CRJ 1994; 3(1): 32
<http://sitochiropractic.com/immune.html>
- ^{ix} The Windsor Study - Medical Times, 49 1-7 Nov. 1921 (see other references below)
- ^x Dr. Rick Wren – Parker seminar; LV, NV 2000
- ^x Nerve Images by Chirovision software
<http://www.chirovision.com/>

Other References:

Dr. Lorraine Day, an orthopedic trauma surgeon, who when she found she had cancer, cured herself with natural means rather than surgery or chemotherapy. I highly recommend her book and video. <http://www.drday.com/>

It is sound advice to periodically cleanse your colon and liver from the numerous toxins we expose ourselves to on a daily basis. I recommend you take a look at www.drnat.com

Vii. Dr. Henry Winsor, a medical doctor, was inspired by Chiropractic's healing ability and decided to perform an experiment. He would dissect human and animal cadavers to see if there was an associated between a diseased organ and the nerves that given that organ. If chiropractic was correct, the autopsies would reveal that a damaged nerve due to misaligned vertebrae would weaken the organ it fed and cause susceptibility to disease and dysfunction.

The University of Pennsylvania gave permission for the experiment and seventy-five human cadavers and twenty-two cat cadavers were dissected.

The Results

- 221 structures other than the spine were found to be diseased.
- 212 of the 221 structures were associated with the vertebrae that were misaligned.
- Nearly 100% correlation was made between minor curvatures of the spine and the diseased internal organs.
- Nine cases of stomach disease all showed mid-dorsal and thoracic spine misalignments.
- 26 cases of lung disease showed upper dorsal misalignments
- All 13 cases of liver disease showed vertebral misalignment of the lower mid-dorsal region.
- All five cases of gallstones showed related misalignments.
- Three cases of pancreatic disease showed spinal misalignment.
- Eleven cases of spleen disease were associated with misalignments.
- All 17 cases of kidney disease showed misalignments of the 10th, 11th and 12th thoracic vertebrae.
- Eight cases of prostate and bladder disease showed the 1st, 2nd and 3rd lumbar vertebrae to be misaligned.
- 2 cases of uterine conditions have misalignment of the 2nd lumbar vertebrae.
- All 20 cases of heart disease showed the upper five thoracic vertebrae to be misaligned.
- Two cases of Thymus disease showed lower neck and upper back misalignments.

The Medical Times findings have been supported by similar studies that have confirmed Dr Winsor's initial conclusions. Our chiropractic office educates our patients in lifestyle changes that compliment their spinal care. Chiropractic spinal adjustments strengthen areas of the spine and restore impaired nerve flow. Subluxations occur when vertebra misalign irritating delicate spinal nerves. Spinal adjustments remove the nerve pressure and restore function to the body.