

Prevent Cancer: The Shocking Truth  
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The debate of genes versus environment as the cause of cancer has been debated for decades. It turns out that inherited genetic factors are a minor contribution while environment plays the principal role in causing most cancers.<sup>1</sup> So what are the environmental factors which cause these cancers and what can be done about their prevalent existence for the prevention of cancer?

It has been well documented that environmentally induced cancers are a product of the amount of consumption or exposure to the negative variables that we confront everyday in our individual environment. These negative external factors in our environment consist of air pollution, water pollution, chemicals in the work environment, and exposures from personal choice such as diet, drugs, drinking, and smoking.<sup>2</sup> Exposure to toxins and chemicals in the diet from water and food contamination, the type of diet one consumes, working with toxic substances, and breathing toxic substances have shown to be the biggest contributors to environmental cancer. However, once you understand the concept that toxins and chemicals are stored in fat cells, my whole theory outlining the cause of cancer and how to prevent it begins to surface.

The key to understanding my general theory of the cause of cancer, therefore, lies mainly with the concept of fat since toxins are stored in fat tissue. Once inside the body, these typical toxins and chemicals become cumulative in ones fat tissue. Therefore, the more fat one has on their body,<sup>3</sup> the greater the capacity to store toxic chemicals and come down with cancer <sup>4</sup> because the human body is reaching the point of diminishing returns. In the field of economics the point of diminishing returns is the point at which when one more unit is introduced, the system fails.

This cumulative factor of stored toxins or chemicals in fat tissue becomes a greater threat when we eat animal products. When you eat an animal, you consume all the toxins which that specific animal has consumed in its lifetime and of which are stored in that animal's fat tissue originating from the air it breathed, from the polluted water it drank, and from the polluted food that it consumed. These toxins and chemicals, stored in the animal's fat tissue, now become stored in your fat cells when you consume that animal. If you are going to consume animals, obviously it's best to consume smaller animals which have less fat like chicken and fish so as to minimize the consumption of stored toxins and chemicals from the animal's fat cells although some fish can possess large amounts of toxins depending on the environment of the fish and the toxicity of the water in which they have lived. The safest fish are obviously deep sea water fish.

Larger animals like cows and pigs possess greater amounts of fat and hence, transport more toxins. It is no secret that those people who consume more fat are coming down with cancer before those who consume less fat. Fat is needed for the body but obtaining

fat from plant sources is a much better choice due to the fact that it is a cleaner fat with little or no cumulative toxic effect.

What is the theory behind this cancer dilemma that no medical authorities seem to be able to figure out. It is really quite simple. Here is Healthyguy's general theory of environmentally caused cancer. It is the only general theory of cancer that makes any common sense.

Abuse from high fat intake, consuming large amounts of toxins from the environment, and lack of fiber are the main culprits. As more and more toxins from our individual environment are stored in our body's fat tissue, our body eventually reaches the point of diminishing returns in specific concentrated and sporadic areas of the body. The body is literally so satiated with toxins throughout its fat cells that these specific areas of the body are unable to reproduce or regenerate normal cells.

Normally, cells multiply every 60-120 days. At the end of that cycle, new cells identical to the original cells are produced and regenerated for the purpose of survival of the species. However, when the body reaches diminishing returns and is so saturated with toxic chemicals, it cannot reproduce identical cells any longer. It now starts producing a mutant cell which is NOT identical to the original cell. Ironically, a mutant cell is nothing more than a cancer cell due to the fact that it is NOT an identical cell anymore. Therefore, preventing cancer should be quite easy assuming there is a decent amount of self-discipline in ones life. It is simply a matter of limiting the amount of exposure to toxins and chemicals, limiting the amount and type of animal fat which store chemicals and toxins, and concentrating on the concept of purity in regards to the body's intake in order to avoid reaching diminishing returns and over saturation of toxicity.

The importance of the body's fiber intake is crucial for preventing cancer. Eating fiber is one of the most important things that you can do to keep toxins out of the body. Fiber consists of cellulose which is not digestible. Therefore, one of the important functions of fiber is to remove toxins and fat from the body. When fiber enters the body, it enters the stomach and the small intestines where water, vitamins, and minerals are extracted from the indigestible cellulose. As the fiber eventually enters the large intestine in preparation for exiting the body, it starts absorbing and swelling up with toxins and fat from the body for the mere purpose of cleansing the body.

So how do we reverse the growth of cancer cells or prevent cancer in the first place? The theory is self-explanatory. Keep what comes into the body at its purist state by eating plenty of fresh fruits and veggies, drink plenty of pure water or fresh juices, eat foods which are low in animal fat and high in fiber, breathe clean air, stay trim and fit, and exercise regularly to keep everything functioning properly. This will minimize the ability to store toxic chemicals in our body's fat tissue and promote the regeneration of normal cells.

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