



Q. CAN OVEREATING JUNK FOOD EARLY IN LIFE INCREASE BREAST CANCER?

A. Yes. Overeating junk food makes you fat. Increased body fat and lack of exercise lead to insulin resistance. (Smoking makes it happen faster.) Insulin resistance leads to further craving of sugary carbohydrates to generate energy for the body. More insulin is released in response to increased carbohydrate intake, leading to more weight gain. More fat leads to more estrogens, which in turn, lead to earlier breast development and menstruation. Earlier onset of menstruation leads to more ovulatory cycles and greater lifetime exposure to estrogens without adequate progesterone. A greater lifetime exposure to estrogens increases breast cancer risk.

Simultaneously, increased consumption of simple carbohydrates, coupled with insulin resistance, leads to polycystic ovaries and lack of ovulation during menstrual cycles, resulting in excess production of androgens and estrogens, along with inadequate production of progesterone. Excessive estrogen production in the absence of progesterone production leads to estrogen dominance and increased breast cancer risk. Use of contraceptive hormones increases insulin resistance, exacerbating all the above problems. -Information taken from Lang Nutritional Seminars by Dr. Janet Lang

Q. WHAT CAN I DO IF I HAVE ANY KIND OF CANCER?

There is great news on the cancer front. By understanding the basics you have a greater chance for a complete cure. Unfortunately, these cases are rarely accomplished with standard medical cancer care. And this is despite what you may read.

Researchers Looking in the Wrong Place

The reasons are simple. We are looking for help in the wrong place. Drug companies continue to use animal models and waste tens of millions of dollars because these models are easy and convenient. But tumor shrinkage in a mouse has little to do with the survival of a person.

Tumor shrinkage and regression is exciting, but it doesn't mean much. The words of the real experts mimic mine almost precisely. "Tumor regression by itself is actually a lousy predictor for the progression of disease (cancer)." "The sad truth is that tumor regression is not likely to improve a person's chances of survival." Please read these words over because they are critical to surviving cancer.

Alternatives Ignored

The folks who are actually achieving results and even cures with cancer go unnoticed. As to alternative types of cures, the response from the American "cancer establishment" is a *thundering silence*. And with good reason, because the basic tenets of helping yourself survive cancer contradict most of standard medical therapy.

Treat the Whole Body

To survive you must *always* consider cancer as a **systemic disease** (throughout your body). When you understand this, you can begin a phytonutrient program (offered at Options Center) to help the body track down and destroy all the millions of cells and cancer seeds that inevitably pop up as a metastatic tumor – often far from the original site.

When you understand this first tenet of cancer survival, the second is simple and obvious. You can *never believe* a doctor when he or she tells you *we got it all*. And conversely you don't have to believe him or her when you are told you only have months to live. After all, these are the folks who bring you the articles touting the "winning war" on cancer – despite the real statistics.

Support the Body's Own Healing

The great news is that if you (1) follow these tenets, (2) get on a phytonutrient protocol that will treat the whole body, and (3) use the best products available (Standard Process), you can beat the odds.

Beating cancer is a lifelong fight and constant vigil. You will use optimal products and protomorphogens (indicated as PMG on the Standard Process label). These are the tiniest building blocks of life that regulate cell growth. After all, cancer is cell growth gone berserk. When you stop and think about the real definition of cancer, it is obvious that surgery, radiation, or chemotherapy – all designed to attack and shrink tumors – cannot cure cancer.

Rather, the cure comes *after these treatments* if they are used. Once the center of the cancer is killed or removed, your body cures you of cancer by once again gaining normal regulation over cell growth and destroying the cancer seed cells that transplant cancer all over the body (metastatic disease). This is an ongoing battle that will last a lifetime. And you must fight this battle correctly.

- Dr. Bruce West, *Health Alert Newsletter*, August 2004/Volume 21, Issue 8