

'Inadequate diet upsets body's balance'

By Maria Gonet

In the case of cancer many causes work together and put such great stress on the healthy cells that they have to give in; the harmony on their natural life and function becomes so disrupted that they degenerate and become malignant.

1. Predisposition is often responsible for cell degeneration; that is, it may be due to the inherited genetic make-up. However, such a predisposition need not lead to cancer if one's lifestyle is sensible.

2. An inadequate diet, a constant companion of our modern way of living and eating, upsets the body's biological balance and so damages the entire cellular system.

a) Too much protein intake, and of a poor quality, plays a considerable part.

b) Fats bearing on the development of cancer. Animal fats and fats lacking in unsaturated fatty acids are especially detrimental.

c) Disturbances in the mineral metabolism caused by the consumption of refined foods have proved to be a contributory cause of cell degeneration.

d) Avitaminosis, as well as a deficiency of other vital substances, seem to be strongly implicated in the development of cancer, but research in this area is still inconclusive.

e) Metabolic disorders, for example chronic constipation and constant fermentations in the intestines as a result of dysbacteria, are also very damaging.

3. Lack of oxygen plays a decisive part in the development of cancer. Experience has known that people who take plenty of exercise in fresh, clear air are less at risk than those who engage in mental work or have to work in closed rooms. It would therefore be advisable to walk more rather than go everywhere by car, to spend one's free time walking in the woods or along the beach instead of wasting one's time in front of the television set or in pursuit of similar pleasures.

4. Toxic gases and radiation, which pollute the air today, are also carcinogenic, or cancer-producing, factors. So beware of them!

5. It has been proved beyond doubt that some chemical additives to our food are carcinogenic. Colourings, flavourings and preservatives are worse cell poisons than was previously thought, and it is for this reason that many government agencies have started to ban them. They follow the example of Germany in this respect, where the efforts of doctors, especially those engaged in research into vitamins and minerals, succeeded in persuading the government to take such meas-

ures.

6. Certain medicines, such as those that are, unfortunately, still used all too frequently in chemotherapy, especially derivatives of tar, contribute to cell degeneration. This is of particular significance today, when people are accustomed to swallowing tablets for just about anything.

7. Poisons in the form of pesticides and herbicides are often used indiscriminately. These can stick to vegetables, for instance, and are taken into the body through carelessness or lack of forethought. The result can be extremely damaging since lead, arsenic and copper are much more toxic than is generally realised.

8. The biological balance in plants can be disturbed because of errors when using fertilizers. If such produce is eaten for any length of time, it can also upset the biological balance in the human body.

9. Tenseness and indications disturb and slow down the metabolic processes and foster the development of cancer. It is therefore strongly recommended that regular exercise be taken for relaxation as a prophylactic therapy. Indications, lumps and growths such as scars and warts should be carefully watched. Never scratch or irritate them.

10. One of the most serious factors in the development of cancer is stress, that is, worries and anxieties. The extent of its influence is, of course, closely linked to our mental attitude, whether we give into negative thinking rather than being positive and optimistic whenever we feel depressed. Worries and anxieties are detrimental to the liver and have been a contributory cause of cancer for thousands of people. There is nothing more harmful to the life of our cell than continuous or repeated mental stress. Indeed, it poisons the blood and lymph and undermines the very life of the cell to a greater extent than some of the factors listed above, even when taken together.

The long list of detrimental influences on the health of our cell shows that determining the possibility of cancer is simply a question of calculation. Every one of the described factors adds a few more percentage points to the possibility of contracting the disease, and as soon as the total of 100 per cent is reached, the negative influence will pull down the scales, the cells will become damaged and the disease, which can bring such a pain and sorrow, will strike.

Orthodox medicine has not so far been able to find any satisfactory cure, although hospitals are equipped with most modern tools. Once the tumor has formed, surgical intervention helps to calm one's fears by removing it. However, the danger to the rest of the tissue can only be steepled if all contributory factors to the cancer are tackled. We should not be content with the surgeon's reassurance that he has been able to find and remove everything and thus feel absolutely safe. Hormone treatment and radiotherapy create added problems for the cellular system and will not save the patient who has undergone surgery from the need to completely change his dietary habits and life-style.

Some health consultants, like me, are in the position to provide the necessary dietary and life-style program plus herbs, which help the body's own immune system fight the disease. All the cancer patients except the liver cancer and the patients can obtain help after extensive chemotherapy and radiotherapy treatment.

The best and fastest results can be seen with malignant ulcerations.

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