

*Does research confirm cancer risk can be reduced? Are mental/spiritual interventions such as faith, gratitude, prayer, optimism and affirmations important? Do lifestyle choices such as exercise, nutrition and supplements make a difference? How do I reduce my cancer risk? These and other questions are answered with comprehensive information.*

## **REDUCING YOUR CANCER RISK (A Holistic Approach)**

by Carl O Helvie, R.N., Dr.P.H.

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# REDUCING YOUR CANCER RISK

*(A Holistic Approach)<sup>®</sup>*

A silhouette of a person sitting in a meditative pose on a rocky shore, facing a sunset over the ocean. The sun is low on the horizon, creating a warm, golden glow across the sky and water.

THE CARL O HELVIE HOLISTIC CANCER FOUNDATION

By

**Carl O Helvie, R.N., Dr.P.H.**

**(A 43 Year Lung Cancer Survivor)**

AUTHOR OF BEST SELLER

*You Can Beat Lung Cancer: Using Alternative/Integrative Interventions*

ALL PROCEEDS FOR THE CANCER FOUNDATION

## **What People Are Saying About *Reducing Your Cancer Risk***

I found the book so interesting that I could hardly wait to see what came next and I could not put it down until I had read it from cover to cover. So much of the information we may know or probably have heard about, however the way the author sets it out makes it new, tantalizing and exciting. I was thinking as I read through it, everyone can benefit from reading and using this information. He shares his interviews with many experts and it is so helpful how he lists their individual contact information. The book, I feel, covers all aspects of health, diet, exercise, meditation, prayer and much more coupled with a huge dose of 'Common Sense.' He puts it all in a way that is interesting to read and understand.

Rev Dr. Anne Marie Evers 'Best-Selling Author;'  
Ordained Minister; Doctor of Divinity; CEO of  
Affirmations International Publishing Company; Radio  
Host

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The best of both worlds! Dr. Carl O. Helvie is the longest living lung cancer survivor having been given 6 months to live, 43 years ago. He has a Doctorate in Public Health, 2 Masters Degrees and is an RN Nurse Practitioner teaching nurses for years. With the

combination of his personal experience and educational expertise he created the Carl O. Helvie Holistic Cancer Foundation. If there's a cancer survivor, author, educator, teacher, trainer from whom you want to learn, this is a must read from the only person representing the world of both cancer survivor and scientific education.

Kathy Sullivan, CNC

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Using his public health and prevention education Dr Carl O. Helvie has spent his life teaching other how to prevent illnesses in his practice in homes and clinics, in books, blogs, on the radio and television, social media, and on his websites. His passion to help others led him to explore the work of Edgar Cayce almost fifty years ago that he integrated into an alternative holistic approach. This comprehensive book utilizes that approach and includes such topics as nutrition, exercise, herbs, antioxidants, anti-inflammatories, prayer, helping others, meditation, affirmations, gratitude, and many other concepts. You won't want to miss reading this book that could help you avoid a serious illness--cancer.

Jane Bohman. R.N., MPH

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## **DISCLAIMER**

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This book provides content related to topics of physical, mental and spiritual health issues. As such, use of this book implies your acceptance of this disclaimer.

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## **Part 1. Environmental Factors (Reducing Environment/Agent Impact)**

Preventive interventions in the areas of the environment and toxic agents include making environmental/agent factors less favorable for developing cancer. These strategies involve ways to avoid or prevent exposure to the risk factors as well as ways to mitigate or reduce the impact of the unavoidable factors. This section will discuss some of the toxic agents along with ways to reduce or mitigate your exposure or risk and the research behind the interventions.

### **41. A. EMF Waves**

(These waves are most commonly found in computers, televisions, cell phones, microwaves, fluorescent lights, wired and wireless electronics, and even hair dryers.) Although research is contradictory some studies found cell phones can cause cancer of the brain and reproductive organs, and other sources of EMF waves may cause leukemia in children. In addition, the International Agency for Research on Cancer and the National Institute of Environmental Health Sciences EMF Working Group have classified EMF exposures as a possible human carcinogens

#### What to do:

√ Stay as far away from the source as possible.

√ Turn off electronics when not in use.

√ Do not use cell phone next to head, and do not store in pocket, or on body- connect them to an adapter when using.

√ Move WIFI out of bedroom or sleeping areas, if necessary and possible. If not, turn it off at night as it interferes with body rejuvenation and renewal that takes place during sleep.

Expert Interview for overall information on EMF waves and dangers listen to the interview with Dr David Carpenter below.

**<https://www.holisticcancerfoundation.com/interviews-others-treat-related-health-concerns-cancer/>**

**Dr David O Carpenter** is a public health physician and currently Director of the Institute for Health and the Environment at the University at Albany and also Professor of Environmental Health Science at the University of Albany in New York. He has carried out extensive research and has more than 370 peer-reviewed publications, 6 books and 50 reviews and book chapters to his credit. More can be found at:

<http://www.albany.edu/sph/18918.php>

## **⚡1. B. Selected Toxic Chemicals**

(These may be found in pesticides in agriculture, industry, homes, and gardens, industrial chemicals,

waste, and waste byproducts, chemicals in consumer products that include building materials, furniture, food packaging, cosmetics; and pollution from coal fired plants, automobile exhaust and others).

⚡**Benzene.** (This solvent is used in the chemical and pharmaceutical industries, and is released by oil refineries). Research shows it is linked to acute myeloid leukemia (AML) and chronic lymphocytic leukemia (CLL); breast cancer; lymphatic and hematopoietic cancers). For additional research data from the World Health Organization see the following:

<http://www.who.int/ipcs/features/benzene>

What to do:

- √ When outside avoid, when possible, motor vehicle exhaust, industrial emissions, fumes at gas stations, and tobacco smoke.
- √ When inside avoid inhaling glue, paint, furniture wax, and detergents.
- √ Avoid hazardous waste sites.
- √ Avoid drinking well water from sites near hazardous waste sites until inspected.
- √ Wear protective equipment if working in industries using benzene.
- √ Avoid tobacco smoke (see below).

⚡**Bisphenol A (BPA)**. This is a building block of polycarbonate plastic and is one of the most widely produced chemicals in the world. (It is used in hard plastics, food cans, drink cans, store receipts, and dental sealants.) Research shows it is an endocrine disrupter linked to breast and prostate cancers. For addition research (over 120 studies) go to the following link.

<http://www.annualreviews.org/doi/abs/10.1146/annurev.publhealth.012809.103714?journalcode=publhealth>

What to do:

- √ Drink filtered water from a glass or stainless steel water bottles from companies like Nalgene or Sigg instead of bottled water in plastic that may leach from the container into water (especially during hot weather transporting)
- √ Avoid eating microwavable meals in plastic containers. For example, try instead something like Amy's that uses a paper container. However, there are still questions about the use of plastic covers on Amy's foods...
- √ Use stainless eating utensils, ceramic dishes and glass instead of plastic.
- √ Avoid foods packaged in metal cans or at least use only those marked BPA free lining or are packaged in paper cartons (soup).

√ Avoid using plastic storage containers for left over foods. Instead use glass containers with BPA free covers.

√ Instead of using a plastic coffee maker (or coffee maker with a plastic drip basket), switch to a French press, ceramic drip, or stainless steel electric percolator.

√ Consider exchanging plastic cling wrap for glass jars, or parchment paper to cover left over foods.

√ Keep plastic out of the freezer, microwave, or dishwasher because BPA leaches from plastics at a higher rate in hot or cold temperatures.

√ Avoid aluminum soda cans that may be lined with BPA.

√ Request “no receipt” when possible. The BPA may transfer to your fingers and leach into other paper products touched.

√ Ask your dentist about the sealants and compounds he uses in your teeth that may contain BPA.

⚡ ***Tobacco and tobacco smoke.*** (This includes cigarettes, cigars, pipes, and smokeless tobacco such as snuff and chewing tobacco.) Research found tobacco products are a causal factor of cancer in lungs,

mouth, larynx, nose, throat, esophagus, pancreas, stomach, cervix, kidney, bladder, ovaries, colorectal, and acute myeloid leukemia. It also increases the risk of lung cancer when combined with exposure to radon. Additional research data can be found at the following site:

<http://www.cancer.org/cancer/cancercauses/tobaccocancer/tobacco-related-cancer-fact-sheet>

What to do:

√ Stay away from all smoke-it can cause cancer in smokers and non-smokers around them.

√ If you use tobacco products, quit. Tobacco cessation techniques have been found to be helpful. Quitting can mitigate and sometimes reverse damage caused by smoking. It is never too late.

√ Smoking Cessation techniques are presented below.

Expert Interview – **Dr Scott McIntosh** is Director of the Greater Rochester Tobacco Research Program and Associate Director of the Smoking Research Program and Associate Professor, Division of Social and Behavioral Medicine, Community and Preventive Medicine at the University of Rochester in New York. His research is on self-help interventions for smoking cessation and behavioral change with various

populations and he has received numerous research grants and published many articles and book chapters. Last year he received the American Cancer Society's first "Fight Back" award for his commitment for helping people quit smoking and reduce the cancer incidence. One of his web sites is linked next followed by our interview.

<http://www.myclearhorizons.com> Interview link below.

**<https://www.holisticcancerfoundation.com/interviews-others-treat-related-health-concerns-cancer/>**

☞**Formaldehyde.** (It has been found in building and home decoration products, auto exhausts, preservatives, and disinfectants). Research has linked it to leukemia and nasopharyngeal cancer. More information on cancer and formaldehyde from the National Cancer Institute can be found at:

<http://www.cancer.gov/about-cancer/causes-prevention/risk/substances/formaldehyde/formaldehyde-fact-sheet>

What to do:

- √ Avoid auto exhausts.
- √ Avoid cigarette smoke indoors.
- √ Buy formaldehyde free furnishings and construction materials when building and furnishing houses.



**4Methyl Bromide.** (It is used to sterilize soil before planting strawberries and tomatoes, including organic ones, and for fumigation of ham and pork products. It was phased out as a pesticide in most countries in early 2000's but continued in the USA until at least 2017 when it is to be phased out worldwide). It is considered a potential occupational carcinogen by OSHA and can cause cancer and death depending upon the concentration. It has been related to prostate cancer risk.

What to do:

√ Avoid or limit strawberries and other foods known to be contaminated.

√ Research to determine if it is discontinued in 2017 before reintroducing these foods into your diet. Ask your local farmers if they use this chemical before planting strawberries and tomatoes. If not, use the foods because they are very healthy.

**4Polybrominated diphenylethers (PBDS).** (This can be found in flame retardants in furniture, computers, electronics, medical equipment, and mattresses). It is an endocrine disrupter that may cause liver cancer.

What to do:

√ Avoid furniture and mattresses with flame retardants.

√ Check out computers and other electronics before buying.

***Multiple chemicals.*** Please see the discussion on multiple metals/chemical overload below.

***Triclosan.*** (This can be found in Colgate's total toothpaste and some antibacterial soap, cosmetics and other personal products.) Although research is contradictory animal studies show it may cause endocrine- disruption, may act in a way similar to bisphenol (BPA) discussed previously, and may promote liver and other cancers. Additional research at:

<http://www.niehs.nih.gov/news/newsletter/2015/1/science-triclosan/> Pressure has been put on the EPA to ban the product: <http://www.psr.org/environment>

### What to do:

√ The FDA banned Triclosan and 17 other chemicals in personal care products in September, 2016 but companies have 1 year to comply.

√ Research your personal care products and avoid those with Triclosan as an ingredient, if desired.

√ Although ingredients in products change over time as a result of public scrutiny and the lists of contaminated products are long the following guidelines are a start.

√ Research especially soap products that are liquid in dispensable containers that often have Triclosan. .

√ Look closely at germ free products that say germ killing or antibacterial.

√ Go organic when possible. A good choice for soap is Vi-Tae antibacterial soap (certified organic) that is advertised as natural and aromatherapy herbal bars. Few toothpaste products are organic. *Toms of Maine* (a popular product) is marked natural (not organic) and some of their products contains fluoride (see toxic metals below). Others are fluoride free. None contain Triclosan. However, some also contain carrageenan (see discussion below under additives). So again review ingredients. Dr Bronner's all-one tooth paste seems like a better choice because it is 70% organic, does not contain Triclosan, fluoride, or carrageenan. Himalayan Neern and Pomegranate toothpaste is also a good choice-an organic herbal product

with no fluoride, or Triclosan but it does contain carrageenan.

√ Avoid also Triclocarban ingredients in products because of similar actions,

Expert Interview on chemicals and cancer. Listen to the interview with Dr Harry Milman below.

**Dr Harry Milman** is a PhD consulting toxicologist and expert witness and president of ToxNetwork.com. He has assisted as an expert in over 250 civil and criminal cases involving drug overdoses, pharmacy errors, exposure to toxic chemicals and carcinogens, and assaults. He is often quoted in newspaper and magazine articles and has appeared as a toxicology expert on television news broadcasts. Prior to becoming an expert witness, Dr. Milman was a scientist at the US National Cancer Institute, NIH, and a senior toxicologist at the US Environmental Protection Agency. He has published five scientific books including the widely acclaimed *Handbook of Carcinogen Testing* and over seventy research papers. *A Death at Camp David* is his first novel. He lives in the Maryland suburbs of Washington, DC More information is available at the next link followed by our interview.

<http://www.toxnetwork.com/>

<https://www.holisticcancerfoundation.com/interviews-others-treat-related-health-concerns-cancer/>

## ⚡1. C. Selected Toxic Metals

(These may be found in tooth paste, tooth fillings, antiperspirant, home pipes and walls, occupational settings, food and water, and other environmental sources.) A new service in June, 2016 for testing heavy metals, minerals, and elements such as aluminum, magnesium, iron, potassium, copper and others in food, protein powder, personal care products, water and other items is available at:

<http://cwclabs.com/>

⚡**Aluminum.** (It may be found in antiperspirants). Research data on risk of aluminum for breast cancer is mixed. Additional data at:

<http://www.prevention.com/beauty/skin-care/does-aluminum-antiperspirants-cause-cancer-and-alzheimers>

What to do:

- √ Avoid antiperspirants with aluminum.
- √ Use aluminum free antiperspirants/  
deodorants-Toms of Maine have some but read

the label because not all Tom's products are aluminum free.

⚡**Asbestos.** (This may be found in walls, ceiling, and floors of older houses.) Research shows asbestos can cause mesothelioma and lung cancer as well as cancer of the bronchus, trachea, digestive organs, and peritoneum. See the following research data from the National Cancer Institute:

<http://www.cancer.gov/about-cancer/causes-prevention/risk/substances/asbestos/asbestos-fact-sheet>

What to do:

√ Have your house assessed for the presence of asbestos. It may be o.k. if it is present but not moved or exposed to humans.

√ If removal is needed, hire a profession to do the job.

⚡**Fluoride.** (It is found in the water supply of many communities and in dental products such as tooth paste and mouth wash.) Most research finds it dangerous and the FDA now requires a poison warning on all fluoride toothpastes sold in the U.S. In addition, tens of millions of people throughout China and India suffer serious crippling bone diseases from drinking water with elevated levels of fluoride. There are inconsistent research findings regarding a risk of fluoride for a rare type of bone cancers known as

osteosarcoma especially in teen age boys, as well as bladder and lung cancer. For additional research on fluoride and cancer see:

<http://fluoridealert.org/issues/health/cancer/>

What to do:

√ Decide for yourself based upon your collected data whether you choose to do the following that I highly recommend:

√ Drink filtered water that removes fluoride and use non-fluoride tooth paste and mouth washes. Toms of Maine has some fluoride free tooth paste and a better choice if you can find it is Earthpaste, an all-natural toothpaste.

⚡**Lead.** (In the past lead in interior paint chipped and children ate the paint chips. This may still be common in older homes that may also have lead water pipes. It is also found in water and soil, lipstick, and occupational sources). There is a weak connection to cancer but if it occurs, it may be found in lungs, stomach, gliomas and other sites. See additional research studies at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4144270/>

What to do:

- √ If lead is found in old paint in homes, remove it if children are present.
- √ Remove lead pipes and blinds in homes.
- √ Wear protective clothing and limit exposure time if there is occupational exposure.
- √ Avoid products such as lip stick that may contain lead.

⚡**Mercury.** (Mercury can be found in the mercury-amalgam fillings in your teeth, lip stick, flu vaccines, power plant contaminants, batteries, fish/seafood, skin care products, florescent light bulbs, old fashion thermometers and more.) Research studies found that mercury in high levels depletes the immune system and is a factor in kidney, lung and brain diseases. There is not enough research evidence to determine mercury causes cancer or that mercury in fish or dental fillings are unsafe for most people according to the America Dental Assn. and most research studies. However, one study by the Communicable Disease Center found that individuals with more amalgam fillings had significantly higher levels of chronic health conditions such as multiple sclerosis, epilepsy, migraines, mental disorders, diseases of the nervous system, diseases of the thyroid, cancer, and infectious diseases than those with less or none. Also, read the



convincing evidence in the following link. As a public health practitioner/educator I recommend doing what you can to avoid cancer or any other disease.

<https://www.cancertutor.com/advdental/>

What to do:

√ Have amalgam-mercury fillings removed by a specialist, if needed. See interviews with Bill Henderson and with Dr Vladimir Gashinsky below.

√ Avoid skin care products containing mercury.

√ If you live around a coal powered power plant be alert to symptoms of mercury poisoning and take action, if needed. If you work in a plant use protective clothing and equipment.

√ Use published hazard cautions for removing and disposing of a broken thermometer or florescent bulb to eliminate pollution in the environment.

√ Avoid flu injections and vaccines or extend the period between them if given in a series, if possible. Find alternative non-metal ways to protect yourself from the flu and other illnesses. Use a holistic approach to build up the immune system by following a protocol of a proper diet, exercise, having daily prayer, avoiding crowds

in winter, and using natural products such as colloidal silver, oregano oil, elderberry syrup, and extra whole food vitamin C for viral, bacterial, and other infections.

√ Avoid eating large fish (large fish eat smaller fish and thus have higher levels of mercury) and limit all fish/seafood. Look for recommended weekly allowances based upon your age/condition. .

√ Although research is contradictory I recommend avoiding farm grown fish because of potential cancer producing toxins, inflammatory and chemical contaminants.

Expert Interview on mercury and teeth. Listen to the interview with Bill Henderson and Dr Vladimir Gashinsky below.

**Bill Henderson** was a best-selling author of three books on the natural healing of cancer and coached over 3500 cancer patients. More information can be found at the next link followed by my interview with Bill.

<http://www.beating-cancer-gently.com/>

<https://www.holisticcancerfoundation.com/interviews-others-treat-related-health-concerns-cancer/>

**Dr Vladimir Gashinsky** has been in private practice at his Millburn, NJ office for over a decade, and earned his doctorate degree from NYU College of Dentistry, after which he became their clinical faculty leader. He is also proud to be an Accredited Member of the International Academy of Oral Medicine and Toxicology (IAOMT) and Certified in Ozone Dentistry through the ACIMD and is now pursuing his ND degree. He has extensive training in homeopathy and nutrition. Dr. Gashinsky spends countless hours doing continuing education with like-minded practitioners to keep up with new medical and technical developments in his field which he is bringing to his practice to help his patients achieve the best holistic dental care possible. Dr. Gashinsky has the distinction of having won the Eugene Rothschild Memorial Award from the New York Academy of Oral Rehabilitation. More information available below followed by his interview.

[www.holisticdentalcenternj.com](http://www.holisticdentalcenternj.com)

<https://www.holisticcancerfoundation.com/interviews-others-treat-related-health-concerns-cancer/>

⚡**Radon.** (It may be found in countertops, and in house seepage from external sources.) Research found radon to be a factor in some lung cancers. More research on radon and cancer at the National Cancer Institute site follows.

<http://www.cancer.gov/about-cancer/causes-prevention/risk/substances/radon/radon-fact-sheet>

What to do:

- √ Have your house evaluated for the presence of radon when buying or selling. See testing for presence of radon below.
- √ If you are buying a new home, ask if radon resistant materials were used in construction. See radon resistance below.
- √ Have your home repaired if the radon level is four picocuries or higher.
- √ Radon levels less than that pose a threat but can usually be reduced by one of the following procedures.
- √ Air pressure differences between inside and outside air drives the radon into the house through cracks. Thus, 1) Seal floors to eliminate its entry. 2) Reduce radon levels before it enters the house by: using an under house sump system that collects radon in an area the size of a bucket and vents it outside; improve ventilation under suspended timber floors; and install positive ventilation systems that increase pressure and prevent seepage into the house. 3. Remove radon if it enters the house.

√ Testing for the presence of radon can be done by the homeowner or a specified radon tester, often a home inspector. Two types of radon test are available: active or passive. Passive devices are put in a home for a specified period of time and then sent to the lab for analysis. They are usually inexpensive and can be purchased at: [www.testproduct.com/safecart](http://www.testproduct.com/safecart). Active devices require power to function unlike passive devices and provide continuous monitoring, measuring, and recording of the amount of radon in the home. Both short term and long term methods are available. Short term testing uses a device in the home for two to ninety days whereas long term testing continues for more than ninety days.

√ Radon resistant materials can be used when a home is built and prevents radon seepage. You may wish to discuss this with your builder if you live in a high radon area of the country. A gas permeable layer is placed beneath the flooring or slab that allows radon to move freely under the house. This consists of four inches of clean gravel and is used only in homes with basements or slabs but not with a crawl space. Next, place clear plastic sheeting over the permeable layer and under the slab to help prevent seepage from the radon. Next, seal and caulk all below grade openings in the foundation

and walls. Next, run a three or four inch PVP vent pipe from the gas permeable layer through the house to the roof to safely vent the radon and other gases to the outside. Place an electrical junction box in the attic so that a vent fan can be wired and installed.

€***Multiple metals/chemical overload.*** Research is very limited and controversial but most studies report the healthy body will adequately detox usual chemicals and metals on its own but detoxing may be necessary for alcoholics, or for removing lead from children. Many non-health professionals and some health professionals believe our bodies become overloaded with toxic metals and chemicals from our air, water and food and the body is thus unable to dispose of them properly. When this happens they may develop cancer. They believe that periodic detoxing will help prevent this process. You may wish to use one or more of the following mild interventions identified in the what to do list. The following is a typical overview of detoxing and research written by traditional medicine that is opposed to detoxing.

<https://www.sciencebasedmedicine.org/the-detox-scam-how-to-spot-it-and-how-to-avoid-it/>

NB: this was written by an author with a masters of business administration and a doctorate in

pharmacology. He is a pharmacist (who wants to sell drugs-right!)

What to do:

√ First, get rid of some of the toxins in your diet/home including GMO foods, pesticide laden foods, processed foods, and toxic products (see the section on chemicals and metals). Go organic and whole food (see section on nutrition.)

√ Exercise enough to sweat or sit in a sauna for 20 minutes. Try to sweat at least 20 minutes each day.

√ When I had lung cancer in 1974 my doctor recommended a detox of only juices one day a month as part of my natural treatment protocol. Try it and see how you feel. Of course, a vegan diet with high amounts of raw fruit and vegetables helped the process.

√ Include detoxing foods in your diet such as fruits and vegetables. Have a lemon drink when you arise in the morning. Use juicing during the day to include greens and an array of colorful vegetables-also include turmeric, garlic, and oregano in your diet but see precautions first if you have health issues.

√ Deep breath during the day to stimulate the lymphatic system and increase the absorption of fruits and vegetables.

√ Stay well hydrated to remove toxins.

√ Edgar Cayce recommended a 3 day apple diet for detoxing. He specified only apples, water and plenty of rest. The apples were to be of the Jenning variety (Jonathan or Delicious work great). Eat at least 5 or 6 a day. At the end of the 3 days take 2 or 3 teaspoons of cold pressed olive oil. He said that if you are on an oil restricted diet you could extend the diet of apples to 4 or 5 days.

√ It is believed that toxic metals will replace needed minerals when they are in short supply. It is possible to test eight essential minerals and increase them regularly as needed. The Body Bio liquid mineral test kit, instructions and minerals are available at:

<http://livesuperfoods.com/liquid-mineral-taste-test-kit-bodybio.html>

√ For more specific detoxing of organs, google Dr Judy Seeger and attend one of her webinars. You may also listen to her interview/webinars below.



Expert Interview: Naturopathic doctor, **Dr. Judy Seeger** has more than thirty years in the field of alternative medicine and was the director at River of Life Health Center, a Holistic Health Clinic. As director she developed a *Two Step Health Plan* System that increases health and quality of life for patients with skin, lung, breast, ovarian, prostate, liver, colon, brain and pancreatic cancers. Dr. Seeger specializes in and offered nearly every clinically proven natural healing therapy like Hyperbaric Oxygen Therapy, Ozone Therapy, Colon Hydrotherapy, Herbal Therapy, and Enzyme Therapy. She's also authored two books, both of which are available exclusively in an electronic format. These books, *The Ultimate Guide to Natural Cancer Cures* and *Shatter Your Gallstones* are insightful extensions of Dr. Seeger's brilliant and talented knowledge base. Along with these books, she's also created training videos, instructional CD's, conducted teleseminars and webinars. Most recently Dr. Seeger is conducting groundbreaking herbal research in the Amazon Rainforest. She's also continually developing mass media outreach programs. Her Cancer Winner Radio show is a broadcast radio show during which she interviews former cancer patients who overcame their disease using alternative therapies. She's also hosting an online television show, Cancer Answers. In these online video segments experts in the field of cancer research will share experience and advice with patients. Currently she is

developing webinars on detoxing for patients following chemo or radiation. More information is available below followed by her interview on detoxing.

<http://beatcancer.org/medical-advisory-board/dr-judy-seeger>

**<https://www.holisticcancerfoundation.com/interviews-cancer-doctors/>**

NB: Many people consider vaccines to be dangerous because they contain toxic substances that are potentially carcinogenic. This may be especially true from the interactions with one another when given close together without research on the effect of these interactions. For example, children today receive over 65 doses of 16 different vaccines before age 18. No research has been carried out on the interaction of the toxic substances in multiple vaccines and its influence on health. In addition, vaccines may contain formaldehyde and mercury (known carcinogen) as well as aluminum (possible carcinogen) and other toxic substances.

An interesting concept is presented by Ed Kane in the following videos. He believes that when we are low on specific minerals the heavy metals may take over and cause harm to the body. He has developed a taste test kit of 8 essential minerals to help individuals maintain a proper level of these minerals. I recommend this easy

and inexpensive way to maintain proper levels of the essential minerals. The videos follows:

<http://www.bodybio.com/content.aspx?page=BodyBioWellnessVideoLibrary>

<http://www.bodybio.com/content.aspx?page=TraceMinerals-PartTwo>

<http://www.bodybio.com/content.aspx?page=TraceMinerals-PartThree>

**The Test Kit is available for purchase at Amazon:**

[https://www.amazon.com/BodyBio-MTK-Liquid-Mineral-](https://www.amazon.com/BodyBio-MTK-Liquid-Mineral-Test/dp/B0058A9T4K/ref=sr_1_1_a_it?ie=UTF8&qid=1491835121&sr=8-1&keywords=mineral+test+kit+by+bodybio)

[Test/dp/B0058A9T4K/ref=sr\\_1\\_1\\_a\\_it?ie=UTF8&qid=1491835121&sr=8-](https://www.amazon.com/BodyBio-MTK-Liquid-Mineral-Test/dp/B0058A9T4K/ref=sr_1_1_a_it?ie=UTF8&qid=1491835121&sr=8-1&keywords=mineral+test+kit+by+bodybio)

[1&keywords=mineral+test+kit+by+bodybio](https://www.amazon.com/BodyBio-MTK-Liquid-Mineral-Test/dp/B0058A9T4K/ref=sr_1_1_a_it?ie=UTF8&qid=1491835121&sr=8-1&keywords=mineral+test+kit+by+bodybio)

#### **41. D. Ultraviolet Rays (UV)**

(Overexposure of ultraviolet rays from the sun and tanning beds.) Research finds a link to skin cancer including melanoma from over exposure of sunshine and tanning beds. Additional research information at:

<http://www.cancer.org/cancer/cancercauses/radiationexposureandcancer/uvradiation/uv-radiation-does-uv-cause-cancer>

What to do:

√ Avoid midday sunshine, if possible.

√ Limit your time in the sun but get sunshine often enough to meet vitamin D requirements. (Research shows that low levels of vitamin D are a risk factor for melanoma and other types of cancer).

√ If long term sun exposure is necessary wear protective clothing.

√ Eat lots of antioxidant foods that will decrease damage by the sun.

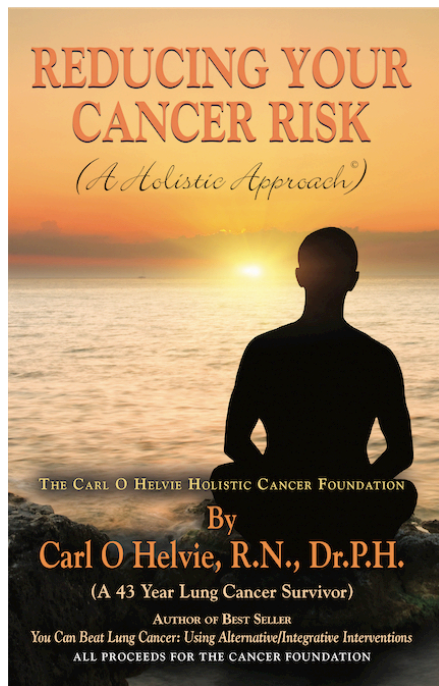
√ Sunscreen use is controversial because of the chemicals in the sunscreens and its efficacy in preventing sun rays. Most research seems to advocate sun screen but do your own research. The following important information will help you pick a safer sunscreen,

<http://articles.mercola.com/sites/articles/archive/2014/06/04/ewg-sunscreen-guide.aspx>

√ Consider an oral sun screen for protection against cancer. The latest research (2016) shows nicotinamide boosts energy levels in cells that allows them to repair DNA following ultraviolet radiation damage and reduces the risk of skin cancer by 23%. It is best used in combination with red orange extract and polypodium

leucotomos extract to reduce inflammation. For extended exposure also use a topical sun screen.

√ Dr Mercola recommends an oral sunscreen called Ataxanthin, a carotenoid that will protect the skin from the sun. It is one of the most powerful antioxidants and he recommends starting with 2 mg daily.



*Does research confirm cancer risk can be reduced? Are mental/spiritual interventions such as faith, gratitude, prayer, optimism and affirmations important? Do lifestyle choices such as exercise, nutrition and supplements make a difference? How do I reduce my cancer risk? These and other questions are answered with comprehensive information.*

## **REDUCING YOUR CANCER RISK (A Holistic Approach)**

by Carl O Helvie, R.N., Dr.P.H.

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