

# Natural Help 4...

# Cancer



## What is Cancer?

**Cancer** is a broad term used to describe a number of diseases characterized by the **growth and development of abnormal cells**. When damage occurs to the DNA of normal cells, these cells can begin to grow out of control and divide into new abnormal or cancerous cells.

These cancerous cells then begin to grow all the while **replacing and destroying normal tissue** and they can eventually spread to other areas of the body in a process known as metastasis. In many cases, a tumor or cancerous tissue develops, although this is not always the case, such as with leukemia.

A **diagnosis of cancer** for oneself, or a loved one can be a devastating blow. With the word **cancer** come a multitude of fears and worries – however, it is important to note that Cancer can be beaten. In today's world, **cancer can be successfully treated** and in many cases cured all together. That is not to say that **cancer** is not a serious and ever growing concern that seems to be on the increase.

Just as there are a number of **environmental triggers** that are said to cause **cancer**, so there is a long list of types of cancer that can develop. These range from cancer of the blood or leukemia, hormone related cancers such as prostate **cancer** and breast cancer, and cancer that starts in various organs and tissues of the body such as colon **cancer** or lung cancer.

## Diagnosing Cancer

For some, **cancer** is only discovered when symptoms appear or during a routine physical examination. However, there is a growing trend towards various **screening tests** that can help pick up **cancer** in its early stages before symptoms appear.

In most cases, the earlier the **cancer** is discovered, the better the chances for **successful treatment and cure**. Screening tests will depend on risk factors specific to the individual such as age, heredity previous medical history and lifestyle factors such as smoking and obesity

If your health care provider suspects you have **cancer** he or she will probably recommend some form of imaging test such as an x-ray, ultrasound, computed tomography (CT), or magnetic resonance imaging (MRI).

This will determined the presence and location of any abnormal mass in the body; however these tests will not be able to determine if the mass is cancerous. **Cancer** can only be confirmed by **examining the tissue for cancer cells** and therefore a biopsy of the affected area is usually necessary, although, in some cases a blood

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

test is sufficient, as is the case with leukemia.

## What causes Cancer?

There are a number of different factors such as genetics, age, immune system functioning, environmental toxicity, illnesses, as well as diet and life-style factors which have been implicated in playing a role in the development of [cancer](#).

While much of the research points to the evidence that [cancer](#) is a genetic illness, it is also becoming clear that **genetic predispositions** are triggered by **environmental cancer-causing agents** or carcinogens. These carcinogens can trigger the genetic mutation which starts the process of [cancer](#).

Examples of environmental factors include **cigarette smoke**, radiation from the sun and various chemical that we are exposed to through environmental toxicity or pollution and processed foods.

## Help for Cancer

There are a number of treatment options which will depend on the type of [cancer](#), the stage of the cancer and individual factors such as age, health and personal preferences. Speak to your health care provider regarding which treatment option would best suit you.

**The three main conventional treatment options are surgery, radiation therapy and chemotherapy.**

- *Surgery* – In many cases, the surgical removal of the cancer is the most effective treatment method. However, this is not always possible and can prove to be inappropriate when the cancer has spread to other areas of the body, or when the [cancer](#) is not localized to a specific area, as is the case in leukaemia ([cancer](#) of the white blood cells). In addition, other treatment options such as chemotherapy may be recommended as well as surgery to make sure any remaining cancerous cells are destroyed.
- *Radiation Therapy* – Radiation therapy involves the use of high-energy rays to kill [cancer cells](#). The treatment is localized so that it only targets the cancerous mass within the body while surrounding cells are left either unharmed or temporarily damaged. Depending on the location of the cancer and the course of treatment, radiation therapy can cause a number of side-effects such as fatigue, loss of appetite nausea, diarrhea, and the suppression of the immune system, however, the actual process is not a painful one.
- *Chemotherapy* – Chemotherapy is the best option for those whose [cancer](#) has spread to other areas of the body. It is also recommended in cases where surgery and radiation therapy cannot remove all traces of [cancer](#). Chemotherapy uses chemical drugs to kill the [cancer](#) cells. Each person reacts differently to chemotherapy and side-effects are vast depending on what chemical combinations are used and at what dose. Common side-effects include nausea, vomiting hair loss lowered immune system and fatigue.

## Tips for coping with cancer



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

There are a number of things that you can do to improve your overall health as well as optimize your chances of becoming or staying cancer-free.

- Stop smoking. Tobacco greatly increases the chances of developing [cancer](#), as well as the likelihood of some types of [cancer](#) returning after successful treatment. Quitting smoking is no easy achievement so consider quitting smoking naturally using herbal and homeopathic ingredients to help along the way.
- Exercise regularly! Exercising for 30 min five days out of the week can greatly reduce the chances of developing [cancer](#). If you are currently undergoing [cancer treatment](#) then moderate exercise can keep you feeling healthy and strong and will help to reduce the tiredness and side-effects caused by the [cancer treatments](#). Be sure to consult your health care provider before starting any new exercise routine.
- Eat a healthy balanced diet and manage your weight. Make sure your diet is rich in fiber and fresh organic foods and low in saturated fats. When ever possible, avoid processed foods which are full of synthetic ingredients like colorants, artificial flavorings and preservatives.
- Limit alcohol consumption. Excessive or moderate daily drinking may increase the risk of developing certain cancers especially for those people with a family history of [cancer](#).
- Protect yourself from the harmful rays of the sun. Make sure you keep a bottle of sun block close at hand and that it is applied liberally when you are in the sun. Not only do the sun's UV rays cause skin [cancer](#) but chemo and radiation therapy can also increase the skin's sensitivity to the sun's harmful effects.
- See your doctor for regular check-ups so that your general health and recovery can be closely monitored.
- Discuss supplementation with your health provider. Certain supplements have proven [cancer prevention](#) properties, particularly Vitamins C and E and the mineral selenium.
- Read as widely as possible in order to be fully informed about available [cancer treatments](#) and prevention programs.

## Natural Herbal and Homeopathic Remedies related to Cancer

Conventional **treatments for cancer** have come a long way over the last few years, and while they can be very effective, their side effects and consequences are often very harsh and they can even have a detrimental effect on the health of the rest of the body.

For this reason, many people are exploring natural remedies as a **holistic approach to preventing and treating cancer** along-side conventional methods.

There are a number of herbal ingredients that have been used successfully in both the prevention and the [treatment of cancer](#). These include Sutherlandia frutescens (Cancer Bush), Indian ginseng, Turmeric and Mistletoe, all of which are known for their ant-tumor or anti-oxidant properties.

In addition, **herbal ingredients** can be used to help boost the immune system after harsh conventional treatments. Natural ingredients that strengthen the

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immune system can also help the body to fight against the development of [cancer cells](#) before they become a problem. *Olea europea* (extract of Olive leaf) and *Echinacea purpurea* are two well known herbal ingredients that can be taken to strengthen the immune system and help the body fight off [infection](#) and illness.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with



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pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Detox Drops**: Promotes natural cleansing function and ability to eliminate toxins.

**Detox Drops** are a 100% safe, non-addictive natural herbal remedy formulated for teens and adults by our team of natural health experts. **Detox Drops** contain a selection of herbs known for their supportive function in maintaining liver health and well-being.

Detox Drops can be used as part of a gentle detoxification program to safely cleanse and flush out the system. It supports the body’s natural ability to remove toxins and waste by-products, **without harmful side effects.**

## **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature’s medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

The formula remains true to the **whole spectrum method** of herbal manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy.

This method of manufacture also significantly **reduces the likelihood of side effects** and maintains all active ingredients in perfect balance – exactly as nature intended!

By **cleansing and refreshing all body systems**, Detox Drops can also represent a wonderful start to any new program to stop smoking or begin a healthy weight loss program.

[Learn more about Detox Drops](#)

**Fatigue Fighter:** Helps maintain energy levels and feelings of well being, overall systemic and immune functioning.

**Fatigue Fighter** is a 100% safe, non-addictive, natural herbal remedy that can be used consistently to safely support **healthy energy levels, increase stamina and endurance**.

**Fatigue Fighter** contains a selection of herbs known as **natural energy boosters** for their supportive function in **maintaining healthy energy levels**, thereby helping to maintain balanced metabolism, stamina, endurance and routine, healthy performance **without artificial stimulants or caffeine**. Fatigue Fighter can make all the difference, without compromising health and **without the risk of serious side effects**.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fatigue Fighter](#)

**ReGrow Plus:** Support healthy circulation to hair follicles, hair roots nail beds

ReGrow Plus is a blend of carefully chosen herbal ingredients known for their **supportive capacity to promote healthy circulation, routine hormonal balance and support healthy thyroid functioning** - thereby supporting healthy hair and nail growth.

Used regularly, ReGrow Plus can help to **maintain healthy, strong hair** by supporting the body's natural ability to stimulate and nourish the tiny hair follicles to produce abundant hair.

*For best results, use with [ReGrow Scalp Massage Oil](#)*

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**ReGrow Scalp Massage Oil:** Promotes beneficial effects on the health of the scalp and hair follicles



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ReGrow Scalp Massage Oil contains a blend of carefully chosen essential oils used therapeutically in aromatherapy.

**Essential oils are extractions of living plants** and have many positive benefits, containing a complex combination of many active ingredients which **work on the physical as well as the psychological level**. Good quality essential oils are highly concentrated and contain no synthetic additives.

The essential oils in ReGrow Scalp Massage Oil have been especially chosen for their **beneficial effect on the health of the scalp and hair follicles**. However, as is always the case with nature, their use will bring a **number of additional benefits** such as relaxation, healthy circulation and feelings of well-being. Nature is always generous!

As most aromatherapy oils are often too concentrated to be use directly on the skin, they are usually blended into a natural carrier oil which should be chosen according to the therapeutic effect needed as well as the properties of the essential oils used. The carrier oil used in ReGrow Scalp Massage Oil is Avocado oil, chosen for its high nutritive value.

Rich in nutrients, especially Vitamin E, Avocado oil further extends the therapeutic effect of ReGrow Scalp Massage Oil on the scalp and hair follicles.

[Learn more about ReGrow Scalp Massage Oil](#)

Read the testimonials for these quality products [here!](#)

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