

FIGHT CANCER

对抗癌症



We all know that cancer is serious business. It takes a toll on every aspect of our being, be it mental, emotional, financial, spiritual and physical. Knowing that you have cancer or that your loved one has it can cause stress to your body and mind, as well as strain in relationship with friends and family.

Cancer has become such a prevalent disease that it would be pretty rare to find someone who does not know a friend or relative with cancer. Cancer affects people regardless of age and gender and the numbers are growing every year.

The World Health Organization (WHO) reported more than 14 million new cases of cancer in 2012, which resulted in more than 8 million deaths worldwide. They expect these numbers to skyrocket over the next 20 years by 70% globally.

The top 5 cancers in men are lung, prostate, colorectal, stomach and liver. Whereas, the top 5 cancers in women are breast, colorectal, lung, cervix and stomach. Note that several of the most common (and aggressive) cancers have to do with our Gastrointestinal (GI) system. As we all know, the GI system digests the food that we eat, transfers it around the body as needed and does its best to detoxify and get rid of leftover toxins.

While there are many different contributors to cancer, and many things such as exposure to pollution, radiation, chemicals, and other factors may be out of our control, nutrition plays a vital role in both gastrointestinal health as well as the body's overall well-being. Therefore, our food choices can either decrease or increase our overall risk of cancer.

Poor nutrition results in nutritional deficiency and a sluggish eliminatory system, which contributes to toxemia. We believe that toxemia and nutritional deficiency form the root causes of most chronic and degenerative diseases including cancer. Correcting key nutritional errors is essential in the prevention and even treatment of cancer, and must not be ignored in any comprehensive approach to combat cancer.

我们都知道癌症是桩严重、令人心惊胆战的事。它对我们心理、情绪、经济、精神及身体等各方面的健康都可带来负面影响。如果知道自己或是身边至亲患上了癌症，肯定会增加身体和精神上的压力，甚至与朋友和家人的关系也会变得绷紧。

这个年代癌症已越来越普遍，几乎每个人的身边都有患癌的亲朋戚友。癌症可影响所有年龄阶层的人士，其数据也每年都在增加。

根据世界卫生组织（WHO）的报告，在2012年全球共有超过1400万的新增癌症病例，另外超过800万人死于癌症。他们相信这数据在未来的20年内会继续迅猛增长70%。

男性当中最常见的首五大癌症是肺癌、前列腺癌、结肠癌、胃癌和肝癌；而女性的首五大癌症则是乳癌、结肠癌、肺癌、子宫颈癌和胃癌。值得关注的是一些最常见（或恶性）的癌症都与胃肠道（GI）有关。我们都知道，胃肠道系统的功能是帮助我们消化食物，运送营养素至身体所需，最后进行排毒作用，将体内的毒素排出体外。

癌症的成因很多，如长期面对环境污染、接触辐射与化学物质以及其他许多是我们无法控制的因素。尽管如此，我们知道营养在胃肠道健康与整体健康上扮演重要角色，同时我们对食物的选择也肯定与患癌率的增加或减低息息相关。

营养不良会造成营养缺乏和造成排泄系统变得缓慢，最终导致毒血症的发生。我们深信毒血症和营养缺乏是导致大多数慢性和退化性疾病如癌症的根本原因。改善营养状况，对预防和治疗癌症来说非常重要，是不可掉以轻心的重要一环。

Here are some foods to avoid:

Salt

According to the Cancer Council Australia, experimental studies suggest that salt may be linked to stomach cancers because a high intake of salt may directly damage the stomach lining. Evidence also suggests that there is a probable cause between both salt and salt preserved foods and stomach cancer risk. In addition, cancer cells thrive in a high sodium environment.

Sugar

Foods high in sugar should be avoided, as regular intake not only causes insulin resistance which constitutes to type II diabetes, but sugar is also the preferred fuel source for cancer cells. People with diabetes should be aware that diabetes and cancer occur together more often than is expected. There has been research linking diabetes to bladder, breast, colorectal, endometrial, pancreatic and liver cancer.

Processed and refined foods

White flour and white rice products are high in calories with little nutritional value. Furthermore, they are bleached to make their colour more attractive to consumers. White rice and white flour products convert to sugar quickly after digestion and hence allow cancer cells to thrive. Many may not realise, the calorie value of a bowl of white rice is equivalent to 16 teaspoons of sugar. Excess consumption of refined foods is the main contributory factor to the unwanted body fats that cancer feeds on.

Trans-fats

Trans-fats or hydrogenated fats are vegetable oils that are chemically treated to alter the smell and taste. The hydrogenation process turns these oils into carcinogenic poisons to our body, which should be avoided at all times.

Animal Protein (especially processed meats)

Consuming too much processed meats also plays a role in increasing cancer risk. Researchers believe that the fat, protein, natural carcinogens, and absence of fibre in meat all play a role. The 1997 report of the World Cancer Research Fund and American Institute for Cancer Research, Food, Nutrition, and the Prevention of Cancer, noted that meaty, high protein diets were linked with colorectal, bladder and prostate cancer.

以下是一些该避免摄取的食物:

食盐

根据澳洲癌症协会的实验研究指出, 食盐与胃癌可能相关, 因为摄入高量食盐可能会直接损害胃粘膜。研究也提出, 食盐和盐腌食品都可能会增加胃癌风险。此外, 高钠环境最适合癌细胞的增殖。

糖类

远离高糖食品, 这是因为经常摄取高糖会导致胰岛素阻抗, 造成2型糖尿病, 而且食糖也是癌细胞的最爱能量源。糖尿病患者应该注意, 糖尿病与癌症一起发病的机率很高。目前有研究在探讨糖尿病与膀胱癌、乳房癌、结肠癌、子宫内膜癌、胰癌和肝癌的关系。

加工和精制类食品

白面粉和白米都是高热量、低营养的食品。此外, 它们都经漂白过程以求美观吸引消费者。白米和白面粉食品在消化后会迅速转换为糖, 进而加速癌细胞的增殖。许多人或许没察觉, 一碗白米饭的热量相等于16茶匙的白糖啊! 过量摄取精制类食品等于制造多余体脂肪, 将把癌细胞喂饱。

反式脂肪

反式脂肪或氢化脂肪是一种经化学处理改变其原有气味和味道的人工植物油。氢化过程会将这些植物油转变成致癌物, 大家还是不吃为妙。

动物性蛋白质 (特别是加工肉类)

摄取过多的加工肉类食品也会增加患癌的风险。研究人员相信, 肉类所含的脂肪、蛋白质、天然致癌物以及缺乏纤维素都是增加癌症风险的主要因素。根据1997年世界癌症研究基金会和美国癌症、食品、营养和癌症预防研究所的报告显示, 多肉类或高蛋白的饮食与结肠癌、膀胱癌和前列腺癌有关。



Steps to take to prevent cancer

While there is no guaranteed way to avoid cancer, there are certain factors that we can look at specifically in order to reduce our cancer risk. These include:

Controlling low grade inflammation in the body with proper nutrition, diet, sufficient hydration, exercise etc.
摄取均衡、有营养的饮食和充足的水分及做运动等，以控制和减少身体低度发炎的问题。

Maintaining a healthy body composition.
维持身体组成成分的健康水平。

Consuming a balanced diet with high quality nutrients.
摄取均衡及高品质营养素的饮食。

Reducing or avoiding consumption of all processed and refined foods.
减少或避免摄取加工和精制食品。

预防癌症的步骤

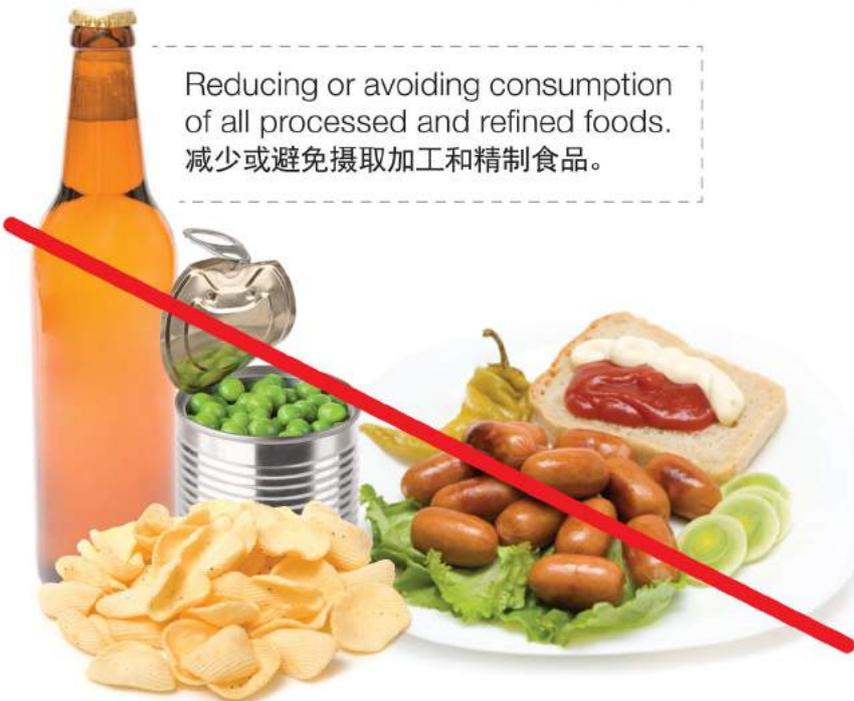
没有方法可以完全保证避免癌症的发生，但有一些主要的预防因素可减低患癌的风险，包括：

Keeping your potassium level high with the intake of high potassium foods and K-Salt. Cancer cells thrive in the high sodium environment but die in a high potassium environment.

摄取高钾食物和服食新生命钾质以维持身体的高钾含量。高钠的环境会加速癌细胞的增殖；相反的，在高钾的环境，癌细胞就活不了。

Regular detoxification of the liver and the blood through coffee enemas, which help to reduce the levels of toxins in the body, while promoting the production of the powerful antioxidant Glutathione S Transferase.

经常进行咖啡灌肠为肝脏和血液排毒，这可帮助减少体内累积的毒素，同时可促进具有强效抗氧化剂的谷胱甘肽的产生。



Supplementation of Vitamin C, Spirulina, Coenzyme Q10, Niacin, N.Zimes PA Plus, Flax Seed Oil, Essiac Tea, Kelp, Vitamin B Complex, Immufloora and Liverin.

摄取保健补充品：维他命C、螺旋藻、辅酶Q10、血液循环补充丸、胰酶（植物）添加素、亚麻籽油、草药茶、海藻宝、维他命B综合丸、免疫激菌植以及肝脏宝。



Proper stress management helps to reduce hormonal and adrenal stress on the body.
适当的压力管理有助降低体内分泌压力激素和肾上腺皮质素。



Minimising exposure to chemicals whether ingested in foods and drugs or through environmental exposure.
尽量减少摄取有化学成分的食物或药物，及避免接触环境中的化学物质。



Regular exercise such as rebounding, which also helps to promote lymphatic drainage and detoxification.
定期运动如进行弹跳运动，有助提升淋巴循环和排毒作用。

The above are among the many things that we can control on a daily basis. Eating organic, opting for a high intake of vegetables as opposed to processed meats, making choices that promote weight loss instead of weight gain. While seemingly insignificant, these daily choices add up over time. If we open our eyes and look at the statistics, cancer is something that none of us can ignore. It is here, it is scary, and it is very real. Let's start fighting cancer with the choices that we make day to day, not when we are diagnosed with cancer or some other chronic disease. Prevention is always better than cure!

以上所提及的癌症预防步骤是我们每天可控制、可做到的。选择摄取有机食品；吃大量的蔬菜而不是加工肉类；还有许多大大小小的决定，选择可减重而非致肥的饮食。虽然看似微不足道，但长期遵循这些健康饮食法，一定可以看到成果。摆在我们眼前有关癌症的统计数据，是很清楚的，很实切的，也很可怕的。让我们开始每天遵循以上步骤，一起对抗癌症的发生；倘若等到被诊断患有癌症或一些慢性疾病时才来行动惟恐太迟。记得预防永远胜于治疗！

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