



CANCER

KNOW YOUR ENEMY

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“Everything causes cancer. . . I can’t do anything about it.”

“No matter what I do, the chemicals in the environment will give me cancer.”

“I guess there is nothing I can do.”

These attitudes come about because we read so much and we hear so much about carcinogenic action of chemicals, about how this or that chemical induces cancer in animals. Although cancer is still baffling researchers who have spent billions of dollars to defeat it, great advances have been made in our ability to detect, treat, and even prevent cancer. Today, nearly half of all cancer patients can be cured by modern treatment methods.

“How do people get cancer?”

Scientists agree that people get cancer mainly through repeated or long-term contact with one or more cancer-causing agents called carcinogens. The carcinogens cause body cells to change their structures and to grow out of control.

We know that the induction of cancer is a complicated process. There are a number of stages which must be undergone before cancer forms. First, some agent (chemical or physical) initiates a latent change in the genetic (DNA) code. **Cigarette smoking, X-rays, and certain chemicals are known to be cancer initiators.** Once the DNA is altered, the cell’s behavior is changed. This altered cell can remain dormant forever. A promoter is needed to complete the process of cancer formation.

The promoter can be thought of as the fuel for the altered cell to grow and divide faster than its healthy neighbors. Promoters usually do not cause cancer by themselves. They change cells already damaged by an initiator from normal to cancer cells. **Studies show that alcohol promotes the development of cancers in the mouth, throat, and possibly the liver when combined with an initiator, such as tobacco.**

If the altered cell(s) are repeatedly exposed to promoters, they reproduce at a much greater rate than do normal cells; and therefore, the chances are greater that an altered cell may lead to a cancerous growth which may be very rapid or very slow.

A third phase in the multi-stage process of cancer is progression. Here, a third chemical or other influencing factor can speed the process, with the cancer becoming highly malignant and very aggressive.

“Does everything cause cancer?”

This is a question addressed by John Higginson in 1987. Dr. Higginson was the Director of the Carcinogenic Unit of the World Health Organization. His answer is no. Not all chemicals are carcinogenic, nor are all animal carcinogens human carcinogens.

But how do we know what will harm us? It is true that certain people may be more susceptible to cancer than others, but it is also true that how we live and how we eat can make the main difference in who does or does not get cancer.

Let’s return to our original statement: “I guess there is nothing I can do.” Well, nothing is further from the truth! What can you do to prevent cancer? Ideally, one would like to insist that the government outlaw all initiators and promoters. But let’s be realistic. That is like wanting our government to outlaw our economic system. It is not practical to completely isolate ourselves from every potential carcinogen in our environment. But there are positive steps we can take to help our bodies battle the threat of this dreaded disease.

Antioxidants: Among the natural protective substances found in foods, antioxidants reduce or neutralize the effects of cancer-causing chemicals. These substances are actually nutrients, such as vitamins C, E, and A, beta-carotene and selenium.

Fiber: Many of the the cancer-related problems with a high-fat diet are made worse if the diet is also low in fiber. This happens for two reasons: Fiber dilutes cancer-forming substances in foods and renders them less harmful. It does this by adding bulk and by decreasing the time food stays in our intestines. Fiber also becomes food for friendly intestinal bacteria. The British medical journal, *Lancet*, in 1982, reported that bacteria in the small intestine breaks fiber down into protective substances called lignans, which protect against cancer and viruses.

Neo-Life to the rescue. . .

Betagard

Developed exclusively for the Neo-Life Company by Dr. Arthur Furst, world’s leading authority on toxicology and former advisor to both the National Research Council and World Health Organization, **Betagard** is an effective, free radical antioxidant in a scientifically-complete formula that helps guard against the accumulation of harmful toxic substances in your system. Research has proven that beta carotene, a prime component of **Betagard**, is one of the most efficient protectors against toxins that have been associated with cancer.

Fiber Supplement

The perfect way to add important fiber to your family’s daily diet, **Fiber Supplement** is an incredibly versatile product that mixes easily with milk, juice, protein drinks. Add **Fiber Supplement** to all your favorite recipes, too! Cakes, breads, casseroles, meatloaf, desserts. . . everything you cook or bake becomes better with added fiber. Each 1 oz serving provides 8 grams of dietary fiber from a healthful blend of 12 all-natural fruits, vegetables and grains.

Neo-Life also offers a delicious **Fiber Bar** as part of our healthful Doctors Diet program. 10 grams of fiber per 2 oz serving.

†The National Cancer Institute, U.S. Department of Health and Human Services, Cancer Prevention, 1984.