21 DAYS TO A HEALTHIER YOU

by Dr. Patrick Quillin, PhD,RD,CNS

SLEEP

ENERGY

PURPOSE

COMMUNITY

NUTRITION

TOXIN AVOIDANCE

Which one will you focus on?

Make no mistake. Genetics are a powerful force. Enter the emerging science of epigenetics.[1] "Epi" means above. Our genes can be adjusted, molded, modified by lifestyle. Most people will never play in the NFL due to their genes (DNA), but most people do not have to die from the same conditions as their ancestors (epigenetics). Most diseases are a collision of genes with lifestyle. About 14% of the western population test positive for APOE4, which increases the risk for Alzheimer's disease. Doesn't mean you are going to get Alzheimer's, it just means that lifestyle factors now become the "blasting caps" for the dynamite of this genetic factor.

You may have inherited a genetic vulnerability to cancer, but you can do something about it through lifestyle changes.

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DAY 1: HOPE, OPTIMISM, AND A FIGHTING SPIRIT

Focus on the parts of your body that are working properly, not on the cancer. Since you are alive enough to read this book, then something and perhaps quite a bit is working in your body. Give thanks for everything that you can think of. Thanksgiving is a healing balm on the body and soul.

DAY 2: KNOWLEDGE, OPTIONS, DATA GATHERING

While your doctor who made the cancer diagnosis may have a plan for you, it is probably not the only therapy that is appropriate for your cancer and may not even be the best therapy. Explore your options. In today's society, getting information is easier than ever before. Get on the Internet and spend a few hours gathering data and phone numbers on who can help you with your particular cancer. The more knowledge you have on the treatment and curing of your cancer, the more likely you are to make the right decision on which "wagon master" to choose for your vital treatment ahead.

DAY 3: THE POWER OF NUTRITIONAL SYNERGISM

Synergism means that 1 + 1 = 3 or 500, but a whole lot more than 2. Synergism tells us that the combined efforts of certain factors yield more than what would have been expected. Do not rely on any "magic bullet" nutrient to beat your cancer. There are no such things. Your body needs the 50 recognized essential nutrients plus a couple of hundred other valuable nutrients that can only be found in a wholesome diet that is supplemented with the right nutrients.

DAY 4: STARVE THE CANCER

Cancer is a sugar-feeder. The scientists call it an "obligate glucose metabolizer". You can slow cancer growth by lowering the amount of fuel available to the tumor cells. Americans have become humming birds in our constant consumption of sweet fluids and foods. The resulting constant high blood glucose levels yield many diseases, including cancer, diabetes, heart disease, hypertension, and yeast infections. Trying to beat cancer while eating a diet that constantly raises blood glucose is like trying to put out a forest fire while someone nearby is throwing gasoline on the trees. Are you eating too much sugar?

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DAY 5: AVOID MALNUTRITION

Cancer is a wasting disease. Over 40% of cancer patients actually die from malnutrition, not from the cancer. Cancer generates chemicals that lower appetite while increasing calorie needs. The net effect is that many cancer patients begin to lose weight. You cannot fight a life-threatening disease while malnourished. You need all the proper nutrition you can get to feed your immune system, which is your army assigned to killing the cancer cells. The backbone of the immune system is protein. If you cannot eat solid foods, then try the Dragon-slayer shake mentioned later in this book.

DAY 6: NUTRITION + MEDICINE= IMPROVED RESULTS

While chemotherapy and radiation can kill cancer cells, these therapies are general toxins against your body cells also. A well-nourished cancer patient can protect healthy cells against the toxic effects of chemo and radiation, thus making the cancer cells more vulnerable to the medicine. Proper nutrition can make chemo and radiation more of a selective toxin against the cancer and less damaging to the patient.

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DAY 7: TURBOCHARGE YOUR IMMUNE SYSTEM

Your immune system consists of 20 trillion cells that compose your police force and garbage collectors. The immune system is responsible for killing the bad guys, any cells that are not participating in the processes of your body, including cancer, yeast, bacteria, virus, and dead cells. "Kill the bad guys and take out the trash." That is what your immune system is supposed to do. But since you have cancer, something is wrong with your immune system: usually either stress, toxic burden, or malnutrition.

DAY 8: THE HEALING POWER OF WHOLE FOODS

It is amazing how simple the answer to cancer can be. Our brilliant researchers have spent 30 years and $45 billion of your tax dollars wrestling with the complex issue of curing cancer. Yet Nature has been solving the dilemma for thousands of years. All of us get cancer all of the time, yet magical ingredients in a whole food diet are there to help the body beat cancer. Ellagic acid from berries induces "suicide" in the cancer cells. Lycopenes from tomatoes help to suppress cancer growth. Genistein in soy, glutathione in green leafy vegetables, S-allyl cysteine in garlic, and much more are the new scientifically validated cancer fighters of the 21st century.
These foods can help boost your immune system.

DAY 9: NUTRITIOUS AND DELICIOUS RECIPES

Now that you understand the importance of eating wholesome foods to beat your cancer, you will need some tips on making this food palatable. I have hosted many classes with hundreds of cancer patients where we would tell them what foods might help them to beat their cancer. Crock pot, pressure cooker, steaming and grilling are all wonderful means of cooking nourishing foods. Some produce is most nutritious when eaten raw, such as many vegetables and all fruit. A high speed blender can take any leftovers or foods that are not appealing and blend them into a smoothie drink or a nice soup.

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Try a couple of boiled eggs with a bowl of oatmeal and a half cup of cantaloupe for breakfast. Move on to a lunch with grilled chicken breast with spinach and onions, wild rice, a bowl of deep-colored fresh vegetables with homemade Italian dressing, and a half cup of raspberries for dessert. A sample dinner might be grilled halibut with fresh lemon, baked sweet potatoes, fresh tomato slices with onions and homemade Italian dressing, and a dessert of a half cup of fresh papaya.

DAY 10: HERBAL MEDICINE

There are thousands of herbs that have been used for thousands of years to treat cancer. None are guaranteed cures for all cancers, but many are non-toxic boosters of immune function and detoxification pathways. If you want just the basic herbs that all cancer patients should be using daily, then start with garlic--as a food, seasoning, and/or pill supplement.

Do you have these medicines in your kitchen cupboards?

DAY 11: HEALTHY FATS

While too much fat and the wrong kind of fat have been killing millions of Americans for the past 50 years, we are now finding a new form of fat malnutrition: deficiencies of the essential fats. Not enough fish oil, borage or primrose oil, flax oil, conjugated linoleic acid (from the meat and milk of ruminants like cows and sheep), and shark liver oil are all fats that can help you to beat your cancer. Begin taking a few capsules of fish oil daily, preferably basic cod liver oil with all the good vitamin A and D still intact. Make a delicious healthy Italian salad dressing using olive oil, water, vinegar and seasonings.

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DAY 12: MINERALS

Before modern agriculture, farmers would use manure and compost to nourish the soil before planting the crops. Today, we use only nitrogen, phosphorus, and potassium (N P K) as the basic fertilizer. With each passing harvest, the American soils and our bodies become more deficient in essential minerals for health. For instance, scientists have found that a dust speck of selenium (200 micrograms daily) can lower cancer incidence by 60% and raise immune functions dramatically. Deprive animals of magnesium and they spontaneously develop lymphoma. Some of our cancer epidemic in America is due to our serious widespread deficiency in essential minerals.

Watch this video "What Minerals are Missing From Your Body"

DAY 13: VITAMINS

Vitamins are the factory workers that get things done. Calories are the fuel for energy and minerals are part of the structure or help vitamins to get things done. Most Americans are deficient in vitamins, even on the survival Recommended Dietary Allowance level.

DAY 14: PROBIOTICS--FRIENDLY BACTERIA

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Professor Elie Metchnikoff won a Nobel prize in 1908 for his work on the immune system. He later discovered the bacteria that makes yogurt (lactobacillus) and declared "Death begins in the colon." Indeed, it may. And the colon and gut of most Americans are under siege by unfriendly organisms and free radicals.

DAY 15: WATER

Our bodies and the earth's surface are composed of 2/3 water. Water is the most amazing substance on earth, providing the fluid of life in your body and the bathing solution for all cells in your body. Yet, most Americans do not get enough water and are drinking contaminated water.

DAY 16: BREATHING

Cancer is an anaerobic growth. Healthy cells in your body are aerobic, meaning that they need oxygen. Cancer hates well-oxygenated tissues of the body.

DAY 17: CHANGE THE UNDERLYING CAUSE

No one with a headache is suffering from a deficiency of aspirin. And no one with cancer has a deficiency of chemo or radiation. While these therapies might temporarily reduce tumor burden, they do not change the underlying cause of the disease.

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DAY 18: SQUELCHING THE YEAST PLAGUE

There is a fungus among us. Yeast (a.k.a. fungus, mold, mushrooms) are everywhere. There are over 400,000 different strains of yeast, of which 400 can cause diseases in humans. Yeast have a very valuable purpose in a well-orchestrated body. Yeast is the "undertaker and the ecologist", degrading our "poop" into basic elements when we relieve ourselves and decomposing our bodies when we are through with them. Unfortunately, due to lowered immune status, toxic burden, malnutrition, sedentary lifestyles, stress, too much antibiotics, enhanced virulence of yeast strains, and people living indoors too much (where yeast thrive in dark, warm, moist, stagnant conditions), we are becoming premature victims of yeast.

DAY 19: BEATING CANCER SYMPTOMS

"If the heat doesn't kill you then the humidity will." "And if the cancer doesn't kill you then the side effects will." Actually, both are worthy of your attention.

DAY 20: SELECTIVELY REDUCE TUMOR BURDEN

It is very likely that your body needs some help in removing 10 or 20 trillion cancer cells, in order to reduce tumor burden enough to get your own anti-cancer defenses up and running. Working with the information that you gathered on day 2 (know your options of treatment), begin the process of debulking your tumor. Surgery, chemo, radiation, immune therapies, and hyperthermia are all common options. The key here is "restrained" tumor debulking. Anyone can kill all the cancer cells in your body. A thimble full of arsenic will do the job. No more cancer cells. No more you.

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DAY 21: ILLNESS AS A TEACHING TOOL

What have you learned since being diagnosed with cancer? How have your priorities changed? Do you see life differently? Do you appreciate sunsets and friends more? If so, then you are heading in the right direction toward healing. If not, then wake up.

Changing the underlying conditions that brought on the cancer (naturopathic) and attacking the cancer with therapies that kill cancer, but do not harm the host (cytotoxic), can be an incredibly effective combination.

Chemotherapy, radiation, and surgery may be appropriate in certain cancers and for certain people. But make sure that the physician understands the concept of “restrained” medical therapies against cancer. I have worked with cancer patients who were devastated by unrestrained chemo, radiation, or surgery.

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