

# NATURAL MEDICINE NEWS

ERIK FLATLAND, ND

BOULDER NATURAL MEDICINE CLINIC

## Natural Medicine News

### Cancer Causes

Cancer is an important topic to understand. The statistics are saying that within the next ten years, one out of three people will have some form of cancer. Modern science has spent billions of our taxpayer dollars trying to find a single cause of cancer. After years of studying cancer, I believe cancer is a multifactorial disease process.

First, there is a slow buildup of toxicity throughout the body, especially the liver which is responsible for most of the body's detoxification, leading to a functional alteration in most bodily systems. Typically, people are not even aware of this process as it gradually occurs over many years. You may notice that you don't quite have the energy you did when you were younger and perhaps you are not quite as strong as

you once were. Some people notice that they have to be more careful about what they eat.

As the toxicity builds up, a lowering of electrical potentials in the vital organs occurs, and a further accumulation of poisons causes a reduction in the activity and supplies of oxygen, and the preliminary mutation of some normal cells into cancer cells.

Everyone is constantly exposed to substances and energies, from chemicals to x-rays that can potentially start a cancer process. Our immune systems are always recognizing and destroying tiny cancers. However when the body weakens and the negative influences in our lives become multiple and cumulative, the immune system is at a disadvantage.

Cancer, in moderation, is a legitimate part of nature. It is estimated that our bodies create 300 cancer cells everyday and more if the body has been exposed to

### Prevent Heart Attack and Stroke With Potent Enzyme That Dissolves Deadly Blood Clots In Hours

Blood clots can cause severe consequences. In the heart, blood clots cause blockage of blood flow to muscle tissue.. This causes the oxygen supply to that tissue is be cut off and it dies within minutes. This usually results in chest pain and heart attack. Clots in the

heart can mobilize to the brain blocking blood vessels and keeping oxygen from reaching necessary areas, which results in senility and/or strokes

In Japan, the levels of disease and deaths caused by blood clots are for 60 percent of all their senility cases. Researchers

have isolated an enzyme called NATTOKINASE, that is contained in a traditional Japanese food called natto. It has been shown to prevent and dissolve blood clots and may be able to safeguard people from hardened arteries, heart attack, stroke and senility. More information next month!

# Cancer Causes

**Nature, Time  
and Patience  
are the three  
great  
physicians.**

**"The immune system helps maintain and revitalize the body by eliminating cancer or otherwise abnormal cells. Only when the immune system weakens can the cancer cells multiply and spread through the body"**

carcinogens (cancer causing chemicals).

Out of billions of DNA replications occurring in the body each day, several will become abnormal and may lead to cancer. In fact, in an average lifetime, the human body goes through an estimated ten thousand trillion cell divisions. Those who practice good diet, exercise, and other preventive lifestyle measures may reduce their cancer risk as low as 10%. Despite the astronomic number of cell divisions, the body's cellular defense system is able to hold cancer incidence down to less than one case in every one thousand trillion divisions. This is the way Nature intended it. When cancer cells occur-and everyone has abnormal cells arising in their bodies throughout the day-they are readily detected and removed by a *healthy* immune system. The immune system helps maintain and revitalize the body by eliminating cancer or otherwise abnormal cells. Only when the immune system weakens can the cancer cells multiple and spread through the body.

The term carcinogen is an "umbrella" term to denote a substance or energy that begins or promotes the cancer process.

What makes the immune system weaken is a multiplicity of stress factors, collectively known as carcinogens. Technically, carcinogens refer to chemicals or radiation with cancer causing potential, but for the purposes of general understanding, I use the term carcinogen more broadly here. Carcinogens include chemicals, electromagnetic energy, faulty diet, free radicals, genetic predisposition, toxicity, radiation, parasites, strong emotions, and viruses-among others. There are dozens of potential influences. These are not so much "causes" of cancer, as facilitators: they edge the body into a condition of weakness, vulnerability, and immune dysfunction. In this condition, the ordinary

production of a few cancer cells can gain the upper hand in the molecular life of the individual, and a cancer process is initiated. Depending upon a person's biochemical and psychological makeup, certain stressors will play a more primary role. The key concept is that the cumulative effect of many carcinogens and immune-suppressing agents all acting together is a weakening of the immune system, thereby allowing cancer cells to proliferate.

First, there are substances called initiators or triggers that damage genes that normally control the proliferation of cells. When a single cell accumulates various changes or genetic mutations, over a period of months or years, it will eventually escape from the ordinary restraints on cell growth. Defects (changes or mutations) in the DNA become embedded in the genetic materials passed from one cell generation to the next, making it a permanent mutation. The cell grows and produces "offspring" or descendants that are increasingly free of the normal growth constraints. The result is a tumor.

Second, there are cancer promoters. These substances do not damage genes but support the growth of tumor cells or their precursors. After the initiation of the cancer process, the disease will often lie undetected for many years; during this phase, cancer promoters can selectively enhance the growth of tumor cells at the expense of healthy cells. In this way, they further the cellular damage, allowing cancer cells to continue spreading abnormally. Promoters can also hamper the removal of initiated cells by the immune system, make certain tissues a more favorable growth habitat for the tumor, and start the migration of cancer cells to other sites in the body, planting the cancer process like seeds. This latter process is called metastasis.

The Natural Medicine News is a private health letter based upon the practice and research of its Editor, who is a naturopathic doctor. This journal is not intended as an advisory on specific cases but as a forum of popular and professional inquiry on issues of health and healing. In all cases I urge readers to discuss the Editor's ideas on these issues with their own health-care practitioners. Copyright, 2002 by Boulder Natural Medicine Clinic. All rights reserved.

Send correspondence to:  
2885 Aurora Avenue, Suite 27  
Boulder, CO 80303  
Phone: 303-447-1339  
Fax: 303-447-1316

# Cancer Causes

The probability is that if a person gets enough exposure to carcinogens, cancer tumors can and will develop even if the immune system is fairly healthy. This is due to the concept of the total body tumor burden—that is, the sum of all factors suppressing the immune system including the cancer cells themselves. A cancer tumor or leukemia develops when there is either an increased production of cancer cells because of excess facilitators (causes) or a decreased removal of cancer cells from the body because of clogged lymphatic drainage or weakened immunity.

## Thirty-Three Factors That Contribute To Cancer

- Free Radicals
- Food Additives
- Hormone therapies
- Pesticide/Herbicide Residues
- Industrial Toxins
- Polluted Water
- Toxic Emotions
- Genetic Predisposition
- Oncogenes
- Blocked Detoxification Pathways
- Intestinal Toxicity and Digestive Impairment
- Chronic Stress
- Depressed Thyroid Action
- Viruses
- Nerve Interference Fields
- Diet and Nutritional Deficiencies
- Chlorinated Water
- Irradiated foods
- Mercury Toxicity
- Parasites
- Cellular Oxygen Deficiency
- Miasm

- Sunlight
- Chronic Electromagnetic Field Exposure
- Tobacco and Smoking
- Cellular Terrain
- Dental Factors
- Immune-Suppressive Drugs
- Fluoridated Water
- Nuclear Radiation
- Ionizing Radiation
- Sick Building Syndrome
- Geopathic Stress

"The probability is that if a person gets enough exposure to carcinogens, cancer tumors can and will develop even if the immune system is fairly healthy."

Practically, what can you do to minimize your risk of cancer? Everyday, you can reduce these factors that contribute to cancer. In the future I will discuss the process of detoxification and how to keep your immune system in top shape.

The preceding information was largely taken from the *Definitive Guide to Cancer*, Diamond, Cowden, Goldberg.

### CARDIOVASCULAR HEALTH PROFILE

**\*SPECIAL PRICE\***

We have contracted with our lab to be able to offer this important test at a reduced rate!

Regularly \$345

**Special Price \$259\***

\* A \$10 blood draw and handling fee is added to the test.  
Offer expires 12/21/02

Call today to schedule!!!

**303-447-1339**

## BOULDER NATURAL MEDICINE CLINIC ERIK FLATLAND, ND

2885 Aurora Avenue, Suite 27  
Boulder, CO 80303  
Phone: 303-447-1339

*Where you go for  
natural healthcare care  
answers.*

---

### STUDIES SUPPORT REIKI'S HEALING BENEFITS Amy Mak, RP,

In the September 2002 issue of *Natural Medicine News*, Reiki was briefly discussed as a form of spiritual-energetic healing with a variety of health benefits. To provide you with a better understanding of the ways Reiki can be helpful in the healing process, I have highlighted three studies that reflect a variety of Reiki benefits in different medical situations.

A preliminary study in *Cancer Prevention Control* reported significant pain reduction in 20 volunteers who received Reiki from a Second Degree Practitioner (Olson and Hanson 1997). Another study was published in *Alternative Therapies* in July 1997 reporting "improvement in spleen, immune, and nervous system function ... quantified by electrodermal screening [showed] ... a reduction of pain, an increase in relaxation, and more mobility ... in patients with chronic conditions such as **multiple sclerosis, lupus, fibromyalgia, [and] thyroid goiter**" as a result of Reiki treatments (Brewitt and others 1997). Over 870 patients at a hospital in Portsmouth, New Hampshire were given 15-minute pre- and post-surgery treatments, which re-

sulted in "less use of pain medications, shorter lengths of stay, and increased patient satisfaction" (Aladydy, P. and Alandydy, K. 1999).

All three studies strongly support Reiki's effectiveness in pain alleviation, which can be of great value to those experiencing pain due to their particular illness. Post-surgical patients can experience quicker recovery, which means less suffering and smaller hospital bills. Reiki's ability to induce relaxation can be useful for those affected by illness-induced stress/anxiety, while at the same time enhancing internal functions in the body. There is still much that needs to be explored by researchers; it will be interesting to see what future studies will tell us about Reiki's additional applications in the medical setting.

Literature cited can be found at [www.soulworkings.com/citations.html](http://www.soulworkings.com/citations.html).

*Amy Mak is a Reiki Practitioner in Boulder, CO. For more information about her practice, or to schedule an appointment, you may call her at:*

*720-304-8628*

*e-mail: [amy@soulworkings.com](mailto:amy@soulworkings.com)*

*[www.soulworkings.com](http://www.soulworkings.com)*