

# What is cancer?

Herman Aihara in his book, **Acid & Alkaline**, defines cancer as such:

*"If the condition of our extra-cellular fluids, especially the blood, becomes acidic, our physical conditions will first manifest tiredness, proneness to catching colds, etc.*

*When these fluids become more acidic, our condition then manifests pains and suffering such as headaches, chest pains, stomach aches, etc.*

According to Keiichi Morishita in his **Hidden Truth of Cancer**, if the blood develops a more acidic condition, then the body inevitably deposits these excess acidic substances in some area of the body such so that the blood will be able to maintain an alkaline condition.

As this tendency continues, such areas increase in acidity and some cells die; then these dead cells themselves turn into acids. However, some other cells may adapt in that environment. In other words, instead of dying – as normal cells do in an acid environment – some cells survive by becoming abnormal cells.

These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function or with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order. This is cancer.

Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

When the immune system is strong, the body will destroy cancer cells preventing them from multiplying and forming tumors. When a person has cancer, it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors. Overcome multiple nutritional deficiencies, and strengthen the immune system by changing the diet and including supplements.

Chemotherapy involves poisoning the rapidly-growing cancer cells and also unfortunately, destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs, etc. Radiation, while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction. When the body has too much toxic burden from chemotherapy and radiation, the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

## **CANCER CELLS FEED ON ACIDIC FOODS LIKE SUGAR, MILK AND MEAT**

### **Sugar**

Eliminating sugar cuts off an important food supply to cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc. are made with Aspartame, which is toxic. A better natural substitute would be raw, unprocessed honey or blackstrap molasses in very small amounts.

### **Milk**

Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. Substitute cow milk products with unsweetened organic soy milk or almond milk.

### **Meat**

Cancer cells thrive in an acidic environment. A meat-based diet is acidic. It is better to eat fish or chicken rather than beef or pork. Meat also contains antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

A diet of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit helps put the body into an alkaline environment. About 20% can be from cooked foods including beans. To obtain live enzymes for building healthy cells, drink fresh vegetable juice and eat raw vegetables 2 or 3 times a day. Most enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

Avoid coffee, tea and chocolate which are loaded with caffeine. Green tea is a better alternative and has cancer fighting properties. Drink purified or filtered water to avoid known toxins and heavy metals in tap water. Distilled water is acidic and devoid of minerals, making it great for car batteries but not for humans. Table salt has a chemical added to make it white in color, a better alternative is Bragg's aminos or unrefined sea salt.

Meat protein requires a lot of enzymes to digest properly. Undigested meat remaining in the intestines becomes putrefied and leads to toxic buildup. Cancer cell walls have a tough protein covering. By refraining from or eating less meat, it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

Some supplements build up the immune system (Essiac, anti-oxidants, vitamins, minerals, etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted and unneeded cells.

Cancer cells cannot thrive in an oxygenated environment. Exercising daily and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior become a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Relax and enjoy life. Cancer and most diseases cannot exist in a body that has an alkaline pH level. Read more on the "pH" section.