Never Fear Cancer Again…

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Brain References
Nearly 75 percent of all deaths in the United States are attributed to just ten causes, with the top three of these accounting for over 50 percent of all deaths:

**Heart Disease**

**Cancer**

**CLRD** (Chronic Lower Respiratory Disease such as COPD)

- Accidents
- Strokes
- Alzheimer’s
- Diabetes
- Influenza & Pneumonia
- Kidney Disease
- Suicide

Cancer is the 2nd highest cause of death in the USA and a huge concern for many on this planet—over 20,000 people die each day from cancer

- Understand and respect its power
- Recognized that much of it can be prevented
- Take appropriate steps
- Dump worry and anxiety
- Create a positive can-do mindset
- Avoid “fearing” cancer—can suppress immune system

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In situations that involve anger, fear, trauma, crisis, or threat (anything that triggers a sense of helplessness) the brain automatically shifts its energy and attention from the neocortex to the reptilian brain attempting to access safety functions.

When “downshifted,” the brain tends to experience a sense of anxiety rather than the excitement of a challenge, has difficulty problem-solving or recalling what it was told.

Gratitude is the antidote for fear—information and knowledge reinforce gratitude.

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What is cancer?

A bad cell that goes ballistic and begins to grow and reproduce uncontrollably.

A few cells the size of the tip of a ball-point pen can begin to form a small tumor that may become quite large and metastasize, destroying surrounding healthy tissue, including brain and body organs.
Although many factors contribute to developing a diagnosis of cancer, according to some researchers there are only two fundamental causes for all disease:

- **Nutrient deficiency**
- **Toxicity**

Whether or not nutrient deficiency and toxicity turn into cancer depends a lot on your own history and lifestyle.
The cancer process requires a specific body environment to sustain itself—stop creating the conditions that allow it to thrive — Raymond Francis M.Sc., Harvey Diamond

Never Fear Cancer Again

The key to Success is creating and living a longevity lifestyle designed to help you:

• Prevent what is preventable
• Reduce the risk for what isn’t totally preventable
• Better manage what wasn’t or couldn’t be prevented
Each patient carries his own doctor inside him—we are at our best when we give the doctor who resides within a chance to go to work

—Albert Schweitzer MD

How do you give the “doctor who resides within” a chance to go to work?

By learning information about how to stay healthier and younger for longer; by proactively turning what you learn into personal knowledge; and by applying it on a daily basis for as long as you live

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Unfortunately, this seems to be a challenge for many human beings—going back a long way, too.

*It is not that I do not know what to do—it is that I do not do what I know*

—Confucius (551-479 BC)

*What I want to do I do not do, but what I hate I do*

—Paul the Apostle (5-68 AD)

Bottom line: When you know better you *can* do better, but it requires choice and consistency
The most common risk factors for the big “C”

AGING – everyone is believed to have abnormal or mutated cells in the brain and body as cells do not replicate (divide / multiply) flawlessly (neurons not at all!)

Estimates are that the average person carries around between 100 and 10,000 cancer cells at any one time – whether they turn into the disease of cancer depends on multiple factors, most pertaining to lifestyle

Prevention? Create and live a longevity lifestyle that can help you stay healthier and younger for longer

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OVERWEIGHT / OBESITY – Obesity is linked with more than 50 illnesses and diseases including diabetes, heart disease, cancer, dementia, and so on. Currently at least 1/3 of the world’s population is estimated to be overweight or obese.

• Most overweight and obesity is believed linked with lifestyle: too little exercise; too many calories; fast, fatty, fried, and frozen foods; sodas (reg or diet)

Prevention? Keep your weight within a normal range for your gender, size, and bone structure and avoid belly fat

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SMOKING or toxic fumes including vehicle exhaust

Tobacco smoke contain thousands of chemicals, at least 70 of which are listed as carcinogens, for example:

- Nicotine
- Formaldehyde
- Arsenic
- Ammonia
- Benzine
- Radioactive elements (e.g., uranium)
- Lead
- Carbon monoxide
- Nitrosamines
- PAHs (Polycyclic aromatic hydrocarbons)

Chemical take up space that would ordinarily be occupied by oxygen, which leaves the brain slightly anoxic.

Prevention? Never smoke; if you do smoke—stop! Avoid side-stream smoke . . .

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ALCOHOL – a brain toxin and carcinogen linked with several cancers, including: head and neck, esophageal, liver, breast, colorectal . . .

• Ethanol breaks down to acetaldehyde—damages DNA and proteins
• Generates reactive oxygen species—damages DNA, proteins, and fats through oxidation
• Impairs ability of body to absorb a variety of nutrients
• Increases level of estrogen in the blood

National Toxicology Program, US Department of Health & Human Services

Prevention? Assess risk you are willing to take (tobacco plus alcohol increases risk more than either separately)

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INFECTIOUS AGENTS – Cancer has been linked to organisms such as viruses and bacteria. For example:

- HPV – Human papillomavirus
- HBV – Hepatitis B virus
- HCV – Hepatitis C virus
- HIV – Human immunodeficiency virus
- HHV-8 – Human herpes virus 8
- H. pylori – Helicobacter pylori

Prevention? Behavioral changes in lifestyle, the use of protective immunizations, and treatment with antibiotics.
RADIATION EXPOSURE – X-rays, radiation treatments, sun-tanning parlors (banned in AU), warfare agents, and sunlight (need about 15 minutes of exposure per day to your arms to obtain benefits, preferably not during mid-day)

Excess exposure to sun’s ultraviolet (UV) rays can lead to skin cancer due to gene mutations (melatonin) —Skin Cancer Foundation

Prevention? Use proactive protection and regular skin checks; obtain moderate exposure; negotiate with your healthcare professionals to obtain x-rays (etc) based on identified need, get regular skin checks…

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PHYSICAL ACTIVITY – Being active not only reduces the risk of cardiovascular disease, but also lowers the risk of obesity, hormone fluctuations, and immune system function—all factors that have been connected to cancer. Physical activity promotes release of endorphins, excretion of toxins and waste, and increased distribution of oxygen and other macro- and micronutrients.

Prevention? Stay active! Obtain regular physical exercise—do what you can at least 3-5 times a week.

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GENETIC / FAMILY HISTORY – Some are at a higher risk from mutated genes passed down from biological ancestors; likely requires more than one gene mutation (5-10 percent of breast cancer may be due to two mutated genes) —American Cancer Society

Prevention? Learn your family history, if at all possible. Talk with your physician about genetic studies, mammograms, and colonoscopies. Do self-breast examinations. Have a physical exam annually including a rectal / pelvic with visualization of the cervix

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HORMONAL FACTORS – Hormones in oral contraceptives (OC) and hormone replacement therapy (HRT) have been linked with some types of cancer, as are increased levels of estrogen


Aromatase in fat cells (e.g., belly fat) convert testosterone to estrogen—in both M and F

Prevention? Maintaining your weight in an optimum range can decrease testosterone-estrogen conversion; think carefully before you take hormonal supplements / shots
TOXIC SUBSTANCES – Asbestos, weed killers, DDT, substances listed in Prop 65 enacted in 1976, and many others all have been found to increase the risk of cancer

**Prevention?** Evaluate your environment for the possible presence of cancer-promoting substances. Be careful about the type of water you drink—get the best source possible. Take antibiotics only when absolutely necessary and as ordered.
MENTAL ATTITUDE AND STRESSORS - Animal and human studies have shown a correlation between mindset, self-talk, and health, as well as how you handle stressors.

**Prevention?** Develop a positive, can do mindset. Raise your emotional intelligence and dump JOT behaviors. Stop talking about what you don’t want to have happen. Use only positive self-talk to tell your brain what it can do and what you want it to do. Use effective stress management techniques. Laugh a lot!
LOW QUALITY NUTRITION –Cancer cells are “glucose hogs” and love highly refined and processed foods filled with sugar, fat, and salt, that can promote the growth of blood vessels allowing oxygen and nutrients to reach cancer cells and tumors (angiogenesis); Dr. William Li points out that some foods prevent or discourage angiogenesis…

Prevention? Aim for a Mediterranean cuisine with ancient grains, fruits, and veggies in as natural and unrefined a state as possible; fat from avocados, olives, nuts, olive and coconut oil; minimize red meat and regular dairy
FAILURE TO LIVE A LONGEVITY LIFESTYLE – Avoid factors that increase your risk for cancer; studies show it matters; prevent what can be prevented and carefully manage what was not or could not be prevented

Prevention? Plenty of water; optimum sleep; carefully selected friends and support group; high levels of emotional intelligence; appropriate macro- and micro-nutrition, hone life satisfaction, supplements to keep brain and immune system healthy
Studies are showing how you can give the *doctor within you* a chance to go to work—lowering your cancer risk, reducing angiogenesis, and learning how to stay healthier and younger for longer.

Estimates are estimates are that 70% of the factors that determine how long and how well you live is up to you—based on your lifestyle choices.

You are the **only person** who can do this for you!  
*Go to work!*

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