

Cancer Is a Modern Man-Made Disease

YOU CAN PREVENT IT; YOU CAN REVERSE IT;

by Dr. Dalal Akoury

and you have choices.

Cancer is caused by environmental factors, such as pollution and poor diet. The rarity of cancer in the pre-industrialization era suggests that cancer is predominantly created as a result of lifestyle changes in modern civilization. There is an overwhelming body of evidence indicating that the drastic changes in diet, industrialization of food, and increased exposure to environmental toxins are the primary reasons for the exploding rise in the incidence of cancer. As the American public has increased its consumption of simple, processed carbohydrates and decreased its consumption of healthy fat intake (wild fatty fish, wild game), obesity rates have skyrocketed. Furthermore, the sins of modern civi-

lization are in the Standard American Diet (SAD) and the rally for a sedentary lifestyle, along with modern day stress and anxiety levels.

The Obesity Link

Obesity has become the norm, and the list of diseases linked to obesity and lifestyle has become endless. According to the American Cancer Society, obesity contributes to hypertension, lipid disorders, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems. New scientific studies indicate that as the body mass index measurement of obesity goes up, the rate of cancer incidence rises sharply.

Beating Cancer

While the incidence of cancer has increased dramatically in modern times, we have begun to see some declines in cancer death rates since the 1990s. The National Cancer Institute's (NCI) statistics show that there are approximately 11 million cancer survivors in the United States. At New Hope Medical Center in Scottsdale, AZ, researchers believe this recent decline is largely due to the fact that more patients are thinking and acting proactively when

“If people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny.” – Thomas Jefferson 1743 – 1826, third president of the United States.

it comes to their cancer treatment options, choosing to augment their medical treatment with complementary therapies to support healing, and by making lifestyle changes.

Complementary and Alternative Therapies

The National Center for Complementary and Alternative Medicine defines complementary and alternative medicine as “a group of diverse medical and health care systems, practices and products that are not presently considered to be part of conventional medicine.” Complementary medicine is distinguishable from alternative medicine in that complementary medicine is used together with conventional medicine, while alternative medicine replaces conventional medicine altogether.

The team at New Hope Medical Center helps patients with chronic degenerative diseases and immune disorders by creating individual complementary medicinal regimens for each patient's needs. They believe that while no cancer treatment offers a 100 percent success rate, a proper combina-

Start Your Second Life with
Heart Healthy Mediterranean Cuisine

Lunch ~ Tapas ~ Organic Wine ~ Beer

Renaissance Bistro

203 Chartwell Ct, Myrtle Beach

(off of 544 W behind BB&T)

(843) 997-0177

Monday-Friday 11-5

&

Private Dinner Parties



tion of complementary and traditional cancer treatments has the potential not only to improve a patient's quality of life, but also to increase the patient's life expectancy. There's a lot of controversy surrounding alternative treatments, and, of course, it is necessary to continue researching these approaches. However, I believe that you have the right to know that the integrative approach to cancer therapy—bringing traditional Western medical practice together with complementary medicine—is valid, legitimate and supported by the NCI. It is worth noticing that the NCI supported approximately \$121,564,207 million dollars in Complementary and Alternative Medicine (CAM) related research. This represents more than 444 projects in the form of grants, cooperative agreements, supplements and contracts.

You Can Choose to be Proactive

Natural cancer treatment therapies are worth investigating, and you have the right to choose your own course of treatment, such as complementary and alternative therapy, along with chemotherapy. Integrative cancer therapy might also include yoga, hypnosis, meditation, biofeedback, imagery, exercise and psychotherapy. Diet changes might include adding different vitamins and micronutrients found in vegetables, fruits and other plant products that are shown to prevent cancer development (carcinogenesis) by interfering with detrimental actions of mutagens, carcinogens and tumor promoters. Integrative cancer therapy centers offer some of the most advanced cancer treatments available in

a plan tailored to your unique diagnosis and needs to keep you strong in body, mind and spirit.

CAM Cancer Therapy Options

- Intravenous vitamin C, which has been shown to increase immune cell activity.
- Restoration of hormone deficiencies in the body, such as DHEA, melatonin, thyroid and thymus hormones. About 90% of cancer patients have subclinical thyroid deficiency.
- Restore the proper balance and function of healthy intestinal microorganisms in the intestines.
- Body detoxification therapies that focus on removing chemical toxins, like pesticides, and heavy metals, like mercury, cadmium, lead and arsenic.
- In addition to eliminating chemical toxins and heavy metals from the body, cancer patients need further detoxification support in order to remove the toxic load that comes from the death of cancer cells. When tumor degradation is rapid, the release of cellular toxins into the body may cause serious clinical problems.
- Stress reduction and stress management—stress is the “silent killer” of today's society. Most cancer patients recall events in their lives that disturbed them to the extent that “they haven't been the same since.” Many patients hold in their tears, anger and sorrow, eventually reaching a debilitating state.
- Systemic enzyme therapy—Natural enzymes help break down

the protective protein coating that surrounds cancer cells. Enzyme therapy also helps with the liberation of the cancer cell necrosis.

- Oxidative therapies.
- Oxygenating therapies.
- Far infrared sauna detoxification therapy.
- Colon therapy and enemas.
- Liver detoxification therapies.
- Physical therapies and exercise.
- Botanical or herbal therapies.
- Homeopathic medicine—Homeopathic medicines are natural remedies that work with the body's natural healing force.
- Antimicrobial therapies.
- Bio-Oxidative therapy.
- Education—You must have a complete understanding of your therapies.

Cancer is currently the second leading cause of death in the United States and in industrialized countries; it is only surpassed by heart disease. The NCI (Cancer.gov) estimated that in 2008 over 1.4 million people will be diagnosed with cancer. A projected total of 1,529,560 new cancer cases and 569,490 deaths from cancer in the United States in 2010 were published by Cancer Statistics, 2010 – *Jemal et al., 10.3322/caac.20073 -CA.*

For more info on the National Center for Complementary and Alternative Medicine, visit nccam.nih.gov. Integrative cancer therapies are offered at AwareMed Medical Institute under the guidance of Dr. Dalal Akoury. For more info on integrative therapies for cancer, call AwareMed, in North Myrtle Beach, at 843-361-2772 x6011. See ad page 2.

OVIS HILL FARM OF TIMMONSVILLE



Charlie Caldwell
843-992-9447
www.OvisHillFarm.com

Delivering Farm
Fresh Products to:
Gallery on 8th
714 8th Ave N, Myrtle Beach
Wednesdays, 3-7pm

Naturally Outdoors
2519 W. Palmetto St., Florence
Thursdays, 3-7pm & Saturdays, 10am-1pm

- Grass Fed Lamb & Beef
- Free Range Chicken & Eggs
- Farm Fresh Milk & Butter
- Organic Vegetables, Fruit & More

No Pesticides, No Antibiotics,
No Added Hormones

BOOKSTORE

for the **Miracle Minded**
at *Unity Christ Church*

Inspiring Books Amazing Jewelry
Decorative Scarves Pure Oils Candles
Children's Books and More

Open Sun. 10-1, Wed., Thurs. 11-4
1270 Surfside Industrial Park, Surfside