

Cancer: Stats & How To Decrease Your Risk

Obviously a horrible disease so in this blog let's take a look at cancer and how to decrease the risk.

Cancer is the #2 cause of death in the US! 568,668 die per year, 1,558 per day.

[National Vital Statistics Report](#), Nov 2011

Huge Cost!

Direct medical costs ~ \$102.8 billion.

Indirect [morbidity](#) costs \$20.9 billion (lost productivity due to illness)

Indirect [mortality](#) costs \$140.1 billion (lost productivity due to premature death)

Total Cost = \$263.8 billion

[National Institutes of Health](#), Nov 2011

Bleak Predictions: 11.7 million people (1 in 26) are currently diagnosed with cancer

By 2020 the number will increase to 18.2 million (1 in 19), a whopping 56% increase!

The US may face a shortage of 4,000 cancer specialists!

[Journal of Oncology Practice](#)

Common Presentation Of Cancer. Always watch yourself for any of the following:

Complains of persistent insidious onset of pain, Unexplained weight loss, Fatigue, Pain worse at night, Pain does not change with motion, Care for 1 month with no change, Sore that does not heal, Unusual bleeding or discharge, Thickening or lump in breast or elsewhere, Indigestion or difficulty in swallowing, Obvious change in a wart or mole, Nagging cough or hoarseness.

Probable Cause: DNA damage

How Cells Work:

- * Oxygen, water and nutrients get to the cell via the bloodstream
- * The cell does its' "metabolic job"
- * Waste products are excreted via the bloodstream
- * If the waste doesn't get excreted it becomes toxic & can cause pain via muscular tightening and/or trapping of [chronic inflammatory chemicals](#)
- * If this persists the cells may become cancerous

Studies:

Poor diet, lack of exercise and unhealthy lifestyle are responsible for 65% of cancer deaths!

[American Cancer Society](#)

Cancer is less prevalent in active people, as exercise decreases depression and increases oxygen to the tissues.
Harvard Medical School

Quotes:

"Virus, amoeba, parasites, fungi & bacteria cause many diseases! None of those hostile organisms can live in an environment with high concentrations of oxygen. Oxygen gets rid of toxicity. These pathogens are destroyed in the presence of oxygen - especially cancer." -Dr. Alec Borsenko

"Cancer has one prime cause. The replacement of normal oxygen respiration of the body's cells by an anaerobic (oxygen-deficient) respiration." -[Dr. Otto Warburg](#) ~ 1883-1970 Winner Nobel Prize 1931

Decrease Your Cancer Risk: American Cancer Society

1. max [BMI](#) of 25, limit adult weight gain to 11 lbs (daily moderate/weekly vigorous activity)
2. 5 or more servings of fruits and veggies daily

3. 7 or more portions of complex carbs daily
4. decrease processed foods and refined sugars
5. limit alcoholic drinks: 1-women, 2-men daily
6. limit red meat to no more than 3 oz daily
7. decrease fatty foods, particularly animal fats
8. limit intake of salted foods and use in cooking
9. eliminate tobacco use
10. practice sun safety/recognize skin changes
11. practice safe sex