



## Health & Nutrition Update

December 2008

### Why Cancer Kills

The health and nutrition industry is rapidly growing despite the recent slowdown in the rest of the economy. Increasingly, we are being inundated with mailings and e-mails from various doctors, nutritionists, and different medical authorities either informing us about new discoveries or soliciting us to use their nutritional products. Perhaps you are also trying to sort through the bombardment as public awareness of nutrition seems to be expanding with no end in sight.

Since the aging baby boomers are the first post-World War II generation to have grown up consuming an increasing amount of processed food, the toll on the physical bodies is now becoming more readily apparent and quantifiable. Additionally, medical science continues to discover new things about different diseases that are particularly affecting this generation as it ages. One specific disease that has increased dramatically over the past fifty years is the **dreaded cancer** that attacks various parts of the body.

In a recent e-mail posting, we received the following enlightening information from one of our trusted medical doctors, Russell L. Blaylock, M.D., about some aspects about cancer that have been overlooked in the past. **This particular report spoke volumes to us, as we have sadly observed family members and friends who have fallen into the old thinking about “not feeding the tumor” and have lost the battle to various cancers because of a simple lack of good nutrition.** Here is an edited part of Dr. Blaylock’s report, “Why Cancer Kills,” after a brief overview of cancer’s ugly recent history:

You might not remember this, but back in 1971, President Richard M. Nixon officially 'declared war on cancer' when he signed into law the National Cancer Act. His mission was to — once and for all — find a cure for this deadly disease. Well, here we are, nearly forty years later. And unfortunately, the scientific community is really no closer to a cure than they were when President Nixon put his pen to paper and signed that bill into law. In fact, here's where we are today . . .

According to the United States National Cancer Institute, in the U.S. alone:

**More than 1.2 million Americans develop cancer every year**

A new cancer is diagnosed every 30 seconds

**One in two men will be diagnosed with cancer in their lifetime**

One in three women will be diagnosed with cancer in their lifetime

**Roughly 8,000 children will be diagnosed with cancer this year**

Cancer is the #1 cause of death in children between the ages of 1 and 14

**Over 565,000 Americans die from cancer every year**

Cancer could easily become the leading cause of death by the year 2010

I was absolutely astounded when I read those statistics, and I suspect you are, too.

What's happened in the last 37 years that **over half a million people still die from cancer every single year?**

And according to experts, that number continues to grow.

### Why Cancer Kills (and How to Keep It from Killing You)

Ironic as it seems, for many years cancer specialists had no idea why cancer killed patients. In some cases, major blood vessels were blocked by the tumor, or the heart was compressed. In most cases, though, the cause defied explanation. Then researchers concluded that death was caused by starvation; that is, the cancer was stealing nutrients from the rest of the body and the patients literally starved to death. Most have seen the emaciated condition of terminal cancer patients. They look like people found in Stalin's gulag.

Armed with this new knowledge, doctors were still hesitant to feed the patients higher levels of nutrients, fearing it would also feed the cancer and make it grow faster. Finally, a few intrepid researchers tried high-nutrition feeding of terminal cancer patients and discovered two things.

**One, they lived longer and two, their tumors did not grow any faster. A great number of studies have confirmed this finding.**

Yet, animal studies found that certain nutrients could make tumors grow faster and make them more

likely to metastasize. These nutrients included processed sugars and omega-6 oils. In fact, in some animals with transplanted human tumors, the tumors do not metastasize unless the animals are fed corn oil, which is an omega-6 oil.

I checked the diets being recommended by a number of cancer centers. To my astonishment, I found that they were recommending that their cancer patients eat doughnuts, cakes, pies, cheesecake, breads and a number of other sources of refined sugar. I remember in one instance, a cancer patient told me she was told her to eat anything she wanted . . . and that the important thing was not to lose weight. Incredible!

In 1994, I wrote a book entitled "*Excitotoxins: The Taste That Kills*," on the harmful effects glutamate and aspartame additives cause to the brain. (For more information, go to my Web site [www.russellblaylockmd.com](http://www.russellblaylockmd.com).) Since then, scientists have discovered that a great number of glutamate receptors, the site where glutamate interacts with the cell, are found with some cancers.

Stimulating these receptors can make many common cancers grow much faster, become highly invasive, and much more deadly. This was first discovered with brain cancers (glioblastoma multiforme). When these tumors secreted a lot of glutamate, they grew 14 times faster than those that didn't. Adding glutamate to the tumors made them suddenly invade the surrounding brain.

We now know that breast, prostate, melanoma, colorectal, lung, ovarian, rhabdomyosarcoma, pancreatic, and head and neck cancers all have glutamate receptors. Stimulating these receptors causes tumors to grow and invade surrounding tissue. Blocking the glutamate receptors can suddenly make the resistant cancer sensitive to chemotherapy.

**The irony here is that glutamate additives are common in our foods. Processed foods frequently have several forms of glutamate additives added in high concentrations. Why? They are only used because they enhance the taste of foods.**

No one is telling cancer patients that these additives enhance the growth of their cancers, interfere with conventional treatments, and stimulate tumor invasion and metastasis. Although glutamate additives aid the development and growth of cancer, many natural products, including quercetin and curcumin, protect against its development and spread. All are found in vegetables, and many can be purchased as supplement extracts. Learn more about the life-extending properties of supplements by reading my report "Key Vitamins that Save Your Heart, Prevent Cancer, and Keep You Living Long." (Blaylock Wellness Report).

For well over a year we have been recommending that people take supplements that can help in the prevention of disease due to malnourishment by keeping not only your nutritional requirements fulfilled, but can help maintain your immune system in order to keep your health. If you are interested in our approach, please give us a call or send us an e-mail. We will be delighted to share with you what has been such a blessing to us.

Choosing Good Health,  
Mark and Margaret