



Conquering Cancer: Top Need-to-Know Secrets & Natural Breakthroughs



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From Fearful to Empowered

Cancer is likely the most feared diagnosis in all of medical history. Why? Because, despite the war our greatest medical minds have waged on the disease for decades now, it continues to have a dismal prognosis.

According to the American Cancer Society, over 569,000 Americans died of cancer in 2010, which is more than 1,500 people a day. Cancer is the second most common cause of death in the U.S., topped only by heart disease. And, in the U.S., cancer accounts for nearly 1 in every 4 deaths.ⁱ

There is some good news on the cancer front, however. The 5-year relative survival rate for all cancers is trending up, from 50% in 1975-1977 to 68% in 1999-2005. The improvement is due, in large part, to improved screening and more early detection of certain cancers, like colorectal cancer. This cancer, for instance, has a 90 percent “cure rate” when detected early, but in cases where it has spread through the walls of the colon or rectum, the survival rate is just 5 percent.

Another eye-opening fact from the American Cancer Society is that about one-third of the nearly 570,000 cancer deaths in the U.S. in 2010, were related to obesity, physical inactivity, and poor nutrition... and were therefore *preventable*.ⁱⁱ

The empowering truth here is that you have far more control over cancer than you ever imagined. As the old sports adage goes: “The best defense is a good offense.” And the same notion applies to conquering cancer. By making healthy lifestyle choices—especially those related to diet and exercise—you can significantly cut your risk of cancer.

In this special report, you’ll discover the “need-to-know” secrets for building your health and strengthening natural immunity so you can keep cancer at bay. Plus, you’ll learn about four natural breakthroughs that can super-charge your immune system against cancer, if this is the health situation you or a loved one is facing.

Convert to an Anti-Cancer Diet

A healthy diet is one of the biggest weapons under your control in the battle against cancer. But Americans continue to ignore it. A 1979 special report issued by the U.S. Surgeon General, citing more than 2,000 scientific studies from around the world, concluded that the normal American diet is dangerous and that over half of all deaths in America that year were from diseases associated with diet, including cancer.ⁱⁱⁱ

The report conclusions are startling, and they were revealed *over three decades ago*, but Americans continue their love affair with sugar, saturated fats, and preservative-laden junk food. So, if you’re serious about conquering cancer, your first step has to be cleaning up your diet.

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Emphasize raw, organic vegetables and fruits

Raw foods are alive with vitamins, minerals, enzymes, phytonutrients, and fiber. They nourish your cells and strengthen your immune system. Certain antioxidant-rich vitamins, including vitamin A, vitamin C, and beta carotene, have been shown in studies to reduce the risk of cancers of the stomach, colon, rectum, esophagus, larynx, and lungs.^{iv}

Stick with organic fruits and vegetables whenever possible to reduce your intake of pesticides and other toxic chemicals used in “modern” farming methods.

If buying organic isn’t an option for you, try to stay away from the “dirty dozen,” which are the top 12 fruits and vegetables known to have high levels of pesticides. These are: peaches, strawberries, apples, blueberries, nectarines, cherries, (imported) grapes, celery, bell peppers, spinach, kale, and potatoes.

Healthful fruits and vegetables known to be low in pesticide residues are: cantaloupe, watermelon, honeydew melon, grapefruit, pineapple, mango, kiwi, onions, avocado, sweet corn, sweet peas, asparagus, cabbage, eggplant, and sweet potato.

Cruciferous vegetables, like broccoli, Bok Choy, Brussels sprouts, cress, radish, turnip, cabbage, and cauliflower are especially good choices for your healthy diet. These antioxidant-rich vegetables have been found to decrease the effects of cancer-causing chemicals.

Other powerful antioxidant fruits and vegetables, known to reduce your risk of cancer include: raspberries, blackberries, red grapes, carrots, beets, tomatoes, sweet potatoes, and other yellow-orange vegetables.

Avoid red meat

Red meat is difficult for your body to digest. It tends to sit in your colon for a long period of time and putrefy, which taxes your immune system. It’s also high in proteins that incite inflammation throughout your body, especially in your digestive system. And inflammation is now recognized as a major contributor to a host of diseases, including cardiovascular disease and cancer.

It’s not just the red meat itself that is a cancer concern, however. The process of cooking meat can produce dangerous carcinogens, too. Specifically, when the fat in meat is heated, it releases very potent cancer-causing elements called nitrosamines.

The risks of cooking and eating red meat are very real. Research indicates that just one serving of red meat per day is associated with a 50 percent increase in colorectal cancer risk.

Stop eating processed sugar

It’s estimated that the average American eats over 20.5 teaspoons of processed sugar a day, or 68.5 pounds of sugar per person, per year! A twelve-ounce soda has about 8-10 teaspoons of sugar and a piece of white bread has 2 teaspoons, so it’s easy to see how less-than-healthy food choices make your daily sugar total climb quickly.

The problem with excess sugar isn’t just the added weight it can bring. It also depletes your





adrenal glands and impairs your immune system. In fact, excess sugar has been shown to slow down the mobility of white blood cells and reduce the production of certain disease-fighting hormones.^v

Sweets also result in a rise in blood sugar, which causes your body to release insulin and insulin-like growth factor. These hormones promote cell growth, which is risky when it comes to malignant cells because they are, by definition, cells that grow out of control.

Nix the bad fats

High levels of saturated fats are commonly associated with cholesterol problems, but the American Institute for Cancer Research in Washington, D.C. states that studies have linked it to increased cancer risks as well.^{vi}

Like sweets, saturated fats can cause a chain of events that leads to an over-production of insulin and a resistance to natural insulin functioning in your body. This, in turn, can cause a number of health issues, including diabetes, cognitive problems, and an increased risk of certain cancers, such as cancer of the breast, colon, prostate, and small intestines.

To reduce saturated fat in your diet, stay away from red meat, choose lean cuts of pork and poultry, and eat your fish without the skin. Also, try baking, broiling, poaching, and steaming rather than sautéing or frying. Finally, select skin or low-fat milk and dairy products, instead of the full-fat versions whenever possible.

Add oats

Granted, of the cancer-conquering diet suggestions above may take some effort to adopt, but there's one powerful secret you won't want to miss because it's so . . . easy. And that's to eat good old-fashioned oatmeal for breakfast.

You may think of oats as basic or unexciting, but they are a superstar when it comes to boosting your health. It starts with their copious fiber count. Oats contain both soluble and insoluble fiber—8 grams total in one cup of uncooked oatmeal. This helps to keep your bowels moving, and sweeps them clean of toxic debris.

But, oats also contain large amounts of beta-glucan, a fiber-like complex sugar that has been found to be a potent immune system stimulant. Beta-glucan activates the white blood cells known “natural killer cells” that identify and destroy cancerous tumor cells, as well as speed the repair of damaged tissue by removing cellular debris.^{vii}

When you buy your oats, don't get the “instant” variety. These oats have already been partially cooked and often contain added sugar and salt. Old fashioned, or “steel-cut” oatmeal requires a bit more cooking time, but the flavor and texture they deliver are well worth the wait. If you'd like, add chopped fruit or nuts to vary the taste and punch up the antioxidant content.

Drink pure, clean water

Don't forget healthful liquids when it comes to building a cancer-conquering diet. Cut back

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or eliminate the drinks that contain health-sapping ingredients, like sugar, caffeine, or alcohol, and turn instead to pure, clean water.

Aim to consume at least eight 8-ounce glasses of water each day, and more when you exercise or are feeling under the weather. This amount will not only keep your body well-hydrated, but will also help your digestive system and immune system to flush toxins from your body.

If you're concerned about the safety of your tap water or bottled water (and you should be based on numerous reports revealing the chemicals and contaminants commonly found in both), consider using a high quality water filter or water distiller in your home. And use a personal stainless steel bottle to carry clean water from your home system with you when you're on-the-go.

To compare features, benefits, and prices of top-recommended water filter systems, go to www.waterfiltercomparisons.com.

Improve Your Air Quality

Despite our nation's efforts at "being green," our air quality is actually getting worse instead of better. Evidence of this comes from an Environmental Protection Agency (EPA) report released in 2009 and based on the agency's 2002 National Air Toxics Assessment (NATA). The report revealed that all 285 million U.S. residents have an increased cancer risk due to air toxins.^{viii}

Mobile emissions, especially benzene emitted from motor vehicles and gasoline service stations, accounted for about 30 percent of the overall cancer risk, and a full 45 percent of the risk was attributed to "background" pollutants with no known emissions source.

As one government official stated, "[The study] shows an unacceptable number of Americans being exposed to cancer risk solely attributed to air pollution on top of all the other risks from smoking and indoor air pollution."^{ix}

Although outdoor air pollutions is what first comes to mind when considering air quality, indoor air pollution can be an even greater concern. In fact, the same air pollutants monitored by environmental laws outdoors are found in levels two to five times higher in the average American home. This is likely due to the fact that today's energy-efficient homes are tightly sealed and don't allow for adequate ventilation. Toxins are literally trapped inside, putting constant pressure on your immune system.

To protect against this 24-hour assault, consider using a quality air purifier. For a comparison of some of the best-selling and top-rated air purifiers, go to www.air-purifiers-america.com or www.air-purifier-home.com. And take common sense measures to protect against outdoor air pollution, like avoiding outdoor activities when the air quality index reaches dangerous levels.

Get Physical Against Cancer

Regular physical activity can improve your health by helping to control weight; helping to





maintain healthy bones, muscles and joints; reducing the risk of diabetes, high blood pressure, and heart disease; and reducing your overall risk of premature death.^x

But, researchers are now learning that physical activity can also reduce the risk of certain cancers, including cancers of the colon, breast, prostate, lung, and uterine lining. Specifically, evidence suggests that 30 to 60 minutes of moderate to vigorous physical activity per day is associated with a reduction in cancer risk.^{xii xiii}

The exact mechanism of the protective effects of exercise are not known, but researchers have proposed a number of explanations, including lowering hormone levels of insulin and insulin-like growth factor and thereby preventing tumor development, improving immune response, promoting weight maintenance and thereby avoiding high body mass and excess body fat—both contributors to an increased cancer risk.

Furthermore, related research studies show that exercise can improve survivorship after a cancer diagnosis. Exercise is said to reduce stress, enhance energy levels, improve mood, and help improve overall quality of life, all of which can contribute positively in the draining process of cancer treatment and recovery.

The secret to success when getting physical against cancer is to avoid thinking about it as “exercise.” You don’t have to join an expensive gym or sign up to do the neighborhood exercise boot camp. Find an activity you enjoy and stick with it. Choosing something you can do with a friend will make your regular physical activity even more fun and will help you stay committed.

Kick Your Butts

Without a doubt, smoking is the lifestyle choice that has received the lion’s share of attention when it comes to cancer risk and prevention. Despite this, approximately 20.6 percent of U.S. adults continue to smoke and an estimated 20 percent of high school students have taken up the habit.^{xiv}

If you haven’t found the fortitude to kick your smoking habit yet, consider these grim statistics from the National Cancer Institute (NCI)^{xv}:

- Tobacco use is the leading cause of preventable illness and death in the United States. It causes many different cancers as well as chronic lung diseases, such as emphysema and bronchitis, and heart disease.
- Cigarette smoking causes an estimated 443,000 deaths each year, including approximately 49,400 deaths due to exposure to secondhand smoke.
- Lung cancer is the leading cause of cancer death among both men and women in the United States, and 90 percent of lung cancer deaths among men and approximately 80 percent of lung cancer deaths among women are due to smoking.
- Smoking causes many other types of cancer, including cancers of the throat, mouth,

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nasal cavity, esophagus, stomach, pancreas, kidney, bladder, and cervix, and acute myeloid leukemia.

Fortunately, the NCI doesn't just disseminate these deadly details; they provide a wealth of resources to help you once you decide to quit smoking, including publications and other free materials, links to local and national support groups, live online counseling help, and more. Go to: www.cancer.gov/cancertopics/factsheet/Tobacco/help-quitting for more information.

Amp Up Your Antioxidants

Free radicals are unstable molecules that are created during normal cell metabolism and from exposure to environmental toxins. They can build up inside your cells and cause damage to cellular DNA, lipids, and proteins. This free-radical damage is thought to be a leading cause of cancer and other diseases.

Antioxidants are natural substances that work to protect your cells from free-radical damage by neutralizing the unstable molecules. Years of laboratory and animal research, and some recent large-scale human clinical trials, have built considerable evidence to indicate that antioxidants may slow or possibly prevent the development of cancer.

Some of the most well-known and powerful antioxidant nutrients are: beta-carotene, lutein, lycopene, selenium, as well as vitamins A, C, D, and E. The best way to make sure you're getting enough of these each day is to eat a wholesome, well-balanced diet and to supplement with a quality, high-potency multi-nutrient.

Add the breakthrough antioxidant *Ecklonia cava*

In addition to your daily multi-nutrient, consider taking the new antioxidant breakthrough, *Ecklonia cava*. An extract from this rare red-brown alga, called Seanol, has been the subject of extensive scientific research confirming its astounding antioxidant abilities.

Seanol's unique molecular structure is much larger and more complex than other antioxidants, making it better able to trap and neutralize harmful free radicals. It's also fat-soluble, meaning it can penetrate cell membranes to protect the critical energy-producing mitochondria and the vital nucleic DNA of your cells. Finally, this amazing nutrient stays active in your body longer than antioxidants that are water-soluble only (which most are), providing more hours of antioxidant protection.

There are a number of Seanol products available, but only one—Marine D-3 from Nugenics International, 877-229-2642—features “Seanol-P,” a highly purified form of Seanol that is 7.7 times more potent than any other form.

Boost Your Immune System from the Bottom-Up

Your immune system has an enormous job to do—protecting your body non-stop against all matter of toxins and disease. One of the most important organs in this self-protection effort is also one of the least recognized, and that is your intestines.





It's here that your body breaks down and absorbs most of the critical antioxidant nutrients it uses to nourish and protect your body's cells and systems. It's also here where billions of healthy bacteria form a barrier to prevent pathogens from entering your body.

They also work to prevent "bad" bacteria from taking hold in your intestines, which is critical because these bad bacteria will generate a constant flow of toxic metabolites that can bring your immune system to its knees and open the door for the cellular damage that leads to cancer.

Eating fermented foods, like sauerkraut and live-culture yogurt, is a good start for "seeding" your intestines with healthy bacteria, but it often isn't enough. That's because stress and environmental toxins, plus the overuse of antibiotics, all kill the friendly bacteria in your gut by the billions and your body can't manufacture more on its own.

The answer, therefore, is to supplement with quality probiotics. There are numerous probiotics available, but choose one with a "pearl" or "beadlet" coating. This surrounds the healthy bacteria, protecting it from stomach acids and delivering it safely to your intestines where the bacteria can go to work to boost your immune health.

Certain foods that are high in soluble fiber are known as "prebiotics" because they serve to feed the probiotics you take, helping them to grow and proliferate. It's a great idea to add these to your diet when taking probiotics. They include: artichokes; bananas; barley; berries; chicory; flax; garlic; greens such as dandelion, chard and kale; honey; leeks; legumes; onions; and whole grains, especially oatmeal.

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Breakthrough Cancer Answers

If, despite your best prevention efforts, cancer intrudes on your health, there are four breakthrough solutions you should consider as part of your treatment therapy: curcumin, Avemar, EpiCor, and Modified Citrus Pectin (MCP).

You must work with your own health practitioner to determine the best modalities to use in your treatment plan. But, keep in mind that the three traditional cancer therapies—surgery, chemotherapy and radiation, do nothing to help your own body battle back against cancer. They aim only to eliminate proliferating cancer cells by slashing, poisoning, or burning them from your body.

Chemotherapy and radiation, especially, leave your body's immune system hobbled at a time when optimal function is absolutely critical. The four all-natural breakthroughs below, on the other hand, serve to expand and improve your body's own innate healing capacity. They can be used to bolster an immune system weakened from cancer or the traditional therapies used to treat cancer.

Curcumin—The Extraordinary Healing Kitchen Spice

Turmeric (*Curcuma longa*) is India's most popular kitchen spice and the main seasoning in any curry dish. But it also has a long history as a potent nutrient in Ayurveda, India's ancient healing tradition. It's used as a natural antibiotic and is applied to wounds to slow bleeding. It's also thought to purify the blood, clear up skin, and improve liver, lung and digestive ailments.

Turmeric belongs to the ginger family and, like ginger, it is the plant's fleshy root that is so prized. Specifically, the root contains an alkaloid compound called curcumin that gives the root its golden hue and healing power.

Repeated animal studies have shown that curcumin has the ability to block malignant cells from multiplying. It works by binding to certain genes and stopping them from over-expressing themselves. And it has potent anti-inflammatory abilities.

Because curcumin will bind to many different gene targets, it has proven effective on a wide number of cancers, including cancers of the blood, brain, head, neck, skin, lungs, breast, ovaries, pancreas, digestive system, and urinary tract.

For general good health and cancer prevention, 500 mg a day of curcumin is appropriate. But if you have cancer, you'll need up to 8 grams a day. Work up to this dosage amount. Start with the 500 mg dose and add 1 gram every week until you reach 8 grams. Take it in divided doses—2 grams, 4 times a day—and take with water on an empty stomach. Even at these high levels, the FDA has declared curcumin a GRAS ("generally regarded as safe") substance, meaning it's safe and well-tolerated. Curcumin supplements are available in most health food stores.





Avemar—The Wheat Germ Miracle

Avemar is a nutritional supplement made from wheat germ extract fermented with baker's yeast. It was developed over a decade ago in Hungary, where numerous scientific studies have been conducted on its health-boosting abilities. And, it has been used there for years as a treatment for cancer, with full support from the government and medical community.

One of the reasons Avemar has proven so powerful against cancer is that it strikes directly at the metabolic process that cancer cells rely on to proliferate. Specifically, Avemar reduces the flow of glucose into cancer cells and thereby inhibits their glucose metabolism. This is important because cancer cells require large amounts of glucose for survival—about 10-50 times more than normal cells require.

But Avemar doesn't stop there. It seems the compounds in this fermented wheat germ mix also inhibit cell division in cancer cells, leading to their eventual death. And, unlike chemotherapy, which works on a similar principle, Avemar accomplishes the feat without any toxic side effects or damage to healthy cells.

Furthermore, Avemar has the additional benefit of helping to protect your body against the often debilitating effects of conventional cancer treatments. In all of the studies where Avemar was used in conjunction with conventional therapies, not only were those therapies significantly more effective, but the patients also experienced far less frequent and severe nausea, fatigue, weight loss, and depression. Additionally, the patients' immune systems recovered more rapidly.^{xvi}

The safety of Avemar has been confirmed by extensive cell line, animal and human studies. In fact, researchers have compared Avemar to ordinary bread in terms of its toxicological profile!

Avemar is sold by American BioSciences under the product name Avé. You can find it in some health food stores or it can be ordered from the Harmony Company www.theharmonycompany.com or 1-800-521-0543.

EpiCor—Another Fermented Yeast Powerhouse

A second fermented yeast cancer-fighting powerhouse comes in the form of a product called EpiCor. It's produced by a company called Diamond V Mills in Cedar Rapids, Iowa, and has a remarkable back-story.

For over sixty years, Diamond V Mills was solely an animal feed supplement manufacturer, making baker's yeast and yeast cultures to add to animal feeds. But, the extraordinary health records of the employees who worked there made them wonder whether the fermented yeast they all worked around could be reason.

So researchers began to investigate the effects that yeast cultures have on human health and the results were astounding. For instance, the continued use of concentrated yeast cultures

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can increase the body's natural killer (NK) cell activity four-fold. NK cells are one of the immune system's first lines of defense against toxins, pathogens, or cancer cells.

The yeast culture also appeared to stimulate production of antibodies, which are required when your body mounts a defense against cancer or other assaults on healthy cells. Most especially, it helps to raise levels of the immunoglobulin A (IgA) antibody, which is critical for the strength and integrity of the mucosal layer lining your respiratory and digestive tracts. This protective layer is an essential bodily defense against invading pathogens.

In addition, the yeast culture is packed with primary minerals, trace minerals, amino acids, B-vitamins, selenium, and resveratrol. Therefore, it's no surprise that it has an antioxidant capacity almost four times that of any known food.

And remember the importance of keeping your gut teeming with healthy bacteria? This yeast culture acts as a highly effective prebiotic to feed and nurture them. Plus, it contains specific metabolites that can inhibit the growth of harmful viruses and bacteria. In this way, it's an excellent overall health-booster, not just an extraordinary cancer therapy.

Based on these tremendous research results, Diamond V Mills developed EpiCor as its special cultured yeast product specifically for humans. As is the case with Avé, EpiCor is nontoxic, even at extremely high doses. And it doesn't interfere with prescription or over-the-counter medications.

EpiCor is marketed by the Embria Health Sciences division of Diamond V Mills and is available from a number of online retailers.

Modified Citrus Pectin—One More Food-Based Breakthrough

Pectin is complex carbohydrate that's found in most plants. It's the fibrous component that gives plant cell walls strength and form. It's also commonly used to "gel" jams, jellies, and yogurt.

Modified citrus pectin (MCP) is pectin that has been processed in order to break down the complex carbohydrates into smaller sugars that are more easily absorbed into the bloodstream. MCP contains a particular sugar molecule called galactose, which attaches to cancer cells and neutralizes their ability to cluster together and to penetrate healthy cells. Once inactivated by galactose, the cancer cells are either destroyed by the immune system or die on their own.

MCP also works in a similar fashion to inhibit tumor cells from spreading or developing into more advanced stages of cancer. Another potential benefit of MCP is to reduce or eliminate the spread of cancer during biopsy procedures. Because biopsies require a tumor to be cut or punctured, the procedure itself can increase the risk of cancer cells being released into the blood stream or lymph system. Taking MCP for a week or two before and after a biopsy could reduce this risk by helping to inactivate released cancer cells.

Most of the research on MCP has been cell line or animal studies, but the results are significant. In one study, for instance, colon tumors were implanted in mice. The control group





received untreated water. The others received either a low dose (0.8 mg/mL) or a high dose (1.6 mg/mL) of MCP in their drinking water. When compared to the control group, the low dose group had a 38 percent decrease in tumor size, and the high dose group had a 70 percent reduction in tumor size.^{xvii}

The human clinical studies on MCP have involved only advanced cancer patients for whom all other cancer therapies had failed. Even in these dire circumstances, the MCP provided significant benefits. Over 20 percent of the participants experienced an overall clinical benefit along with an improvement in their quality of life. And in 24 percent of the cases, the cancer stabilized during the first 8 weeks of treatment and 20 percent remained stabilized over the 16-week period. In 12 percent of the cases, the disease stabilized for longer than 24 weeks while on the MCP.^{xviii}

Most of the MCP cancer studies used 15 mg per day, taken in divided doses of 5 grams, three times daily. Because MCP is totally safe, you can take this amount for as long as your cancer is present. After that, a maintenance dose of 3 to 5 grams per day is generally recommended. Take the MCP at least one hour before or after food for maximum effectiveness.

The most well-known brand of MCP is PectaSol-C, marketed through EcoNugenics, www.econugenics.com or 1-800-308-5518.



Use the safe, natural secrets and breakthrough therapies in this report to protect against cancer and, if necessary, to fortify your immune system to overcome cancer. As an offense or defense, these measures give you remarkable power to truly conquer this dreaded disease.

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FootNotes

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