



Emerald
Health and Education
Foundation

'She's just 10, but they think she's going to make it. All her hair fell out because of the treatment..'

'He was only 50—so young..'

Cancer. How often do we hear statements like these in our day to day life? It seems to strike all too often, knowing no boundaries. Many live through the treatments, if they catch it in time that is—but many do not. Even when someone may pull through, the treatments are hard on the body and take quite a chunk out of a person's life.

While the causes of cancer are multidimensional and we may not have a pill we can take to safeguard us, there are certain things we can do to increase our chances of keeping this serious disease process away from our lives. Two areas that we can all give attention to are 1) decreasing the level of toxins in our lives and 2) strengthening our immune system.

One big way to decrease the toxins that build up in our bodies is to pay attention to what we eat, drink breathe and come in contact with (some things absorb through our skin). Tobacco and alcohol are toxins largely used in our culture. Chemicals are everywhere, from food additives to what we spray on our roses—and bodies for that matter. The more we expose ourselves to them in any way, the more they are burdening our systems. Some toxins are fat soluble and will be retained in our fat cells for long periods of time. Some are water soluble and can be removed from the body quickly by our internal filtering system, but if the exposure is too large and prolonged it will ultimately affect organs like the liver and kidneys. Some things we cannot help, some things we can. We can make intelligent food choices which include ample servings of fruits, vegetables, whole grains, nuts and seeds and we can decrease the processed foods and animal products, which tend to clog our system and negatively affect our blood chemistry and immune system. Natural foods also contain natural cancer fighting agents like Phytochemicals and Antioxidants, natural chemicals found in plant foods that help protect us from cancer and other health risks. Also, animal products expose us to toxins and disease contamination that are present in the animals system when they are killed. Another big plus with increasing the unrefined foods is the increase of dietary fibre, which absorbs toxins and speeds up the transit time, getting the wastes out of our bodies quickly. This especially helps protect us from colon cancers.

Our blood chemistry and life style greatly affect our immune system (our bodies natural defence against disease) and for the most part we control both of these. Our blood chemistry is largely affected by our eating and drinking habits. Just drinking enough water in a day (6 to 8 glasses) can make a huge difference over the long term. When kept in good condition our immune system can do amazing things. Again, large amounts of refined foods, especially sugars and fats, have a devastating effect on our immune system, knocking it out of commission. Getting enough rest, drinking enough water, dealing with stress constructively, exercise and a positive mental attitude also have a huge impact. Again, these are things we can work on in our lives making little ongoing changes that will move us toward better health. For more information go to: <http://www.emeraldhef-ie.org/NewStart.htm>, or contact us directly.

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