

# The Alternative Doctor's 3 Pillars for Beating Cancer

## The Survival Triangle

I call my three pillars to beat cancer the “survival triangle.” If you're serious about keeping (or getting) cancer out of your life, follow these steps to better health. They are simple, proven fighters that will make you a winner against this devastating disease. Taking a single one and making it part of your life will make a huge difference in your overall health.

### **If you utilize all three, it will change your life.**

Now, before anything, let me say that traditional cancer treatment (surgery, chemotherapy, and radiation) does its part to help patients survive cancer.

Unfortunately, they don't address the root cause of cancer. They treat the tumors that result. They kill the cancer cells and a lot of healthy cells along the way. Conventional cancer modalities treat the disease...not the patient.

Even oncologists who understand that toxins and inflammation are the underlying cause of millions of deaths globally from cancer every year aren't addressing prevention techniques that will keep these patients from coming back with another cancer in a year or five years.

### **Addressing the “Alternative Medicine Skeptics”**

If you don't address the cause – the problems that start the cancer ball rolling – then you haven't really beaten it...you've only managed to knock it unconscious for a while.

You have to take control of your health. That requires you to understand how your body works and what it needs to do the best job for you that it can.

If you don't “believe” in alternative therapies, then you're doing yourself a great disservice. Even if you fully expect traditional treatment to “cure you,” alternative methods can help you with the side effects you're going to experience, keep your body stronger, and guard you against another episode of cancer in your future.

Alternative choices can improve your quality of life and help you endure treatments such as radiation that leave the body (and immune system) ravaged and weak. The “war” against cancer leaves as much destruction as a real war. Much like the natural landscape and infrastructure is left annihilated in battle – so is your body after traditional treatment.

### **Pillar #1 – DIET**

Cancer represents the biggest fight of your entire life. You need to be as fit and healthy as you can be to meet the challenge. In order to handle the demands of exercise, to terminate infection and bacteria, to fight the effects of age, your body is going to need the right fuel.

That is why diet is the first pillar of beating the root causes of cancer.

Anyone (medical professional or otherwise) who tells you that diet does not affect your health or ability to fight disease is a liar. Period.

Diet is everything. Even the World Health Organization (WHO) estimates that around 40% of cancers are caused by diet (I think the numbers are actually much higher). What you choose to put in your mouth may mean the difference between life and death.

That isn't dramatic, that is fact.

Eating a diet filled with junk food, dyes, preservatives, excess sugar, caffeine, or other “empty” calories cannot and will not feed your body. If your body doesn’t get the right vitamins and minerals – it stops running. Just like a car without gas.

There are many anti-cancer meal plans that I discuss in my books and on [Alternative-Doctor.com](http://Alternative-Doctor.com) but there is no universal diet plan that will suit every person equally.

Instead, dietary requirements must be assessed based on each individual’s specific needs. Remove any foods (no matter how much you love them) that cause stress to your immune system.

My personal suggestion is to fill your diet with fresh, organic foods (where possible), salads, smoothies, and brightly colored produce. Remember that dairy, soy, grains, and even certain produce can be unknown stressors. Avoid white sugar, white flour, white rice, processed foods, dairy, and soy.

### **Pillar #2 – Emotional Cleansing**

Negative emotion as a root cause of cancer is reality. There is far too much science to back this stance up, so keep an open mind.

Stanford psychiatrist, Dr. David Spiegel, was a skeptic when he began his study on the influence of negativity on breast cancer patients. He was shocked to discover that at the ten-year survival checkup, those women who included therapy in their lives survived twice as long as those who did not.

You read that right...there was a **50% better survival rate** by purging negative emotion. Another Yale research study found that cancer spread faster in women who had “repressed personalities.” They defined the word “repressed” as having intense feelings of hopelessness and not having the ability to express anger, fear, or other negative emotions.

In other words, they bottled it all up inside and it made them sicker, faster.

Stress is known in the traditional and alternative communities as a major cause of inflammation. It is one thing everyone agrees on (though traditional medicine’s answer is another prescription). Inflammation has been discovered at the base of all known diseases.

In other words, stress will kill you through cancer or heart attack or autoimmune disease...if you allow it to control your life. Balanced emotions equal a balanced physiological system.

### **Pillar #3 – DETOXIFICATION**

There are countless stressors in our modern world and many of them are foods, people or situations, and products we *allow* into our lives. We’ve talked about the first two. Let’s discuss the contamination most people never consider.

Personal pollution is as dire as environmental pollution and we are surrounded by both at every turn. Pollutants are in our soil, water, and air and that means they are in our food supply. Those are harder to control (even organic foods are grown on the same planet we’ve corrupted with countless toxins).

You can control what you put on your body, what you put in your body, and how you maintain the environments you live in most (your home and work space).

If you haven’t heard about the chemical soup found in cosmetics, household goods, and everyday cleansers, I urge you to do some research on it right now. From heavy metals and arsenic to formaldehyde and parabens...products you buy every day at your local

market are filled with endocrine disruptors, estrogen mimics, and outright poison to the cells in your body.

One person I urge you to read is Dr. Sam Epstein, a professor of Occupational Health and Environmental Medicine at the University of Illinois School of Public Health.

In his book, *The Politics of Cancer*, he states, “The NCI (National Cancer Institute) promised annual cancer mortality rates would be halved by the year 2000. The establishment now belatedly admits that cancer rates are increasing sharply. It discounts substantial evidence...the wide range of chemical and radioactive carcinogens permeating the environment, air, water, food, and the workplace. The establishment ignores, let alone investigates, carcinogenic contaminants in dietary fat, particularly pesticides, PCBs, and estrogen (with extensive and unregulated use as growth promoting animals food additives).”

Big Business (food manufacturers, chemical producers, and even personal care manufacturers), and Big Pharma (drugs, drugs, drugs) don't care about your health. They don't care about “curing” anything at all because then...how would they make money?

Every time you use cosmetics, shampoos, conditioners, antiperspirants, paints, household cleaning agents, laundry detergent, or any host of other products...you are playing Russian Roulette with your health.

These deadly toxins don't just pass through your system. No, that would be bad but your (healthy) immune system would be able to control most of the fallout. What makes many of these chemicals so dangerous is that they accumulate in your body, gradually building up (bit by bit) to levels that are toxic according to any agency.

### **The True Causes of Cancer**

There are many things stressing your body each and every day. Junk nutrition, high levels of stress, and chemical contamination push these stressors past the brink of what your body can handle. **SOURCE: The Truth About Cancer – Dr. Keith Scott-Mumby – July 11, 2015**