How To Prevent Cancer

BY THOMAS LODI M.D.
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Natural Cancer Prevention Guide

Just as we don’t walk down the street and “catch” health; neither do we walk down the street and “catch” diseases. We earn either health or disease by how we live our lives. One person sneezes in a room with his mouth uncovered and only 3 of the 10 people in that room get sick. Why? With the exception of genetic conditions, which account for less than 3% of illnesses, all other conditions are earned. What “runs” in families are eating habits and life styles. One hundred years ago, 0.5% of Americans got cancer. Almost 50% of Americans alive today will get cancer in their lifetimes. Where is the genetics in that?

What we have been led to believe is that cancer strikes at random. It sneaks up out of the blue and takes down even the most unlikely candidates. These are the myths that strike fear into the general public. Because it’s impossible to prevent something that has seemingly has no cause.

These false beliefs based on incorrect information lead to unnecessary fear and can be quite terrifying. But they are also just that, false beliefs, myths. There are actions that we can take in order not to develop cancer but first we must have the truth (correct information) in order to take appropriate actions to avoid cancer.

Cancer is not “the enemy” but rather the consequence of continued violations of natural laws. Because we live in an artificial environment and interact with machines rather than nature, we have all but forgotten that our bodies are subject to natural laws.

Natural laws, unlike human laws, are non-negotiable. Just as surely as the planting of an apple seed will not yield an orange tree; continued violations of the laws which govern our biology, will not yield a healthy outcome. Health is the optimal functioning of an organism.

Health is not, as it is commonly defined, the absence of disease. That would be like saying that “light” is the absence of “darkness”. Health is the consequence of healthy living!

A comprehensive approach to cancer prevention must include the following:

- We must learn how to live in harmony with nature
- We must enhance the body’s ability to remove wastes and toxins.
- The immune system must be balanced and enhanced
As scary as cancer is, sometimes changing our day-to-day lifestyle can seem even more daunting. Just remember there are a lot of others out there attempting to create a healthier lifestyle right along with you. The good news is that means that you’ll be able to find the resources you need more easily than you might think.

Successfully adjusting your lifestyle will significantly decrease your chances of getting cancer. One simple example is that 5 cups of green tea per day will decrease the recurrence of breast cancer by 40%.

Thomas Lodi, MD has developed a complementary 21-day cleansing program that teaches how to eat and live in a way that supports a healthy, non-cancer producing lifestyle-transition, and enhances the body’s capacity to regenerative and thrive. Sign-up to our newsletter to get an update on the program release date.

Staying cancer free is worth a bit of change, don’t you think?
Taking the Steps to Prevent Cancer

The first step is to stop causing disease. This can only be accomplished by simultaneously ceasing to ingest unwholesome foods and drinks while cleaning out poisonous waste from the body. There are five waste removal systems in our bodies: bowels, kidneys, skin, lungs, and lymph. The human colon is approximately five feet in length and one of its functions is to reabsorb water. Therefore, if you are not defecating five feet of waste daily, you are retaining a substance so toxic that if one drop were to enter your blood stream you would become extremely ill and possibly die. When you continually reabsorb the water of the retained feces, toxins are also absorbed into the blood. Once toxins reach the blood, it is called “toxemia”. This small amount of continual toxemia is part of what keeps the whole body in an underlying inflammatory state, which is the basic pathology of all illnesses.

So, what is the primary condition that would transform healthy cells to become cancer cells?

**Toxic Accumulation**

It looks like this:

**Toxins accumulate** =
Cells become overwhelmed and are no longer able to defend themselves

**Toxins accumulate** =
Damage occurs to the mitochondria (oxygen driven energy factories within cells)

**Toxins accumulate** =
Damage eventually changes the DNA of the cell and mutation occurs

**Toxins accumulate** =
Cellular adaptation results in loss of many important enzyme systems

**Toxins accumulate** =
Metabolic residue from these mutated, anaerobic cells results in an acidic environment

**Toxins accumulate** =
The immune system is unable to function adequately under these circumstances

**Toxins accumulate** =
Mutated cells divide which accelerates the acidic environmental changes

**Toxins accumulate** =
Electrical energy pathways become blocked and cells lose the ability to store energy
Therefore the first step to cancer prevention is…

1. Clean out the toxins

- **Drink vegetable juice (utilizing dark leafy greens for the base with lemon & green apple for flavor balancing)**

  If there is only one thing that you take away from this report, this one guideline is the one to incorporate. There is no faster way to normalize your body’s pH naturally. Green vegetable juice is alive with biophoton energy and is the highest quality water we can obtain for cancer prevention.

- **Drink natural spring water or filtered water**

  As your body begins to detoxify you want to keep everything flushed-out by drinking plenty of quality water. Hydration is one of the essential elements required for optimal functioning of the body. Of course, if you are drinking 3 or 4 quarts per day of juice, you won’t need to drink water.

- **Get regular colon cleansing**

  This is one of the most effective ways to promote the release of any accumulated toxic waste matter. This procedure helps to rejuvenate every cell of the body, release toxins, cleanse the blood, empower the immune system, and also restore pH balance to the body.

- **Do yoga, and often**

  The foods we eat, the air we breathe, the water we drink and our emotional pulls and pressures, all accentuate the tendency to accumulate toxins. The practice of yoga in the long term aims at developing attitudinal changes that prevent the build up of toxins through various practices and meditative techniques. In the short term yoga is a very practical purification practice that effectively facilitates the detoxification of body and mind by promoting circulation of blood and lymph fluid and by stimulating digestion.

- **Breathe-in fresh air**

  When our lungs take-in a deep breath, this allows for the red blood cells to pick up oxygen and carry it to the rest of the cells in your body. Your cells then use this steady supply of oxygen in its energy production process called metabolism. Every time you breathe out through your lungs, toxins are also being released. The better air quality you breathe-in, the greater oxygen supply you will have, and this allows the body to detoxify even further.
• **Exercise vigorously and regularly**

Eating a whole food organic diet is only the halfway point to your goal of total health. Our bodies are meant to move. Exercise is one of the staples of a balanced and healthy lifestyle. Exercise is just as important to oxygenate and hydrate the body as eating dark leafy greens.

If in doubt, think of it this way. Cancer cells cannot live in an oxygenated body. Even if we are eating the optimum raw food diet there are still environmental influences that pollute our bodies. One of the best ways to oxygenate the body is by exercising.

Our lymph system collects and removes the remaining waste and toxins in every tissue bed. Unlike the circulatory system that has a heart to pump it, the lymphatic system only moves when we move it! In addition to the muscles, the lungs function to pump the lymphatic system in order to continually clean house and remove the harmful toxins out of the body and clearly, respirations are increased during exercise.

Additionally, exercise stimulates hormonal secretions, improves the functioning of the waste disposal organs, heightens immune function and increases the metabolic rate of so that metabolism is occurring at a quicker rate even when we are not exercising during the rest of the day.

2. **Provide the appropriate raw materials to build new, healthy cells**

• **Eat organic fruits, vegetables and nuts (seeds) in their native, raw form**

There are over 300 case controlled studies, which clearly demonstrate that eating vegetables protects against the development of cancer, specifically vegetables that are in the genus of plants known as Brassica, and more specifically, broccoli. Other vegetables in this category include cabbage, watercress, kale, brussel sprouts, cauliflower, kohlrabi, and lesser known ones like Peruvian maca and mustards.

As the number of servings eaten per month go up, the odds ratio of developing cancer drops significantly. For example, the odds ratio for breast cancer when five or more servings per week are eaten is 0.58, which is almost a 50% reduction in risk! If there was a drug that could accomplish that, it would be a “best seller”.

Spend time in the sun with as much skin exposed as possible for different durations during the day depending upon the intensity of the sun and latitude. There are charts that can help you understand how much time you should spend and what time of day and season. An easy way to consider this is to remember that you want to spend as long as you can without getting burned.

Most people believe that exposure to sunlight increases their risk of cancer. This is simply not true! In fact, insufficient sun exposure is an important risk factor in the development of many cancers in both Western Europe and North America according to a study published in March of 2002 in the journal, Cancer.

Over exposure to sun is, of course, to be avoided. Enjoy one half hour of full exposure to intense natural sunlight (away from the hours of 11–4) on a near-daily basis with no sunscreen (important for vibrational nutrition and essential for mental health, bone density, vitamin D production, etc.)

In fact, vitamin D actually causes cancer cells to turn back into the cells they were originally, whether it is breast, colon, pancreas or whichever organ may be affected. It is as if vitamin D turns cancer cells OFF! This is why we see the prevalence of cancer so low for populations of people who live on, or near the equator and a steady increase in that prevalence the further north or south one goes.

3. Re-establish adequate energy pathways to “drive and coordinate all activities.”

Enhance your Immune Function

The immune system has two broad functions. It is the “department of defense” and the “department of maintenance”. When overwhelmed by maintenance requirements (cleaning/repair), the immune system has too few resources left for defense hence, the development of infections, degenerative diseases, and cancer.

Clearly then, it is imperative that we “take over” as much of the maintenance duties as possible so that the immune system can continue to defend us from infections, trauma and cancer.

Whatever cannot be used for normal metabolic needs of growth, repair, reproduction, building new tissues, or providing energy must be eliminated. If not eliminated, normal metabolic functions cease and sickness and death result.
Enhancing immune function can be accomplished with the use of:

- Botanicals
- Cleansing
- Exercise
- Appropriate nutrition
- Fasting
- Oxidative therapies, e.g., ozone, hydrogen peroxide and UBI

At An Oasis of Healing in Mesa Arizona, we have a health renewal program that includes these protocols to help your immune system work optimally. We use medicinal botanicals such as reishi, maitaki, agaricus, etc. which can be bought online by calling (480) 834-5414.

Additionally Dr. Thomas Lodi MD often lectures at conventions and universities around the world on the latest natural cancer prevention methods. If you would like to stay informed on Dr. Thomas Lodi’s calendar of events please visit www.anoasisofhealing.com under events and news.

- Engage in nurturing, loving relationships
- Meditate regularly and taking the time to relax
- Get to bed early and getting enough rest
- Treat yourself to regular massages, or other healing modalities you enjoy
Furthermore in order to keep our physical, mental and emotional environment working for us we must consider the habits that are detrimental to our health and thus resist:

1. Taking drugs of any kind
2. Drinking alcohol or smoking
3. Eating non-organic food—this is one area where you get what you pay for!
4. Eating cooked food (no animals products & no microwaves)
5. Drinking from plastic bottles or from the tap
6. Using products that are made with manmade chemicals
7. Living in the midst of a bad relationship—the effects on your mental/physical well being can be toxic
8. Exposing yourself to negative emotions
9. Stressing out
10. Exposure to electromagnetic radiation or ionizing radiation (i.e. cell phone, wireless internet, mammograms, x-rays, etc.)
11. Exposing yourself to amalgam fillings or root canals
12. Living in the big city (POLLUTION... this is an obvious negative)
A Few Tips to Get You Started

A Transition Period

Although some people can and do change their habits and diet overnight, most need to healthily transition into this lifestyle. For years your body has had the heavy job of digesting processed foods, rancid oil and white sugars. Eating and living in this new and clean way can feel different and can be at first, not only emotionally but also physically challenging.

Your “body’s signals” are different and you may need some getting used to: there may be temporary anxiety as you withdraw from the emotional comforts certain foods and experiences provided you, you may also need to adjust to not having that full or heavy feeling in your stomach as the foods you eat will leave you feeling light and with more energy.

Phase-out

Give yourself a week to one month to phase-out from these foods and habits:

- Phase out dairy and gluten—You will notice that once these two products are completely out of your system your face and body will lose that ‘puffy look’
- Phase out processed sugar and refined carbs
- Phase out meat consumption to 1–2 times per week at first, to once per month in the transition phase
- Phase out any alcohol you may be consuming to no more than 1 glass once per week, and if possible only chose to drink organic red wines
- Phase out coffee from your routine
Focus on Adding

During your transition phase focus on ADDING more of what is good and healthy for you, and less focus on taking nourishments away. You will see that after a few weeks your body will naturally start craving the foods that are good for you. You will feel more hydrated and oxygenated, and this translates in feeling more vibrant.

- Double up on your intake of greens and fresh raw organic salads
- Drink more water—remember that as you change your diet and lifestyle you will want to flush out those old unwanted toxins that have accumulated in your body
- Try a new fruit as a snack

There is a learning curve with all transitions, so be gentle and most importantly begin to learn and to listen to your body, laugh and pick yourself back up if you waver.

Transition Foods

These foods are designed to seamlessly replace or upgrade your current food choices that will result in you developing a more lean and radiant body:

**Milk**

*Go From:* High temperature Pasteurized Animal Milk ➔ Nut Milks

**Grains and Breads (tortillas, cereal, muffins, pasta, bagels)**

*Go From:* allergen stimulating grains ➔ Quinoa, Millet

*Go From:* Bread Products ➔ Sprouted whole grain products such as Eziekiel or manna bread (sprouting not only raises the nutritional value of the grain but also makes it more digestible) ➔ flax and other seed crackers, breads, granolas, trail-mixes

**Cheese**

*Go From:* Pasteurized cow cheese ➔ vegan cheeses such as ‘Daiya’ ➔ pre-biotic nut cheeses made from cashews, pine nuts, walnuts, etc.

*Note:* Dairy cheeses are a hard habit to break due to the opiate receptors they activate in our brains. These chemicals give us more cravings. But, the casein found in milks and cheeses are potent carcinogens.
**Yogurt**
While many advocate the health benefits of commercial yogurt we do not recommend it due to the fact that it’s pasteurized and also for the most part coming from factory farmed dairy cows.

→ Unpasteurized coconut or cashew kefir yogurt

Look for our weekly online videos and DVD’s on how to make many of these wonderful cheeses and nut milks at home!

**Food Substitutes**

Here is a list of healthier versions to your typical snacks and sweet treats which you can readily find in your local health food store:

<table>
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<tr>
<th>Ice-cream (soy or dairy)</th>
<th>Raw vegan ice-cream or Coconut-based “ice cream”</th>
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<tr>
<td>Corn Chips</td>
<td>Dehydrated Flavored Kale Chips</td>
</tr>
<tr>
<td>Commercial salad dressings</td>
<td>Hemp / olive / or flax oil / Lemon or balsamic vinegar</td>
</tr>
<tr>
<td>Processed Chocolate</td>
<td>Raw Chocolate bars</td>
</tr>
<tr>
<td>Commercial sweeteners or sugar</td>
<td>Flavored liquid Stevia / Honey</td>
</tr>
<tr>
<td>Raisins</td>
<td>Goji berries / Inca berries</td>
</tr>
<tr>
<td>Bread</td>
<td>Ezekiel or sprouted Mana bread / Flax crackers</td>
</tr>
<tr>
<td>Commercial cereals</td>
<td>Whole Grains: quinoa/millet/amaranth/wild rice</td>
</tr>
<tr>
<td>Baked goods</td>
<td>Raw versions of the same (in moderation)</td>
</tr>
<tr>
<td>Soy or dairy milk</td>
<td>Almond, coconut or or seed milk</td>
</tr>
<tr>
<td>Soda’s</td>
<td>Coconut water/ water + lemon / San Pellegrino/ Zico Juice / Coconut kefir/ Green Juice / freshly brewed natural iced-tea</td>
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The power to thrive is an integral and continuous function of living. We need only to restore those conditions necessary for the natural laws to function unimpeded and healing will prevail over destructive influences.

To support you in changing your lifestyle one day at a time, boost your immune system, and gradually transform your diet into eating ‘real food’ join Dr. Thomas Lodi MD on his free 21-day cleanse challenge and find the support and education you need to keep you vibrantly healthy for year’s to come.

And remember...

Nature heals! You cannot purchase a cure but you can earn your health. A surgeon can only bring two edges of skin together from a laceration and suture them, but nature will restore the viability and integrity of the skin.

Only by living according to the natural laws, which define our biology, do we have a chance at being restored to health. Natural laws are non-negotiable. Apple seeds never yield orange trees.
Our role at An Oasis of Healing:

- Guide and teach how to stop making cancer.
- Administer medical treatments that target and destroy cancer without harming the person as well as enhance immune function.
- Provide a loving and supportive environment for healing.
Thomas Lodi, M.D., a Master's level psychologist, received his medical degree in 1985 from the University of Hawaii. He completed his internship and residency in internal medicine at Columbia University and worked for ten years as an internist, urgent care physician, and intensivist (ICU/CCU). After several years of additional training in alternative modalities, he narrowed his focus to integrative oncology. He is a member of ASCO, a Diplomat of the American Board of Anti-Aging Medicine, an instructor and practitioner in Insulin Potentiation Therapy, and he is certified in oxidative and chelation therapies. Dr. Lodi is a licensed Medical Doctor in the state of New York and Homeopathic Medical Doctor in the state of Arizona. At his practice, An Oasis of Healing in Mesa, Arizona, the foundation of the therapies is restoring the integrity of the immune system and organ function through detoxification and proper nutrition.