

**Emerald**  
Health and Education  
**Foundation**

Health Awareness  
Disease Prevention

'The cancer is back!'

The dread pronouncement struck the young adult like a fist in the stomach. After chemo, surgery and then an 'All Clear!!' from the consultant, now this news!



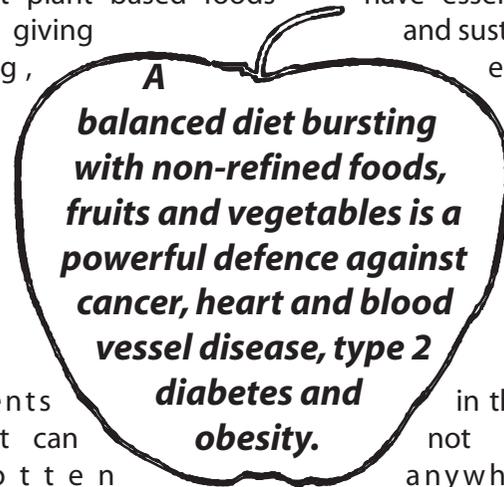
In our survey of communities in the Waterford area we find that cancer is one of the major health concerns of most people. If you had the power to decrease your risk of cancer, or fight cancer that is already in your body, would you not like to take advantage of that power?

One of the things we continue to stress is that health is multi-faceted. There is no one thing a person can do to have good health, thus a holistic approach is the only road to enjoyment and the best in life. That being said, one area that is a major foundation for the rest of life is our diet. When someone tells us diet really isn't important, we facetiously suggest they stop eating and see what happens! Our body is made up of what we eat, and the condition of our blood chemistry at any given point in time is a major indicator of how we are doing physically, which impacts our mental and social life.

While most of us don't think of ourselves as chemists, what we eat is actually a form of

chemistry that we continually engage in. All things considered, what we eat and drink is one of the largest contributing factors to our state of ease, or disease. Our bodies ability to build and repair itself, it's ability to fight disease, to engage in work or play, to think clearly, to have an ongoing sex life as we age—everything about our life is impacted by how we nourish ourselves.

In our last communication we talked about some foods that help our bodies fight cancer, along with promoting an internal chemistry that helps prevent other dangerous disease processes like heart and blood vessel disease, type 2 diabetes and obesity. Modern research methods have shown us more than ever before that plant based foods have essential, life giving and sustain-



ments that can get n anywhere else. When we consume refined foods, we do not get many essential nutrients and the much needed plant fibre, thus our bodies cannot function as they want to and our health is negatively impacted. Over time this practice brings disease processes and a decrease in the quality of life, if not premature death.

In fact, eating more fruits, vegetables, nuts, seeds and whole grains along with drinking enough water, does reduce your risk of various types of cancer—and helps your body fight off disease if it has already taken a foothold! We keep bringing this up because it is one of the biggest things that we individually control that can have huge results in either a good or bad direction.

The highly refined foods (like animal products—the animal is the refinery—sugars, refined grains and oils) when taken as the bulk of our diet create a blood chemistry that actually encourages diseases like cancer, heart and blood vessel disease, and type 2 diabetes. With cancer, the best course is to starve it so it never gets growing, not feed it! We also need our immune system in the best working order—guards asleep or drunk at their post cannot defend against the invaders! It has been proven that plant based foods have natural agents in them that actually starve cancer by preventing blood flow to growing tumours. These are called 'antiangiogenic' agents.

It's like if you have a fire burning. You can pour petrol on it to feed it, or water or CO2 to smother it. If the fire is someplace you don't want it, preventing it from starting, or putting it out as quickly as possible would be the best course of action!



You will be interested in watching this short video about this subject:  
[http://www.ted.com/talks/william\\_li.html](http://www.ted.com/talks/william_li.html)

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