

CERTIFIED WOMEN'S HEALTH COUNSELOR ONLINE COURSE SESSION 13:

- Pre-Cancer Testing, Cancer, Chemo, Radiation, Alternative Herbal Programs

If someone asked you to define cancer, could you do it? We all have heard the word "cancer" many times, however very few people understand the disease and how it develops.

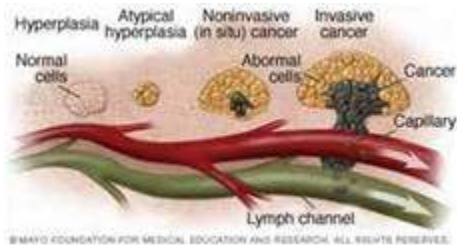
Cancer is term that encompasses a complex group of more than 100 different types of cancerous diseases. Cancer can affect just about every organ in the human body. Many people are surprised to learn that cancer can affect parts of the body like eyes and the heart.



Each type of cancer is unique with its own causes, symptoms, and methods of treatment. Like with all groups of disease, some types of cancer are more common than others.

How Does Cancer Develop?

The organs in our body are made up of cells. Cells divide and multiply as the body needs them. When these cells continue multiplying when the body doesn't need them, the result is a mass or growth, also called a tumor.



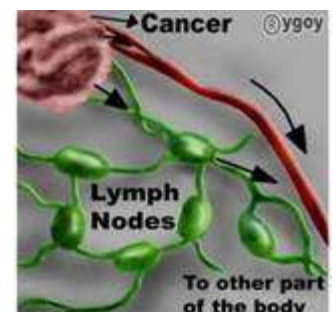
These growths are considered either benign or malignant. Benign is considered non-cancerous and malignant is cancerous. Benign tumors rarely are life threatening and do not spread to other parts of the body. They can often be removed.

Malignant tumors, however, often invade nearby tissue and organs, spreading the disease.

How Does Cancer Spread to Other Parts of the Body?

The cells within malignant tumors have the ability to invade neighboring tissues and organs, thus spreading the disease. It is also possible for cancerous cells to break free from the tumor site and enter the bloodstream, spreading the disease to other organs. This process of spreading is called metastasis.

When cancer has metastasized and has affected other areas of the body, the disease is still referred to the organ of origination. For example, if cervical cancer spreads to the lungs, it is still called cervical cancer, not lung cancer.



Although most cancers develop and spread this way -- via an organ - blood cancer, like leukemia, does not. They affect the blood and the organs that form blood and then invade nearby tissues.

Cancer Symptoms

Symptoms of cancer vary based on the type of cancer. As cancer progresses to an advanced stage, common symptoms can include weight loss, fever, and fatigue. These are very non-specific symptoms that are more likely related to other less serious illnesses than cancer.

It is important to note that some types of cancer do not present any symptoms until they are in advanced stages. This is why cancer screening and risk assessment are vital for cancer prevention and early detection.

A broad spectrum of non-specific cancer symptoms may include:

- **Persistent Fatigue:** Fatigue is one of the most commonly experienced cancer symptoms. It is usually more common when the cancer is advanced, but still occurs in the early stages of some cancers. Anemia is commonly the culprit -- a condition that is associated with many types of cancer, especially types affecting the bowel. Fatigue is a symptom of both malignant and non-malignant conditions and should be evaluated by a physician.
- **Unintentional Weight Loss:** While it may be a welcome surprise to lose weight without trying, it can be a red flag for many illnesses, including cancer. Losing 10 pounds or more unintentionally definitely warrants a visit to the doctor. This type of weight loss can occur with or without loss of appetite. Remember, weight loss can be a symptom of cancer, but is also a symptom of many other illnesses, too.
- **Pain:** Typically, pain is not an early symptom of cancer, except in some cancer types like those that spread to the bone. Pain generally occurs when cancer spreads and begins to affect other organs and nerves.
- **Lower Back Pain:** Lower back pain is a cancer symptom that is associated with ovarian cancer and colon cancer. Shoulder pain can also be a symptom of lung cancer. Pain in the form of headaches can be associated with brain tumors (malignant and benign).
- **Stomach Pain:** Stomach pains can be related to types of cancer, like stomach cancer, pancreatic cancer, and many others. Stomach pain can be a very vague symptom because so many illnesses can cause stomach pain.
- **Fever:** A fever is a very non-specific symptom of many mild to severe conditions, including cancer. In relation to cancer, a fever that is persistent or one that comes and goes frequently can signal stress on the immune system. Fevers are commonly associated with types of cancer that affects the blood, like leukemia and lymphoma, but are also common in people whose cancer has spread.
- **Bowel Changes:** If you experience constipation, diarrhea, blood in the stools, gas, thinner stools, or just a general overall change in bowel habits, see your doctor. These symptoms are most commonly associated with colon cancer, but are also related to other cancer types.
- **Chronic Cough:** A persistent, new cough or a cough that won't go away or becomes worse needs to be evaluated by a doctor. Blood and/or mucus may accompany the cough and can be caused many conditions. In relation to cancer, a chronic cough with blood or mucus can be symptom of lung cancer.

Keep in mind that these are very general, vague symptoms of cancer. If you have one or two of these symptoms, it is not a red flag for cancer but more an indication to your doctor to run certain medical tests. The symptoms listed above are experienced by most people with cancer at various stages of their disease, but are also linked to many other non-cancerous conditions. For more specific cancer symptoms, see below for symptom information about several types of cancer.

Cancer Prevention

Most people don't realize that cancer is preventable in many cases. Learning what causes cancer and what the risk factors are is the first step in cancer prevention. Many cancer risk factors can be avoided, thus reducing the likelihood of developing cancer. Of course, some cancer risks like genetics cannot be avoided.



Smoking is the most significant cancer risk factor that we can reduce. It is responsible for not only lung cancer, but many other types of cancer. One of the best ways to prevent cancer is to quit smoking or never start. As soon as you quit, and it's never too late, your body reaps the benefits of being tobacco-free.

Top 10 Ways to Prevent Cancer

Cancer prevention is easier than you think. With a few simple lifestyle changes, you can drastically reduce your risk of many types of cancer. Many factors play a role in cancer development, but the good news is that most can be avoided.

Avoid Smoking and Exposure to Smoke

Smoking is the most significant cancer risk factor that we can reduce. It is responsible for not only lung cancer, but many other types of cancer. One of the best ways to prevent cancer is to quit smoking or never start. As soon as you quit, and it's *never* too late, your body reaps the benefits of being tobacco-free.



Avoiding secondhand smoke is also a way to prevent cancer. Secondhand smoke is the smoke exhaled from a smoker or a lit cigarette, pipe or cigar. This smoke contains more than 60 known carcinogens". These carcinogens interrupt normal cell development. This interference is what ignites cancer development.

Practice Sun Safety and Recognize When Skin Changes Occur

Did you know that over one million Americans are diagnosed with skin cancer each year? Skin cancer is the most common type of cancer among men and women, and it accounts for about half of all cancer diagnoses. The good news is that skin cancer is one of the most preventable types of cancer.



The first step in preventing skin cancer is to avoid UV ray exposure. We can do this by wearing sunscreen, avoiding

mid-day sun, wearing protective clothing when outdoors, and by staying away from tanning beds. Here are some tips to get you started:

Eat Your Fruits and Veggies

A well-balanced diet is advantageous for many reasons. A diet rich in fruits and vegetables greatly reduces your risk of developing cancer and many other conditions.



Fruits and vegetables contain antioxidants, which help repair our damaged cells. Green, orange and yellow fruits and vegetables are your best bet to help prevent cancer. Studies also show that dark fruits, like blueberries and grapes, may also have anti-cancer properties.

Cruciferous vegetables such as broccoli and cauliflower appear to pack a powerful punch at preventing cancer, according to numerous studies. Other cruciferous vegetables include bok choy, Brussels sprouts, and cabbage.

Limit Red Meat and Animal Fat

Numerous studies show that a diet high in animal fat increases the risk for several types of cancer, particularly colon cancer. Red meat contains much more fat than poultry and fish, so reducing the amount of red meat in your diet may help to prevent cancer. A diet high in fat also is major cause of obesity, which is a risk factor for many types of cancer.



Limit Your Alcohol Intake



Drinking excessive amounts of alcohol regularly increases your risk factor for many types of cancer. Studies suggest that men who consume 2 alcoholic drinks per day and women who have 1 alcoholic drink per day significantly increase their risk factors for certain types of cancer.

Exercise for Cancer Prevention

Did you know that when you exercise, you are reducing your risk for many types of cancer? The American Cancer Society recommends exercising 30 or minutes, at least 5 days a week for cancer prevention. Exercising doesn't have to mean going to the gym to lift weights. There are plenty of ways to get exercise into your day.



Know Your Personal and Family Medical History

Knowing your family history of cancer is important to properly assess your risk factor for certain types of cancer. We know that cancers like breast, colon, ovarian, and possibly other types can be hereditary.

If you know that a certain type of cancer runs in your family, let your doctor know. Together, you can determine a proper screening plan and assess your true risk. Genetic testing and counseling is available and may be recommended based on your family's medical history.

Know What You're Being Exposed to in Your Work Environment

Chemicals in the workplace may increase your risk of developing many types of cancer, including kidney cancer and bladder cancer. If you are exposed to fumes, dust, chemicals, etc. in the workplace, you have a legal right to know what you are being exposed to. Gasoline, diesel exhaust, arsenic, beryllium, vinyl chloride, nickel chromates, coal products, mustard gas, and chloromethyl ethers are all carcinogens and can be found in some work environments. Talk to your employer about limiting exposure.

Practice Safe Sex

You may wonder what sex has to do with cancer. Unsafe sex can result in the infection of the human papillomavirus (HPV), a known cause for cervical cancer and a risk factor for many other types of cancer. HPV is a common sexually transmitted infection that is spread through sexual, skin-to-skin contact. A vaccine, Gardasil, to prevent HPV was approved by the FDA in 2006 and protects against four strains of HPV that are associated with cervical cancer and other types. HIV/AIDS is also associated with some types of cancers.



Get Screened for Cancer Regularly

Cancer screening tests can be useful not only in detecting cancer, but also helping prevent it. Screening tests like the colonoscopy and Pap smear can detect abnormal cellular changes before they turn cancerous. The key to their effectiveness, however, is that they are done regularly.

Other cancer screening tests are available and may be useful for early detection, but not necessarily cancer prevention. Prostate cancer screening through digital rectal exams and PSA tests can help detect prostate cancer early. Mammograms and other imaging tools are also recommended to detect breast cancer in women.

How Often Should You Have a Pap Smear?

The frequency in which women get Pap smears is not the same for everyone. While one woman may need an annual Pap smear, another woman may only need a Pap smear every three years. How often a woman needs a Pap smear depends on several factors, like age, general health, and findings from previous Pap smears.

When to Have Your First Pap Smear

The American Cancer Society recommends that women have their first Pap smear about three years after they become sexually active or by age 21, whichever comes first. Subsequent Pap smears should occur every two years thereafter with a liquid based Pap test or annually with a conventional test.

The American College of Obstetricians and Gynecologists recommend women have an annual Pap until age 30.

If you are well over twenty one and you have never had a Pap smear, it is not too late to have start having regular screenings. Having a regular Pap smear may considerably reduce your risk of developing cervical cancer.

Thirty and Over

Unless recommended by a physician, continue screenings annually or every two to three years. Women who have had previous abnormal Pap smears, infected with HPV or at high risk for cervical cancer may need to be screened more frequently.

At age 30, women have the option of having an HPV test along with their Pap smear. The HPV test identifies women who are infected with high risk strains of HPV that could lead to cervical cancer, if left unmonitored or untreated.

Age Sixty-Five and Over

At age 65 to 70, women who have had no abnormal Pap smears within the last 10 years may discontinue having regular Pap smears. This is a decision that has to be made with a physician or other clinician. For women who have a previous history of cervical cancer, abnormal Pap smears, or are at high risk for developing cervical cancer, should continue having regular screenings.

What is a Colonoscopy?

A colonoscopy is a test that doctors use to look for and remove adenomas and polyps, growths in the colon that if left untreated, may turn into colon cancer. This test is also used to screen for colon cancer itself.



How Do You Prepare for a Colonoscopy?

To prepare for this test, your doctor or nurse will give you instructions for the day or two before. This will involve taking laxatives or other medications and possibly a special diet. This clears the stool out of your colon so your doctor can see everything clearly during the test.

What Happens During the Test?

During a colonoscopy, your doctor inserts a long, thin tube into your rectum and the full length of your colon. A colonoscopy is similar to a sigmoidoscopy, but it uses a longer instrument and lets your doctor see your whole colon. This is the advantage of a colonoscopy over a sigmoidoscopy—no part of your colon is left unexplored. Air or water will be put into your colon, as well, to allow for a better view.

What Happens Next?

If your doctor finds any suspicious growths, he or she will remove them at that time. This colon tissue sample will be sent to a lab to check for cancer.

What are the Possible Complications of a Colonoscopy?

A possible complication of this test is puncture of the colon, but thankfully, this is rare. If you have concerns about serious complications, such as a colon puncture, talk to your doctor. You may have some gas pains or cramps after the test until the air leaves your colon. But most people find the test itself to be easy, because they don't remember it! You may see blood in your stool for a day or two after the test, but this is usually not serious. If in doubt, call your doctor.

Top 10 Fun Ways to Prevent Cancer through Exercise

The American Cancer Society recommends exercising 30 minutes a day, 5 days a week for cancer prevention. If you cringe at the word "exercise" check out these fun ways for fitness. You will have so much fun; you won't even consider it to be working out!

Walking

Walking has many health benefits, such as cancer and other disease prevention. Instead of using the treadmill, walk outdoors. If you can find a safe sidewalk, or park, you can walk! Bring headphones and listen to music, or even an audiobook.



Make it a family event! Exercise is important for children, too! Plus, if kids are involved, they won't ever let you forget when it's time to take a walk!

Yoga



If you have never done Yoga before, why not start a beginners' class? Yoga is a great physical activity and is a great stress reliever. Don't worry if you are not flexible; you will work your way up each class. Bringing a friend to class with you makes it easier and less intimidating. Once you learn the basic, you can do the exercises at home in your free time.

Dancing

Dancing can be the most fun way to meet fitness goals. You can dance in the privacy of your living room, or go to a club. If you have two left feet, try a dance class! Learn salsa, ballroom dancing or even the meringue! There are so many types of dance to learn, you can't go wrong.



Rollerblading



Rollerblading just isn't for the kids! Make sure you have the proper protective gear like a helmet, knee and elbow pads, and have a go at rollerblading! It is very cardiovascular and works out all muscle of the body. Don't worry if you don't get it at first, practice makes perfect!

Tai Chi

Tai Chi is a Chinese martial art that promotes health through slow moving exercises and breathing techniques. It is also meditative. Classes can be taught in a group setting or in private classes. Many seniors practice tai chi for its health benefits.



Join a Team Sport

Joining a team sport like softball, volleyball, and soccer can be tons of fun! Organized sports are sometimes offered through the workplace and recreation centers. If your workplace doesn't have one, why not organize a sport? You'll meet new people and engage in healthy competition.

Swimming



Swimming is an excellent form of exercise! You work out all muscles of the body, and it can be very cardiovascular. Many gyms or YMCA's offer open swim sessions. If you don't know how to swim, lessons are available for adults. You can also try water aerobics.

Hiking

If you love the outdoors, hiking is for you! The scenery alone makes hiking worthwhile. Set a goal for yourself like distance or the amount of time you hike during each session. Not only are you challenging yourself, you are getting one of the best ways to get in shape!



Cycling



You can cycle at home while watching TV on a stationary bike or hit the outdoors with a traditional bicycle. Stationary bikes are preferred by most adults because it is convenient. You can also control the resistance and simulate biking uphill or downhill. Whether you bike in the home or outdoors, you are easily meeting the 30 minutes/5 days a week goal.

Dodge ball

Do you remember playing dodge ball in high school gym class? Dodge ball is back! Gyms and rec centers across the country are catching onto the new trend by offering classes and organized teams. It is also the ultimate stress reliever! Think back to when playing in school, how good it felt to get someone "out". Yes, it's definitely a stress reliever!



Top 10 Cancer Symptoms Women Need to Know

Women need to be vigilant about symptoms they may be experiencing. Many types of gynecologic cancer produce symptoms early enough for them to be successfully treated. When the symptoms are ignored, the delay in treatment can prove to be fatal. Ladies, listen to your bodies! If you are experiencing something abnormal for you, see your doctor. Chances are the symptoms aren't cancer related, but it's better to be safe.

Pelvic Pain

Pelvic pain is characterized by pain or pressure below the navel. It is persistent and isn't limited to just premenstrual syndrome. Pelvic pain is associated with endometrial cancer, ovarian cancer, cervical cancer, fallopian tube cancer and vaginal cancer.

Abdominal Swelling and Bloating

Abdominal swelling and bloating is one of the more common symptoms of ovarian cancer. It is also a symptom that is most ignored. The bloating may be so bad that one can't button their pants, or even have to go up a size.

Persistent Lower Back Pain

Lower back pain occurs in the lower back and often feels like a dull ache. Some women describe it as feeling like labor pains. Lower back pain is a symptom of ovarian cancer.

Abnormal Vaginal Bleeding

Abnormal vaginal bleeding is the most common symptom experienced by women when they have a gynecologic cancer. Heavy periods, bleeding between periods, and bleeding during and after sex are all considered abnormal vaginal bleeding and are symptoms of gynecologic cancer. The symptom of abnormal vaginal bleeding is linked to: cervical cancer, uterine cancer, ovarian cancer.

Persistent Fever

A fever that does not go away or lasts for more than 7 days on and off should be reported to your doctor. A stubborn fever is often a symptom of cancer. Keep in mind that a fever is also a symptom of many other benign conditions.

Persistent Stomach Upset or Bowel Changes

If you experience constipation, diarrhea, blood in the stools, gas, thinner stools, or just a general overall change in bowel habits, see your doctor. These changes are all symptoms of gynecologic cancer and colon cancer.

Unintentional Weight Loss

Losing 10 or more pounds without trying may be a nice surprise, but isn't quite normal. Although a woman's weight may fluctuate throughout the month, anything 10 pounds or more should be reported to your doctor.

Vulva or Vaginal Abnormalities

With vulvar or vaginal abnormalities, you should be aware of any sores, blister, changes in skin color, and discharge. Women should exam their vulva and vagina regularly to look for these abnormalities.

Types of Cancer A - Z

Cancer is a broad term used to describe hundreds of malignant diseases that can develop in the body. It can develop is just about every part of the body, from the eyes to the heart. Each type of cancer is unique, possessing different causes, symptoms, and treatments.

Due to the large amount of information available about cancer, we are listing the types of cancer below with the links for each type so you can research the types on your own. This way this lesson is not 300 pages long.

Simply press the control key and click on the desired cancer type to discover the basics, such as causes, symptoms, treatment, and prevention techniques.

- [AIDS Related Cancer](#)
- [Anal Cancer](#)
- [Bladder Cancer](#)
- [Bone Cancer](#)
- [Brain Cancer](#)
- [Breast Cancer](#)
- [Cervical Cancer](#)
- [Colon Cancer](#)
- [Endometrial Cancer](#)
- [Esophageal Cancer](#)
- [Ewing's Sarcoma](#)
- [Eye Cancer](#)
- [Gastrointestinal Cancer](#)
- [Gynecologic Cancer](#)
- [Head and Neck Cancer](#)
- [Kidney Cancer](#)
- [Laryngeal Cancer](#)
- [Leukemia](#)
- [Liver Cancer](#)
- [Lung Cancer](#)
- [Lymphoma](#)
- [Melanoma](#)
- [Mesothelioma](#)
- [Multiple Myeloma](#)
- [Oral Cancer](#)
- [Ovarian Cancer](#)
- [Pancreatic Cancer](#)
- [Prostate Cancer](#)
- [Rectal Cancer](#)
- [Renal Cell Cancer](#)
- [Skin Cancer](#)
- [Stomach Cancer](#)
- [Testicular Cancer](#)

- [Throat Cancer](#)
- [Thyroid Cancer](#)
- [Uterine Cancer](#)
- [Vaginal Cancer](#)
- [Vulvar Cancer](#)

Specific Symptoms of Different Types of Cancer

- [Anal Cancer](#)
- [Bladder Cancer](#)
- [Breast Cancer](#)
- [Cervical Cancer](#)
- [Colon Cancer](#)
- [Endometrial Cancer](#)
- [Esophageal Cancer](#)
- [Kidney Cancer](#)
- [Leukemia](#)
- [Liver Cancer](#)
- [Lung Cancer](#)
- [Lymphoma](#)
- [Ovarian Cancer](#)
- [Pancreatic Cancer](#)
- [Penile Cancer](#)
- [Prostate Cancer](#)
- [Skin Cancer](#)
- [Stomach Cancer](#)

Treatment of Cancer

There are four standard methods of treatment for cancer: surgery, chemotherapy, radiation therapy, and immunotherapy/biologic therapy. When initially diagnosed with cancer, a cancer specialist (called an oncologist) will provide the patient with cancer treatment options. He or she will recommend the best treatment plan based on the type of cancer, how far it has spread, and other important factors like age and general health. Clinical trials may be an option for some as cancer treatment who meet certain study criteria. Others may choose alternative cancer treatments, which are usually not FDA-approved and often given in locations outside of the U.S.

Ultimately, it is the patient who makes the treatment decisions based on doctor's recommendations, possible second opinions, and other information gathered from qualified professionals.

Methods of Treatment for Cancer

Surgery

Surgery can be used to prevent, treat, stage (determine how advanced the cancer is), and diagnose cancer. In relation to cancer treatment, surgery is done to remove tumors or as much of the cancerous tissue as possible. It is often performed in conjunction with chemotherapy or radiation therapy.

For those whose cancer is not treatable, palliative surgery may be an option to relieve pain that may be caused by the cancer. Palliative surgery is not intended to treat or cure the cancer, or even to prolong life, but more to lessen discomfort.



Chemotherapy

Chemotherapy is a type of cancer treatment that uses drugs to eliminate cancer cells. Unlike surgery, chemotherapy affects the entire body, not just a specific part. It works by targeting rapidly multiplying cancer cells. Unfortunately, other types of cells in our bodies also multiply at high rates, like hair follicle cells and the cells that line our stomachs. This is why chemo can cause side effects like hair loss and an upset stomach.



Chemotherapy is most commonly given by pill or intravenously (IV), but can be given in other ways. A single type of chemotherapy, or a combination of drugs, may be prescribed for a specific length of time. Like surgery, chemotherapy can be prescribed alone, in conjunction with radiation therapy or biologic therapy.

Radiation Therapy

Radiation therapy uses certain types of energy to shrink tumors or eliminate cancer cells. It works by damaging a cancer cell's DNA, making it unable to multiply. Cancer cells are highly sensitive to radiation and typically die when treated. Nearby healthy cells can be damaged as well, but are resilient and are able to fully recover.

Radiation therapy may be given alone, along with chemotherapy, and/or with surgery. The decision to combine radiation therapy with other types of treatment depends on the stage of cancer and other factors.



Biologic or Targeted Therapy

Biologic therapy is a term for drugs that target characteristics of cancerous tumors. Some types of targeted therapies work by blocking the biological processes of tumors that allow tumors to thrive and grow. Other types of therapies cut off the blood supply to the tumor, causing it to basically starve and die because of a lack of blood.



Targeted therapy is used in select types of cancer and is not available for everyone. It is given in conjunction with other cancer treatments.

Clinical Trials

Research studies of the latest drugs and therapies against many types of cancer are continuously being conducted. This type of research requires human volunteers to test the safety and effectiveness of new therapies. Volunteers must meet the criteria of each study to participate.

Suggested Reading

- [Breast Cancer Treatment Overview - Breast Cancer Treatment Options](#)
- [Cancer Treatment](#)
- [Cancer Treatment - Colon Cancer Treatment](#)
- [Chemotherapy and Cervical Cancer - Treating Cervical Cancer with Chemotherapy](#)
- [Esophageal Cancer Treatment - Learning About Esophageal Cancer Treatment](#)
- [Leukemia Treatment Overview - How is Leukemia Treated](#)
- [Liver Cancer Treatment Overview](#)
- [Lung Cancer Treatment Overview - How is Lung Cancer Treated?](#)
- [Ovarian Cancer Treatment](#)
- [Stomach Cancer Treatment](#)
- [The Basics of Chemotherapy](#)
- [Vaginal Cancer Treatment - Treating Vaginal Cancer](#)

Herbal Programs for Cancer

Taken from Footprints on the Path and other

Cancer is a general term applied to a series of malignant diseases which may affect many different parts of the body. These diseases are character-by a rapid and uncontrolled formation of abnormal cells which may mass together to form a growth or tumor, or proliferate through the body, initiating abnormal growth at other sites (metastasis). Cancer is a run-down condition of the entire body and requires attention to total health. Seek appropriate medical assistance.

Primary Formulas

- Paw Paw Cell-Reg (Anti-Cancer) **NOTE:** Only those with cellular abnormalities (cancer) should take this product on a regular daily basis. Do not take other products except Nature's Immune Stimulator, Protease/High Potency or Noni during this time.
- Nature's Immune Stimulator + Protease/High Potency (between meals)
- Nature's Noni – To cleanse and build Immunity

Cleanse/Purify

- E-Tea (Anti-Cancer) – Make into a tea and drink between meals
- All Cell Detox or Enviro-Detox (Whole Body Cleanses)
- Red Clover Blend or Red Clover (Blood Purifiers)
- Liquid Cleanse or Tiao He Cleanse
- Small Intestine Detox

Immune System and Prevention

- SC Formula (Shark Cartilage/Anti-Tumor) – Note that most Leukemias and Lymphomas do not respond to Shark Cartilage
- Super ORAC
- Anamu – To protect cells and build Immune System
- Colostrum – To promote T-Cell production
- Adaptamax – To prevent oxidative damage
- Breast Assured – For immune action to support breast health
- Green Tea Extract – To boost immunity
- Phyto-Soy (Soybean Immune Booster)
- Melatonin Extra – Interacts with the Immune System. Adults only.
- Super Trio - For vital nutrition.

Combination Immune Products

- Trigger Immune, Thai-Go, Super Antioxidant, Defense Maintenance, THIM-J, HCP-X, Fizz Active-Immune
- Single Immune Products
- Alpha Lipoic Acid, Astragalus, Una De Gato, Grapine H/P, Garlic, High Potency, Thai-Go

Immune Products for Children

- Sunshine Heroes Whole Foods Antioxidant

General

- Germanium Combination or Korean Ginseng – To improve cellular oxygenation
- CoQ10 – To improve cellular oxygenation and circulation

- MSM + Vitamin C – To inhibit carcinogens from forming
- Ultimate Greenzone or Super Algae
- CLA – Anticancer
- Cordyceps or Korean Ginseng – A nourishing tonic and to build Immune System
- SUMA Combination or Adaptamax (Whole Body Balance)
- Bee Pollen – To reduce effects of radiation therapy
- Krill Oil or Super Omega-3 – To suppress cell growth

Essential Oils

- Frankincense (To prevent and regress) + Helichrysum, Clove Bud, Lavender or Clary Sage

Skin Cancer (External in addition to above)

- Pau d'Arco Lotion (Blood Purifier and Immune Enhancer)
- Golden Salve (Daily) + Black Ointment (Nightly)
- MSM + Vitamin C – To replace unhealthy cells
- Essential Oils: Frankincense + Lavender or Tea Tree
- Geranium – Diffused 10 minutes 3 times a day
- Tea Tree Oil then Geranium Oil in Massage Oil Externally

Diet:

- Clean bowel, support digestion, no animal protein after 4 PM.
- Eat 10 raw almonds a day and all dark colored fruits.
- Drink beet, carrot and asparagus juice often.
- Eat onions and garlic.
- No junk food, no caffeine.
- Consider macrobiotic diet.

Other

- Remove dental problems.
- Avoid chemicals and heavy metals.
- Avoid microwave ovens and sit at least 8 ft. away from TV.
- Exercise as often as possible.
- Walk in the fresh air.

**CERTIFIED WOMAN'S HEALTH COUNSELOR ONLINE COURSE - SESSION 13
QUESTION & ANSWERS**

NAME: _____
ADDRESS: _____
CITY, STATE, ZIP, PC: _____
PHONE: _____
FAX: _____
E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail or mail it back to us at iridology@netzero.net or P.O. Box 485, Weimar, CA, 95736-0485. We will grade your question & answer session and will let you know if we have any questions or concerns. **Please use a separate sheet to do this assignment.**

1. What would you say if someone asks you what cancer is?
2. How does cancer develop?
3. How does cancer spread to other parts of the body?
4. What are the cancer symptoms?
5. What are the 10 ways you can prevent cancer?
6. What is a colonoscopy? What are the benefits vs. the risks?
7. What are the main treatments for cancer?
8. Use one of the links above for one of the types of cancer. Research the type of cancer and write a paper for us on what type of cancer it is, where it affects a person, what the symptoms are, what the treatments are, and what you would recommend if someone you know comes to you and says they have it.
9. What would you do if you have cancer? Would you go the medical route? Would you just go through alternative treatments? Would you do both? Would you whatever it takes to stay alive?
10. Do you know anyone with cancer right now? After going through this session, what would you say to them now?