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Cancer Prevention is the Real
Cure

IPM CONGRESS 2023



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I receive a fee for service for consulting with researchers and clinicians worldwide about metabolic oncology

Learning Objectives

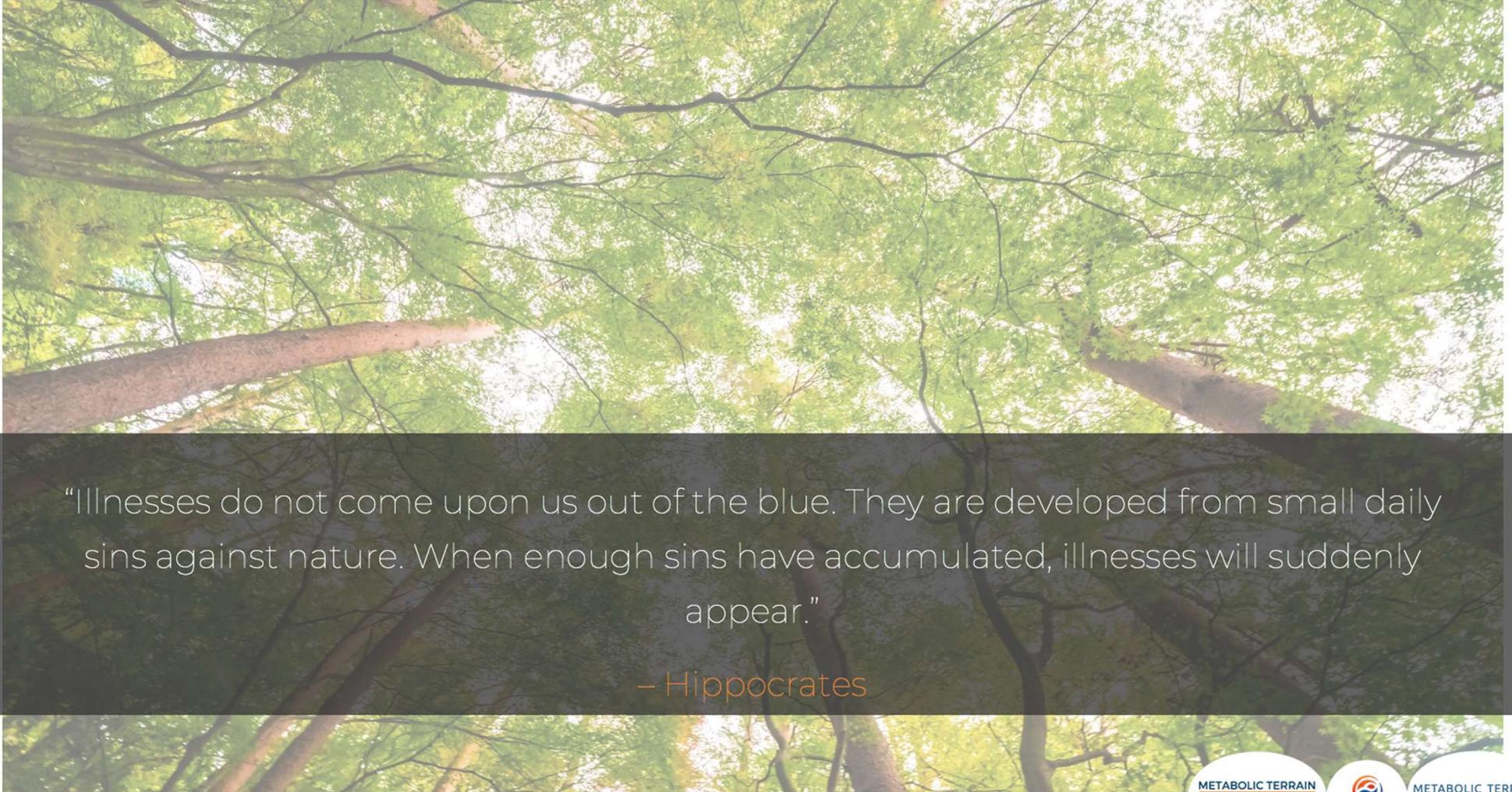
- Understand Health as a Continuum
- Defining the Concept of Terrain
- How to Take Inventory of Your Terrain
- Top Strategies to Enhance Terrain Health and Cancer Prevention

Why Do We Get Cancer?

...And is there something
we can do?

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“Illnesses do not come upon us out of the blue. They are developed from small daily sins against nature. When enough sins have accumulated, illnesses will suddenly appear.”

– Hippocrates

Our Ecosystem is Struggling to Adapt and Keep Up



The environmental
crisis is also a
health crisis

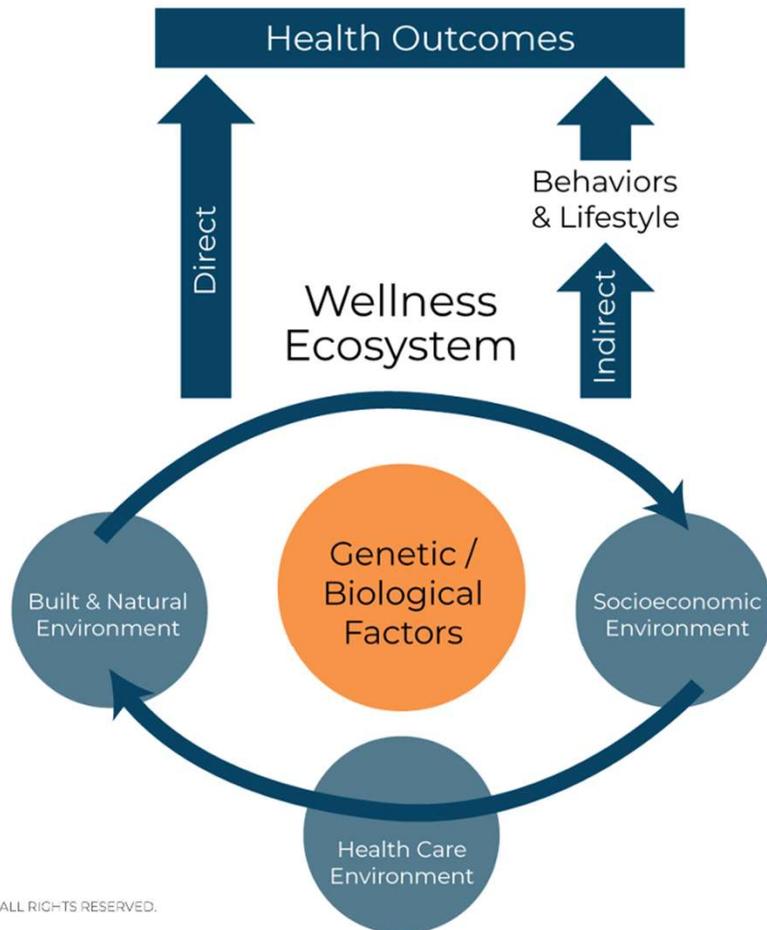


Our population is
growing sicker,
more stressed,
lonelier and older



Health Systems are
failing to prevent
bad health

Up to **80-90%** of our health outcomes depend on the external and environmental factors in our wellness ecosystem.



The way our homes, neighborhoods, workplaces, and cities have been built in the last century is reinforcing lifestyles that make us sick, stressed, alienated, and unhappy.

Source: Global Wellness Institute

Carcinogens

Heavy Metals

BPA

Light Exposure

Dioxins

PCB's

Processed Meat

Artificial Flavoring and Coloring

Carrageenan

Tobacco

Alcohol

Engine Exhaust

Ultraviolet Rays

Partially Hydrogenated Oils

Formaldehyde

Artificial Sweeteners

Coal-fired Plants (mercury)

Pesticides

Glyphosate

Benzoate (sodium benzoate)

Fried/Grilled Foods (acrylamide)

Asbestos

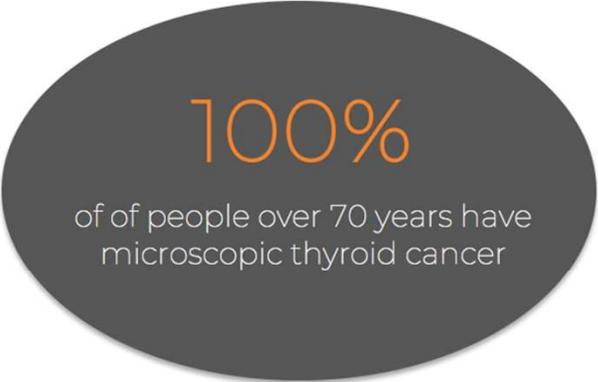
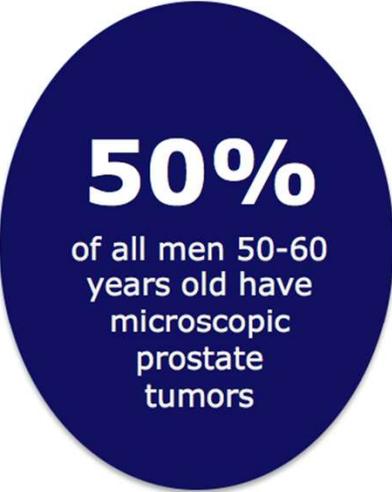
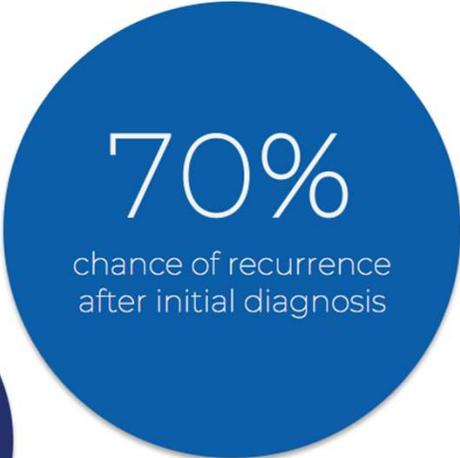
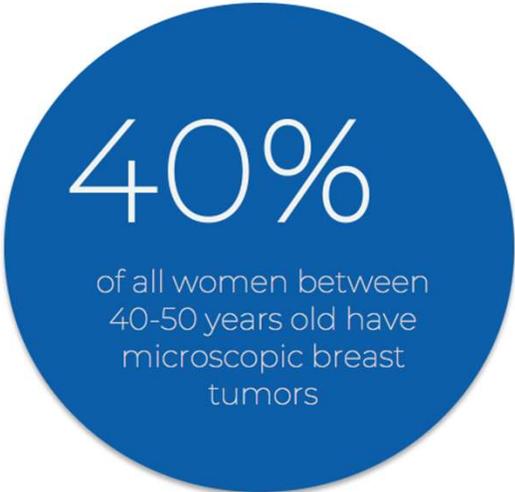
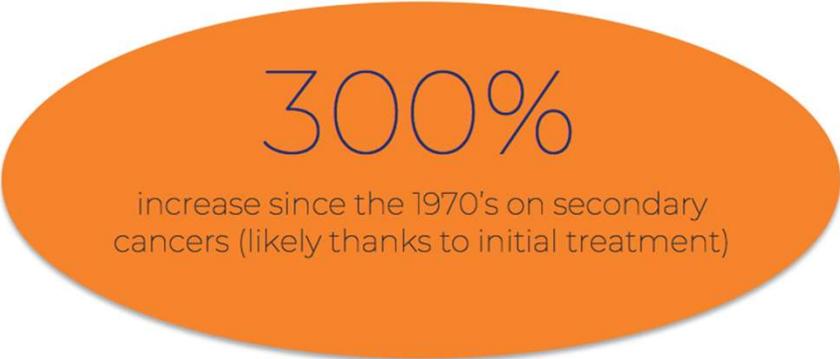
Radon

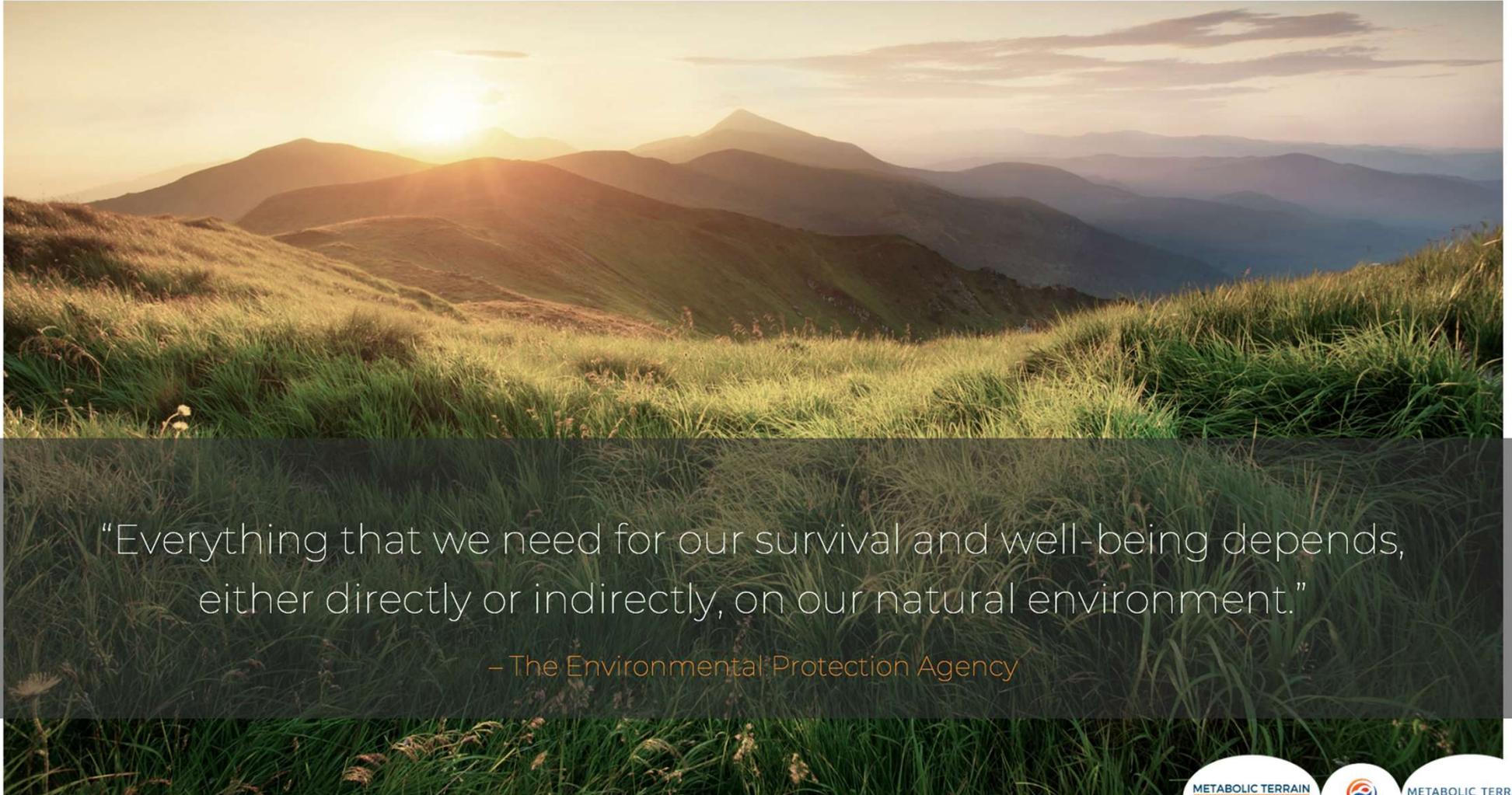
Wood Smoke

Pollution

Chloroform







“Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment.”

– The Environmental Protection Agency

Health:

(noun)

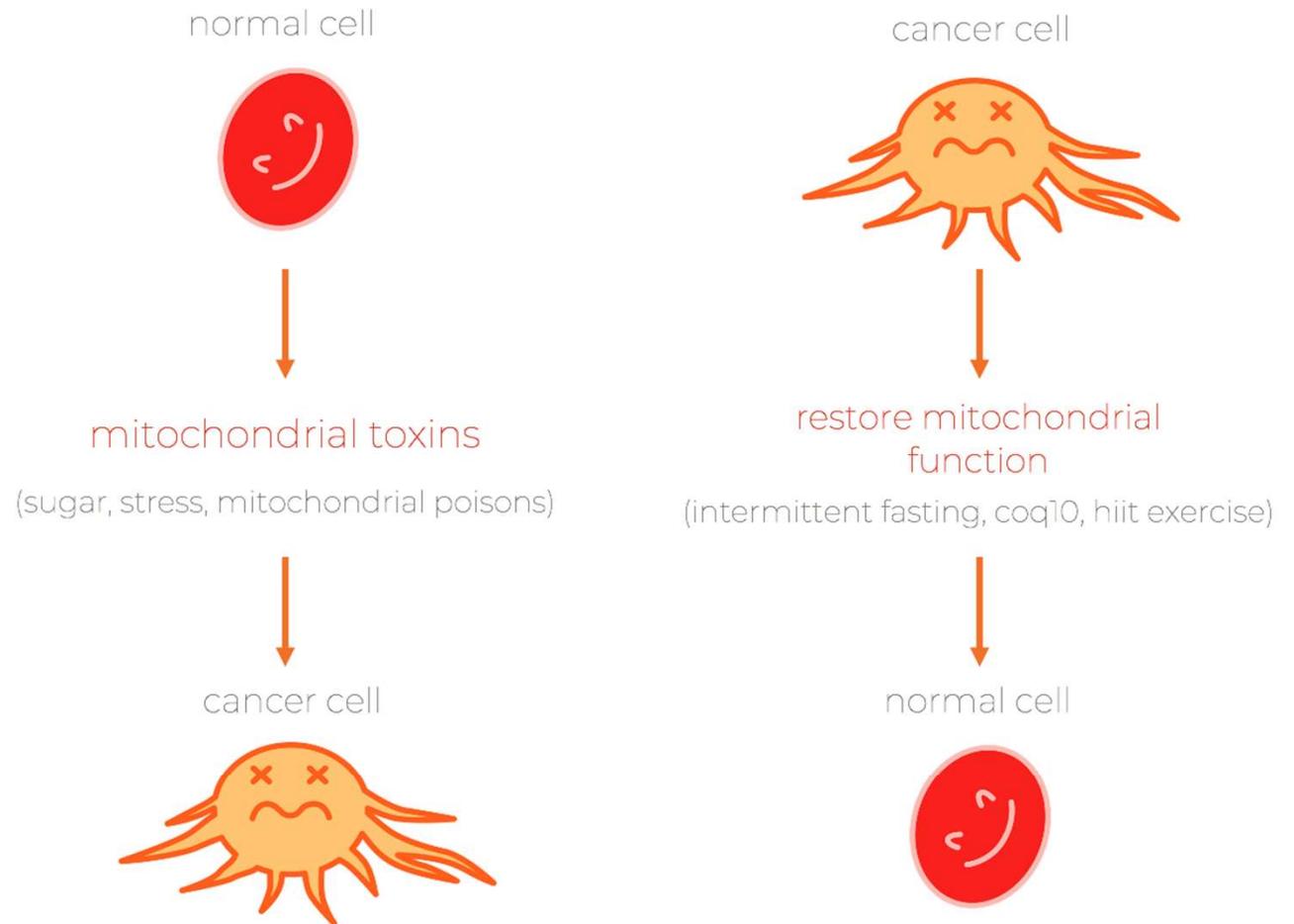
Merriam-Webster's definition:

- The condition of being sound in body, mind, or spirit;
- The general condition of the body;
- Flourishing condition: well-being;
- A toast to someone's health or prosperity

Cancer isn't a tumor; it is a process.

- It is NOT unavoidable bad luck
- Tumor is a mere symptom of underlying imbalance (and the DNA mutations are triggered by things in, on, around us and only manifest if mitochondria are malfunctioning)
- Removing tumor through surgery, chemo, radiation will NOT remove the cancer PROCESS that produced the tumor
- In fact, SOC will often negatively impact the terrain making it more toxic and more welcoming to a cancerous process to continue
- Cancer process manifests differently from one person to the next
- There is no “cure” as we all have cancer cells all the time

Cancer Stem Cells



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What's in YOUR bucket?



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Assessing The Terrain:

- CBC with diff (with focus on NLR <2:1 and Platelet count, Mono/Eos/Baso, WBCs, Hg/Hct)
- CMP (serum calcium, electrolytes, cachexia screen) with Alk Phos Isoenzymes and if elevated on its own, has higher liver mets potential
- "Trifecta": HS-CRP (<1 or <.1), LDH (<175 or <450), ESR (<10) (LDH Isoenzymes where appropriate)
- D3 (25-OH (~80-100) and 1,25-OH (WNL)
- Homocysteine (~7) can advise whether methionine restriction pulsing is warranted
- Uric Acid (<4)
- HbA1C (<5), Insulin (~3), IGF-1 (~100 higher in peds), c-peptide (<2)
- Ferritin (~35-75)
- Full thyroid panel including antibodies, rT3, T3 Uptake
- OAT (organic acids profile)
- Single Nucleotide Polymorphisms (SNPs)
- Terrain Ten™ Questionnaire, signs and symptoms, personal/family med hx
- Functional Medicine testing specific to the individual and situation at hand



“If a flower doesn’t bloom, you fix the environment in which it grows, not the flower.”

— Alexander Den Heijer





Essential Determinants

Circadian Rhythm

Diet

Community

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Breathe Fresh Air



Clean Water And Hydration



Cycles: Solar, Lunar, Lifecycles



CDC



Nutrition And Digestion



Rest And Recreation



Environment/
Geography



Community as part
of the
Gaian Ecosystem

- Toxins (countless!)
- High sugar/insulin/IGF-1 (loss of metabolic flexibility)
- Micro and macronutrient deficiencies (in particular-- B12, magnesium, zinc, selenium, D3, K2)
- Estrogen dominance and hormone imbalance

VS

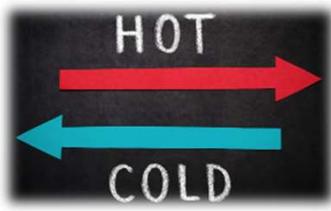
NON-PERMISSIVE
TERRAIN

PERMISSIVE
TERRAIN

- Balance of hormones
- Exercise/movement
- Meditation/stress reduction/emotional resilience
- Metabolic flexibility
- Micro and macronutrient-rich
- Botanicals like curcumin and polyphenols in veggie-rich diet

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CRYOTHERAPY,
HYPERTHERMIA



SUPPLEMENTS,
NUTRIENTS

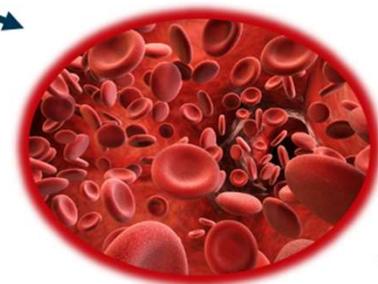
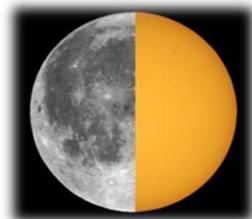
- D3
- Magnesium
- Zinc
- Berberine
- Sodium Selenite
- Melatonin
- Boswellia

BLUE LIGHT
MITIGATION



MITOCHONDRIAL
POISONS REMOVAL

CIRCADIAN
RHYTHM



HAPPY CELLS

HOLD BREAD, VEG OUT

EXERCISE



INTERMITTENT FASTING



BREATH



MENTAL HEALTH

Dr. Nasha's "TOP 10" Resource Guide

Top 10 Lifestyle Choices to Create an Optimal Terrain:

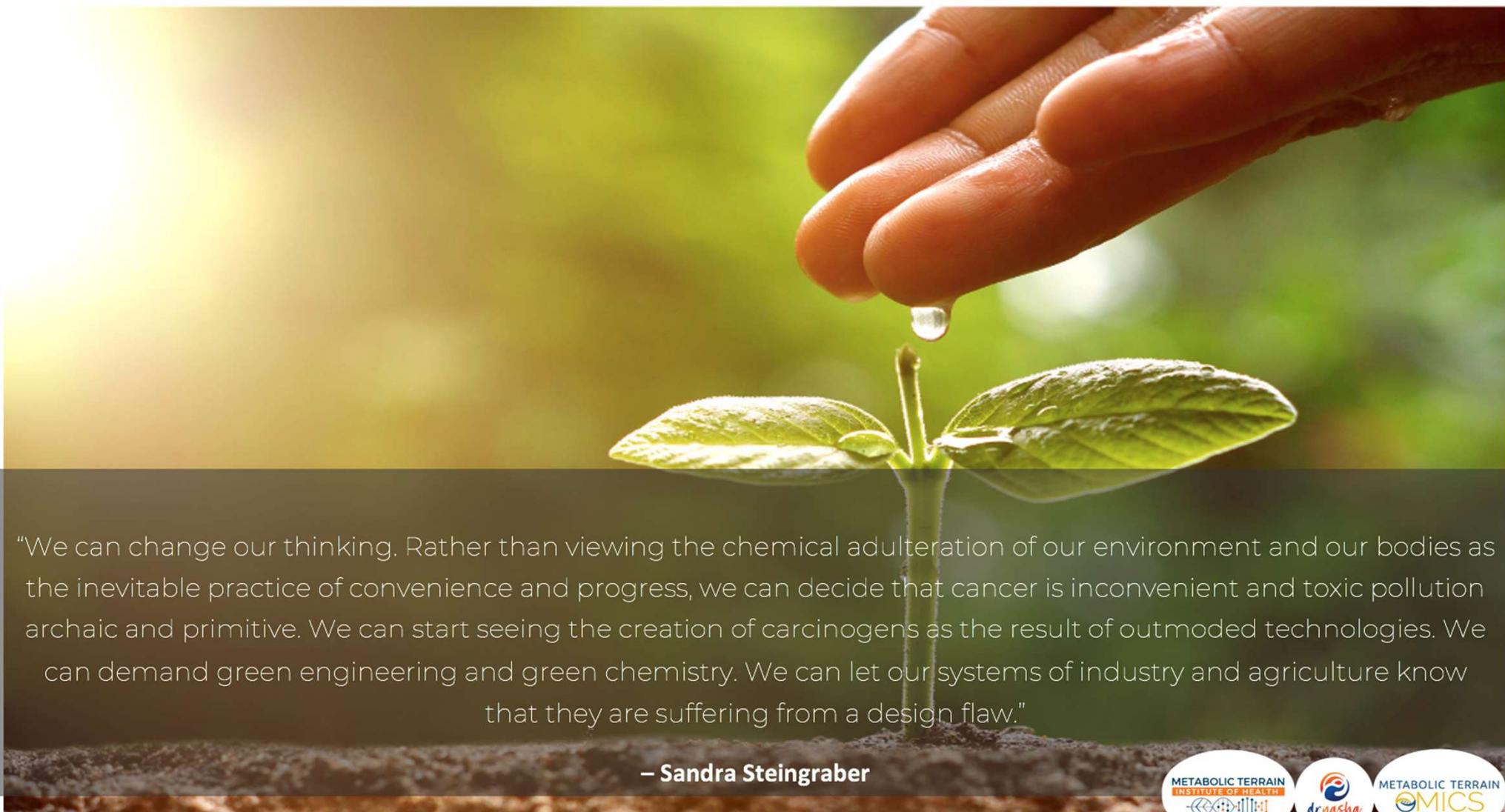
1. Eating organic, non-GMO, local whole foods that are seasonal, nutrient dense and very low glycemic and weave in regular fasting
2. 9 cups of veggies/day---3 cups leafy greens, 3 cups cruciferous vegetables, 3 cups colorful veggies (thank you, Dr. Terry Wahls!)
3. Daily mindfulness/meditation/prayer practice (GPS for the Soul, HRV monitor, Headspace, MBSR)
4. Time in nature daily, laying on the earth, walking barefoot on the dewy grass each morning, Forest Bathing, beach walking
5. Cultivating a nurturing support network (and avoiding toxic relationships)
6. Clean air, purified water
7. Earthing, avoidance or moderation of EMFs, limiting screen time
8. Grow a garden and/or indoor plants, get your hands in soil!
9. In bed by 10 pm in complete darkness, turn off router, no electronics in bedroom
10. Run all body care products and household products through Environmental Working Group or similar organization in your own country

Top 10 Healing Foods

1. Bone Broth
2. Greens (acidified, low oxalate)
3. Cruciferous Vegetables (with mustard powder to increase bioavailability)
4. Ghee
5. Coconut Oil
6. Sardines, Anchovies
7. Berries
8. Hazelnuts, Macadamia and Pili nuts
9. Fermented Foods
10. Olives and olive oil

Top 10 Healing Spices

- | | |
|-------------|--------------|
| 1. Turmeric | 6. Cumin |
| 2. Parsley | 7. Ginger |
| 3. Cinnamon | 8. Cacao |
| 4. Cayenne | 9. Sea salt |
| 5. Rosemary | 10. Cilantro |



"We can change our thinking. Rather than viewing the chemical adulteration of our environment and our bodies as the inevitable practice of convenience and progress, we can decide that cancer is inconvenient and toxic pollution archaic and primitive. We can start seeing the creation of carcinogens as the result of outmoded technologies. We can demand green engineering and green chemistry. We can let our systems of industry and agriculture know that they are suffering from a design flaw."

– Sandra Steingraber

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RESOURCES:

- [EWG Tap Water Data Base](#)
- [Berkey Water Filter Data Base](#)
- [WHO Air Quality Database 2022](#)
- [EPA Air Pollution Data Base](#)
- [WHO Air Pollution Data Portal](#)
- [EPA Super Fund Site Zipcode Data Base](#)

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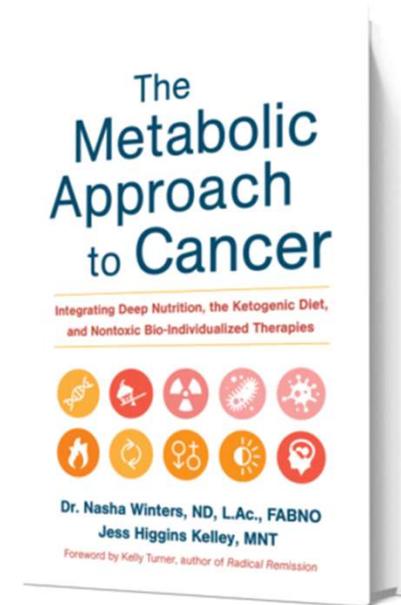
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BOOK

“The prevalence of so many new and untested chemicals in our environment and products of daily living – and the ways in which they cause cancer – is a prime example of how living so far removed from our natural environment promotes disease. Toxic burden can cause imbalances in in so many terrain areas, including immune suppression, hormone imbalance, oxidative stress, and inflammation.”

- The Metabolic Approach To
Cancer



The Metabolic
Approach To Cancer

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