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# Herbs Etc.

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## Cancer: Cells Losing Communication

Cancer is a very serious and often, scary word. In natural health, with any concern, we look beyond the term used for the condition to understand what is really going on: where is the body out of balance, and how can we help bring the body back into balance?

When looking at cancer on a cellular level in the body, a cancer cell is a cell that has lost communication with other cells.

Imagine this: you are at work; you are suddenly blind, mute, and deaf. You cannot see where you are or what needs to be done. You cannot hear anyone else giving you instructions. You cannot yell for help. Yet, you are still expected to do your job exactly as you had done it before. What do you

think? This is a cancer cell: a cell that has completely lost communication. So, in natural health, we look at why did this cell lose communication in the first place? And, how can we help this cell regain communication?

Many times, cells lose communication because of some kind of toxicity. Mercury poisoning, usually from dental fillings, is a major source of toxicity (for more on mercury see the following page). Toxicity can also result when the channels of elimination are not functioning properly. This means that if the bowels are not moving regularly (one meal in, one meal out), if the liver becomes congested, if the kidneys are not filtering properly, or if the skin is being bombarded with

too many chemicals (in lotions, etc.), then the body's waste materials are getting stuck inside creating unfavorable conditions for the cells.

One more source of toxicity is unexpressed emotions. When an emotion is not expressed, when we hang on to it and let it fester, it, too,



creates real physiological changes in the body. Deep hurt, grief, resentment, and anger, in particular, are emotions that can lead to loss of cell communication. In order to regain communication, all of these things need to

be addressed.

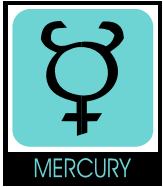
If there is mercury, it should be replaced by a specially trained dentist. The body needs high quality nutritious foods that will strengthen the immune system and allow the body to cleanse in a gentle manner to get out the waste materials.

Those emotions that have been stuck inside need to be recognized and released. This is how a cell regains communication and the body returns to a state of balance.

Cancer is serious. It is, indeed, a time when your whole being asks you to look at your life and examine all of your lines of communication. It is about learning to talk to every part of yourself, in harmony.

# Mercury Toxicity and Its Effect on the Immune System

Mercury toxicity, usually resulting from dental fillings, has a hugely negative impact on the immune system. Overall, mercury increases the break down of essential parts of the body.



The part it affects most is the membrane around and inside the cell.

When these membranes are damaged, the cell does not perform the function of passing along the proper signals, and the messages

are not conveyed to tell other parts of the body what they need to be doing. This lack of communication leads to the body not functioning properly.

In regard to the immune system, this lack of communication and proper function makes it hard for the body to recognize what is "self" and what is "non-self." Things that are normally recognized as "non-self" include viruses, bacteria, and other toxins. The body usually attacks and tries to eliminate anything

that is "non-self." When mercury breaks down the membranes of the cells, they no longer are able to differentiate "self" from "non-self" and start attacking its "self." This attack of self is termed an autoimmune condition, and cancer is an autoimmune disease. To determine if mercury is a problem for you and your immune system, schedule an appointment with one of the naturopaths at Herbs, Etc. by calling 989-773-3636.

## E-Tea

E-Tea is a Nature's Sunshine product formulated according to the Essiac tea formula. Named for Rene Caisse, this formula is an herbal blend that was given to her by the Ojibwa Indians and is known for inhibiting tumor growth and helping the body heal from cancer.

This is a blend of the concentrated extracts of Burdock,

Sheep Sorrel, Slippery Elm, and Turkey Rhubarb that work together to destroy growths and tumors. It also purifies the blood, enhances energy levels, alleviates pain, promotes fast healing, and stimulates the production of antibodies. Used extensively with all types of cancer, E-Tea has additionally benefited AIDS, liver conditions,

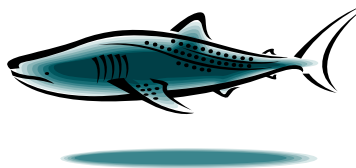
lupus, diabetes, and other degenerative diseases. The capsules can be taken internally or opened and made into a tea.



## Sharks Don't Get Cancer

Did you know that sharks are immune to cancer? Their entire skeleton is made of cartilage with no blood vessels; in order for cancer cells to grow, an ample blood supply is needed. Because sharks lack this kind of blood supply, researchers indicate that this is why sharks are immune to cancer. We can benefit from this research with the

SC Formula. SC Formula contains a blend of shark cartilage and Reishi mushroom.



Both ingredients are known for improving immunity, reducing

pain and inflammation, and preventing the growth of cancerous cells and tumors. In studies, shark cartilage, specifically, has been shown to reduce tumor size by 40-100%. Reishi mushroom has long been valued in Eastern medicine as a powerful adaptogen. This is a great combination to consider in any cancer healing program.

## All Cell Detox

All Cell Detox is an herbal combination that is designed to enhance the body's ability to eliminate toxins through the colon, liver, and kidneys. Overall, this blend contains herbs that counteract inflammation, improve the immune system, fight infection, purify the blood, and neutralize acids in the body. Because of its cleansing and strengthening properties, this combination may help to reduce and inhibit foreign masses, such as cysts, fi-

broids, polyps, and tumors.

As a blend, it contains Black Walnut, Cascara Sagrada, Catnip, Chickweed, Cyani Flower, Dandelion, Fenugreek, Gentian, Goldenseal, Irish Moss, Myrrh, Oregon Grape, Parthenium, Safflowers, Slippery Elm, Uva Ursi, and Yellow Dock.

The variety of herbs and each one's individual properties working together in a blend make this a very powerful and effective combination. As a whole, it im-

proves digestive function and helps the body better assimilate nutrients. It has also been used for numerous conditions, including anemia, arthritis, urinary tract infections, jaundice, gallstones, liver enlargement, hemorrhoids, respiratory infections, ulcers, and more.

This herbal formula is available from Nature's Sunshine and can be picked up at Herbs, Etc. If you have additional questions, consult one of our naturopaths.

## Frankincense Essential Oil

Historically known as being given to Christ at his birth, Frankincense essential oil is truly a gift in that it is a powerful immune system stimulator.

Some of its properties include being antiseptic, anti-infectious, having anti-tumor qualities, and even relieving depression. It oxygenates the brain, helps reduce inflammation, counteracts aging, helps calm the nervous



system, and provides emotional balance. Frankincense oil is also known for increasing the activity of white blood cells to defend the body against infections.

To use Frankincense oil to

strengthen the immune system, one drop can be applied to the bottom of each foot. One drop could also be applied over the thymus in the center of the chest. Additionally, if working to reduce tumors, one to two drops can be applied externally over the area where the tumor is known to be located. This essential oil has a long history of being an effective healing aid.

## "The Cure for All Cancers"

"The Cure for All Cancers" is a book written by Dr. Hulda Clark that details her research and goal of curing 100 cases of cancer. She reached that goal in December 1992, and published her book shortly thereafter, wanting to present the truth to all. In the book, Dr. Clark pre-

sents her research on the cause of all cancers and shares the stories of many cures. She also details how to get well, including giving nutritional information and how to be aware of chemicals in household products and dentalware. Further, she presents ways in which you can test

yourself and assess your progress. Numerous recipes for foods, natural body products, and natural household products are also shared.

Dr. Clark was an amazing woman, and this is an enlightening story for everyone, especially those challenged with cancer.

# Juicing for Your Life

What would your life be like if you had boundless energy? What if you didn't have those little aches and pains, didn't get sick as frequently, and could even slow down the aging process? These are some of the benefits that people have experienced as a result of juicing.

We all know that we should eat our fruits and vegetables. How often are they *fresh* fruits and vegetables? And, if we are eating them cooked, how are they being cooked (hint: microwaving is the *WRONG* answer)? According to the American Cancer Society and the National Cancer Institute, most Americans are not eating enough fresh fruits and vegetables to prevent disease. So, how do we do better and get the amazing benefits?

One way is through juicing. It is one of the best and easiest ways to consume the quantity of raw foods necessary to deliver high-quality nutrients. Further, using the juice from real foods provides an abundance of vitamins and minerals that is unprocessed and easily digested and absorbed, unlike the multivitamin supplement you swallow in tablet form. Raw juices are also full of enzymes that assist digestion, meaning your liver and pancreas do not have to work as hard. This, in turn, conserves energy, which means you feel more energetic. Eating processed foods creates a build-up of toxins and acids which results in inflammation and in some cases, results in cells losing the ability to communicate. Raw juices reduce acidity and toxicity by stimulating the function of some of the channels of elimination: the bowels, liver, and kidneys. Because of the combination of concentrated nutrition that is easily absorbed, energy conservation, and the ability to detoxify, raw juices have helped very debilitating cases when nothing else has worked.

So, for boundless energy and a more healthy life, try these recipes:



## Garden Salad Special

3 broccoli flowerets  
1 garlic clove  
4-5 carrots or 2 tomatoes  
2 stalks celery  
1/2 green pepper  
Wash, chop, juice, and enjoy!

## Cleansing Cocktail

1/4 inch slice ginger root  
1 beet  
1/2 apple  
4 carrots  
Wash, chop, juice, and enjoy!

Recipes found in "*Juicing for Life*" by Cherie Calbom