

## ‘NUTRITIONAL TIPS’

### WEIGHT & CANCER RISK?

(A Connection?)

The number of people who are overweight in this country is increasing and so are the numbers of deaths caused by cancer. Is there a connection?

A recent study published in the *‘New England Journal of Medicine’* compared weight with cancer deaths and found that as a person’s weight increases so does the risk of dying from nearly all of the leading types of cancer. The study found that the risk is greater for women and that the higher the weight, the higher the risk.

With 65 percent of the population overweight or obese, this is a monumental health concern, the cost of which is going to be passed on to every taxpayer on way or another. The cost shall be spread out among the populace as it always is!

The researchers reported that as many as 90,000 cancer deaths could be prevented each year if Americans maintained a healthy weight.

Achieving a healthy weight starts with the proper food choices, portion sizes and regular ‘Modest’ physical activity ... as simple as taking a fifteen minute walk around the neighbourhood every night after dinner! Before breakfast is a tremendous alternative! Get started by making slow, gradual changes in your current routine.

You may ask why and how does ‘Obesity’ compromise our well-being and open the door to cancer? It is very simple and I shall explain it very briefly.

When you are ‘FAT’ you do not feel as good about yourself as when you are ‘FIT’ (‘Food Does Not Taste As Good As Fitness Feels’). When you are thus psychologically compromised, that mental state lowers your ‘Chemistry’. Your ‘Ph #’ usually goes up meaning your profound ‘Chemical Fluid Make Up’ becomes more acidic. This condition breaks down or makes the ‘Cellular Wall Protein’ more vulnerable to decay and thus to ‘Third Party Invasion’. It enables you to become a host to bad things one might call ‘Party Crashers’!

Your immunity, your auto immune system is compromised. Thus, viral and other adversarial agents can more easily penetrate the ‘Protein Cellular Shell’ and parasitically attack the core components, the nucleus of your cellular body.

This, in turn, immediately and unavoidably lowers your ‘Cellular Vitality’. This reduces you ‘Cellular Harmonics or Frequency’. Whenever you reduce the ‘Physical State’ of your internal ‘Cellular Vitality’, the actual composition of the ‘Cell’ is compromised. As soon as this begins, you are on the way down!

Any 'Physiological or Psychological' negatives affect your 'Cellular Vitality'. This turns the key and pushes the button that starts the slide down that slippery slope we have come to call 'Cancer'! There are 'NO' known chemical cures! But, there 'ARE' known and regularly applied natural cures! You may have heard that the 'Pharmaceutical Industry' is reaching out to the 'Legislative Branch' to make the sale of any material, natural or concocted, their exclusive legal domain? Health foods and natural supplements are under heavy fire at this time. Simple Oriental herbs will soon slide out of reach! You will, for the first time in centuries, not be able to legally procure 'St. John's Wort'! We are losing our freedom!

Why more now than ever before? Because society is under ever increasing '**Stress**'! We face pressures as never before imagined! Additionally, we are eating foods that are so 'Chemically Damaged', so hollow and devoid of real nutrition, that we are willingly committing suicide! The evidence is so profound and vast that I shall not even begin to reveal it to you. Think about '**Artificial Sweeteners**'. There isn't one that is fit for consumption yet billions of dollars of it is sold to willing consumers! We are duped to thinking it is the panacea to weight loss, renewed health and enhanced prowess. Quite the opposite! '**Margarine**'! It is a 'Known Direct Link' to cancer and manifold circulatory damage such as atherosclerosis.

Strangle hold pharmaceutical companies, drug peddlers and chemical companies are killing us! Their lobbying power is perhaps second only to that of the banks! Remember, each one of these categories of drug and food supplements are 'Multi-Billion Dollar Products' that slip through the watchful eye of the FDA! How watchful is it? Money obscures clear vision!

You know that the government, bedfellows to big business, is working diligently to limit the amount of 'Exposure To Liability' that can befall these powerful lobbyists? So hundreds can be killed and the settlement is a small soft blanket that is a pseudo resolution to known or suspected human injury!

Read more about what you stick into your mouth! "We are what we eat!"

This simplicity explanation may be too shallow for your liking? Then do more research!

**"Welcome Aboard!"  
"Enjoy The Ride!"**

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