



## CANCER AND NATURAL FOOD BASED ANTIOXIDANTS

### SHOW PHENOMENAL RESULTS

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Cancer, the disease of unrestrained growth, is both a disease of senescence (cellular aging) and a disease of chronic internal toxicity. This article will attempt to explain both of these factors (cellular aging and toxicity)--how they relate to cancer according to research findings and integrate this knowledge into a workable support program for individuals with cancer.

Cellular aging occurs as a result of “free radical” damage to the DNA of the genes as they replicate and divide. Free radicals “escape” as a normal process of living but their numbers increase dramatically in nutritionally depleted bodies. The more times the cell divides and the larger the number of “free radicals” or electrons present, the greater the opportunity for genetic mutations to occur. This is cellular aging and it is the genetic mutations as a result of aging that are largely responsible for cancer according to scientific research. As people age, the number of cell divisions increase and the probability of genetic mutations increase. In other words, as we age, our chance of developing cancer becomes greater. Some individuals may be born with a genetic predisposition toward various cancers or certain genetic mutations. We believe that the chances of developing cancer can be reduced and healing can occur with proper nutrition, concentrated whole food supplements and other modalities.

Cellular aging does not explain why children develop cancer and it does not account for the deeper issues involved but it does give us a very big clue to both cancer prevention and support. At the biochemical level, the damage from “free radicals” is greatly reduced by functional antioxidants. I say functional because in order to function, antioxidants have to come from whole foods or herbs that have been processed to maintain their potency. Ascorbic acid is not vitamin C nor is it an antioxidant. (See “Healing from the Inside Out” on [www.drsharonrabb.com](http://www.drsharonrabb.com)). Our bodies cannot make real vitamins –only plants can do that. Ascorbic acid is sold as vitamin C but it is only an isolated or

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synthetic part of the whole vitamin C complex. Dr. Victor Hurbert has shown (as did earlier scientists) that ascorbic acid is a re-dox agent. It actually oxidizes two of our four gene bases! Whole vitamin C acts as an antioxidant but this has to come from plants or supplements from whole foods processed to maintain vitamin content (rare on the market). Other phytochemicals found in plants exhibit greater antioxidant ability than whole vitamin C. Cancer research is now beginning to focus on the healing ability of the phytochemicals found in foods and herbs. Amazing results are being reported but those are mostly ignored by main stream medicine. Not only do these phytochemicals help prevent and support cancer treatment, they also slow down the aging process and benefit other diseases of aging.

Listed below are foods that been shown to have the most benefit for cancer according to the National Institute of Cancer:

Highest cancer activity:

- Garlic
- Green tea or green tea extract
- Ginseng
- Soybeans
- Ginger
- Licorice
- Umbelliferous vegetables (celery, carrots, parsley, parsnips)

Mild activity:

- Cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, kale)
- Whole wheat
- Onions
- Flax seeds
- Citrus
- Solanaceous vegetables (peppers, tomatoes)
- Brown rice

Lowest cancer activity:

- Garden herbs (sage, thyme, rosemary, oregano, mints, basil)
- Oats
- Barley
- Cucumber

Specifically, green tea polyphenals and probably other phytochemicals inhibit cancer by blocking the formation of cancer causing compounds like nitrosamines, suppressing the activation of carcinogens, and effectively detoxifying cancer causing agents.

Phytochemicals not only block free radicals -- they act in many other ways to destroy

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cancer. High concentrates of green tea polyphenols and other phytochemicals are already available for use by health care professionals.

If cancer is in part a disease of oxidative damage to the DNA of our genes, then it stands to reason that 1) high potency antioxidants would be of benefit and 2) decreasing the load of “free radicals” by improving the diet would be essential. In our clinic we use high grade herbal formulas that contain antioxidants and other phytochemicals, whole food vitamins and minerals and glandulars for optimal successes. We also stress dietary modifications. Concentrated whole food supplements are important because the foods of today contain a much lower vitamin and mineral content due to depleted soils and chemical fertilizers and pesticides. Not only do these harmful chemicals reduce nutrient content but they add to our environment pollution in the form of toxic carcinogens.

It is accepted medical knowledge that carcinogens play a major role in genetic damage and thus cancer. Tobacco, alcohol, asbestos and radiation have long been accepted as harmful carcinogens, but they are by no means the sum of the problem. Following is a partial list of carcinogens:

#### Foods and water

- Nitrosamines (preserving meat)
- Aspartame (nutrasweet)
- Farm chemicals and hormones
- Rancid oils and transfats
- High fructose corn syrup (HFCS)
- Bleached food and water
- Chemical additives & preservatives
- Chemical dyes and flavor enhancers (MSG)
- Heavy metal poisoning

#### Drugs

- Tobacco
- Alcohol
- Drugs – both legal and non-legal
- Vaccines

#### Air

- Commercial emissions
- Chem trails
- Nuclear testing and fall-out
- Radiation therapy and X Rays
- Microwaves
- Negative electromagnetic frequencies (EMF's)
- Car emissions

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- Chemicals in aerosol cans
- Cell phones
- Computers
- Transformers and power lines

#### Personal hygiene

- Sodium laurel sulfate (everything from toothpaste to shampoo)
- Dyes and preservatives
- Mercury in dental fillings

It is the goal of this clinic to provide certain environmental products that help in part to eliminate carcinogens from our environment. We provide everything from toothpaste to laundry disks to light bulbs which act as air purifiers. It is important that we clean up our outer and inner environment.

All chronic diseases are diseases of poor diet but cancer is unique in that it seems to need a carcinogen to initiate uncontrolled growth as well as inadequate nutrition. The equation seems to be: genetic predisposition + carcinogen + poor diet = cancer. Early twentieth century research as well as some more current studies indicate that a tendency toward disease conditions can be passed down through the genes to offspring. This tendency can be acquired through inadequate nutrition in a single life span. The following is taken from Dr. Royal Lee in 1950. (Lectures of Dr. Royal Lee, p. 90):

*Dr. Davidson in his celebrated experiments in which he caused mice to become cancerous on a diet low in vitamins and minerals, and by feeding a better nutritional schedule cured the mice and made the strain immune to cancer; simply proved that poor diet can cause racial degeneration; and a good diet cause racial regeneration. He was able to cure cancer, not in the individual, but in the race by a better diet. (3) He was able to cause cancer consistently, not in the individual, but in the race by a poor diet. To get the individual mouse to become cancerous he had to resort to two causes—poor diet plus a chemical irritant. Since we are all exposed to both influences in more or less degree, it is no wonder that cancer is progressively increasing in all countries where poor diets prevail—all countries where refined sugar, bleached flour and packaged groceries prevail.*

*In considering the importance of diet in cancer, it is well to recall the comment of Dr. Daniel T. Quigley made at the national AAAN meeting last year, where he showed many slides of patients before and after surgical removal of cancer and in which Dr. Quigley found in over 30 years of experience that no patient had a recurrence of cancer who had followed his dietary recommendations. That is one situation where an ounce of fact is worth a ton of theory.*

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Wow, cancer as a nutritional disease at least as far back as 1950! The overwhelming evidence from scientific research has been substantiating this for years – so much that even the National Cancer Institute (NCI) can no longer ignore it. However, individual doctors seem to be able to do so.

Now we will focus on the toxicity aspects of cancer and look again at the “big picture”. If cancer individuals are toxic with their own wastes, then what causes this? The answer is a multiple of issues. Cancer is caused by faulty digestion which is the first problem to be corrected. Even if adequate diet is maintained, the cells do not receive nutrients when the digestion is faulty. This is a complicated issue. Faulty digestion and other poor lifestyle habits lead to improper eliminations from liver, kidney, bowel, skin and lungs. Cancer is a disease of toxicity. One of the first steps in healing is to cleanse the body, particularly the liver and colon. We advocate a twenty-one day cleanse which has been very effective in eliminating toxins. As the body becomes toxic, disruptions in the pH balance occur and we become either too acidic or too basic. Maintaining proper pH is critical to healthy cells and a balanced functioning endocrine system. We believe that the endocrine glands (adrenals, thyroid, thymus, etc) are the keys to health and that when they are balanced and properly nourished, the body can heal itself.

As early as 1902, some doctors were using glandular products to heal cancer. Research literature is full of spectacular results from thymus, spleen, adrenal, thyroid and pancreas products. A future article will deal with this in greater depth.

Our clinic has found glandular products to be extremely efficacious in supporting all chronic conditions. These products facilitate in boosting the immune system and in rebuilding the internal organs and glands. Thymus and spleen are of particular importance in balancing and supporting immune function. Most cancers are epithelial (skin) in origin and there is a close connection between thymus and skin.

Scientists have long known that thymus glandulars are very beneficial for cancer support and studies have shown very good results. One has to wonder why has this avenue of research in the U.S. has stopped. Could it be that big Pharma could not make as much money?

#### Steps to Healing:

Facilitate digestion with whole food supplements and diet

- Support detoxifying of the whole body – especially the liver, the colon and the kidneys
- Rebuild and rebalance the endocrine glands (depending on individual needs) using whole food supplements, herbs, glandulars and PMG’s (see article on website on PMG’s - protomorphogens)
- Initiate a nutrition program to include: nutrient dense foods, foods and herbs high in antioxidants and other phytochemicals, concentrated whole food vitamins and mineral supplements

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- Begin an exercise program if possible

In 1997 we came across a research article by an epidemiologist that stated: “If you have cancer and take either radiation or chemo therapy, your chances of remission are at best 5 to 10%, whereas if you adopt a healing diet, your chances can increase up to 70%.

Get started now. You can heal yourself.

For more information, visit Dr.Rabb’s website: [www.drsharonrabb.com](http://www.drsharonrabb.com)

### **About Dr. Sharon Rabb**

Since the 1970's, Dr. Rabb has devoted her time to the study of both traditional and holistic medicine. Her extensive studies and knowledge of allopathic (traditional) medicine and the powerful healing properties provided through nature enable her to integrate a broad spectrum of modalities that merge scientific knowledge with natural healing. She specializes in chronic illness and degenerative diseases in both adults and children.

Dr. Rabb is also a public health nutritionist and educator certified in the State of Texas. Health education is one of the foundations of her program. She also uses a variety of modalities including CRA (Contact Reflex Analysis) to facilitate individuals in achieving optimal balance and health. Nurturing and gentle approaches are integrated with the latest in scientific research to provide a professional and caring environment. As a gifted public speaker, she has become increasingly popular among both lay and professional audiences.

For more information regarding this health topic or to arrange for a **FREE** initial phone consultation, call (214) 724-3505 or email her at [drsrabb@yahoo.com](mailto:drsrabb@yahoo.com).