

Heart disease has been the number one killer in the United States for decades. Recently, however, cancer has taken top billing for those between the ages of 45 and 74. This is true despite the war that the medical research community has waged against cancer for so many years.

One of the problems with our efforts to combat cancer is that we have been focusing almost exclusively on how to treat it. Very little effort has been devoted to preventing cancer. We have made strides in our ability to detect it earlier, but that isn't prevention. A recent article in the scientific magazine Nature confirms that cancer is primarily a man made disease. Scientists who studied mummified remains and fossil records have found very little cancer. In fact one of the researchers stated that there is nothing in nature that can cause cancer. He attributed our alarming cancer rates to our poor diets and environmental toxins.

These two factors go hand in hand. The body has a number of mechanisms to prevent cells from becoming cancerous and it also has an immune system that can identify and kill cancer cells when they first form. The more toxic our environment, the greater the chance normal cells will turn into cancer cells. The weaker our immune systems, the greater the chance that the body will be unable to kill these cells.

So the rise in cancer is due to increasing toxicity in our environment as well as a weakening of our immune systems. Poor diet is probably the single biggest cause of our weak immune systems.

If you want to make cancer less likely in your future, then eat more whole foods and fewer processed foods. Eat a variety of fruits and vegetables that are organic or at least that are washed well to remove as much of the pesticides as possible. Get sunshine to help your body produce vitamin D. Take anti-oxidant supplements as well as vitamin D supplements. By living a more natural lifestyle, you will be living a more cancer free lifestyle.