

# What Actually **Causes** Cancer?

◀  
(And Why Doctors Refuse  
To Talk About It)



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Conquering Cancer. PRESENTS

# THE MISSING LINK

Welcome to a Groundbreaking Event in Cancer Prevention and Treatment

Are you ready to explore the hidden cause of cancer that has eluded experts for years? Join us for Conquering Cancer: The Missing Link docuseries, where world-renowned experts unveil the overlooked element in cancer care — known only to a few but potentially life-changing and life-saving for many.

### Why Attend This Docuseries?

- ✓ Discover the critical “missing link” that will transform the future of preventing and healing cancer.
- ✓ Hear from over 43 leading integrative doctors, health researchers, cancer coaches, and survivors as they merge their knowledge and testimonies.
- ✓ Gain new perspectives that challenge the one-sided, conventional understanding and offer more effective ways to conquer cancer.

### Reserve Your Free Access Today

Secure your spot now to watch the limited time free screening and discover the proven protocols that have helped hundreds of thousands of people prevent and conquer cancer!

[Click Here To Watch for Free](#)

# A Personal Letter from Nathan Crane

Dear Health Seeker,

My name is Nathan Crane, and I am thrilled to invite you to the “Conquering Cancer: The Missing Link” docuseries. This 9-part series was born from a personal tragedy — the loss of my grandfather to cancer. This loss turned into a quest to uncover truths about cancer treatment that are rarely discussed in public platforms.

This docuseries is the culmination of years of research and collaboration with leading experts. Our goal is to shed light on the “missing link” in cancer treatment—a crucial element that has been overlooked yet holds the key to transforming how we approach this devastating disease.

## Why Is This Docuseries Unique?

- ✓ **Beyond Conventional Wisdom:** We dive deep into the little-known factors that traditional approaches often overlook in healing cancer or preventing a diagnosis altogether.
- ✓ **Revealing the Missing Link:** Discover why many cancer treatments and prevention protocols fail and what new research is showing as the path forward.
- ✓ **A Unified Approach:** Witness the convergence of natural and conventional health professionals as they share their most groundbreaking findings and testimonies.

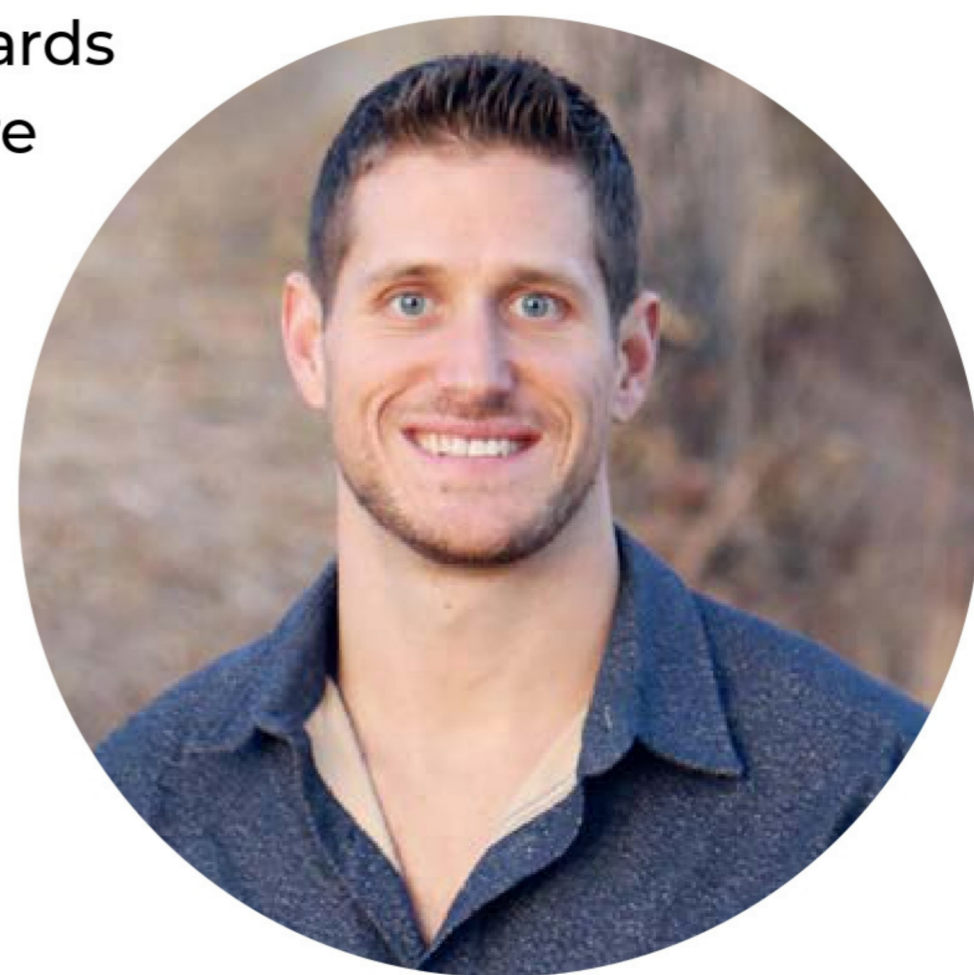
## Join Our Visionary Community

This is more than just a docuseries — it’s a movement towards a new paradigm in cancer care. By participating, you’re not only gaining access to exclusive knowledge but also joining a community that is paving the way for future generations to live cancer-free.

Embrace this opportunity to be informed, inspired, and empowered. Register now and transform your understanding of cancer.

With hope and determination,

*Nathan Crane*



[Secure Your Free Spot Here](#)

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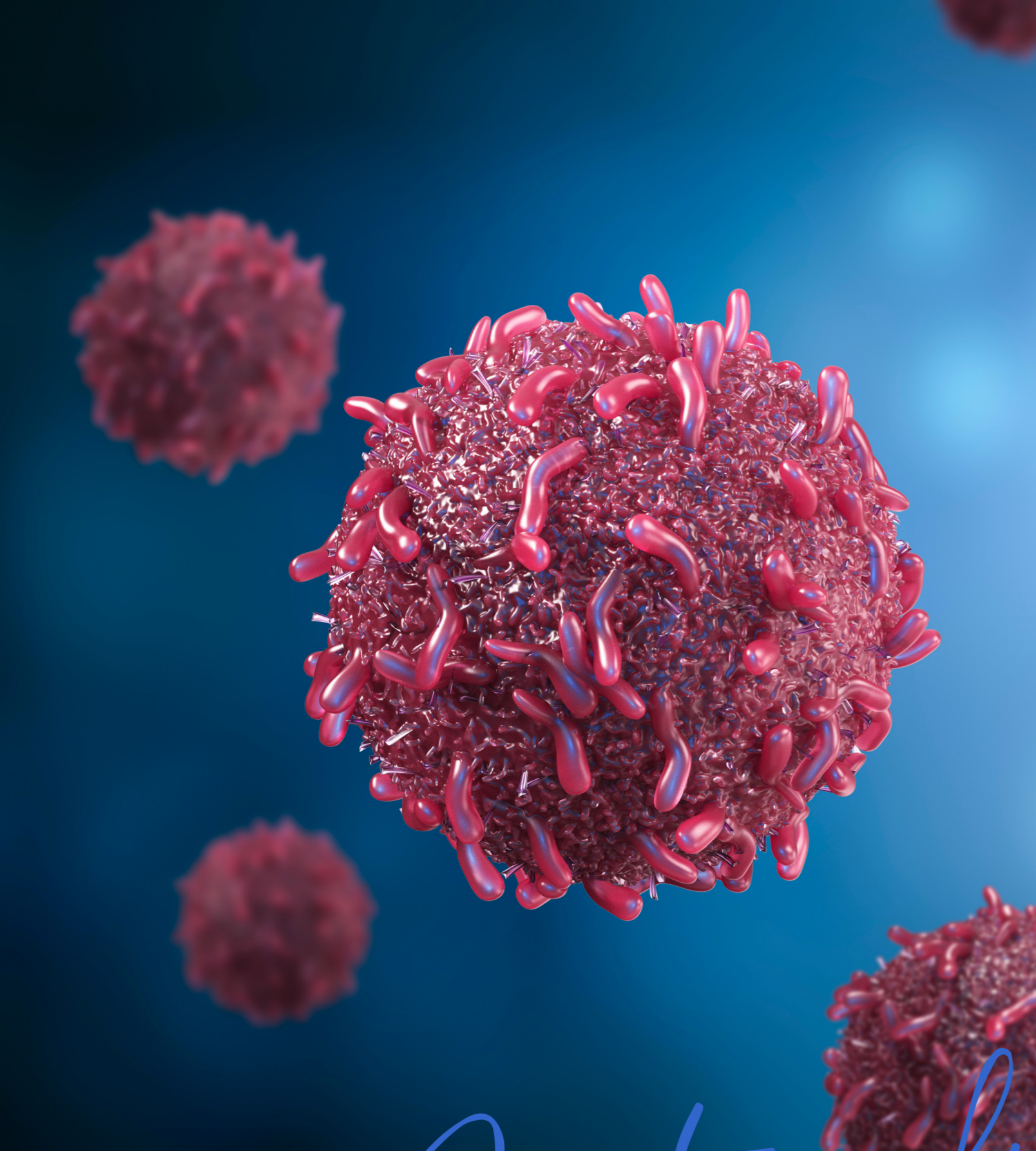
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# Introduction:

## Understanding the Broader Causes of Cancer

Cancer is often viewed through the lens of genetics and medical treatments, but there is much more to its story. This book explores the less discussed but equally important factors that influence cancer development and progression.

By broadening the conversation beyond traditional medical treatments, we aim to provide a more comprehensive understanding of how to combat this disease.

# Why This Book Matters

This book is for anyone seeking to deepen their understanding of cancer. It covers the roles of overlooked or underestimated factors in cancer risk and management.

You'll learn about practical steps you can take to reduce your exposure to risk factors and how these changes can significantly bolster your body's defenses against cancer. We also discuss why these topics might be rejected or simply not mentioned in typical medical consultations and how being informed can empower you to make better health decisions.



## The Risks of Overlooking Key Information

Not being aware of all the factors that contribute to cancer can put you at a disadvantage. Without this knowledge, you may not be able to take full control of your health or make the most informed decisions about your cancer prevention or treatment strategies. This book aims to fill that gap, providing you with the knowledge to take proactive steps toward a healthier life.

# What You Will Gain

By the end of this book, you will have a clearer view of how various elements of your environment and lifestyle affect your cancer risk. Each chapter builds on the information presented, linking everyday choices and broader environmental issues directly to your health, and to real-life examples of hope.

This isn't just about cancer prevention; it's about adopting a lifestyle that supports overall long-term health. Through this book, you will learn not only how to reduce your risk of cancer but also how to live a healthier, more balanced life.

As we begin, remember that the knowledge you gain here is a powerful tool. Our aim is to provide insights that can protect and empower you—insights that every person deserves to have. We hope you end up with a new perspective on cancer, where informed choices make all the difference.



CHAPTER ONE

1



# Beyond Genetics—The Environmental Link

When we talk about the causes of cancer, the common thread of discussion often leans heavily on genetics. At one time, 20% or more of cancer risk was attributed to inherited genetic differences.

However, an expanding body of research suggests that our environment—both immediate and extended—plays a central role, in ways that are far more significant than your DNA.



## The Overlooked Impact of Environmental Toxins

Our modern lifestyle exposes us to a myriad of chemicals daily. From the pesticides on the fruits and vegetables we eat to the industrial compounds that infiltrate our water, we live in a sea of potential toxins.

## Disturbing Discoveries in Prenatal Exposures

Perhaps the most alarming findings concern the prenatal environment. Studies have found that pregnant women carry dozens of different chemicals in their bodies, including phthalates, perfluorochemicals (PFCs), polychlorinated biphenyls (PCBs), phenols, and organophosphate pesticides.

Even more concerning, researchers have detected over 200 different chemicals in the umbilical cord blood of newborns. This evidence indicates that exposure to harmful substances begins even before birth.



## The Dangers of Agricultural Chemicals

Agricultural pesticides contribute significantly to our chemical exposure. Strawberries, for example, often top the Environmental Working Group's (EWG) "Dirty Dozen" list for their high levels of pesticide residue. This is due in part to their large surface area and their tendency to absorb chemicals more than other fruits.

The health implications of these residues are extensive and worrying:

**Carcinogenic Risks:** Some pesticides, such as glyphosate—the active ingredient in Roundup™—have been categorized as "probably carcinogenic to humans."

**Hormonal Disruption:** Compounds like atrazine disrupt hormonal functions, potentially leading to reproductive and developmental problems and affecting fertility. Of course hormones are often involved in the development of certain cancers.

**Neurotoxic Effects:** Organophosphates, designed to attack the nervous system of pests, can have similar harmful effects on humans, manifesting in a variety of neurological symptoms and disorders.

# Legal Repercussions and Community Voices

The legal landscape is starting to reflect the growing concerns over these chemicals. Notably, Bayer-Monsanto faced significant legal penalties when Roundup™ was linked to cancer diagnoses in several high-profile cases. These legal outcomes not only highlight the risks associated with these widely used chemicals but also are setting a precedent for accountability.

## Air and Water:

### Invisible Carriers of Everyday Pollutants

The air we breathe and the water we drink are foundations to your health. Often, these elements act as channels for pollutants that can greatly affect your risk of cancer. Understanding these pathways is key to reducing exposure and protecting your health.

#### Air Quality Concerns

The air quality within our homes and offices can often be diminished by various airborne pollutants that infiltrate these spaces.

**Volatile Organic Compounds (VOCs):** Common in paints, varnishes, and cleaning products, VOCs are also emitted from building materials, kitchen counters, and office equipment like printers. Exposure to VOCs can cause respiratory irritation and headaches, with prolonged exposure linked to more serious effects, including cancer





**Formaldehyde:** Found in pressed-wood products, insulation, countertops and new furniture, formaldehyde is a known carcinogen that poses risks of nasal and lung cancer.

**Radon:** This colorless, odorless gas from the natural decay of uranium in soils can accumulate in homes, posing significant lung cancer risks. Trace amounts can emanate from countertops.



**Secondhand Smoke:** Contains over 70 carcinogens and significantly increases lung cancer risk in non-smokers.

**Particulate Matter:** Generated from burning fuels and even from common dust, these particles can deeply penetrate the lungs and are linked to lung cancer.



# Water Pollution Sources

Water quality issues stem from a variety of pollutants:

**Heavy Metals:** Lead, arsenic, and mercury may leach into water supplies, with arsenic particularly linked to increased risks of skin, lung, and bladder cancers.

**Chlorine By-Products:** Chlorine used in water disinfection can react to form trihalomethanes (THMs) and haloacetic acids (HAAs), associated with bladder and colorectal cancers.

**Pesticides and Herbicides:** Agricultural runoff can introduce chemicals like atrazine and glyphosate into water supplies, implicated in various cancers.

**Pharmaceuticals and Personal Care Products:** These can introduce hormones and other synthetic chemicals into waterways, with potential long-term health impacts still being studied.



# Environmental Toxins and Cancer

Beyond direct pollutants, our environments are also laden with less visible but equally pervasive hazards:

**Pollution:** Urban air pollution from vehicle exhaust and industrial emissions contains carcinogens like benzene and polycyclic aromatic hydrocarbons (PAHs), which have been linked to lung cancer.

**Household Product Chemicals:** Many everyday items, from plastic containers to non-stick cookware, release chemicals that may act as endocrine disruptors or carcinogens.

**Cosmetics:** Certain makeup and personal care products contain substances such as parabens and phthalates, which can mimic hormones and possibly lead to cancer.

**Electromagnetic Fields (EMF):** While the data is less definitive, there is ongoing research into whether prolonged exposure to EMF from cell phones and other electronic devices could increase cancer risk, particularly brain cancer.

The invisible threats in our air and water highlight the critical need for awareness and precautionary measures. You now have a foundational understanding of the vital need to be vigilant about the sources of everyday pollutants—not only those you ingest but also those you inhale and absorb.



# Three Action Steps for Reducing Exposure and Detoxifying Your Environment

Understanding the extent of chemical exposure and its potential dangers compels us to take proactive steps towards creating a safer, healthier environment for ourselves and our families. While detailed strategies and specific recommendations are covered extensively in The Missing Link docuseries, here are three generalized yet impactful steps you can start with today:

## 01

### Choose Organic and Locally-Sourced Foods Whenever Possible

One of the most direct ways to reduce your exposure to agricultural chemicals is by choosing organic produce.

Organic farming standards prohibit the use of synthetic pesticides and fertilizers, significantly lowering the risk of chemical residue on your food.

Additionally, supporting local farms can further decrease the likelihood of exposure, as smaller farms often use fewer chemicals and provide fresher produce.

Begin by swapping out the "Dirty Dozen" fruits and vegetables—those known to carry the highest pesticide loads—for their organic counterparts.

# 02

## Purify Your Home Environment

The air inside your home can be more polluted than the air outside, due to the presence of household cleaners, synthetic fragrances, and off-gassing from furniture and building materials.

To improve indoor air quality, start by switching to natural cleaning products, which use ingredients less likely to emit harmful chemicals. Ventilate your home effectively by opening windows regularly to allow fresh air to circulate and consider using air purifiers, especially in high-traffic areas. Be cautious with personal care products as well; opt for those with fewer synthetic ingredients and without strong artificial fragrances. Consider a water purifying system.

# 03

## Educate Yourself About Environmental Toxins

Knowledge is power when it comes to reducing exposure. Spend time learning about the most common environmental toxins, their sources, and their health impacts. Resources such as the Environmental Working Group (EWG) provide valuable guides, including their annual "Dirty Dozen" list and a database of cleaning products. Being informed can help you make better choices about what you bring into your home, from furniture and cookware to garden supplies and electronic devices.

With these steps and further steps we discuss in The Missing Link, you can significantly reduce your and your family's chemical exposure. As you learn and adapt these strategies, remember that each small change contributes to a larger impact on your health and the environment. Start where you can, and build on those changes.



## Looking Forward

This mounting evidence cannot be ignored: environmental factors, profoundly influenced by the chemicals around us, are critically important in understanding the origins of cancer.

As we delve deeper into these issues, the urgency of reducing our exposure to harmful chemicals becomes clear—not just for our health today but for future generations. This chapter lays the groundwork for exploring practical strategies to mitigate these risks and safeguard our health against the silent threat of environmental toxins.

For more detailed guidance and specific detoxifying methods, the The Missing Link docuseries offers comprehensive resources and expert advice to help you navigate this complex topic.

CHAPTER TWO

# 2



## The Hidden Dangers in Our Diet

As we delve into the various factors affecting cancer risk, diet emerges as a powerful and adjustable influence. It's not just about avoiding the chemicals pollutants we discussed before—what you eat not only nourishes your body but also interacts with your genetic predispositions, potentially promoting or preventing disease.

Moreover, your diet plays a critical role in how effectively your body handles the toxins we've touched on. A body compromised by too many toxins will not be best equipped to fight cancer. Understanding the worst and best foods to eat will allow you to prime your body for preventing cancer, or to begin ridding your body of cancer.

## Processed Foods and Cancer Risk

Starting with processed foods—these are items that have been altered from their natural state, often for convenience.

Examples include canned foods, snacks like chips and cookies, and ready-to-eat meals. These products frequently contain high levels of sugar, unhealthy fats, and additives that have been linked to an increased risk of several types of cancer.

Research has found a troubling link between processed meats (like sausages and bacon) and cancer, particularly colorectal cancer. Consuming just a small amount of processed meat daily can increase cancer risk significantly.



# Sugar: Feeding Cancer

Sugar in our diet is another serious concern. While sugar itself isn't a carcinogen—it doesn't directly cause cancer—it plays a roundabout role by contributing to obesity and creating an inflammatory environment in the body. Both conditions can promote cancer growth and inhibit the body's natural ability to fight cancer. For example, high levels of sugar increase insulin in the blood, creating ideal conditions for cancer cells to thrive.

A study published in *Critical Reviews of Science and Nutrition* reveals that high glycemic load diets, which rapidly elevate blood sugar, are associated with a higher risk of certain cancers, including breast and colorectal cancer.



## Industrial Animal Products

Eating large amounts of red and processed meats has been linked to a higher risk of cancers such as those affecting the colon, prostate, and pancreas. These meats not only potentially introduce harmful chemicals from their processing but also produce carcinogens when cooked at high temperatures.

# Shift Towards Plant-Based Nutrition

In contrast, there is a wealth of evidence that supports the benefits of a plant-based diet—rich in vegetables, fruits, whole grains, and legumes. These foods are packed with nutrients that fight inflammation and reduce oxidative damage to cells, which can help fend off cancer. Studies have shown that high fiber intake, common in plant-based diets, is particularly effective at lowering the risk of colorectal cancer.

A diet high in fruits and vegetables also contributes to weight management, which is crucial since obesity is another major cancer risk factor. The positive data on plant-based diets provide a hopeful perspective for those looking to reduce their cancer risk through dietary changes.



# The Science Backing Healthy, Plant-based Nutrition

There is substantial scientific evidence supporting the idea that a plant-based diet can reduce the risk of cancer. Numerous studies have demonstrated that diets rich in fruits, vegetables, and whole grains—and low in processed meats and animal fats—are associated with decreased cancer risk.

Here's a summary of some key findings:

**Fruits and Vegetables:** A meta-analysis found that high intakes of fruits and vegetables were linked with a reduced risk of cancer, especially cancers of the digestive tract. These foods are high in fiber, antioxidants, vitamins, and phytochemicals, which can protect against cellular damage and cancer development.



**Fiber Intake:** Dietary fiber has been particularly noted for its protective effect against colorectal cancer. A landmark study found that for every 10 grams of fiber consumed per day, there was a 10% decrease in the risk of colorectal cancer. Fiber aids in digestive health and helps prevent the formation of carcinogens in the gut.

**Meat Consumption:** Diets high in red and processed meats have been linked to increased risks of colorectal, prostate, and gastric cancers. The World Health Organization classifies processed meats as carcinogenic and red meats as probably carcinogenic. Plant-based diets, which typically exclude or minimize meat consumption, thereby reduce exposure to these risks.



**Weight Management:** Plant-based diets help in maintaining a healthy weight. Obesity is a well-known risk factor for several types of cancer, including breast, ovarian, prostate, and liver cancers. Vegetarian and vegan diets help reduce body mass index (BMI) and fat intake, which are linked to cancer risk.

**Hormonal Levels:** Plant-based diets also influence levels of hormones such as estrogen and insulin. High levels of these hormones have been associated with an increased risk of various cancers. Plant-based diets tend to lower these hormone levels, thus potentially reducing cancer risk.





**Long-term Studies:** The Adventist Health Studies, observing Seventh-day Adventists, many of whom follow a vegetarian diet, have shown significantly reduced cancer rates among participants compared to the general population. This suggests that lifestyle choices, including diet, play a significant role in cancer prevention.



**Global Studies:** Research comparing diets across different geographical regions consistently finds lower cancer rates in populations consuming primarily plant-based diets, particularly in countries like Japan and those in the Mediterranean region where traditional diets are high in vegetables, fruits, and whole grains.

These findings are supported by numerous health organizations worldwide, including the American Cancer Society, which recommends a diet high in fruits, vegetables, and whole grains, and low in red and processed meats to help reduce the risk of cancer.

# 3 Practical Steps for Dietary Transformation

## 01

### **Increase the intake of whole foods:**

Focus on fruits, vegetables, whole grains, and legumes. These foods are not only deeply nutritious but also provide essential fiber which helps in reducing cancer risk.

## 02

### **Reduce consumption of processed and high-sugar foods:**

Be mindful of food labels and minimize the intake of foods high in added sugars and unhealthy fats.

## 03

### **Choose plant proteins:**

Opt for plant-based proteins over meat and even fish. This switch can significantly decrease your exposure to harmful carcinogens associated with certain meats and fish, and the inflammation associated with animal products.

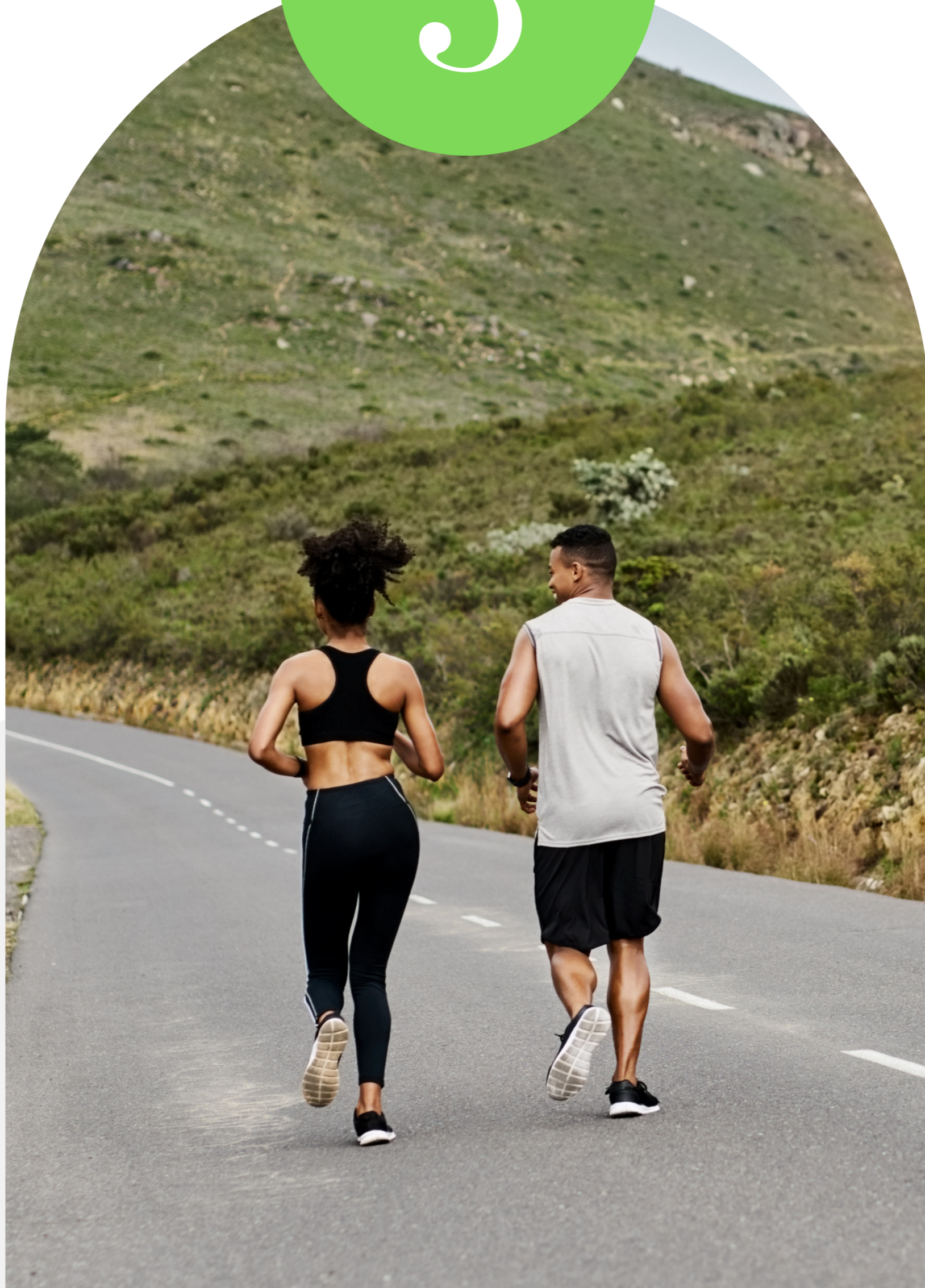
Transforming your diet is a powerful step toward cancer prevention and triumph. By choosing more plant-based foods and reducing your intake of processed items and sugars, you can significantly lower your risk of developing cancer.

For more detailed guidance and to explore specific foods and supplements that have been shown to have anti-cancer properties, The Missing Link docuseries offers extensive resources.

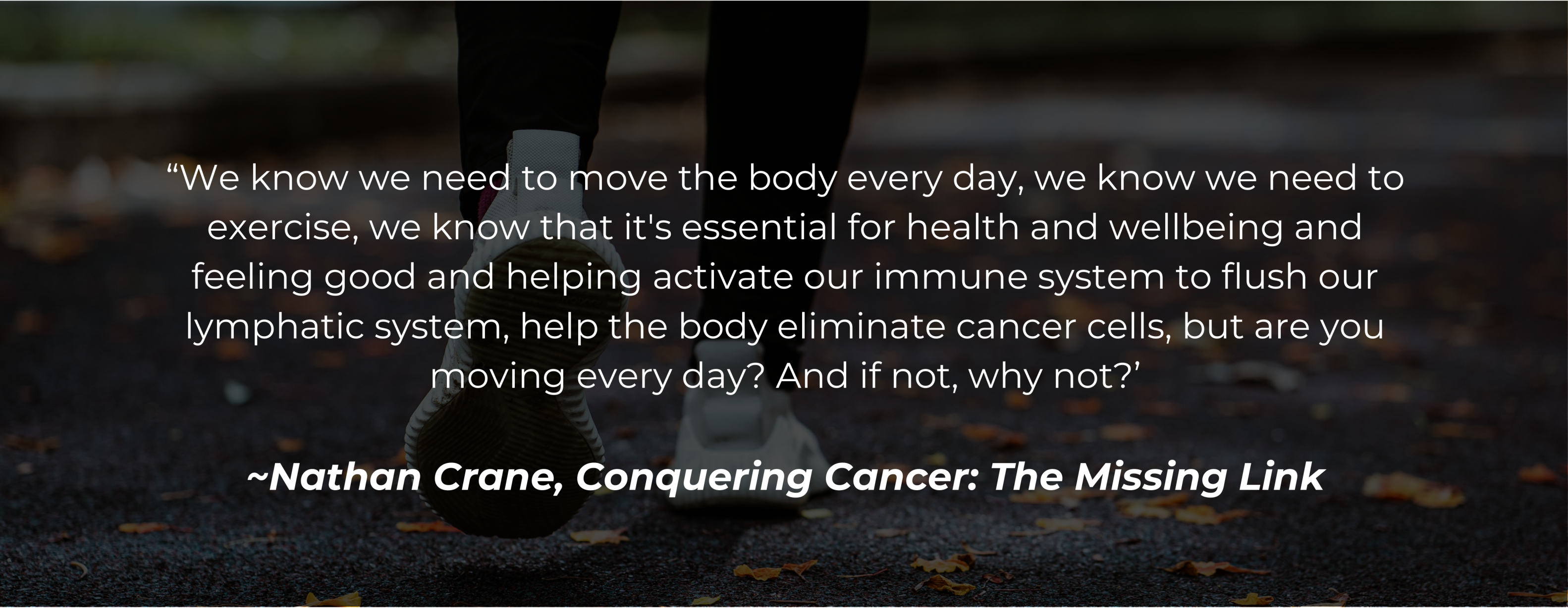


CHAPTER THREE

# 3



## The Underestimated Role of Physical Activity



“We know we need to move the body every day, we know we need to exercise, we know that it's essential for health and wellbeing and feeling good and helping activate our immune system to flush our lymphatic system, help the body eliminate cancer cells, but are you moving every day? And if not, why not?”

**~Nathan Crane, *Conquering Cancer: The Missing Link***

When we talk about lowering our chances of getting cancer, exercising more is a game-changer that many of us might not fully appreciate. Getting your body moving isn't just about losing weight or building muscle; it's about keeping cancer at bay too.

## Link Between Physical Activity and Cancer Risk

Research consistently shows how essential regular physical activity is for staying cancer-free. For example, a major international NGO report pointed out that not moving enough is the fourth biggest risk factor for dying from any cause worldwide. This revelation has spurred health organizations around the globe to push for people to weave more activity into their days as a critical move in the fight against cancer.

According to the American Cancer Society, engaging in regular exercise lowers the risk of breast, colon, and lung cancers, among others.

Further, studies have found that individuals who engage in regular physical activity have a 20% to 25% lower risk of breast and colon cancers compared to those who are inactive.

One study that really makes you think was shared in the Archives of Internal Medicine. It revealed that women who made sure to walk for just 30 minutes each day were way less likely to get breast cancer than those who didn't get much activity. This wasn't about intense gym sessions or long runs—just a simple, brisk walk.

***Research consistently shows that regular physical activity helps reduce the risk of several major cancers.***

## Why Exercise Provides Protection

Exercise helps to reduce cancer risk in several ways:

**Reducing Inflammation:** Regular physical activity helps decrease chronic inflammation, a known risk factor for cancer.

**Improving Immune System Function:** Exercise enhances the body's immune system, making it more effective at detecting and eliminating abnormal cells before they can develop into cancer.

**Hormone Regulation:** Physical activity helps to regulate hormones, including insulin and estrogen, high levels of which have been associated with cancer risk.

**Weight Control:** By helping to control weight, exercise also reduces the risk of cancer, as obesity is a significant risk factor for several types of cancer, including kidney, pancreas, and esophagus.



# Incorporating Exercise Into Daily Life

Knowing that exercise can make such a big difference might have you eager to lace up your sneakers, but figuring out how to fit it into a busy schedule is another story. Here are some simple ways to get more active:

**Start Where You Are:** If you're not used to exercising, begin with small goals, like walking for 10 minutes each day. Gradually, you can walk longer and faster as you feel more comfortable.

**Pick Activities You Enjoy:** Exercise doesn't have to be a chore. Dancing, swimming, biking, or yoga—choose what you love so it feels less like a workout and more like fun.

**Make It a Routine:** Try to set specific times for your activity, just like you would for any important appointment, and stick to them.





**Embrace Technology:** Fitness trackers and apps can be great motivators, helping you keep track of your progress and stay on target.

**Bring Along Friends or Family:** Everything's more fun with company, and having a workout buddy can also help keep you accountable.

Stepping up your physical activity is a powerful step toward cancer prevention and enhancing your overall well-being. By making exercise a regular part of your routine, not only do you slash your cancer risk, but you also open the door to a more vibrant, healthier life.

For more in-depth advice on how to tailor your exercise routine to best prevent cancer, The Missing Link docuseries is packed with tips and expert insights to get you moving in the right direction.

CHAPTER FOUR

4



# The Crucial Role of Stress Management in Cancer Prevention

**Stress is an everyday experience for many, but when it persists over time, it can do more than affect your mood—it can have a profound impact on your health, including increasing your risk of cancer. This chapter delves into how effectively managing stress is essential for your physical health, particularly for preventing cancer.**



## The Connection Between Stress and Cancer Risk

Chronic stress leads to elevated levels of cortisol, commonly known as the stress hormone. While cortisol is beneficial in short bursts, prolonged high levels can harm your health, including weakening your immune system, promoting inflammation, and potentially aiding the growth of cancer cells.

Research supports the link between stress and an increased risk of cancer. Studies summarized by organizations such as the American Psychological Association have shown that individuals under chronic stress have higher cortisol levels and a greater likelihood of developing cancer.

Chronic stress has been extensively studied for its role in various health issues, including its potential connection to cancer. Here are some compelling statistics and findings from research that highlight this connection:

# 01

## Increased Risk of Cancer Development:

Research indicates that individuals experiencing chronic stress may have a 20% to 50% increased risk of developing cancer.

For instance, a study published in Institut national de la recherche scientifique observed that men reporting stress at work had a significantly higher risk of colorectal, lung, and rectal cancers when compared to those who reported no work-related stress.

# 02

## Impact on Mortality Rates:

A study found that psychological stress was significantly associated with higher mortality rates among both breast cancer and lymphoma patients. Patients under high stress tended to have a 40% higher risk of dying than their less stressed counterparts.

# 03

## **Stress and Breast Cancer:**

A comprehensive study revealed that women with metastatic or recurrent breast cancer who participated in stress reduction interventions showed a marked decrease in mood disturbances and reported better quality of life.

# 04

## **Cortisol Levels and Cancer Progression:**

High cortisol levels, often a physiological marker of chronic stress, have been linked to worse outcomes in cancer. According to research, elevated cortisol levels in the evening were associated with significantly shorter survival times for lung cancer patients.

# 05

## **Stress-Related Immune Impact:**

Chronic stress can suppress the body's immune responses, specifically affecting cellular immune functions critical in controlling cancer cell growth. Research consistently shows that chronic stress reduces natural killer cell activity, which is vital for managing both the spread and initiation of tumors.

**These studies highlight why it's vitally important to incorporate stress management into our daily lives—not just for overall health, but as a proactive measure in both cancer prevention and treatment.**



## A Message of Hope: Beating Cancer With Stress Management

Just one story of hope and triumph over cancer from The Missing Link docuseries is around a woman named Jackie. Diagnosed with stage three invasive breast cancer in 2014, Jackie embarked on an incredible healing journey that not only helped her combat cancer but also transformed her into an advocate for holistic health practices.

After her diagnosis, Jackie decided against solely relying on conventional medical treatments. She expanded her approach to include integrative nutrition and became a holistic cancer coach. Her protocol involved a significant lifestyle overhaul, including dietary changes and integrative health practices, which she believes played crucial roles in her recovery. Today, Jackie helps others navigate their cancer journeys, emphasizing the power of combining conventional and alternative therapies.

And she's far from an isolated case. Another story shared with us recently is that of Diane. She was diagnosed with stage IV pancreatic adenocarcinoma in September 2021. Given a grim prognosis of only 3-6 months to live, she refused to accept this as her fate and began a relentless pursuit of alternative treatments alongside conventional chemotherapy.

Diving deep into research, she explored the roles of nutrition, supplements, meditation, and spiritual practices in cancer treatment, areas often overlooked by traditional oncology. Her commitment to understanding and utilizing these holistic approaches transformed her treatment plan and significantly impacted her health trajectory.

Today, empowered by knowledge and a multifaceted approach to healing, Jackie continues to defy the odds, living a life enriched by new insights and the joys of salsa dancing, which she credits with further enhancing her recovery. Her story is not just one of survival but of thriving against the odds, providing a powerful example for others that transformation through holistic health can lead to profound healing.

Below are a few examples of the protocols we recommend in the series.



# Effective Stress Management Techniques for Cancer Prevention

To effectively manage stress and reduce your cancer risk, incorporating certain practices into your daily routine can be very beneficial:



**1. Regular Physical Activity:** Exercise is a powerful tool for reducing stress. It helps to lower excess stress hormones and increases the release of endorphins, chemicals in your brain that act as natural mood lifters and pain relievers.

**2. Mindfulness and Meditation:** These techniques help to calm your mind and can significantly reduce stress levels. Studies show that meditation can decrease the production of cortisol, thus reducing the body's stress response which may accelerate cancer progression.

**3. Adequate Sleep:** Getting enough sleep is essential for lowering stress. Quality sleep can stabilize your mood and decrease the production of cortisol, which in turn helps to strengthen your immune system and decrease your susceptibility to cancer.

**4. Balanced Diet:** Consuming a diet rich in antioxidants, vitamins, and minerals can counteract the physical effects of stress by reducing oxidative stress and inflammation, both of which are linked to the development of cancer.

**5. Social Support:** Keeping a strong network of support through friends, family, or support groups can provide emotional relief and decrease stress levels. Engaging socially can lead to better mental health and reduced production of stress hormones.




The link between stress and cancer is intricate but undeniable. The evidence clearly indicates that managing stress plays a critical role in preventing cancer and enhancing overall health. Employing strategies to mitigate stress through lifestyle changes can significantly reduce your cancer risk, and perhaps help you beat it.

CHAPTER FIVE

5



# The Missing Link



*“This one factor exerts significant and measurable effects on your physical health, particularly in how your body responds to and manages cancer risk and healing.”*

It's definitely a positive step forward that many more health professionals are recognizing the stress-cancer link and advising life changes such as those here, and in The Missing Link docuseries. However, there remains a very specific, underlying thread that impacts your likelihood of both getting, and beating cancer. We call it the “missing link” and it, as well as what to do about it, are at the core of this powerful docuseries.

This one factor exerts significant and measurable effects on your physical health, particularly in how your body responds to and manages cancer risk and healing.

It can fundamentally weaken your immune system's ability to combat cancerous cells. The conditions created are prime breeding grounds for cancer and allow abnormal cells to multiply and spread more easily.

A particularly alarming effect of this missing link is how it modulates your natural killer (NK) cells. Your NK cells are vital components of your immune system that detect and destroy cells that may become cancerous.

Overcoming the components of this “missing link” is not just beneficial for mental health; it's of vital importance for physical health, particularly for those at risk of or battling cancer.

In the docuseries, we explore this topic in depth, providing practical tactics to restore balance and bolster your immune system, giving you a better foundation to fight the onset and progression of cancer.

So, what is the missing link? I'm afraid you'll have to watch the docuseries to find out! Just know that all of the guidance provided in this book is extremely valuable for anyone wanting to prevent or beat cancer.

With that, let's explore some further practices to address the root causes of cancer.



CHAPTER SIX

6



# Embracing Holistic Approaches to Cancer Prevention

When it comes to fighting cancer, stepping beyond the boundaries of conventional medicine opens up a world of possibilities. Holistic and integrative medicine offer refreshing perspectives that go deeper than the symptoms to address the root causes of illness. Because it's not all about diet and exercise. Take Angie's story.

## Angie's Story: A Wake-Up Call

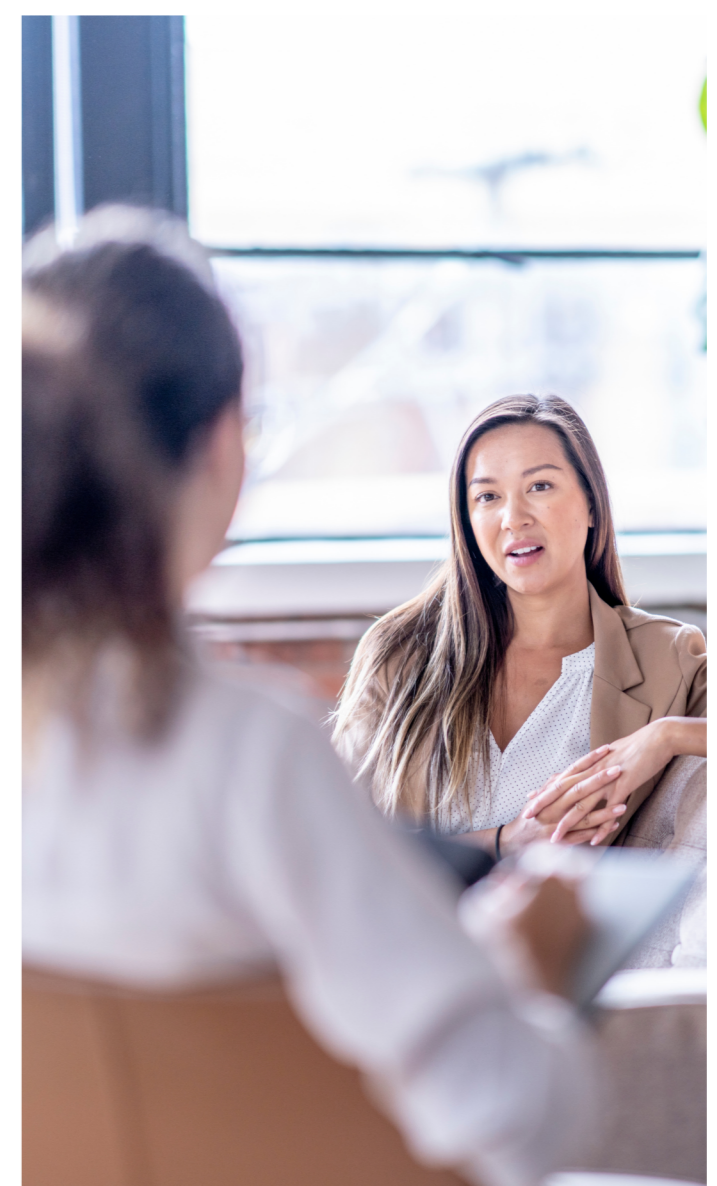
Angie is a story highlighted in *The Missing Link*. She was a cheerleader—an epitome of what many would consider 'peak health'. She did everything 'right'. Yet, she faced a shocking diagnosis of breast cancer.

Angie's path into holistic health began with her search for more than just traditional treatments. She knew she had to understand how her seemingly healthy lifestyle could have hidden, deep imbalances that could lead to cancer. Her exploration led her to integrate holistic practices alongside her medical treatments, tackling her disease on multiple fronts.

We'll share more about Angie's story in Chapter 7, but hers is a stark reminder that looking healthy on the outside doesn't always mean being healthy on the inside.

It challenges us to look deeper at our own health practices and to consider holistic and integrative medicine as vital tools in not only fighting illness but in living our healthiest lives.

So what exactly is holistic and integrative medicine?



# The Essence of Holistic and Integrative Medicine

At its heart, holistic medicine views health as the sum of many parts. It asserts that true wellness comes from harmony between the body, mind, and spirit, and it seeks to restore this balance through natural, often ancient therapies.

Integrative medicine builds on this by merging these time-tested practices with the latest in conventional healthcare, creating a well-rounded approach to prevention and healing.



## A Spectrum of Holistic Practices

**1. Acupuncture:** This ancient practice is more than just needlework; it's a way to adjust the body's energy flow to improve overall health and reduce stress and pain.

Acupuncture stimulates the nervous system, often easing the chronic stressors that can lead to serious conditions like cancer.

**2. Herbal Medicine:** Plants have been healing allies for as long as humans have existed. Today's herbal medicine harnesses this ancient wisdom, providing natural remedies that support the body's own healing efforts and offer powerful anti-inflammatory and anti-cancer properties.

**3. Naturopathy:** Bridging the gap between nature and science, naturopathy uses natural therapies to enhance the body's inherent ability to heal and maintain itself. This approach not only addresses physical symptoms but also empowers individuals to make lifestyle changes that foster long-term health.



## A More Vibrant Path Forward

Holistic approaches aren't just about avoiding illness; they're about thriving. It's about building a life where balance leads you to genuine, robust health.

By including holistic methods into your life, you're not just guarding against cancer; you're opening doors to a more vibrant state of well-being that enriches every aspect of our lives.

It's worth noting that this is just a brief overview. The Missing Link docuseries does a deep dive into holistic health, and the astounding results that can be achieved when it comes to cancer.

As we continue on this path, the synergy of conventional and holistic medicine provides a powerful arsenal in the ongoing fight against cancer and other diseases.

CHAPTER SEVEN

7



# Why Your Doctor Refuses to Talk About It

**In our efforts to understand cancer better and uncover its true causes, we often turn to our doctors for guidance, hoping they will shed light on every possible option for prevention and treatment.**

**However, many patients find that their physicians seem reluctant to discuss holistic approaches or the broader environmental and lifestyle factors that contribute to cancer. This reluctance can be puzzling and frustrating, but several underlying reasons help explain why this might be the case.**



## Traditional Medical Training

The primary reason many doctors don't discuss alternative or holistic approaches to cancer is rooted in their education. Medical training is heavily influenced by Western medicine's focus on surgery, pharmacology, and radiation therapy—treatments that are scientifically tested and proven to be effective according to rigorous, specific standards.

Most medical schools devote little time to teaching about diet, environmental factors, or stress management, which are often categorized under wellness or preventive medicine rather than treatment. This gap in education means doctors may not feel confident discussing these topics because they weren't trained to treat patients with these methods.



In fact, before 2000, the training of oncologists in holistic and integrative approaches to cancer care was generally limited and centered almost exclusively on traditional medical interventions like surgery, chemotherapy, and radiation therapy.

During that time, the medical community predominantly emphasized conventional treatment modalities, and the curriculum in medical schools and oncology residencies reflected this focus. By the early 21st century, there was a clearer shift toward incorporating integrative medicine into oncology training, supported by better evidence and more formalized studies.

However, for oncologists trained before 2000, much of their knowledge about holistic and integrative approaches would have been acquired through self-directed learning, post-graduate courses, or in response to evolving clinical guidelines reflecting newer research findings. Depending on your doctor's age, this could be a factor in their openness or even their knowledge of holistic practices and complementary cancer treatments.

## Lack of Time

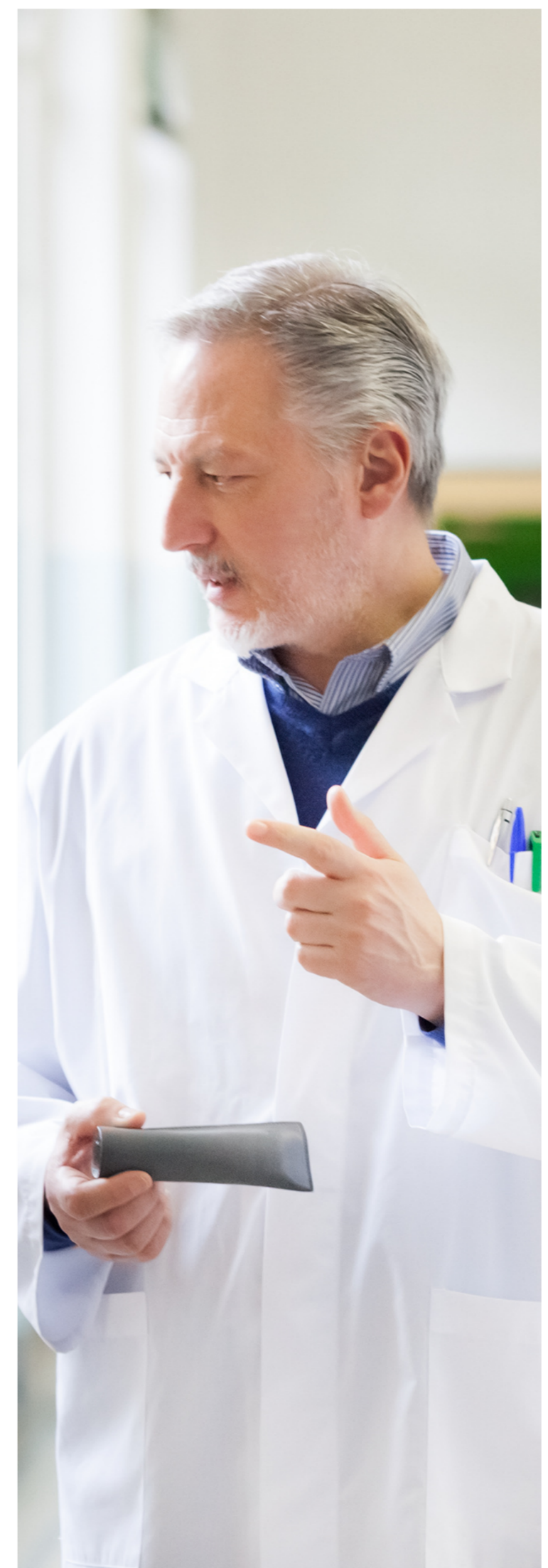
Doctors often face significant time constraints during appointments. Given the limited time, they may prioritize discussing conventional treatment options that they believe have the strongest and most immediate impact on cancer. This time pressure can make it challenging to have in-depth discussions about lifestyle changes or environmental influences, which typically require a more nuanced, long-term management approach.

## Regulatory and Legal Constraints

Medical professionals operate under strict regulatory and legal frameworks that dictate standard care practices. These standards are designed to protect patient safety, ensuring that all medical advice is based on the best available evidence.

Doctors might steer clear of recommending non-conventional approaches because these methods often lack the same level of rigorous, widespread testing as traditional treatments.

This caution helps protect them from potential legal repercussions that could arise from suggesting unproven methods. With the danger of malpractice suits, fear and self-preservation could also be a very real factor.



## Skepticism Towards Non-Conventional Research

There is often a significant amount of skepticism in the medical community regarding alternative therapies and holistic approaches. This skepticism is partly due to the varying quality of research in these areas; while some studies are well-conducted, others might not meet the strict standards typically applied to conventional medical research. As a result, many doctors prefer to recommend treatments that are backed by large-scale, peer-reviewed studies.

## Financial and Institutional Pressures

Finally, doctors often work within a healthcare system that emphasizes certain kinds of treatments due to financial incentives or institutional pressures. For example, pharmaceutical companies and medical device manufacturers play significant roles in the healthcare industry, influencing treatment standards through funding for research and direct marketing to physicians. This dynamic can shape treatment recommendations, making less commercially promoted options like dietary changes or stress management strategies less likely to be discussed.





Understanding these factors can empower you as a patient. Knowing why your doctor might not discuss every potential cancer-prevention strategy can help you take a more proactive role in your healthcare.

It underscores the importance of seeking out information from diverse sources and possibly consulting with a range of health professionals who specialize in different areas of medicine.

By arming yourself with comprehensive knowledge and advocating for a personalized, holistic approach to your health, you can ensure that all possible paths to wellness are considered in your care plan.


This approach not only enhances your ability to prevent and fight cancer but ultimately supports a healthier, more informed patient-doctor relationship.

CHAPTER EIGHT

8



# Empowerment Through Knowledge



*"It became quite apparent to us that we need to question everything."*

*— DK. 3*

Navigating through cancer can often feel like a fast ride through uncharted territory. But with the right knowledge, what once seemed daunting can become manageable.

## The Power of Informed Choices

Grasping the multifaceted nature of cancer—beyond the usual genetic explanations—opens new avenues for prevention and treatment.

As we've explored, factors like environmental toxins, diet, physical activity, stress, and emotional well-being each play significant roles in influencing cancer risk. These elements intertwine in complex ways that can either sustain health or contribute to disease development.

## Integrative Approaches in Action: Patients Beating Cancer

Take Angie's story again, for example. After her breast cancer diagnosis, she looked beyond the standard treatments and sought to understand the broader influences on her health. She revamped her diet to favor anti-inflammatory, plant-based foods and eliminated processed items known to exacerbate health risks.

Not stopping there, Angie revamped her living environment to reduce her exposure to harmful chemicals and embraced stress-reducing practices such as yoga and meditation. These changes weren't just about treatment—they were about transforming her lifestyle to foster healing and resilience.

Today, Angie celebrates life, cancer-free and thriving. Her story is not just inspiring; it's a blueprint for anyone looking to take control of their health through holistic means.

## Diane's Journey to Recovery

**One remarkable story of hope and resilience recently shared with us is that of Diane. She was diagnosed with stage IV pancreatic adenocarcinoma in September 2021. Given a grim prognosis of only 3-6 months to live, she refused to accept this as her fate and began a relentless pursuit of alternative treatments alongside conventional chemotherapy.**

**Diving deep into research, she explored the roles of nutrition, supplements, meditation, and spiritual practices in cancer treatment, areas often overlooked by traditional oncology. Her commitment to understanding and utilizing these holistic approaches transformed her treatment plan and significantly impacted her health trajectory.**

**Today, empowered by knowledge and a multifaceted approach to healing, she continues to defy the odds, living a life enriched by new insights and the joys of salsa dancing, which she credits with further enhancing her recovery. Diane's story is not just one of survival but of thriving against the odds, providing a powerful example that transformation through holistic health can lead to profound healing.**

## Jackie's Turnaround Tale

**Then there's Jackie, who shares with us her story in The Missing Link. Diagnosed with stage three invasive breast cancer in 2014, she embarked on an incredible healing journey that not only helped her combat cancer but also transformed her into an advocate for holistic health practices.**

**After her diagnosis, Jackie decided against solely relying on conventional medical treatments. She expanded her approach to include integrative nutrition and became a holistic cancer coach, in order to fully educate and empower herself.**

**Her protocol involved a significant lifestyle overhaul, including dietary changes and integrative health practices, which she believes played central roles in her recovery. Today, Jackie helps others navigate their cancer journeys, emphasizing the power of combining conventional and alternative therapies.**

**Angie, Diane and Jackie all exemplify the profound impact that comprehensive lifestyle changes can have on overcoming cancer. Their stories underscore the importance of being proactive about health and well-informed about the full spectrum of healing options.**

**By paying attention to the lessons in this book and seeking out additional resources like The Missing Link docuseries, individuals facing cancer can find hope and practical, personalized pathways that can significantly enhance their chances of recovery. They also serve as powerful aids in preventing cancer.**

# Tying It All Together: Understanding the Real Causes of Cancer

**Angie, Diane and Jackie's stories of recovery also illustrate a powerful lesson and one of the main tenets behind this book: the roots of cancer stretch far beyond our genes. The environments we inhabit, the foods we consume, our physical activities, and our methods for handling stress all contribute to our overall cancer risk. This intricate mix shows that our health is influenced by a combination of factors, each interlinked with the others.**



## Harnessing Knowledge for Your Health

As you explore holistic approaches to cancer prevention and treatment, you'll find that not all doctors are receptive to these methods. Some medical professionals may be skeptical of complementary therapies, preferring to stick closely to conventional medical treatments. However, many others are open to integrating these alternative approaches, recognizing the value they can add to traditional treatment plans. The key is to arm yourself with knowledge—through resources like this book and The Missing Link docuseries—so you can make informed decisions about your health.

Being well-informed enables you to engage in meaningful discussions with your healthcare providers and advocate for a treatment approach that aligns with your preferences and needs. Ultimately, having a comprehensive understanding of all available options can significantly enhance your ability to navigate your treatment path, potentially making the difference between merely surviving and truly thriving after a cancer diagnosis.

This book is just a starting point. Equipped with this foundational understanding, you're better prepared to make informed decisions about your health. By questioning the standard narrative and integrating holistic health practices into your life, you can significantly lower your cancer risk. Dr. Z's advice to "question everything" isn't about fostering doubt but about encouraging a thorough, proactive approach to health and wellness.

As we close this chapter—and the book—we hope you feel empowered. Knowledge is more than power; it's a tool for prevention and a foundation for a healthier life. By taking this informed approach, and opening your mind to asking more questions and also being open to the answers, you're not just improving your odds against cancer; you're enhancing your overall well-being.

This quote from a very special interview in The Missing Link docuseries seems a powerful way to end this book:

*"You have to act fast. You can't waste time and dwell and be sad. You have to act if you want to live. I have two beautiful daughters that are in my life, so that's what motivated me."*

**~Pilar, Conquering Cancer: The Missing Link**





## Wrapping It All Up: Next Steps

The insights and stories shared in this book are your first steps toward understanding how multifaceted the battle against cancer can be. But there is so much more to learn and apply in your life.

To dive deeper into the transformative knowledge that could not only change but potentially save your life, we invite you to watch the "Conquering Cancer: Missing Link" series. Here, you'll find an expansive trove of in-depth discussions, inspiring stories of those who've triumphed over cancer, and comprehensive strategies from leading experts dedicated to addressing the real causes of cancer.

Don't let this opportunity to further empower yourself slip by. Explore the series and arm yourself with the tools you need to lead a healthier, vibrant life free from the shadow of cancer. Join us in Conquering Cancer with The Missing Link docuseries, where every story is a beacon of hope, and every piece of knowledge brings you closer to wellness.

Thank you for reading, and may you achieve all your health goals and thrive.

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