

**Following article is excerpted from the book “War Against Cancer” by
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CANCER : CAUSES & PREVENTION

Cancer is a complex disease. It does not happen overnight. Usually it is silently progressing in the body for years before it manifests as an outside tumor or ulcer. A brief explanation about causes of cancer, according to my personal observations is given below. I am aware that some doctors and medical scientists might have different opinions in this matter. I respect their views also since we do not still fully know one single basic cause for cancer.

Cancer is due to chaos in the natural body function. Cancer happens when healthy cells stop functioning and maturing properly. A mishap occurs within the cells. It probably begins with a genetic change (mutation) of the DNA, which is the part of nucleus of the cell. DNA is the material out of which chromosomes and genes are made.

Mutations do occur even normally but very rarely. Ordinarily, normal immune forces repair such genetic mutations and the life goes on. Due to persistent exposure of the tissues to abnormal irritation over long period, either internally or externally, rate of mutation goes beyond control. Following are some theories about cancer. These are still theories and may not explain each and every case of cancer.

1. **“Wish Theory ”:** This is a fundamental assumption to analyze the personality of an individual that might invite cancer, unknowingly! Here a person’s attitude towards life is a critical factor. A person may subconsciously feel that the life is not worth living. Cancer might be one of the escape routes. A person might sincerely feel that “Life has become purposeless”, “Life has become miserable”, “Life has become a burden”, “There is no hope”, “ Nobody loves me”, “No one wants me”, “Its no use” etc. Psychological distress can find a physical outlet such as cancer or some other chronic disease. About 20% of all the cancer patients fall in this group. There are various shades of negative feelings about one’s own life. After retirement a person,

unable to switch to other hobbies or occupations, might feel life as purposeless. An elderly woman might feel that she is no longer needed by her family and might lose interest in own life. Death of spouse or loved ones sometimes produces long lasting unresolved grief. In old age, death of husband or wife is especially traumatic. Neglect by own children in old age is very stressful. Life becomes miserable and worthless. Unexpected losses in business and reversal of fortune are another events hard to cope up with. This may be one reason why cancer is common in old age, when one has weathered many a storms in life. Not everyone who experiences such bad events would have health problems. It is not the event itself but how a person reacts to it is more important.

2. **“Diet Theory”**: Nutrition is critical. Certain nutrients in natural foods can prevent cancer and conversely poor nutrition can invite cancer. In the past 10 years, a lot of research has been done on various minerals, vitamins, amino acids, fatty acids, polysaccharides, enzymes and other natural substances, which have cancer preventive properties.
3. **Genetic Theory**: Inborn weakness in certain genes, called oncogenes, can make some people prone to get certain types of cancers more frequently than average. Cancer of breast, colon and ovary appears to be more common in blood relatives. It is estimated that less than 10 % of cancers are due to inborn genetic weakness. In a way this is good news, which means that more than 90% cancers are not due to hereditary cancer risk genes. Even such cancer risk can be greatly reduced by healthy life style and proper nutrition, even if one is born with cancer prone genes.
4. **“Chemical, Physical and Biological Carcinogens”**: Carcinogen is any outside matter that can trigger cancer process. Numerous pollutants, chemicals, toxins that are so common in the environment can trigger cancer in some people. Smoking and chewing tobacco are most widely publicized hazards. Certain drugs are also known to cause cancer. X-rays, gamma rays and ultraviolet rays are known to cause certain types of cancers. Geopathic radiations from earth at certain locations, adverse magnetic and electrical fields, and noise pollution are some other physical causes,

- which could increase the risk of cancer. Biological materials such as certain viruses are associated with cancer. Some viruses are linked with certain types of lymph node cancers, warts and cancer of uterus.
5. **“Toxic Dump Theory”**: As a house needs cleaning, the body needs a safe disposal system for waste products and toxins. In good health, organs like liver, intestines, kidneys, skin and lungs are doing the function of the waste disposal. If these organs are not efficient or if the waste products are too much to handle, there is accumulation of toxic waste products in the body. Some doctors believe that body creates tumors as a dumping ground for toxic wastes.
 6. **“Rebellion Theory”**: After chronic abuse of our own body with unhealthy habits and improper lifestyles, certain organs in body might feel neglected. Our mind ignores all the warning signals by such organs. The miracle machine, that is our body, which was given to us free of charge with lifetime warranty, starts deteriorating. Eventually, some cells, tissues and organs declare the war, overthrowing all the central controls. The cells start growing in chaos and soon cancer tumor is formed.
 7. **Childhood Cancer**: This is a very special subject these children never had time to smoke, develop bad lifestyles or indulge in any other unhealthy activities. Why then the God is giving such punishment to an innocent little human? Apart from the theory of inherited genetic weakness, it is possible that pregnant mothers might have been exposed to carcinogens and toxins during the pregnancy, which have caused bad effects on the growing fetus before the birth. That is why a pregnant woman’s behavior, diet, medication and moods are so important for the unborn baby. Women subjected to drugs, smoking, toxic medications, domestic quarrels, stress etc are known to give birth to babies who later on develop various diseases.
 8. **Metaphysical Influence Theory**: Although not yet accepted by current scientific logic, certain locations in some houses are observed to cause to chronic ill health to

the occupants of such locations. This could be due to certain negative elements influencing certain locations. Changing the houses or changing positions of sleeping etc have resolved chronic health problems in certain people. Current scientific instruments cannot measure these subtle influences. However many spiritual healers, vastu-shastris, saints and yogis can perceive these subtle influences. Astrological predictions about health problems would come in the same category.

9. **“Karma Theory”**: When nothing else explains a disease, one has to go to Hindu concept of *Karma*, deeds performed either in this life or in past lives. “As you sow, so shall you reap” is the thought not only of Hindu religion but many other religions have similar concepts

LIST OF SOME COMMONLY KNOWN CARCINOGENS

PHYSICAL	CHEMICAL	NUTRITIONAL
1.Sunlight- Ultraviolet rays	1.Polluted Water	1.Diet deficiencies
2.Electro-magnetic Fields	2.Chlorinated Water	2.Toxins due to metabolism
3.Geopathic Stress	3.Fluoridated Water	3. Intestinal toxicity
4.Nuclear Radiations	4.Tobacco products	4. Digestive impairment
	5.Pesticides	
BIOLOGICAL	6.Food Additives	EMOTIONAL
1.Viruses,	7.Tar & Petroleum Products	1.Chronic stress
2.Parasites	8.Certain drugs	2.Toxic negative emotions

General Instruction For Cancer Prevention:

These general instructions are written for attending the core and fundamentals of health maintenance. Implementing these directions is expected to improve general health, immunity and feeling of well being. Acting on these instruction would reduce risk of cancer for an average person. This would also help reverse the cancer process in a patient.

Attitude:

Cultivate positive attitude. Count your blessings rather than brooding over problems. Be concerned about your health but not worried about it. Affirm daily that you love yourself as you are. Respect and love others. Do not blame others and do not find faults with others for your predicaments. Accept responsibility for whatever happens in your life. You are the creator of your own destiny. Be confident that you are going to overcome any and all the problems with your own will, determination and efforts.

Belief:

Analyze your belief systems. Belief and faith are what make life progressive and worthwhile. If you believe in God, pray for direction and help for your battle. If you do not believe in God, ponder over what you believe in. All the knowledge and logic is supported by the basic belief in your own existence. Try to find who you really are. Meditation is the tool to explore the inner universe. Dry logic and arguments do not lead you to the goal of your life. Look at your illness as an opportunity to find new meaning, new directions in your life.

Goal:

Fix up a material goal that you would really like to achieve in a time bound manner. Abstract goals like “ I want to be happy”, “ I want to reach Nirvana”, “ I want to help people”, “I want to get detached” etc are not adequate to give your mind the incentive to be positively occupied. Focused cheerful mind can be a great tool for regaining health. A goal could be any specific material achievement, which might add to your self-esteem.

Relaxation:

Develop some hobbies like music, debating, reading, photography, travel, sightseeing, dancing, games etc that could make your life more pleasurable. Seek company of good friends and develop social circles. Attend performances of drama, dances, music and other cultural arts to uplift your mind.

Nutrition:

Nutrition is not only about eating good foods. Digestion, assimilation and elimination are the three processes, which should be efficient for proper nutrition. Appetite must be good to digest the foods properly. If appetite is poor, any good food will be of little use. Overloading the system with food could create metabolic toxins to hamper your health further. Following are some ways to improve the appetite, digestion and overall nutrition. .

1. Do not overeat; always stop eating just before the stomach is very full. You should develop the habit of listening to your stomach rather than following your tongue.
2. Do not eat until you are hungry. Follow a schedule for regular mealtimes.
3. Periodic fasting can stimulate *Agni* (digestive fire) and appetite. You may skip a meal once in a while to tune up the stomach fire- jatharangni.
4. Take a teaspoonful of mixture of fresh shredded ginger, lemon juice and pure honey before mealtimes.
5. Develop regular habits for exercise, work, relaxation and sleep schedules.
6. Avoid or reduce non-vegetarian food intake.
7. Eat plenty of seasonal vegetables and fruits. Prefer organically grown farm products if available. Organically grown food products avoid use of chemical fertilizers, pesticides and insecticides that can contaminate food chains and enter your body. Eventually, these can accumulate in tissues.
8. For proper colonic cleansing, take mild herbal laxatives periodically. Even if you are not constipated, herbal laxatives can help your body detoxify. Stools sitting in colon for long time often putrefy and produce internal toxins. However, do not overuse laxatives, which can produce dehydration and weakness. Consult an Ayurvedic

physician for proper guidance. Triphala, Haritaki, Sukh-sarak Churna are some of the herbal laxatives recommended in Ayurved.

9. Drink large quantities of plain pure water, 2 to 3 liters daily. This can help disposal of waste products from body.

Nutrition For Mind:

Good thoughts, healthy emotions and company of good people are important for mental health. We are very careful to provide good food for the body. Many of us would even go searching five star hotels for “Good Food”! We should be even more careful to provide good food for the mind. Try to analyze your own mind and strive to become a better person. Mental negativity is one of the fundamental causes of many chronic illnesses. A person who feels internally happy rarely develops chronic health problems. Develop sincere love and respect for others so that you could get same thing in return. Try to help others whenever you can. Sincerely serving others without pride is a sure way to subdue personal ego.

Breathing:

Learn and practice the techniques of deep abdominal breathing. This can improve the oxygen supply of the cells. Cancer does not grow in well-oxygenated tissues. Learn other techniques of Pranayama if you are interested. Focused breathing can greatly help concentration and calming of the mind.

Exercise:

Exercise is very important for circulation, immunity, function, strength, vigor and overall health. Find your own level of exercise, with which you would be comfortable. At the least, develop habit of daily brisk walking for about 30 minutes.

Immunity:

Attention to all the above points will improve your immunity that is the disease fighting power. Make healthy changes to your life-style. You are the architect of your own health and happiness.

Finally, remember, the body has to eventually die. Death is Not a Failure. Not accepting challenge of life is the real failure. Death is not the end-all. Life is for learning, experiencing, achieving and progressing. Live life fully, cheerfully.

Foods That Fight Cancer

Once a rare disease, cancer is now widespread, affecting large numbers in all the nations. The rise in cancer has paralleled the rise in factory farming and use of processed foods containing vegetable oils, artificial preservatives and food additives. The best approach to cancer is prevention. Bad foods can increase the risk of the cancer. Good foods can reduce the risk of cancer and even reverse the cancer process.

Traditional diets containing natural fresh farm products produced organically by nontoxic methods are rich in factors that protect against cancer. Consumption of generous quantities of seasonal fresh vegetables, fruits and whole grain foods would provide protection against cancer. When possible, prefer organically grown foods to commercially grown agricultural products that use pesticides, insecticides, antibiotics, hormones and chemical fertilizers.

It is probably unnecessary to focus the attention on individual micronutrients. A well-balanced natural diet containing seasonally available fresh fruits, vegetables, whole grains, dairy products, proteins and fats would help reduce cancer risk and promote general health. The diet should be light and easy to digest. In some cases, high doses of vitamins and nutritional supplements might be necessary for a short period of time until a proper diet can be assimilated naturally. These supplements might be especially helpful during the courses of radiotherapy, chemotherapy and convalescence. Please consult a physician for appropriate supplements and vitamins for you.

You should include following health promoting items in your daily diet. This list not exclusive and there might be many more items helpful for good health.

1. A small quantity (10 to 20 gm) of dry fruits: Almonds, cashews, pistachio, walnuts, raisins, dates, figs, black raisins etc
2. A small quantity of good quality fats, ghee, flaxseeds (linseeds),
3. Daily intake of one or two fruits (between 50 to 100 gm): apples, oranges, pineapple, papaya, guava and any other seasonal fruits
4. Vegetables: fresh green leafy vegetables, cabbage, sweet potatoes, carrots, tomatoes, beet, radish, pumpkin, cauliflower etc
5. Sprouted beans (moong, mutki), Wheatgrass,
6. Fresh buttermilk promotes digestion, provides nutrients and acidophilus (friendly bacteria) for improvement in intestinal health. Some fermented foods also provide friendly bacteria.
7. If appetite and digestion are poor, take 1 teaspoon of freshly shredded ginger, honey and lemon juice in equal parts for a few days before mealtime and repeat when necessary.
8. Use spices like turmeric, cumin, coriander (dhania), cinnamon, cloves etc in cooking to make food tasty and to improve digestion.

It is advisable to avoid foods made from white refined flour, white sugar, bakery products made out of white flour, vanaspati ghee, saturated fats, pop drinks, canned foods, foods containing artificial flavors and colors and foods containing chemical preservatives. Avoid deep fried foods. All these items are detrimental to the health. These items are hard to digest and could lead to toxic wastes in the body.

Table indicating micronutrients in various foods and their actions:

<u>Micronutrient</u>	<u>Found In</u>	<u>Action</u>
Beta Carotene	Carrots, yellow and green vegetables, sweet potatoes, Spinach and leafy green vegetables	Protects against all cancers, especially Cancers of cervix uterus and lung
Vitamin B-6	Bananas, leafy green vegetables, apples, Sweet potatoes,	Maintain immunity, health of mucus membranes, barrier to pollution, protect against infection, Help detoxification
Vitamin C	Citrus fruits, lemons, oranges, Apples, cantaloupes, green peppers,	Maintenance of healthy immune function, Protects against cancers,
Vitamin E	Dark green vegetables, eggs, wheat germ, unrefined vegetable oils, nuts, wheat grass,	Powerful antioxidant, reduces free radical damage, acts against damage done by ozone and smog
Selenium	Fruits and vegetables,	A trace element that helps production of Glutathione, an enzyme essential for detoxification, fights cancer
Folic Acid	Beet roots, cabbage, leafy vegetables, eggs, dairy products, citrus fruits, fish	Synthesis of DNA and RNA, constituent of the genes and chromosomes of nucleus of cells
Calcium	Dark green vegetables, nuts, seeds, grains, milk products, fish	Formation of healthy bones and teeth, blood clotting, cellular metabolism, protects against colon cancer
Iodine	Seafood, sea vegetables as kelp, spirulina, algae,	Growth and repair of all tissues, thyroid function, energy metabolism, protects against breast cancer
Magnesium	Nuts, fish, green vegetables, whole grains, brown rice,	Protects against cancer, maintains blood pH, Synthesis of RNA and DNA, nerve function,
Zinc	Whole grains, seafood, sunflower seeds, soybeans, onions	Protects against prostate cancer, needed for RNA and DNA synthesis, immune function,
Allicin & Alliin	Garlic (fresh or aged) and garlic oil,	Protects against cancers of stomach, esophagus, colon and lung, Helps immune

		enhancement
Omega-3 Fatty acids	Flaxseeds, Linseeds, nuts, dry fruits, fish, vegetable oils,	Essential for formation and function of all the cells and tissues, Protect against breast cancer, arthritis, inflammations,
Fiber	Whole grains, fiber rich foods, vegetables, legumes, beans	Helps detoxification of colon, protects against cancer of colon,
Vitamin A	Butter, Eggs, Dairy products, fish, nuts,	Essential proteins, fats and vitamins, for cellular health