

A microscopic view of several cancer cells, likely fibroblasts or epithelial cells, showing their characteristic rounded, textured surfaces and protruding filopodia. The cells are set against a dark background with a warm, orange-to-red color gradient. Overlaid on the image are vertical columns of binary code (0s and 1s) in a light, semi-transparent font, suggesting a digital or data-driven theme.

# Preventing Cancer Workshop

Presented by:

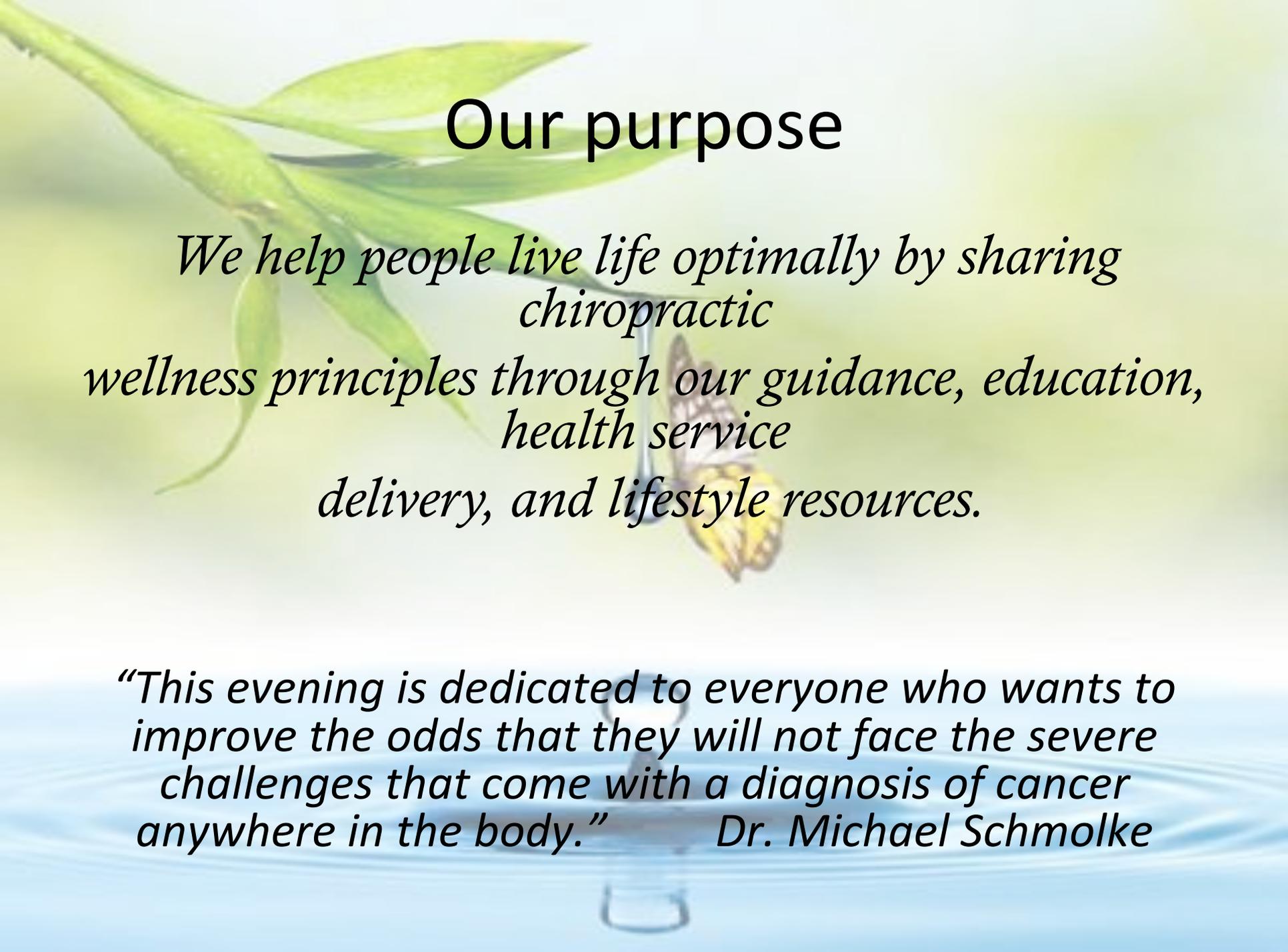
Dr. Michael Schmolke

Beacon Hill Chiropractic & Massage

# Your presenter:

- Dr. Michael Schmolke – Chiropractor
  - Clinic director of Beacon Hill Chiropractic & Massage
  - 20+ years health sciences professional & clinician
  - Passionate educator and lifestyle coach





# Our purpose

*We help people live life optimally by sharing  
chiropractic  
wellness principles through our guidance, education,  
health service  
delivery, and lifestyle resources.*

*“This evening is dedicated to everyone who wants to  
improve the odds that they will not face the severe  
challenges that come with a diagnosis of cancer  
anywhere in the body.”* Dr. Michael Schmolke

# Our workshop objectives

- Review current theories of cancer's origin
- Concerns with current treatment methods that are arising around the world
- The foundations of prevention of cancer
- Specific proven strategies that reduce or prevent prominent cancers



# What is cancer?

- Cancer is the abnormal growth of cells.
- Cancer cells do not die naturally (apoptosis).
- They are immortal to the body's natural means of eliminating any defective cells.
- “a failure of normal cells intracellular communication and mal-expression of the expression of normal cell DNA.
- Occurrence (2016): Men 1 in 2; Women 1 in 3

# Current theory on cause of cancer

- Old views:
  - a) Born with rogue cells in organs
  - b) Genetic defects in DNA passed on from parent(s)
  - c) Initiator factor combined with promoter factor
  - d) Any others?

# Current theory on cause of cancer

- New view:

a) Stem cells: All cells and tissues of our body have progenitor cells called “Stem Cells”. They generate new cells in tissues throughout our bodies. SC DNA becomes altered from a source of damage, becoming autonomous and immortal. This independent behavior is resistant to our body’s own means of keeping cells in normal form (by the immune system). The altered SC’s give rise to “Daughter Cells” that grow large and uncontrollably. These daughter cells grow into tumors and can spread or travel throughout our body.

# b) Epigenetics

Your environment changes what genes are expressed

Every thought, feeling, movement, food, action, medication, sleep, drink, relationship has a role!



These Two Mice are Genetically Identical and the Same Age



While pregnant, both of their mothers were fed Bisphenol A (BPA) but DIFFERENT DIETS:

The mother of this mouse received a **normal mouse diet**

The mother of this mouse received a diet **supplemented** with choline, folic acid, betaine and vitamin B12

Two generations at once are exposed to the same environmental conditions (diet, toxins, hormones, etc.). An epigenetic changes has been documented in the mother and the progeny



Permanent Epigenetic Changes in the fetus

Epigenetics Research at Florida A&M University is supported by grants from the NIH, National Institute on Minority Health and Health Disparities. (81-12MD007582-28 and 1P20 MD006738-01)

# Causes of cancer (2016)

- 18% of Cancer – related to infection
- 23% of Cancer – related to obesity & insulin resistance
- 41% of Cancer – related to environmental factors ( diet, stress, toxins, insomnia, etc.)
- 18% of Cancer – DNA direct damage from environmental radiation or ionizing radiation (mammograms, US, CT scans, EM, sun overexposure, etc.)

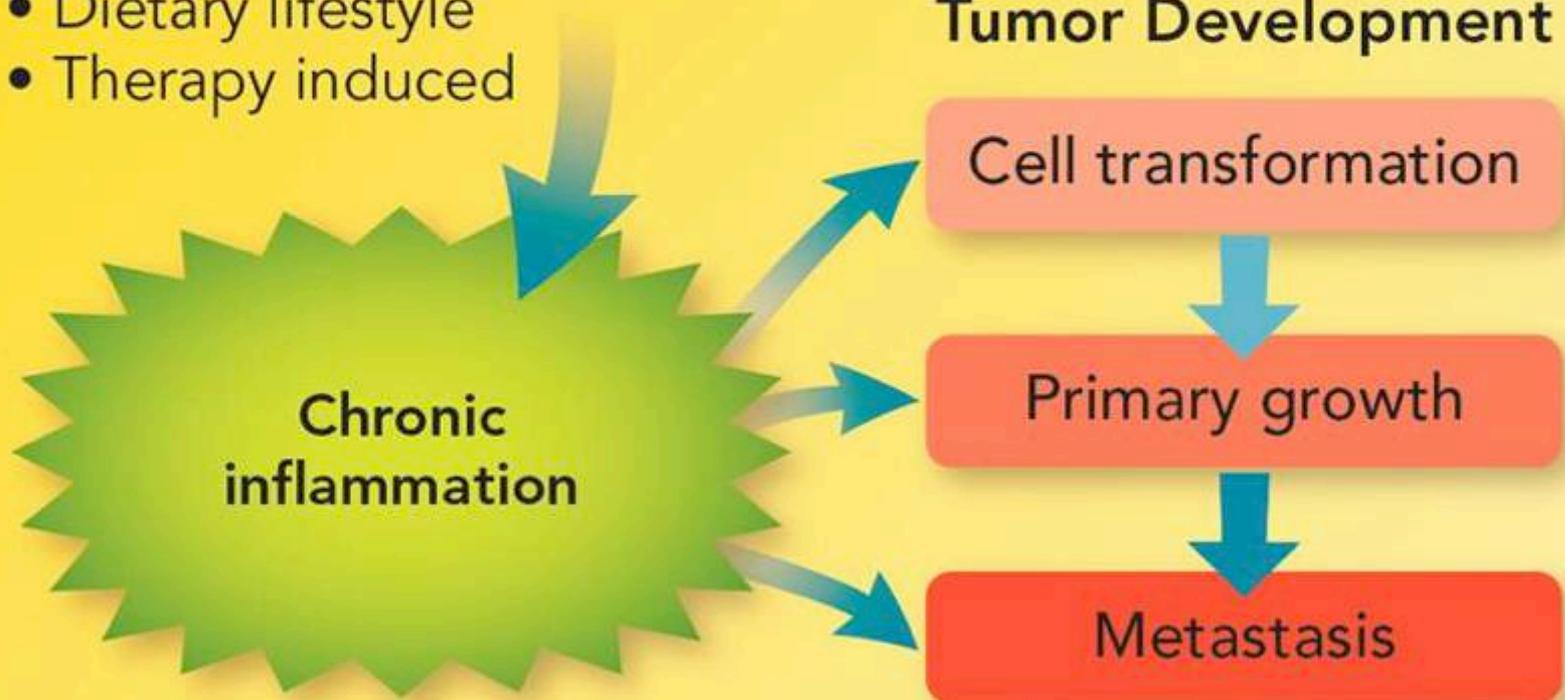
# Current treatment concerns?

- Are they effective?
  - 220 different types of CA
  - Each are different in every person who has it.
- What part of cancer do modern treatments in chemo and radiation target?
- Are their side effects of conventional treatment that raise concern(s)?



# Role of chronic inflammation in cancer development

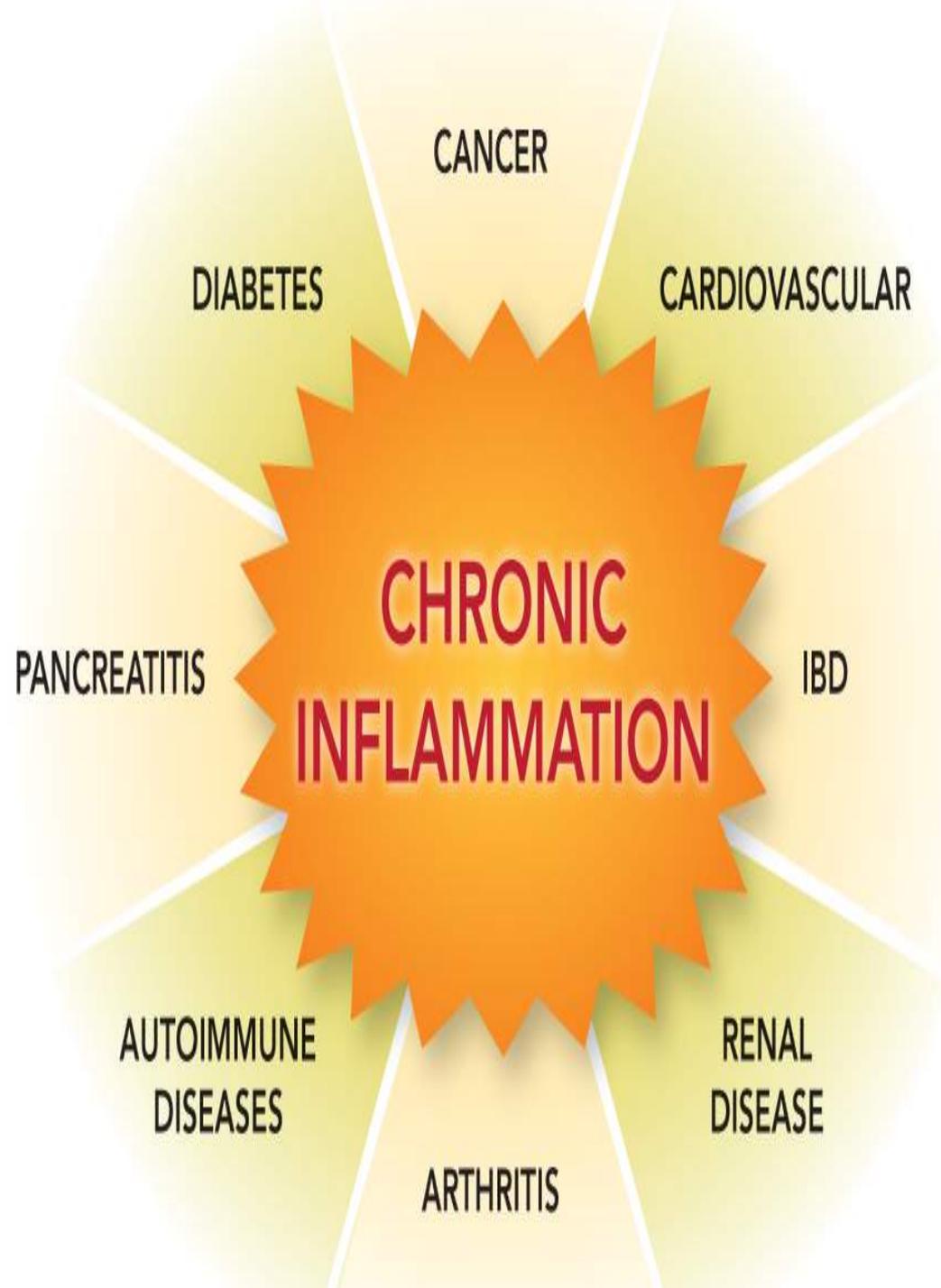
- Microbial pathogens
- Environmental exposure
- Dietary lifestyle
- Therapy induced



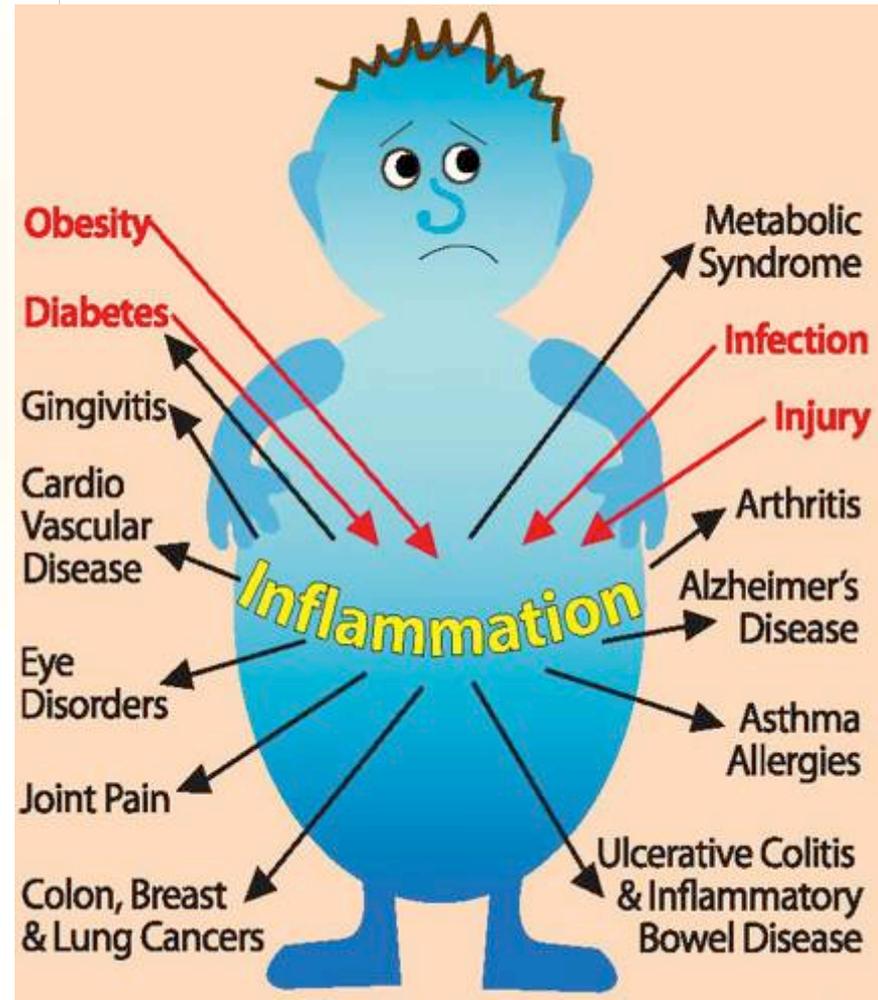
Chronic inflammation initiates and impacts all major stages of tumor progression, from cell transformation to widespread metastasis.

# Chronic Inflammation is evil

- All of the identified causes of cancer listed previously including infection, obesity and insulin resistance, environmental factors like poor diet, stressors, and DNA damage from radiation involve inflammation!
- Inflammation causes all systems in the body to be impaired, including the immune system, and the nervous system. No detection, and no biological safety checks by immune system.



# Choose your disease?



# What are markers of chronic inflammation in our body?

- High BMI; waist circum > 35 women, > 40 men
- Elevated h.s. C-RP in blood tests
- Low adiponectin levels; Vitamin D<sub>3</sub> level tests
- Salivary pH ( < or = 5.6 high risk; 7.4 = good)
- High blood pressure ( > 130/85)
- Weight 10lb over ideal; waist hip ratio poor
- Stress levels (indic. by sleep hrs per night <6)
- Metabolic syndrome (> rest bld.gluc.; > t.glyc.; < hdl)

# Inflammation causes oxidative stress



- Oxidative stress damages and mutates cell DNA anywhere in the human body!

# Antioxidants reduce oxidative stress



- Phytonutrients from plants are the best for reducing inflammation, allergy, viruses, and cancer.
- While not essential for life, they keep us free from disease; therefore they are critical for us!

# The foundations of prevention of cancer

## 7 Essential Steps for Preventing Breast Cancer

by Dr. Veronique Desaulniers

- Let food be your medicine
- Reduce your toxin exposure
- Balance your energy
- Heal your emotional wounds
- Embrace biological dentistry
- Repair your body with therapeutic plants
- Early detection through better methods



# The prevention of cancer



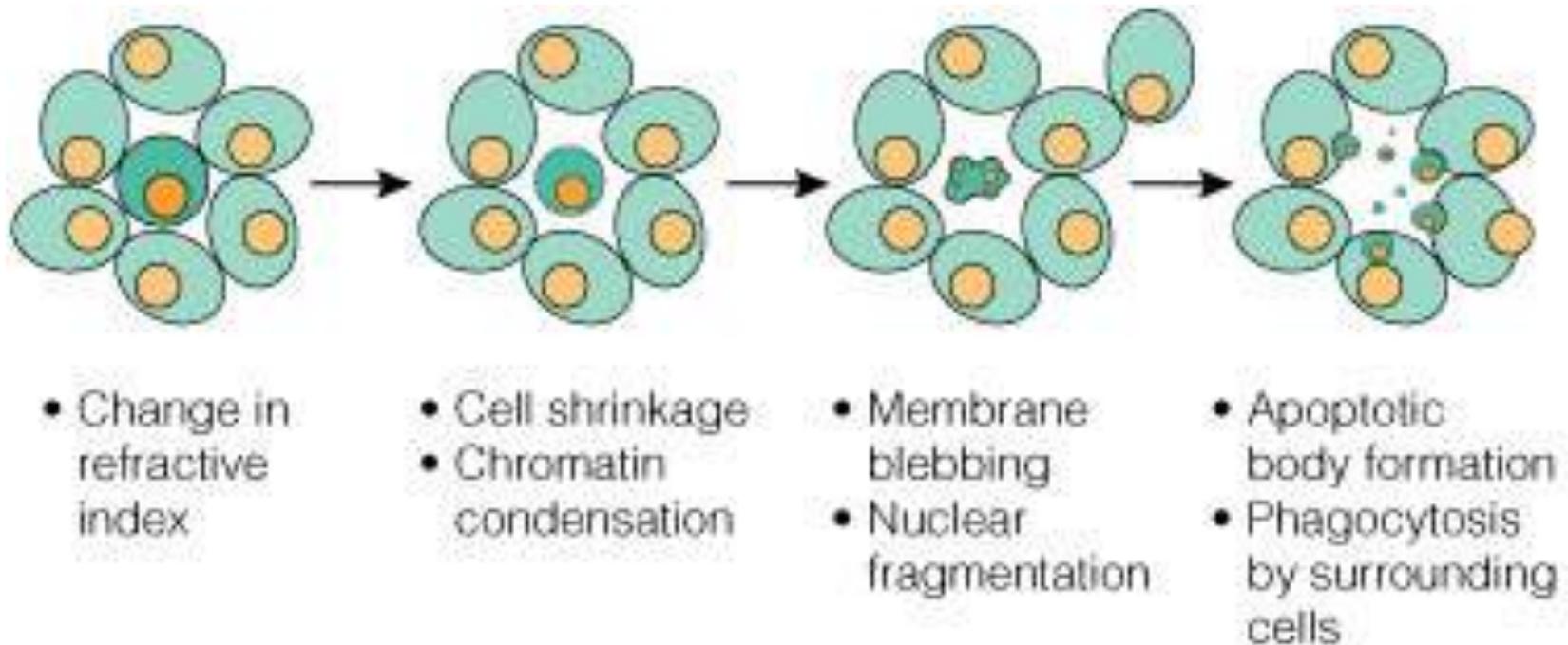
- Prevention (& even treatment) of Cancer
  - Unsuppress the immune system
    - Emotion, diet, sleep, exercise, sugar, hydration, detox
  - Remove the stress factors damaging cells
    - Chemicals, relationships, environments that harm
  - Orchestrate healing of the whole body
    - Optimal clean organic foods and oils, mental environment, energy balancing (chiro & acupuncture)
  - Deal with viruses and parasites of infection
    - Essential oils, herbs, food elements, Evox , etc.

# American Cancer Society (ACS)

- Guideline on Nutrition and Physical Activity for the prevention of Cancer:
  1. Maintain a healthy weight throughout life.
  2. Balance caloric intake with physical activity.
  3. Avoid excessive weight gain throughout the life cycle.
  4. Achieve and maintain a healthy weight in currently overweight or obese.
  5. Adopt a physically active lifestyle.
  6. Adults: at least 30 min. of moderate to vigorous physical activity, above usual activities, on 5 or more days of the week. 45 to 60 minutes ideally.
  7. Children and adolescents: at least 60 min. per day of moderate to vigorous physical activity at least 5 days per week.
  8. Consume a healthy diet, with an emphasis on plant sources.
  9. Choose foods and beverages in amounts that help achieve and maintain a healthy weight.
  10. Eat five or more servings of a variety of vegetables and fruits each day.
  11. Choose whole grains in preference to processed (refined) grains.
  12. Limit consumption of processed and red meats.
  13. If you drink alcohol beverages, limit consumption. No more than 1 drink per day for women, and 2 per day for men.

# Mechanisms of cancer prevention

- Apoptosis – programmed cell death that does not trigger inflammation. A clean death of cells.



# Mechanisms of cancer prevention

## Foods That Induce Cancer Killing Apoptosis

1.



Cruciferous vegetables — broccoli, Brussels sprouts, cabbage, kale and turnips, — are some of the best known cancer-fighters. They have compounds that inhibit cancer growth and flush carcinogens.

2.



Green tea offers flavonoids called catechins that have been proven to slow and/or stop the growth of cancer.

3.



Berries — particularly blueberries, strawberries and raspberries — contain a phytochemical called ellagic acid, which has been proven in recent studies to slow the growth and spread of cancer cells.

4.



Tomatoes are packed with an antioxidant called lycopene that has been found to interrupt blood flow to cancer cells — starving them to death.

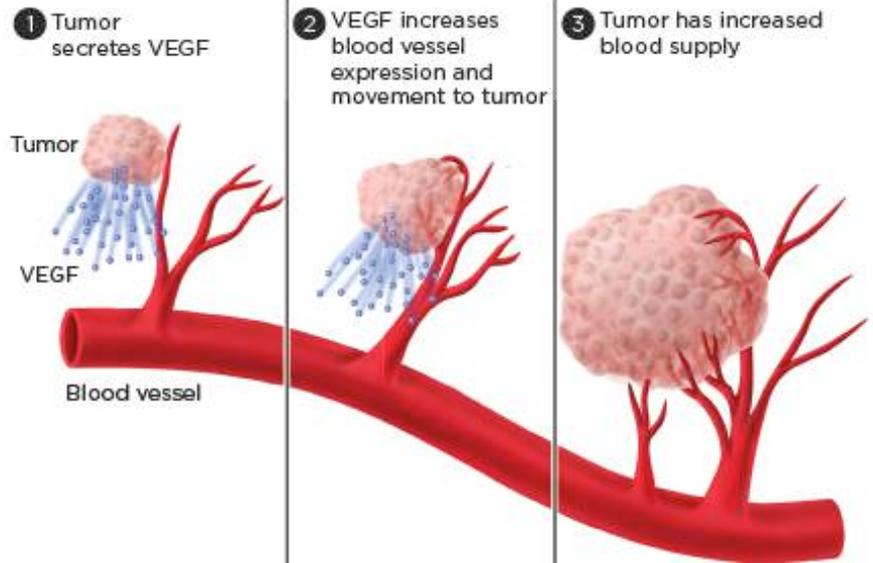
5.



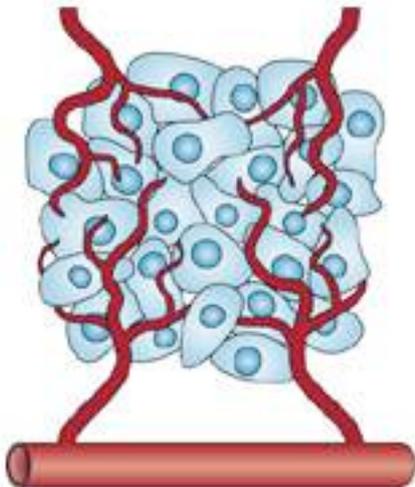
Legumes such as peas, beans and lentils contain inhibitors which have been shown inhibit cancer cell reproduction.

# Mechanisms of cancer prevention

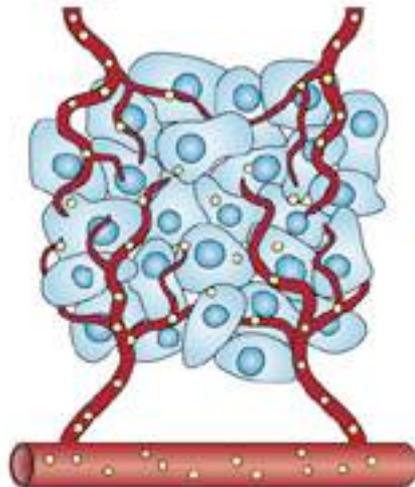
## Blood Vessel Overgrowth on Cell



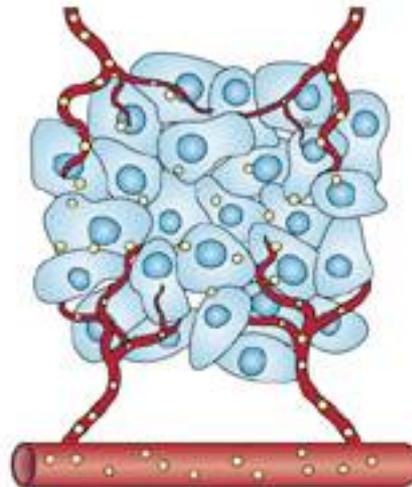
Vascularized, angiogenic tumour



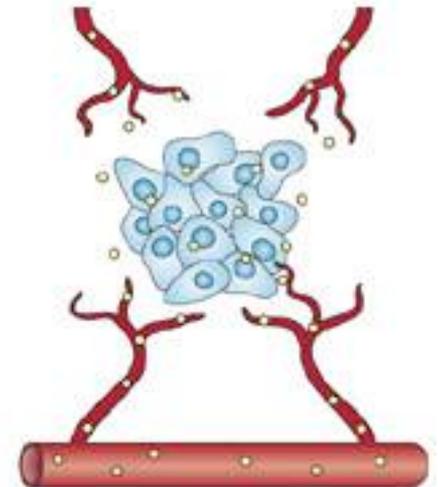
Treatment with angiogenesis inhibitor



Vessels begin to regress



Tumour shrinks



# Mechanisms of cancer prevention

The Gerson<sup>®</sup> Therapy is a natural treatment that activates the body's extraordinary ability to heal itself through an organic, plant-based diet, raw juices, coffee enemas and natural supplements.



Health Effects of Marijuana	THC	THCA	THC-V	CBN	CBD	CBD-A	CBG	CBGA	CBG	CBGA	Benefits
Pain relief											Analgesis
Reduces inflammation											Anti-inflammatory
Suppresses appetite											Anorectic
Stimulates appetite											Appetite stimulant
Reduces vomiting and nausea											Antiemetic
Reduces contractions of small intestine											Intestinal antiprokinetic
Relieves anxiety											Anxiolytic
Tranquilizing / psychosis management											Antipsychotic
Reduces seizures and convulsions											Antiepileptic
Suppresses muscle spasms											Antispasmodic
Aides sleep											Anti-insomnia
Reduces efficacy of immune system											Immunosuppressive
Reduces blood sugar levels											Anti-diabetic
Prevents nervous system degeneration											Neuroprotective
Treats psoriasis											Antipsoriatic
Reduces risk of artery blockage											Anti-ischemic
Kills or slows bacteria growth											Anti-bacterial
Treats fungal infection											Anti-fungal
Inhibits cell growth in tumours / cancer											Anti-proliferative
Promotes bone growth											Bone-stimulant

## Cannabinoid Therapy

The chemical compounds found in the Cannabis plant, called cannabinoids, offer a variety of health benefits. While there are over 80 different cannabinoids in marijuana, only a handful have been researched and are known to provide positive effects on the human body.

# Vitamin D<sub>3</sub> – a miracle?

- Normally, we get this from the sun, as it converts cholesterol circulating in our bodies in the exposed skin, into Vit D<sub>3</sub>.
- Recent study in journal PLOS ONE out of U of California, Creighton U, and Grassroots health showed a 67% reduction in risk of all cancers in women with vit D levels > 100nmol/L (40ng/ml)
- Approximately 12 million Canadians (35%) fall below the minimum level of 50nmol/L set by Health Canada and IOM. 90% < 100nmol/L
- Vitamin D Society (Canada) recommend people achieve and maintain optimal Vit D<sub>3</sub> blood levels between 100-150 nmol/L (Can) or 40-60ng/ml (USA).

# Top 12 ways to prevent breast cancer

1. Minimize your intake of high fat animal foods, with the exception of fish. This includes red meat, pork, milk and yogurt above 1% MF, cheese above 3% milk fat, other high fat dairy products (ice cream, butter, whipped cream etc), and organ meats.
2. Stay Lean – women who are overweight after menopause have documented three-times greater risk of developing breast cancer
3. Perform A Minimum Of 30 Minutes Of Endurance Exercise, Five Times Per Week – Women who are physically active detoxify excess estrogens more effectively, and less prone to cancer. Endurance exercise helps slow breast cell replication rates, and reduces cancer risk.
4. Take A High Potency Multiple Vitamin Containing Optimal Levels of Vitamin E Succinate, Vitamin D, Vitamin B12 and Folic acid:
  - Vitamin E Succinate – 400 IU; Vitamin D – 1000 IU; Vitamin B12 – 50 mcg; Folic Acid – 400 mcg
5. Drink Less Alcohol And Get A B-50 Complex From Your High Potency Multiple Vitamin and Mineral Supplement – Alcohol intake can double risk of breast cancer, although supplementation with certain B-vitamins has shown to mitigate this risk to some degree.
6. Take A Supplement Containing Fish Oil, Flaxseed Oil and Borage Seed Oil and Eat Fish Twice Per Week – this combination of essential fatty acids promotes synthesis of prostaglandin hormones that slow breast cell division and reduce inflammation, reducing risk of cancer.

# Top 12 ways to prevent breast cancer

7. Consume Cruciferous Vegetables and Indole-3-Carbinols Daily – these vegetables contain indole-3 carbinol and sulforaphanes, which detoxify carcinogens, slow breast cancer cell division, reduce build up of dangerous estrogens and have other anti-cancer properties regarding breast cancer prevention.
8. Take Two Heaping Tablespoons of Ground Flaxseed Each Day– flaxseeds release 800-times more enterolactone and enterodiol to the bloodstream than any other food or supplement. These phytonutrients reduce breast cancer risk in similar ways as cruciferous vegetables and are shown to reverse fibrocystic breast disease
9. Eat At Least One Serving Of A Soy Food Each Day – soy foods and supplements contain phytonutrients shown to reduce breast cancer risk, improve management of breast cancer cases and reduce breast cancer recurrence
10. Consider Taking A Daily Supplement With Curcumin and Other Natural Anti-Inflammatories (White Willow Extract, Ginger, Boswellia) – All of these nutrients block production of prostaglandin series-2, which is linked to cancer development, and curcumin also inhibits the Her-2 breast receptor, which is over active in up to 40% of breast cancer case.
11. Drink 3-6 cups green tea or take 3 capsules Adeeva Body Burn daily – catechins decrease VEGF and Hepatic growth factors involved in breast cancer invasion/migration, and green tea catechins have improved the molecular profile of patients with breast cancer awaiting surgery.
12. Melatonin: 0.5 – 3.0 mg after age 40 (increase the dosage with age)

# Preventing prostate cancer

## Dietary steps for prevention:

- Avoid high fat animal foods, such as red meat, pork products and high fat dairy products, as well as foods high in trans-fats, and deep fried and pan-fried foods.
- Ingest no more than 2-3 alcoholic drinks per week on average.
- Ingest a cruciferous vegetable serving at least 3x per week (broccoli, Brussels sprouts, cabbage, cauliflower).
- Consume tomatoes and tomato products (e.g. tomato sauce, tomato juice) at least 4-5x per week to acquire the protective properties of lycopene.
- Include soy products in your diet regularly. Studies show that soy foods and/or soy extract supplements block key steps in prostate cancer development and help manage many existing prostate cancer cases.
- Drink 4-8 ounces of Pomegranate Juice daily.
- Consume 2 tablespoons of Ground Flaxseed daily.
- Drink 3 cups of green tea daily



# Preventing colon cancer

- A Boston study of 12,305 cases of colorectal cancer using calcium at 1200mg/day up to 1900mg/day reduced CC risk by 32-36%
- Folic acid showed that at a daily dose of 5mg, it significantly reduced recurrence of colorectal adenomas (polyps). Colorectal adenoma is a precursor to adenocarcinoma (m.c. form of CC). 300% less recurrence.
- Alcohol is linked to an increase in CC by 17%.
- Consumption of chick peas, kidney bean, mungbeans all possess similar properties to the soy bean as possible preventive agents to cancers in the breast, prostate, and colon.

# So what have we learned?

- Cancer is common
- Theories have evolved
- Majority of CA causes are influenced through our choices. We need education & strategies.
- Current conventional treatment is in question. and system is broken. We need change.
- Inflammation is a critical phenomenon in play with all disease, including cancer.

# So what have we learned?

- We can all look for markers of chronic inflammation easily! Let's test this in you!
- Antioxidants are critical to reducing ROS (free radicals causing oxidative stress)
- Prevention & healing is of the whole self.
- Lifestyle is critical , nutrition is critical !

*Keep empowering yourself*

# The Truth About Cancer: A Global Quest

[www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com)



“This program is a must see for education and information that could save your life from cancer, and help the world fix a system that is not working!”

Dr. Michael Schmolke

# Excerpts from TTAC initiative

# Many leading world experts...

## All 94 Brand New Expert Interviews and 37 Survivor Stories in Over 68 Hours of Videos

Learn from some of the smartest people alive and how they treat and beat cancer. These are the entire interviews from all 131 experts and survivors, raw and uncut so that you don't miss a second.

Biological healing; nutrient triggered cancer cell apoptosis; reversing stem cell immortality; inhibition of cancer cell growth, invasion, metastasis, and blood vessel growth; anti-neoplaston therapy; natural cancer treatment from Texas, Mexico, Germany, Australia, Netherlands, and more.



# Final thoughts

