

BioBites: Is Cancer Curable?

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Presentation

Statistics. We have about 37 trillion cells in our body and the body is making about 240 billion new cells each day. A very tiny percent of those are cancer cells, and thus it can be safely assumed that we're all making about 1 million cancer cells a day. For all intents and purposes, we all "have" cancer; this is also why we have an immune system.

1.9 million people in the U.S. were diagnosed with cancer in 2021. In 2021, 609,000 in the U.S. died of cancer, which equates to 1,670 per day. The most common cancers are breast and prostate. Looking at deaths, lung cancer leads the way. People don't have chest x-rays and colonoscopies with the same frequencies, which is why these cancers are also more fatal - the diagnosis of these typically happens much later than with breast cancer.

What is cancer? From a biological medicine perspective, cancer is a dis-ease. It is a reaction and response to "life" and the result of a sluggish defense system. Cancer is the result of numerous factors, especially those relating to lifestyle: diet, oral health, trauma, stress management, emotions, etc. These are all things over which we have control; therefore, we have the ability to take steps on an everyday basis to help mitigate these million plus cancer cells that are being created every day.

Cancer is a word, not a sentence - having cancer is not a death sentence. There are many misunderstandings about cancer in our society. By improving our understanding and everyday habits, we change our conception of cancer and our relationship with cancer.

No one in society is immune from cancer. While persons over 50 years of age are those most likely to be diagnosed, all age groups are affected. The American Cancer Reported in 2020 that men have a 1 in 2 likelihood of being diagnosed with cancer in their lifetime; for women that ratio is 1 in 3. By 2050, those numbers will increase by an additional 50%. Ongoing research needs to focus more on preventing cancer rather than 'curing' or addressing cancer.

Cancer physiology. Cancer is a normal cell that transforms to a tumor cell based on a mutation in our genetics. Cell reproduction is happening all the time; every cell has a different life cycle. A cell grows, performs its function, gets worn out, and the immune system removes it in a process called apoptosis. Genetic mutations can be inherited; this explains how a small child or infant can develop cancer at a young age.

Cancer begins with oxidative stress on our DNA. Free radicals are made inside the body by O₂ combustion; they help detox chemicals and are potent anti-microbials. Anti-oxidants from our foods control O₂ reactions (examples are Vitamins C, E, selenium, lipoic acid, B carotene). Radiation, chemicals, stress hormones, and other carcinogens produce oxidation of DNA which leads to mutant genes. It takes a number of these reproductions and mutations to create a malignant cell, a cancerous cell, that will not die (does not undergo apoptosis) regardless of mutations, damage, and cell age.

Cancer cells begin from a mutation in a single cell. The growth from that single cell in adult-onset cancers is typically very slow with a latency of 20-30 years. This is why most tests are

recommended for adults 45 years or older. During this latency period, a succession of genetic and epigenetic events is required for cancer to develop. The entire process involves 3 stages:

- Initiation: the primary genetic mutation in a single cell
- Promotion: carcinogenic events complete the neoplastic transformation of the initiated mutant cell to a tumor
- Progression: the later course and continued growth often involving metastatic spread

It's not until cancerous cells spread and meet a certain threshold that they become visible or diagnosable.

Why do people get cancer?

- Molecular mechanisms: Genetic mutations
- Host factors: Heredity, hormones, immune mechanisms
- Environmental causes: Chemicals, radiation, infectious agents
- Lifestyle environment: Tobacco, dietary, sexual
- General environment: Occupation; health care exposure; air, water, soil exposure

Modifiable Risk Factors. The following are modifiable risk factors that can mitigate the spread of cancer: high body mass index, low fruit and vegetable intake, physical inactivity, smoking, alcohol, unsafe sex, air pollution, indoor use of solid fuels, contaminated injections from healthcare settings

Are Cancer Deaths Decreasing? Data can be misleading. Today's cancers are typically diagnosed far earlier in the timeline of cancer reproduction and spread than they were 50 years ago. 5-year survivorship rates have gone up (from 75% to 99%); but, again, diagnosis would have happened much later in the timeline for someone 50 years ago, shifting diagnosis to later in life. It's possible for lifespan to be comparable with diagnosis, treatment, and survivorship beginning much sooner today. To address cancer mortality rates, more emphasis is needed on understanding cancer and preventing it.

Conventional approach to cancer prevention. Conventional medicine views colon polyps and suspicious moles as early signs of cancer. Removal of these is considered preventative, though it's possible that removal is really a form of suppression that may accelerate the formation of cancer at the same site or in a deeper organ. Conventional medicine also views cancer as a local affliction until it metastasizes. As a result, treatment aims to eradicate the localized cancer; treatment doesn't address the underlying causes, nor does it speak to the fact that cancer cells have the ability to travel, as with the lymphatic system.

BioMed approach to cancer prevention. Biological medicine evaluates the patient's terrain. It's the terrain that eventually leads to a pathology, which precedes a conventional diagnosis. We know that childhood traumas and emotional losses as well as imbalances in terrain show up to great extent in those who develop cancer. BioMed helps treat for the trauma before a tumor develops.

Prevention is the best cure. We optimize all of our organ functions to help prevent cancer - liver, digestive system, mental/emotional state, immune state. When everything works properly, all of

our multiple functions, not just the immune system, is able to keep itself in balance and get rid of the million cancer cells produced each day.

Therapies. In conventional medicine, cancer therapies include surgery, radiation, chemotherapy, and biological and targeted therapies.

In Biological Medicine, strategies for addressing cancer include:

- Detoxifying from exposed carcinogens
- Addressing fears, negative feelings
- Enhancing cell-to-cell communication
- Improving terrain
- Removing promoters such as environmental toxins, dietary issues, toxic emotional stressors
- Support DNA repair
- Control inflammation
- Optimize BMI
- Use synergies of natural therapies
- Support balanced immune function
- Reduce side effects
- Detox from chemo and radiation treatments
- Prevent recurrence or new cancer formation

In BioMed, one size does not fit all and treatment must be individualized.

Diet is a significant therapy and tool in prevention. The primary goal is to minimize the release of insulin. Cancer cells take up insulin 4x more than healthy cells; insulin is incredibly destructive in a cancer patient as it feeds cancer cells. The focus should be on “whole foods” representing a variety of colors and micronutrients. A proper balance of carbs, fat, and protein is important. Cancer cells cannot metabolize fat.

The body is a large electromagnet. Cancerous cells and ill cells have a significant positive charge, whereas a healthy, normal cell has a significant negative charge. Grounding and similar therapies can add electrons into the body and affect the charge of the body and its cells.

Cancer cells cannot survive in a high-oxygen environment. Deep breathing and therapies like hyperbaric (1.6x O₂) and EWOT, exercise with oxygen (20x O₂), can help flood the body with oxygen.

The lymphatic system is the body’s sewage system - the most effective at detox. A sluggish lymphatic system is almost universal in cancer patients. Drinking adequate levels of water, dry skin brushing, movement, and castor oil packs are all effective ways of helping the lymphatic system become more effective.

Q&A Synopsis

How can a patient reduce the risk of cancer recurring, particularly with respect to the bladder? The bladder is an elimination organ and many toxins pass through it. The best way to minimize exposure to harmful chemicals and toxins is to flush out the bladder regularly with water and to eat a rainbow of whole foods. Abiding by the Natural Laws - hydrating, eating the rainbow, moving regularly, breathing deeply, caring for the lymphatic system, grounding - these are essential to the body’s self-regulatory capacity, which includes the removal of cancerous cells.

Is “natural chemo” an option for cancer care? “Natural chemo” is a misnomer. Chemotherapy is a medication that kills things. Biological Medicine, quite the opposite of killing things, is supportive of the body’s natural physiology. The therapies that are used in BioMed don’t treat cancer, head on, they support the body’s organ systems, which then participate in regulatory cycles, like apoptosis and waste removal.

There are many supplements that are used that are natural substances - Vitamin C, lipoic acid, curcumin, ozone, quercetin, etc. - that can be used to support cancer patients, including those undergoing conventional treatments. Data shows patients who use these natural supplements in tandem with conventional therapies tend to have better outcomes.

Can enemas be helpful for someone who has cancer? Poor bowel function is not a good thing to have when receiving cancer treatment. These therapies - radiation, chemotherapy, etc. - kill cancer cells; once broken down, these particles can then congest the lymphatic system. Therapies that support the body’s waste removal systems, including enzyme pathways and the lymphatics, can decrease adverse effects and increase the effectiveness of treatments.

How are we naturally clearing 1 million cancer cells from our body each day? The body cleans itself out through the primary excretory organs: the intestinal tract, the kidneys, lungs, skin, and the brain. These organs perform a natural cleansing. The more that these excretory organs are supported, the better the body is at cleansing itself. For these excretory organs, 1 million cells a day is a drop in the bucket. A healthy lifestyle supports these.

How might BioMed diagnostics be helpful in spotting precancerous conditions? Imaging like CRT or MRI and blood testing shows you the body in a moment in time whereas energetic testing - heart rate variability or contact regulation thermometry - hint at what’s been happening in the body and how it’s responding to everyday stressors. Using that information, BioMed practitioners are able to discern what changes are happening long before they become detectable through blood tests or other imaging and utilize therapies to intervene.

Is wine helpful or harmful? It’s a question of quantity and the condition of your body in other respects - hydration, nutrition, etc. If everything is equal and working well, a glass of wine should be okay.

What have you found through your research and writing about trauma? In treating patients with chronic illness, I’m always after the true source and wonder what causes one carcinogen to produce disease in one person and not in ten others. What I have found in talking with patients about their history is that while 7 out of 8 people say they had a good, happy childhood, they can also identify stressors throughout that childhood that leave an imprint - frequent moves, loss of friends, etc. In uncovering this, you can begin to appreciate the way that impacts development. Our bodies only fully mature at 25 for women and 28 for men. There’s constant evolution to that point; though we’re born with all of our body parts, they’re energetically not mature. The nervous system is the last to mature. Anything that happens to that point of maturation can affect the way that the body develops.

Through a specific protocol that I call the brain protocol, we can reprogram the development of the nervous system, endocrine system, and the organs, bypassing identified traumas. The hundreds of people who have undergone this protocol typically experience an aha moment at the end - connecting their physical ailments to some trauma from an early developmental stage.

When the organs are supported with energetic therapies, we can solve the problem at the root cause.

Are there best forms of Vitamin C for a person with a breast cancer diagnosis when IV is not an option? It'll have to be some sort of buffered form - meaning that other minerals are with it. Without those minerals, the acidity is likely to cause gastrointestinal issues.

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