

Let's Eliminate Cancer

My story begins with what most have already heard. In the past 50 years, the lifetime risk of breast cancer has nearly tripled in the United States. In the 1960s, a woman's lifetime risk of breast cancer was 1 in 20. In 2005, the risk was 1 in 7.[1] Today it's 1 in 3.

Many years ago we bought into a belief. The goal of the fear campaign was to raise money for the cure, in the form of *Hope* found in pills. A new world of hope pills were born creating... you guessed it, **Pharmaceuticals**. These wonderful "*pills of hope*" come with dozens of side-effects that require pages of legal data, using the smallest font size they can find, covering pages of their magazine ads, and fast talking announcers on TV showing beautiful images of happy people, living the most wonderful lives, playing with their loved ones, painting the image of how wonderful life can be, with Big Pharma. Ah, the wonderful world of Main Stream Professionals who've become masters at psychological fear tactics, and their prescriptions of massively overpriced "*pills of hope*"!

Fast forward ~ the pharmaceutical industry saw an opportunity to enter into the Natural Health industry, with a new campaign saying: In our multi million dollar labs, we can actually improve on Mother Nature! We can do better! And so they come out with a new supplement, that took 5 years, and \$5 million of R&D in their labs, and entered into this new world of pills, and of course, to posture themselves they needed to create a new word: Nutraceuticals! It just has a ring to it, and their campaign has been to convince people that if you're going to take supplements, that the highest quality natural health "type" pills, are from Nutraceutical sources! (4)

So today, I'd like to introduce a new word, that falls right on the timeline of where we are now, and that word is: "**Cancerceuticals**"! Recent studies, most of which have been suppressed by the Pharmaceutical Industry, are now showing that many of side-effects of medications, chemicals, synthetics and GMO's, increases the growth of cancer.(5)

Do You Believe in Yourself?

Our belief system is at the core of every decision we make. Our reactions, thoughts and emotions are all influenced by our beliefs. Ask yourself the simple question: “Do you believe in magic”? As a nation, we have a tendency of looking for that magic pill from that magic man for a magic cure! We forget what an amazing machine our body really is. The circulatory and respiratory system supplies us with energy 24 hours a day, 365 days a year, year after year....

If we want our car to run optimally would we take out the batteries? Being human, energy drives our every move. But unknowingly somehow we block this energy with energy drinks and coffee. Lacking high octane fuel we start to slow down, lack nutrients and acidosis sets in. Unplugged...the war begins.

For a cure we believe, we hope, we question. We question our ability to be good soldiers and warriors. In the end we succumb to the chemicals of war. Yes, this war is never won. It doesn't care how young or old you are. It takes no prisoners regardless of the promise of new drugs.

The images of cancer have changed little in more than one hundred years. Fighting the "war on cancer" or looking for "the cure" outside yourself has never worked, ever. What we need is, **True Healing** from within.

What's disturbing is, we give big kudos to the women in the walk, run or race for the Cure.

Whether we walk, run or race it is not going to get to the cure. There are keys to the underlying causes of all illness.

The treatments from BIG Pharma are never a cure, yet we shoe up, go into battle while being sponsored by the very toxic food corporations that may be part of the problem! (fried and processed dead foods)

There is a false sense of progress going on. Although breast cancer is becoming more and more common, most breast cancer research funding focuses on diagnosis, treatment, or finding a cure, while ignoring research to preventable causes.[2]

Health issues linked to toxic chemicals in the body

SKIN ALLERGIES

CANCER

INFERTILITY

BIRTH DEFECTS

REPRODUCTIVE PROBLEMS

LEARNING DISABILITIES

LIST OF INGREDIENTS TO AVOID

12 toxic & carcinogenic compounds found in beauty & skin care products

<p>Benzoyl Peroxide: Used in acne products, the MSDS states: Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells. Also, toxic by inhalation. Eye, skin and respiratory irritant.</p> 	<p>DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine): This foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs & the brain.</p>	<p>Dioxin: Won't appear in ingredients like triclosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorders, miscarriages and birth deformity.</p> 	<p>DMDM Hydantoin & Urea (Imidazolidinyl): 2 preservatives that release formaldehyde which may cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, & insomnia.</p>
<p>FD&C Color & Pigments: Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity/irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.</p>	<p>Parabens (Methyl, Butyl, Ethyl, Propyl): Used as preservatives. Not always labeled. Used in deodorants & other skin care products, have been found in breast cancer tumors. May contribute to sterility in males, hormone imbalance in females & early puberty.</p>	<p>PEG (Polyethylene glycol): Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.</p> 	<p>Phthalates: Found in many products, usually not listed on labels. Health effects include damage to liver/kidneys, birth defects, decreased sperm counts and early breast development in girls & boys.</p>
<p>Propylene Glycol (PG) & Butylene Glycol: Petroleum plastics. EPA considers PG so toxic it requires gloves, clothing, goggles & disposal by burying. EPA warns against skin contact to prevent brain, liver, and kidney abnormalities.</p> 	<p>Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES): Used in car washes, garage floor cleaners, engine degreasers and 90% of personal-care products that foam. Eye damage, depression, labored breathing, diarrhea, skin irritation, & death.</p>	<p>Sunscreen chemicals: Avobenzone, benzophenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.</p>	<p>Tridosan: Synthetic antibacterial ingredient. EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans.</p>

Are you being sold the disease as the cure?

AstraZeneca, a multinational pharmaceutical corporation (and sponsor of National Breast Cancer Awareness Month), is the manufacturer of tamoxifen, the best-selling breast cancer drug. Yet until corporate reorganization in 2000, AstraZeneca was also the leading producer of the carcinogenic herbicide acetochlor, (from Monsanto) as well as numerous chlorine and petroleum-based products that have been linked to breast cancer. [3]

Since 2002, the group Breast Cancer Action has promoted its "Think Before You Pink" campaign. "It's fighting **pink washing**, which is when corporations try to boost sales by associating their products with the fight against breast cancer."

The irony of it all. "The worst pink washers exploit the intense emotions associated with breast cancer while selling products that actually contribute to breast cancer." This can be called blind faith.

These companies below have marketed their products, especially during October, Breast Cancer Awareness Month.

Revlon has a campaign called "Kisses for the Cure" that urges women to buy lipstick to fight breast cancer. Revlon tells women they can "Pucker up and Kiss Breast Cancer Goodbye."

Shiseido promises to "empower" women by donating a portion of sales of its "Bare Pink Hydro Power Eye Shadow" to a program that supports women who work after their breast cancer treatment.

Estee Lauder sells a \$45 "Pink Ribbon Compact" that comes with a little pink ribbon charm attached to it. The company also promotes its "Global Landmarks Illumination Initiative," in which it bathes the Mall of America, among other landmarks, in pink floodlights to "raise awareness of breast cancer." (7)

Have you ever been just slightly curious about Pepsi wearing Pink? The toxic chemicals, sugars and diet sugars can definitely add to the cause and not the cure. I was made aware of this the other day when a woman at the cash register was so excited to know that by purchasing a case of diet soda, she was making a positive difference in the war against cancer, having no idea how far from reality her perception was. (21)

Your wakeup call ~

You hear those words. "You've got cancer." Cancer, how much do you really know about that six letter word? What are your beliefs? Some have said that a cancerous tumor is one way of actually protecting the body from toxic and dysfunctional cells and is one of the body's final attempts to return to a normal condition. The most obvious choices people make each day is what they "consume" both physically and mentally. Harmful substances or lack of needed building blocks in the body can result in imperfect cells, unable to do what is required to keep them healthy. Cancer never just happens overnight. Some cancers can even be caused by experimentation with medications.

It will take fundamental changes in society to truly prevent breast cancer. There is growing evidence that our increasing use of pesticides and environmental toxins, on, in and around us, are making us sick. Despite this fact, the predominant message in risk reduction is going for mammograms. The sad news is, taking the necessary steps to eat nutritious foods and avoid toxic foods, toxic chemicals and toxic stress doesn't often happen when we're attending 'hope walks' for cancer events. The donations from these events have never stopped the war and never found the cure.

Making Change Happen

Making simple bite size changes may be the only way we can stop this epidemic. Many consumers have successfully dealt with their challenges by improving their health with determination to becoming completely aware of their choices in all areas of their life.

Did your doctor tell you, he doesn't know what causes breast cancer?

- 🎧 Obesity and breast cancer: Shouldn't it be common for a medical professional to discuss your weight issues? There are studies that suggest that obesity increases the risk of breast cancer. (8)
- 🎧 According to the U.S. Council Of Environmental Quality, "Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine."
- 🎧 Pesticides and breast cancer association, yes chemicals can harm us. (9)
- 🎧 Endocrine Disruptors are things that can mimic hormones (10)
- 🎧 BPA's are endocrine disruptors. (11)
- 🎧 Radiation does not bring you closer to health, risk have far exceeded benefits. (12)
- 🎧 Alcohol: Studies have been inconsistent, but some studies show that 2 or more drinks a day can slightly increase risk. Drinking as little as half a glass of wine a day may raise a woman's risk of developing breast cancer, a study shows. (13) The more alcohol consumed on a regular basis, the greater the risk, says Wendy Y. Chen, MD, PhD, a cancer specialist at the Dana-Farber Cancer Institute in Boston. The study was presented at the annual meeting of the American Society of Clinical Oncology.
- 🎧 Trans fats, Hydrogenated oils and trans fatty acids: There is Poison in your food found in hydrogenated oils. (14)
- 🎧 Antiperspirants: Antiperspirants and many other body care products can contain parabens, phthalates and other harmful chemicals, some of which may be linked to breast cancer. Trying to stop the process of sweat is halting one of the many ways the body has to detoxify.

- 🌐 Eating zeranol~Zeranol is used as an anabolic growth promoter to stimulate cattle growth in the U.S. beef industry.(15)
- 🌐 Cause & Effect ~are you Nutritionally Starved? Are your daily habits eating fast, sugary, junk, diet, fake foods? (devalued foods) Are you eating foods that cause inflammation?
- 🌐 Birth Control pills can cause breast cancer. (16)
- 🌐 A large 2007 U.K. study found that both premenopausal and postmenopausal women with the highest processed meat intake had the highest risk of breast cancer. Another study found that higher red meat consumption during adolescence was associated with increased risk of premenopausal breast cancer in adulthood. This includes, bacon and processed meat consumption.(17) Prostate cancer has been linked to processed meat as well.
- 🌐 Stress can cause disease. Pay attention to how you handle traumatic or highly stressful events.
- 🌐 False hope ~The Komen Foundation (a corporation) that promotes races and ribbons, has assets totaling over \$390 million, and according to Charity Navigator had a total revenue of nearly \$312 million in the fiscal year ending in March 2010. (18)

Books, Movies & Facts

Dr. Samuel Epstein demonstrates in his book *Cancer-Gate: How to Win The Losing Cancer War*, that over the past century, the ACS, NCI, and AMA have all become corroded with major institutional and personal conflicts of interest with Big Pharma. Dr. Epstein also chronicles how, for monetary reasons, the Cancer Industry is suppressing mountains of information about environmental causes of cancer rather than making this information available to the public. In his book, *The Politics of Cancer Revisited*, Dr. Epstein states that “the cancer establishment has also failed to provide the public, particularly African American and underprivileged ethnic groups, with their disproportionately higher cancer incidence rates, with information on avoidable carcinogenic exposures, thus depriving them of

their right-to-know and effectively preventing them from taking action to protect themselves – a flagrant denial of environmental justice.”

A must see movie that I recommend is: Pink Ribbons, Inc.~Breast Cancer and the Politics of Philanthropy by Samantha King. <https://www.youtube.com/watch?v=3QPZfcYTUaA>

What we now know

- ★ The “War on Cancer” is not going to be won anytime soon with weapons from the dark ages.
- ★ The way to prevent and reverse cancer is to detoxify the body and rebuild the immune system.
- ★ “There is no scientific evidence for chemotherapy being able to extend in any appreciable way the lives of patients suffering from the most common organic cancers, which accounts for 80% of all cancers?” (Dr Ulrich Abel. 1990)
- ★ As far back as 1975, Nobel Laureate James Watson of DNA fame was quoted in the New York Times saying that the American public had been "sold a nasty bill of goods about cancer."
- ★ “Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumors,” Allen Levin, MD UCSF The Healing of Cancer.
- ★ The symbol of the breast cancer industry in the United States -- the pink ribbon -- is not at all a symbol of compassion or caring. It is not a symbol of empowering or educating women. (19)
- ★ In his book “The Wayward Cell”, Cancer, Dr. Victor Richards made it clear that “chemotherapy is used primarily just to keep the patient returning for treatment and to build his morale while he dies”.
- ★ Dr. Ralph Moss has written the book, “Questioning Chemotherapy”, which documents the ineffectiveness of Chemotherapy in treating most cancers. “The vast majority of cancers, such as breast, colon, and lung

cancer are barely touched by chemotherapy. Effective cancer treatment is a matter of definition. The FDA defines an "effective" drug as one which achieves a 50% or more reduction in tumor size for 28 days. In the vast majority of cases there is absolutely no correlation between shrinking tumors for 28 days and the cure of the cancer or extension of life."

"If a patient with a tumor is receiving radiation or chemotherapy, the only question that is asked is, 'How is the tumor doing?' No one ever asks how the patient is doing. In my medical training, I remember well seeing patients who were getting radiation and/or chemotherapy. The tumor would get smaller and smaller, but the patient would be getting sicker and sicker. At autopsy we would hear, 'Isn't that marvelous! The tumor is gone!' Yes, it was, but so was the patient."

-- Dr. Philip Binzel

Toxic Chemicals insult daily, causing bodily harm at the cellular level.

Why coaching?

When dealing with cancer whether it be yourself or a loved one, beliefs are challenged, panic, fear and denial can set in. Clear focused decision making can go out the window. As women, we can be disempowered when we are not told the truth about cancer. To be well, it is critical we truly understand the immediate changes that need to be made. Realizing our system is broken is taking the first step. We need and crave the truth in order to heal. One truth being.. your body has the innate ability to heal itself.

Quality of life, is actually being determined by a multitude of choices you make everyday. My question is, in what reality do we really live in when cut, poison and burn is quality of life (6)

The majority of illnesses and premature death can be traced back to our daily habits. There are the well-known dangers connected with drugs, alcohol, and tobacco. Less recognized is the impact of excesses in things that cause inflammation in the body's organs, brain, blood and systems such as toxic chemicals, foods and stress. To help your body heal itself goes beyond just eliminating symptoms. It's about eliminating toxins, factors and foods that cause inflammation first. Breast Cancer kills over 40,000 a year. (20)

Coaching educates and supports you in those necessary first steps to change. People are motivated by knowing that what they are doing will allow them to continue to feel great for years to come. The world of true health is alive and well, with hundreds of people taking self care to the next level in very different ways from mainstream practices. Connie Rogers is a Certified Health Coach & Lifestyle Educator. She is an expert in the field of toxins that can disrupt your metabolic and endocrine health. Her passion is to support you in your quest to find balance, implementing bite size steps toward your wellness..

Trashing Cancer means removing the toxins from your home, body, food supply & everyday environment.

I believe Fran Drescher when she spreads the word about trashing cancer. Want to know more~ Join my [“Trash Toxins /Trash Cancer”](#)

In this Program~You will receive:

All the Support and Follow up, for all those healthy changes you make.

9 Personal Coaching Calls

9 modules

Unlimited Email Support

Program pdf's to keep for life.

Upon completion of my program, you will know what toxins disrupt your body and where they can cause inflammation. You will be empowered to know what to do.

Learn how to:

Avoid endocrine toxic chemicals in your life

Read Labels

Conquer Cravings

Prevent indigestion

Build your immune system

Become Mindful

Stress Less

How to Shop

Balance Hormones

Release Toxins Naturally

Understand Allergies

Understand and find solutions for depression.

[BUY NOW](#)

Footnotes:

[1] Breast Cancer Fund, Breast Cancer Facts 2005

[2] Silent Spring Institute, How is Silent Spring Institute different from other breast cancer organizations?

[3] King, Samantha, Pink Ribbons, Inc.: Breast Cancer and the Politics of Philanthropy, University of Minnesota Press, 2006: pp. Xxi see also <https://en.wikipedia.org/wiki/Acetochlor>

{4} <https://en.wikipedia.org/wiki/Nutraceutical>

{5} <http://www.ncbi.nlm.nih.gov/pubmed/18989835> see also <http://www.sciencedirect.com/science/article/pii/S0278691512005637>

{6} http://preventdisease.com/news/12/080812_Surprised-US-Scientists-Find-That-Chemotherapy-Boosts-Cancer-Growth.shtml

{7} http://thinkbeforeyoupink.org/?page_id=1088

{8} <http://www.ncbi.nlm.nih.gov/pubmed/22106549>

{9} <http://www.breastcancerfund.org/clear-science/radiation-chemicals-and-breast-cancer/pesticides.html> see also <http://www.sciencedaily.com/releases/2007/10/071009082406.htm>

{10} <http://www.ncbi.nlm.nih.gov/pubmed/23164221>

- {11} Markey et al. (2001) demonstrated that in utero exposure of mice to bisphenol A leads to alterations in mammary gland development in the mouse. (Markey CM, Luque EH, Munoz de Toro M, Sonneschein C, Soto AM. 2001. In utero exposure to bisphenol A alters the development and tissue organization of the mouse mammary gland. Biol Reprod 65:1215–1223.
- {12} <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1807245/>
- {13} <http://www.webmd.com/breast-cancer/>
- {14} <http://www.truthpublishing.com/PoisonintheFood.html> see also "http://www.NaturalNews.com/hydrogenated_oils.html"
- {15} <http://www.ncbi.nlm.nih.gov/pubmed/20032412>

- {16} <http://www.ncbi.nlm.nih.gov/pubmed/15105794> see also <http://www.ncbi.nlm.nih.gov/pubmed/20802021>
- {17} <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2360120/>
- {18} <http://www.charitynavigator.org/index.cfm?bay=search.summary&orgid=4509#.UIGT9hb80bk>
- {19} http://thinkbeforeyoupink.org/?page_id=1088

- {20} <http://www.imaginis.com/general-information-on-breast-cancer/breast-cancer-statistics-on-incidence-survival-and-screening-2>
- {21} www.Aspartamekills.com

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