

Metastasize

How to Avoid Cancer's Scariest Word

Are you afraid of cancer recurring? Any sane person should be. But we still do things that can very well cause it...

My mother had a friend named Cynthia. They met in the military. Later on in their life, both became law enforcement officers. Cynthia was one tough lady...with bad habits. She smoked, drank alcohol and didn't eat right.

Bad habits can take their toll on your body later in life. Cynthia was diagnosed with cancer. She took it seriously. Cynthia stopped smoking, stopped drinking, stopped cursing, and changed her diet.

She had four adult children – one who was special needs. Her husband drove a semi to pay the medical bills. Cynthia's family needed her. They prayed together. She and her husband prayed with their pastor.

Cured...She Thought

Cynthia and her husband went into an appointment with her Oncologist. He had test results that came up negative. The cancer was gone! Cynthia threw her arms around her doctor. She then danced out arm in arm with her husband.

Sadly, that's not the end of the story.

Cynthia went back to her old habits. She returned to smoking, chucked down wine like it was KoolAid, and cursed like a sailor. The cancer was gone, right? No, it wasn't. The cancer came back with a vengeance...taking her life *FAST*.

Being a cancer survivor myself, many years later, I found out why.

It Means What?

My Oncologist told me that there is a possibility of my cancer reappearing in my body somewhere else. It can go away in one area of your body and reappear in another. It's the reason I still get tested once a year.

Cancer can metastasize (spread somewhere else in the body). But your own behavior can prevent it. Cynthia's changes worked but the return to her old behavior brought it back.

5 Ways to Prevent Metastasize

You can't take lightly what you do to your body. The abuse may not seem obvious at first. But the damage takes its toll. There are measures you can take to keep the cancer from returning:

1. Don't eat heavy amounts of sugar
2. Don't drink alcohol
3. Don't smoke anything
4. Don't let anger or fear cling to you
5. Don't forget about those who need you

Cancer Cells Gobble Up Sugar and Grow

According to Block Center Integrative Cancer Blog 01/13/2011, all cells feed off glucose. But cancer cells attack sugar more quickly than the others.

Couple that with the fact that insulin is a growth hormone (not just a sugar regulator) and you have a deadly combination. More sugar eaten = more insulin produced = more cancer cells growth.

Ever had a PET scan? I've had a lot of them. What does the technician inject into your arm? The solution contains radioactive glucose. This lights the cancer cells up on the scan screen.

Other benefits of giving up processed sugar:

- You'll be thinner and more attractive
- **You won't be as hungry to eat too much**
- You won't have the cravings for it

Alcohol – Even Worse

Alcohol is highly addictive. According to the National Cancer Institute, Alcohol has been found in a number of studies to be related to the cause of many cancers.

Despite the debate whether alcohol abuse causes Dysbiosis (imbalance of good and bad gut bacteria), alcohol contains an enormous amount of sugar.

Other benefits of giving up alcohol:

- You'll be sober and experience reality with a clear mind
- **You'll have more energy because you're not hung over**
- You won't wake up next to someone you'd never be caught dead with

Smoking – The Worse

According to the CDC, cancer patients and survivors who smoke are at greater risk of their cancer to recur. Cigarettes, cigars and (yes) marijuana joints contain chemicals and tar that are held in the lungs <WebMD June 06/28/2017>.

The combination of excessive alcohol and smoking are said by National Cancer Institute to be even more deadly.

Other benefits when you stop smoking:

- Breathing easier and more freely without coughing
- **No smell of smoke on your clothes, home or car**
- No repulsing others when you talk to them or kiss them

Your Emotions

Living in resentment or fear has an effect on your body as well as your mind. Using foul language doesn't help and usually used when you're angry.

Mercola posted in a 01-17-2010 article that the CDC stated 85% of diseased appear to have an emotional element. Negative emotions such as hate and anger can cause Heart Attack, Stroke, Depression, High Blood pressure and more...

Other benefits are there to not go off an a tangent:

- You'll be more open to being happy
- **You can relax and get more rest**
- Your neighbor won't punch you in the face

The Cure - Purpose

Your courage to help others, especially your family, can actually help yourself. A Forbes article 07-10-17 sited a Northwestern study on people who helped others. It gave them purpose that not only benefited them mentally but physically.

The study found that it gave people a longer life span.

Other benefits are there to "be there" for your family, friends, and others:

- You feel accomplishment (even if they don't appreciate it)
- **You usually get love back which makes you feel like you belong**
- You feel important and useful

Warning

Many of those that give up their bad habits...

Return to them 2 to 3 times harder. They binge because they missed what they had loved for so long. More than likely, that's what happened to Cynthia.

Once you quit what's bad – you've got to stay off it for good. My life has changed and it has to stay that way if I want to survive.

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