



# Quintessential Health Care

*An Integrated Health Resource*

## The Strange Truths About Cancer...What You Need to Know Now

### *Message from Milly*

I'll never forget my time working in oncology as a young registered nurse.

I remember vividly seeing people walk into the hospital looking robustly healthy—despite their cancer diagnosis—and, within a few short weeks of "treatment," become deathly ill and sometimes never leave.

It made me graphically aware that chemotherapy and radiation were definitely not treatments I'd ever agree to.

Fast-forward 40 years and, though cancer rates are still on the rise, our overall understanding of the disease is changing rapidly.

There is now a growing recognition that **one cannot annihilate the immune system** and expect the body to heal and repair itself.

And the role of **chronic inflammation is now widely accepted as a causal factor behind cancer.**

It has been said, "an ounce of prevention is worth a pound of cure" and it's especially true when it comes to cancer.

**Some of the best preventative practices to nurture your immunity and reduce inflammation are...**

- To eat organic, non-GMO foods with heavy emphasis on fruits, vegetables, and healthy fats
- To curb sugar addiction, as it compromises immune function
- Opt for natural personal care products and cosmetics
- Choose natural, non-toxic cleaning products
- Filter the water in our homes
- Limit exposure to heavy metals from dental materials and other sources
- Nourish your gut microbiome—the cornerstone of

### **In This Issue**

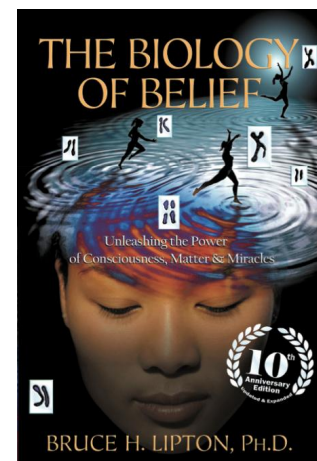
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### *Health Thyself and Never Stop Learning*



**Book Pick of the Month:** [The Biology of Belief by Bruce Lipton](#)

Think your genes control your health destiny? Think again.

Through our understanding of epigenetics, it is now well understood that **the environment of our DNA controls our genetic expression, including our thoughts and**

immune health

- Protect your emotional well-being through mindfulness/spirituality, community, and stress management

That said, with cancer *still* on the rise...we must keep demanding answers like toddlers...

### **We must keep asking the question: WHY?**

- **Why** is cancer on the increase despite trillions of dollars spent on research and preventive screenings?
- **Why** are more becoming chronically ill than 25, 50, or a 100 years ago?
- **Why** are people succumbing to cancers in their youth?

### **So, what *is* causing so much cancer these days?**

After many years in mainstream and alternative medicine, I personally believe cancer is a "perfect storm" scenario.

Diet, environment, genetics (more on this to come), stress, viruses, and emotional health may all play a role.

But science also shows exposure to countless toxic chemical and psychosomatic stresses can disrupt cellular communication and consequently lead to tumor activity.

### **Though much remains unknown/unproven, five things are certain:**

- Depressed immunity and chronic inflammation are leading causal factors
- The field of epigenetics proves genetics don't necessarily determine your risk
- You can reduce your risk through specific lifestyle changes
- Preventative medical screenings aren't always accurate or advisable (more on this in the "Heal Thyself" section)
- **AND, cancer does not have to be a death sentence...**thousands of people have beat it using either alternative therapies exclusively, or a combination of medical and alternative approaches

Education is power in this regard because it eliminates fear.

If you're ready to stop fearing cancer, please read every bit of this newsletter (particularly the info on the free Truth About Cancer Live Symposium in the side-column) be inspired, and spread the word.

### **beliefs.**

Now in its 10th anniversary, The Biology of Belief still stands as a landmark book documenting how our thoughts influence our cells and shape our health destiny.

It will give you a deeper understanding how this works at a molecular level, offering insights into reclaiming your health by resetting your belief patterns through spiritual growth.



[Free: "The Truth About Cancer Ultimate Live Symposium"](#)

On October 14, The Truth About Cancer is offering a **FREE** 3-Day online event.

40 of the most brilliant integrative/holistic practitioners will present their latest research and natural solutions to the most deadly chronic diseases...for **FREE**.

Ty Bollinger, and The Truth About Cancer team are becoming well-known for changing lives through educating on little-known natural solutions to cancer.

Don't miss this life-

Blessings to all,

-Milly

### *Ancient Wisdom Modern Medicine: Boost Immune Health with...Trees*

#### **How forest bathing/time spent with trees boosts immunity**

Why do you feel so much better after spending time hiking or camping in the woods?

The answer: it's the trees!

[This study confirms when we breathe in the natural phytoncides \(a.k.a. wood essential oils\) while in the forest, they enhance and restore our immunity by stimulating our Natural Killer \(NK\) Cells.](#)

Because of this evidence, "Forest Bathing" has become a popular practice and a regular recommendation for city dwellers by Japanese doctors.

Since we now know a healthy immune system is crucial to preventing cancer and other chronic diseases, you owe it to yourself to give hiking, camping, or a day in the woods relaxing a try.

### *The Attitude of Health: How Laughter Boosts Your Cancer Defenses*

It's been said laughter is the best medicine...and now science is proving it.

[This 2015 study by Indiana State University](#) proved mirthful laughter improved immune function (natural killer cell activity) by 40% in the 33 women studied.

[This is just one of many research studies](#) connecting the dots between laughter, less stress, reduced pain, and enhanced immunity.

Norman Cousins, a famous pioneer in the field of laughter therapy, first published his findings in the New England Journal of Medicine on how laughter improved outcomes in chronic patients over 30 years go.

He has since written several books on the subject, including how laughter renders a positive effect on cancer patients.

**Given what we now understand about cancer and the immune system, it's easy to understand why this is the case.**

saving information.

Click [here](#) to reserve your spot now.



#### **A Safer Alternative to Mammograms**

It may surprise you to know [the US Preventative Task Force service](#) (a government-funded organization, charged with researching the safety and efficacy of preventative healthcare services) has some serious concerns about mammograms, especially for women under 50 or over 74.

#### **They reiterated their recommendations this September:**

- Don't have regular mammograms if you're under 50
- After 50, have one every two years until age 74
- After age 74, stop screening

**In addition, the Swiss Medical Board is considering abolishing mammograms completely,** likely because of the HUGE amount of false positives rendered,

Though the published research on the laughter-cancer connection is still in its infancy, it's safe to say a daily dose of laughter will go a long way in promoting good physical, mental, and emotional health....with zero side effects.

the potential harm of spreading cancer cells by squashing them, and radiation risks.

What to do instead?

**Try thermography.**

Thermography is a non-invasive procedure that takes a temperature picture of your breast tissue.

**It is estimated to catch abnormalities 5-8 years sooner than a mammogram,** has no radiation risks, and is not uncomfortable.

We highly recommend the thermography services of Dr. Ellie Campbell's staff at [Campbell Family Medicine](#).

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