

# Environment & Cancer

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**A classic study published in *Alternative Medicine: The Definitive Guide* (Tiburon, CA: Future Medicine Publishing, 1995), in which a team of researchers tested 3 chemicals on a group of rats, applying one at a time; no ill effects were observed. When they combined and administered 2 at a time, a decline in health was noted and when 3 chemical were given at once, the rats died within 2 weeks. Cancer cells develop because of damage to DNA. DNA is in every cell and directs all the cell's activities. When DNA becomes damaged it is often able to repair itself. In cancer cells, the damage is not repaired. Every person is different...the risk of developing cancer depends on many factors, such as the length and intensity of exposure to a carcinogen, the person's overall health, and the person's family history. Whether studying, diagnosing or treating cancer, one must not neglect the "environmental" component to this multi-factorial disease. The following is a check list one should be aware of and their potential to adversely affect ones health.**

Electromagnetic field exposure  
Ionizing radiation  
Nuclear radiation  
Pesticide/herbicide  
Polluted water  
Chlorinated water  
Bisphenol A  
Radon  
Tetrachlorethylene  
Cadmium  
Fluoridated water  
Hormone therapies

Immune-suppressive drugs  
Irradiated foods  
Food additives  
Vaccinations  
Bacteria, Virus', Parasites  
Arsenic  
Lead  
MTBE (methyl tertiary-butyl ether)  
• gasoline additive  
Tobacco, Smoking  
• including second hand smoke

Microwaved foods  
Antibiotics and drugs  
Mercury  
Chronic Stress  
Diesel Exhaust  
Aluminum  
Formaldehyde  
Parabens

With the world of the modern internet, you can search and study these toxic elements for yourself. Cleaning up your diet many times is not enough. One must test to determine:

#1 Are you being unwittingly exposed to toxic elements?

#2 Is your body excreting those toxic elements properly?

There's no question that reducing your exposure to these toxic elements will go far in the realm of prevention but you can go a step further. Certain blood tests may aid in making a cancer diagnosis, monitor treatment, or monitor effects of the cancer on the body. Keeping those tests within normal range may not mean you won't get cancer but you can optimize your chances of prevention and survival by keeping them in normal range. There are numerous tests that could be discussed but the tests displayed on the next page can be used to just the health of your immune system, infection and inflammation that could be ravaging your system and ominous signs to be aware of.

# Certain blood tests may aid in making a cancer diagnosis, monitor treatment, or monitor effects of the cancer on the body.

Keeping these test values within normal range may not mean you won't get cancer but you can optimize your chances of prevention by keeping them in range.

**ONE BLOOD TEST ALONE DOES NOT DETERMINE A DIAGNOSIS.**

## **ESR: Erythrocyte Sed Rate**

Range 0.00-9.00mm/HR

Measures inflammatory process.

Never diagnostic of a specific disease.

Changes are more significant than a single abnormal occurrence.

## **CK: Creatine Kinase**

Range 40-180u/l

High levels indicate tissue breakdown.

Cancer: Prostate, breast, ovary, colon, small cell carcinoma of lung

## **CRP: C-Reactive Protein**

Range <8 mg/dL

High levels indicate nonspecific tissue injury and inflammation, begins in 4-6 hours more intense increase rise than ESR. Very useful in monitoring response to treatment.

May be a useful tumor marker since a high CRP is often present when CEA and other tumor markers are not increased.

## **Alkaline Phosphatase**

Range: 40-120IU/L

As a tumor marker, only three laboratory markers were consistently abnormal, in screening for metastatic carcinoma of breast, prior to clinical detectability of metastases.

These were alkaline phosphatase, GGT and CEA (carcinoembryonic antigen).

## **Ferritin**

Range: 20-250ng/ml

Malignancies: poor prognosis with increased ferritin.

Malignant lymphoma

In the absence of cancer, can indicate iron overload.

## **GGT: Gamma Glutamyltransferase**

Range: 5-65IU/L

Increased levels associated with increased risk for cancer

High levels may also be associated with liver disease, alcoholism, and gall bladder disease.

## **WBC**

High levels can indicate cancer, leukemias, infection and chronic inflammation.

Low levels indicate a compromised immune system.

## **Neutrophils**

Range: 50-70%

Bacterial and viral infections, cancer and many other conditions will most commonly elevate neutrophils initially, with more severe problems or infections the neutrophil stores and productive capacity of bone marrow may be incapable of keeping up with demand. This may result in lowering levels of neutropenia. This may be an ominous sign.

## **LDH: Lactate Dehydrogenase**

Range 100-200 IU/L

High levels indicate cell destruction.

## **Albumin**

Range 3.8-5.5 g/dL

Panic range: < 2.0 g/dL

Albumin is a simple protein with many uses widely distributed throughout the body. It's important in nutrient transport and waste removal. There is an INCREASED MORTALITY RISK with a low albumin. Albumin 3.5 or below with a 1500 or less absolute lymphocyte count is an ominous sign.

## **Globulin**

Range 2.0-4.0

Low values indicate a low immune system.

## **Uric Acid**

Range: 2.5-8.0

High levels typically associated with gout. High levels can be associated with multiple myelomas, lymphomas leukemias and chronic inflammation.

## **Calcium/albumin ratio**

Range 2.03-2.7

A ratio above 2.7 is an ominous sign associated with cancer, severe illness, or your metabolic system is very low and susceptible to serious disease.

**Don't Guess About Your Health...  
Schedule a Nutritional Consultation Today!**

Federal Law requires that we warn you of the following:

1. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

2. The Constitution guarantees you the right to be your own physician and to prescribe for your own health.

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