

Esophageal Cancer . . . is it preventable?

I am beginning to think it can be, but then that is just my opinion. As always I want you to do your own **research** and decide for yourself. My purpose is just to help you stop and think about the choices you make everyday and how they affect your long-term health and happiness.

The reason I am writing this note on esophageal cancer is in response to a speech I heard given by an esophageal surgeon. I found he was not up to date on the latest findings on his specialty. It immediately reminded me of when I was forced to hire a licensed dietitian and was mortified to find she had not kept up with the changes in her industry since she left school 20 years earlier.

I understand doctors and professionals are busy people but as John Stossel says, "Give Me a Break"! I want to know my physician is as up to date as I am. Oh well, maybe not that up to date but close or at least open minded enough to say, "Tell me more". My physician appreciates the information I bring her and we discuss it openly.

The esophageal surgeon did say the medical profession previously thought that people who both smoked and consumed alcohol caused **79%** of all esophageal cancers. But today **80%** of our population does NOT smoke and yet he says esophageal cancer is on a dramatic rise. I wonder **WHY???????**

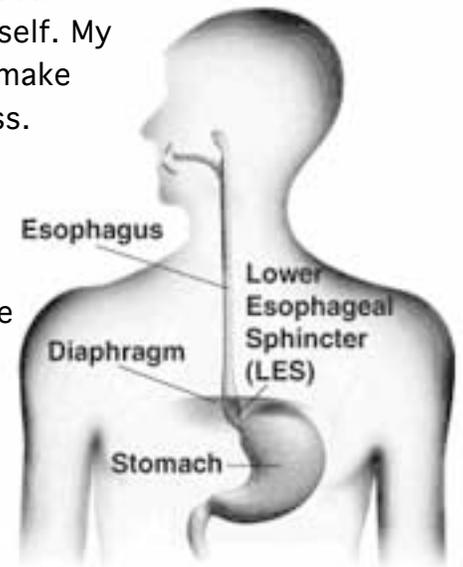
So at the end of his talk I asked him to speak about the new connection to acid reflux and people who eat processed sugar and flour?

Acid reflux is where esophageal cancer starts, then progresses to other more serious conditions and then the death sentence of cancer. He stated that only **16%** of people with esophageal cancer survive. Meaning there is an **84%** death rate, he said within five years but I have known people who did not survive **5 weeks**. If you know of anyone with acid reflux get them to a specialist immediately.

And the second part of my questions was . . . is there, as it has been reported, a link between food allergies and esophageal cancer?

He was not familiar with either. But then I found he was not familiar with other questions asked about the use of herbal supplements in place of high-powered prescription drugs that often have awful side effects.

Years ago when I STOPPED eating processed sugars and all flour, I IMMEDIATELY eliminated all heartburn and have not experience acid reflux since, except ONCE when I had a bad case of the flu.



My suggestion, as it has been for several years, is NOT eat any processed sugar or flours. In fact I recommend you not eat anything that comes in a box. YOU will feel better if you eat only SINGLE ingredient foods that do not require a label. In other words eat LIVING foods that get their energy from the sun and their nutrients from the earth.

If heartburn or acid reflux persists after you've STOPPED eating processed sugar and flour, then get tested IMMEDIATELY for food allergies.

It is becoming quite evident that our food supply is not what it once was. Remember folks' convenience may not be so convenient when it is causing you to be so SICK.

Our food supply as been genetically modified so dramatically that it does not resemble what our grandparents ate. Genetically modified wheat has had a protein ADDED that actually acts in your brain just like opium and makes you CRAVE more sugary foods made with that flour.

Yes, you may be addicted to donuts, not because of the yummy smell the minute you walk into the grocery store but, because of the wheat that was used to make the flour that was use to make the donuts, etc.

Also remember you can develop allergies at any age not just when you are young. And it is not always the actual food, but rather the way it is being processed that causes the allergic reaction. Read my own personal story about shellfish on page **34 Volume 2**.

TIPS FOR THE INTERNET:

- As always, I want to warn you not to believe everything you read on the net. It is truly a great source for researching but can often be untrue and downright deceiving.
 - When you open any web page for the first time immediately find their contact information: what is their street address? If they provide only a P.O. box **STOP**, do not go any further they are a fraud.
 - If you find a street address, Goggle it. Do they really exist or is it an empty lot???? IF the address looks good then look for an 800 number. If they don't have one? I would **STOP**. Your inquiry should be on their nickel not yours. They should be either a business, an education facility, a nonprofit or government agency and all are certainly accustom to paying this
- as a normal expense of doing business.
- Next: see who the CEO is, and how to contact them directly. If that info is not readily available then it's **3 STRIKES** and they are **OUT** of my line of vision.
 - On any kind of site if, a college degree is listed, search that college's alumni and make sure that person is really who they say they are. A photo is not a guarantee but helpful. Any legit site will show a picture of their CEO. Also make sure the college actually gives out that degree.
 - If you are uncertain about the information given, send them an email asking for an explanation in layman's terms.
 - Check several reputable sites on the same subject to see if they concur. If they don't -- send a note and ask why not?