

Avoiding Cancer- Prevention Is Better

Introduction: Cancer is basically the critical mass of infection which remained untreated for a long time. This normally occurs when the body problems are not diagnosed correctly, rather misdiagnosed. The treatment is given for non-existent disease or bacteria. The side effect of unnecessary medication and the untreated disease becomes cancer at a later date.

Natural Medication: The persons should try to get over the body problems naturally, such as life style changes, changed food habits, etc. some of the pain killers, taken in excess, also create suppression of body immunity which also results in reduced resistance to bacteria and viruses. Later the same bacteria/ viruses can become aggressive and untreatable to cause cancer. The pain killers taken by migraine people, suppress bone marrow activity, which may cause unregulated formation of blood parts/ quality, say low platelets, high WBC etc. which is also termed as blood cancer and becomes mostly untreatable. Bone marrow transplantation may be required to correct the blood formation problems.

Watch Your Body pH: The persons should understand that body pH is the main blood parameter which controls all biochemical reactions in the body. Blood pH is to be maintained in a very close range of 7.35 -7.45. The biochemical reactions are best performed within a pH range of different liquids. The pH range for saliva is 6.5-7.5, stomach-4.0-6.5, small Intestine-7.0-8.5, colon-4.0-7.0 and urine 5.8-8.0. Basically, blood pH is the ultimate criteria to be maintained under close limits so that full body reactions continue as defined. Blood pH parameter is so important that Body will die beyond the blood pH value range of 6.8-7.8. The best method to control blood pH is to monitor urine pH, if it is lower than 5.8, the person should take alkaline food and fruits. Similarly, if urine pH is more than 8.0, the person should take acidic food and fruits. The person can expect longevity if urine pH is maintained within the range of 5.8- 8.0.

Blood Cancer: Blood cancer is normally termed to the situation of disturbance in blood parameters. This may be due to blood formation problems in bone marrow or excess destruction of blood cells somewhere in the body. The diagnosis of situation will indicate the real problem and treatment can be aimed at controlling the affected part health.

Prostate Cancer: Prostate cancer is the problem of males in which prostate enlargement and subsequent infection takes place. Prostate specific antigen (PSA) test can indicate possible occurrence of cancer in prostate. Prostate cancer is more likely to occur in persons who are not regular in sex, because the alkaline semen gets accumulated in the prostate gland and starts dissolving tissues which are responsible for producing it. Excessive accumulation of semen results in infection and enlargement which gives pain in prostate and also may obstruct stool passing, urine dribbling, not emptying urine fully at one time etc. The males ejaculating semen naturally or unnaturally minimum two (2) times a week are less likely to have prostate enlargement and subsequent less chances of prostate cancer. The prostate surgery is the treatment in case prostate cancer has been detected.

Liver Cancer: Liver cancer is largely due to ongoing infection in liver for a long time. Liver has a system of self rejuvenation, if underloaded for a long time. Patient should avoid fatty foods and over dose of antibiotics. Few pain killers and fever medicines also have side effects on liver performance. The persons should have habit of checking liver activity by feeling appetite. If continuously feeling appetite, it is a good sign of liver recovery. The overeating should always be avoided.

Lung Cancer: Lungs cancer is basically a result of continued and untreated infection in lungs. It can be avoided by keeping away from dirty and dusty atmosphere. Persons should avoid company of smokers in house and outdoor. Continuous exposure to air pollutants such as volatile organic compounds, sulphur di oxide gas, nitrogen oxide gases, particulate matter and suspended invisible particles are the main cause of lungs cancer.

Breast Cancer: Breast cancer is the result of untreated cysts and tumours in the breast area. It is because of lack of blood circulation in any portion of the breast. The females should keep self-examining their breast for any hard portion of breast muscles. They should immediately report to doctor for treatment in case of pain or any hard mass found in the breast area. It has been found that the females breast feeding their children are less likely to get breast cancer. It also infers that the females enjoying married life with children are less likely to have breast cancer.

Cervical Cancer: Cervical cancer is termed as the cancer of uterus mouth. Actually, there is acidic atmosphere in the vaginal tract, which needs to be neutralised through alkaline material. The married females normally get alkaline semen from their partners during intercourse which helps in making the cervix clean. Females having pain or itching in the cervix area may also wash with sodium bicarbonate (NaHCO₃) solution to neutralise the acid formed in enclosed environment. The alternate medicine can be taken to treat the infection in vaginal tract. The symptoms include abnormal vaginal bleeding and pain during intercourse in deeper vaginal portion.

Ovarian Cancer: Ovarian cancer develops in the ovaries. Initially there is pain in the ovarian location which can be identified as little away from centre in lower abdomen area. The proper investigation can be undertaken to ensure proper treatment in time. Alternative medicine can be taken to cure the ovarian cyst and cancer and if required, surgery may also be taken up.

Uterus Cancer: Uterus cancer is basically malignant fibroid development in uterine wall. It is natural to degenerate uterus after 10 years of non-pregnancy. It means if the woman has delivered her last child in 35 years of age or just experienced pregnancy around this age with termination of pregnancy, either naturally or unnaturally, she may not face such a situation during her fertile period. Thus, if there is pain in uterus, in lower central region, with or without heavy menstrual discharge, investigation is necessary for the health of uterus. In case it is only benign fibroid, medicine may cure the symptoms and may not require removal of uterus. But if there is malignant fibroid, uterus may be removed in time so that to avoid spread of infection to other parts of the body. Normally uterus cancer is less likely after the menstruation has totally stopped after around the age of 50 years.