



THE HEALING POWER OF ENZYMES

Chapter 10

Cancer: Is It
a Deadly
Disease?

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Cancer: Is It a Deadly Disease?

Cancer persists as a major disease and is afflicting more people today than ever before. Few families remain untouched by this vicious and insidious disease. It is obvious that cancer is a problem, and there are many different theories on it as it continues to grow. It is an accepted belief that cancer cells are formed as a result of physical, infectious, chemical, and genetic mechanisms that interfere with the production of cells. Damaged and abnormal cell production robs the healthy ones of nutrients.

We are told that anyone reading this book could have anywhere from 100 to 300,000 “cancer-like cells” or precancerous cells active in the system right now. Does this mean you have cancer? No, but it does mean you may have unbalanced cells that can *behave* like cancer. Few people inherit genes that predispose them to cancer — in fact, most inherit genes that *prevent* cancer. Many scientists believe it is genetic, and the answer is in the genes. But if that is the theory, why are there so many suffering from cancer that is not attached to genetics?

I’ve spent much of my life trying to understand cancer, and I arrived at a conclusion fairly early in the 1960s to 1970s. It is a simplistic view that if the body is undernourished because of poor digestion and absorbing their chemicals inappropriately, a pattern of chronic fatigue and blood sugar symptoms will manifest. The byproducts of improperly digested food in the system block the small and large intestine, causing constipation. This brings on more imposing problems.

Fermentation, putrefaction, and rancidity of partially digested foods takes place. Undigested carbohydrates, such as sugars and starch, ferment. Undigested protein putrefies, and undigested fats turn rancid in the intestinal tract. Cancer of any type promotes anaerobic cell activity in putrefied or fermented matter. An anaerobe is a microorganism that can live and grow where there is no free oxygen.

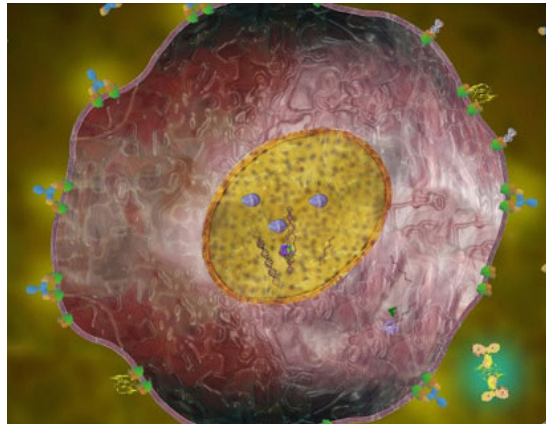
A normal cell multiplies where oxygen is present, but a cancer cell multiplies without oxygen, and this is why they are referred to as acidic cells. These cells are very much at home in an environment of putrefaction and fermentation. Toxins from undigested foods create such an environment. This in turn negatively affects our metabolic balance.

When these conditions prevail, the body sends out signals for help. A group of suitable metabolic enzymes reacts and disintegrates the cancer-like cell. Enzymes carry away the toxic debris. New cancer-like cells constantly reproduce, but if we are healthy and balanced, the enzymes can identify and destroy them.

Please understand that if we have a functional immune system coupled with good digestion, our intestines or internal environment should remain disease free. However, if the internal balance is upset by poor eating habits, drugs that weaken the immune system, smoking, stress, premature aging, and living life with fear or anger, we will have an adverse reaction. This happens when the balance between the cancer-like cells and the body's defense systems collapses. Left alone, the cancer-like cells coat themselves with a glue-like protein fiber. This gives them a thickness fifteen times that of normal cells. The cancerous cells hide under the glue in an attempt to remain undetected.

Cancer cells wander through the body, seeking a place where they can anchor themselves. When they do attach to a body part, they rapidly add more of the gluey fiber. This accelerated growth forms a tumor. Cancer cells are both stubborn and clever. They make disguises for themselves called antigens. An antigen is a protein, toxin, or other substance of high molecular weight to which the body reacts by producing antibodies. When the cancer-like cell is destroyed, many times an antigen replaces it. These cells are so persistent that they will even leave a false trail so they can form new antigens elsewhere.

When the antigens become more than our immune system can handle, we are in trouble. When the immune system reaches this depressed state, tissue damage occurs. The cancer cells grow because there is an absence of metabolic enzymes to fight them. In addition, they contain their own enzymatic substance that allows them to multiply at a high rate. Further, they can protect themselves by creating a fibrous coating. The action of protease enzymes strips the fiber coating off the cancer cell. The more of these cancerous invaders you have in your body, the more enzymes you need to preserve your health.



Breast Cancer Cell

I offer you this quotation from Jane Heimlich's book, *What Your Doctor Won't Tell You* (Harper & Row, 1990): "The fiber around the cancer cell is made of protein. Proteolytic enzymes digest this protein coating which allows macrophages (white blood cells) to attack and destroy the cancer cell." From the book *Enzymes: The Fountain of Life* (written by D.A. Lopez, MD; R.M. Williams, MD, PhD; and M. Miehle, MD, and published by Neville Press) I quote more doctors' findings: "Cancer cells are able to form imitations of the suckers of certain organs and can therefore adhere to the cells of these organs. The enzymes can apparently differentiate between the true suckers and the imitations by the cancer cells, and can then break away the adhesion molecules, making these proteinaceous counterfeits less of a problem."

I grant that even this enzyme book cannot make the final statement on the knowledge of enzymes. Nothing is more stable than change. So I conclude by repeating my belief that enzymes represent a highly promising modality of medical treatment. They are the medicine of the future. Their use most surely will increase as we learn more about the immunopathology of diseases through ongoing clinical and scientific studies. I have learned in clinical research that cancer cells are seemingly even more sensitive to proteolytic enzymes than are normal cells.

- Enzymes are known to dissolve the fibrous coating on cancer cells, allowing the immune system to function better and increasing improved circulation.
- Enzymes play a part in diminishing the ability of cancer cells to attach to healthy tissue.

Your image of cancer will depend on your own perspective. It will depend on if you are the patient, family, friend, or doctor. For me, cancer was an emotional slippery

slope. One moment you are encouraged, the next you feel alone, and anger can play a part if you are fearful of the unknown — the “Big C.” I personally am not frightened by cancer but why it manifests itself in our bodies.

MY STORY

At the age of twenty-seven I was diagnosed with cancer and set to go into the hospital for a radical hysterectomy. I remember how very anxious, frightened, and victimized when informed of my cancer. Just like everyone, I wanted to know how bad it was, how long I had to live, and what my choices were. I was unprepared for the size of my incision. Because of the need to be exploratory, I was cut from hipbone to hipbone. I looked down and the top skin was sewn with wire and baby buttons — it looked like all I had to do to see what was inside was to unbutton myself. That really did not concern me as much as some of the follow-up treatments. They left me unable to properly care of my family. We had two children, a daughter and son, who were quite young, and my daughter was continually ill.

I remember finally informing my frustrated oncologist that I simply did not have time for the treatments nor the energy to do so. To me the choices of treatment left me even more worried that I would leave my body before the cancer left it. Instead, I made the choice to treat myself holistically, and this was in the years of Adele Davis (wheat grass and coffee enemas). I tried her theories and was diligent to try most anything that made sense.

One of her quotes: “As I see it, every day you do one of two things: build health or produce disease in yourself.” Some things I read just did not make sense to me, but I remained open. Dr. Walker’s book about juicing and the toxic colon was an eye opener for me. Juicing for enzymes and nutrients became my mantra, and I juiced everything in sight (a big job) cleaning the vegetables and the juicer. It took dedication, and I stayed away from animal protein. Soon both my daughter and I began losing muscle and became lethargic and weaker. I reintroduced eggs and fish as protein foods, and we began to regain energy.

Receiving the cancer news required a change in my attitude and stress level. I decided my children’s lives were more important than my disease. I had to learn how to treat myself with kindness. My intense desire to understand my child’s continued poor health was such a driving force to educate myself in all possibilities. After a few years when I was 30 years old and believing all was well in my overall health, I noticed one of my breasts was becoming very itchy deep down inside. In just a few days it was larger than my other breast and kind of red

and inflamed looking. I have never feared death, but I had a responsibility to see my children grown.

Rather than have gloom and doom, I worked on mental balance. I am vain, and at 30 years old I was obviously even more so. I did not want anyone cutting my breast off, and I remembered waking up after my first surgery completely unprepared for the size of my incision. So I learned everything I could about this type of cancer. By the way, not much was known about IBC (inflammatory breast cancer) in the 1970s. We know now that Inflammatory Breast Cancer occurs when cancer cells block the lymph vessels in the breast. The blockage causes discoloration or redness, swelling, and warmth. It is a type of cancer, which looks like it grows from the inside of the breast outwards and got pretty ugly and weepy at times.

I personally had witnessed this cancer prior to mine because a dear lady in our church had it, and I watched her struggle with decisions and the ugliness of this type of cancer. She had to pad herself to absorb the matter oozing out of her breast. Treatment today is similar to what was suggested to me back then—chemotherapy, removal of the breast, and radiation. I instead practiced everything I knew from the earlier years, ate the healthiest I knew, and really tried to not dwell on my disappointments in life. My poor oncologist, who was again double frustrated, did recognize that I did have a good response before. However, as he pointed it out to me, it was now back just somewhere else in my body.

In the 1940s there were books written on alkaline versus acid foods, and the idea became popular in the 1970s. The idea is that cancer can only live and grow in an acid cell but cannot survive in an alkaline cell. This confused me after studying food for so many years and earning a degree. However, I tried this for both my child and me. Those foods considered to be alkaline were carbohydrates (vegetables and fruits), and foods considered to be acid were anything from animals (beef, lamb, pig, fowl, and fish). I was always interested in blood rheology so I studied with the Darkfield microscope and felt that I would see the difference if this was indeed possible. In the labs I had already used a bright-field lens and different microscopes, but they required stained, dead, or smeared blood samples but never living blood samples. With this new tool, I would suggest clients to eat these alkaline foods and see if it affected their blood by taking a small sample of blood and observing it. Then by making further changes in their diet, I would look to see if there was a change in the blood and questionnaire, doing the same with nutrients to invoke change and looking to see if there was a change in the plasma. All this only led me to question the acid/alkaline diet and have even more questions about digestion. I simply was not seeing what I should, if what they surmised was true.

Once again I began to go back into the extreme fatigue we suffered during our juicing period. I bought different types of medical mushrooms, let them sit to give off enzyme-healing properties, and I would drink the fluid it brewed. Listen, when you are facing leaving your children, you will do most anything no matter how bad it tastes! But try we did until my cancer spread to another organ. I finally recognized that it was up to me to make our decisions that made sense and to fight back. No one else could do it for me. I just needed to know how to do it. We did not have computers or the Internet, so it was books, classes, and trial and error. Actually I'm happy there wasn't the Internet, or I would have become even more confused.

This time I made it to my thirty-fifth birthday when bloody stools appeared with some lower abdominal pain; much like when I was a child. The "Big C" had moved into my large intestine (colon). I kept to my regimen or should say, went back to it. Like so many, when I thought I was healthy, I started back to old habits. But when finding out I was not healthy, I jumped back to what I needed to do. I added another validation testing since I was still confused about how different foods, whether acid or alkaline, influenced a cell change.

I learned the Dr. Carey Reams Testing. Others have taken it up and given it different names, but it is the same theory and basically the same testing using his mathematical numbers. This was interesting to me because I could take our urine and saliva, and by adding different reagents or checking pH papers, it gave me various results marking our biochemical health. He had mathematical results that were to indicate the proper balance for the environment of a human. If I had an opinion, it was the use of random urine rather than a 24-hour catch, but I still found it useful. Dr. Reams tested our fluids as he would the soil. He was an agriculturist and a practitioner that understood the link of health. A friend of mine that has passed by the name of Dean Stonier was the first person to introduce me to him. There were diets and nutrients you ingested according to the results of your urine and saliva. Dr. M.T. Morter expanded on this work and is still teaching it today.

Nevertheless, during my 7 years of dealing with cancer, I knew without a doubt we are much more than just our bodies or our minds — we are also our spirits. They make up who we are, and to focus on just one does not allow for balance. I looked at every part of my life because I know many diseases are a wake-up call and an opportunity to look deeper into our beliefs and negative emotions. I've learned that this is a time to focus *inside* and not *outside* ourselves. I loved studying this and concentrating on how the body works and what we do to sabotage ourselves, whether it is in our health or our emotions. It was during my third bout of cancer that I discovered supplemental digestive enzymes for my

daughter's illness. We both got on them, and I focused on the proteases between meals since it just made sense to me. This is back at the beginning when protease enzymes formulated by Dr. Howell were only just above 16,000 units of protease activity in a capsule, and I had to take from fifty to seventy-five capsules a day. We did not have anything to go by back then, but I used tests to see how many I seemed to require. Obviously, I got to know his company and eventually taught for them because I was free of cancer and knew the value of enzymes. It has been 35 years now, and I am still free of cancer.

Do I believe in bringing balance to the body so it can heal itself? Absolutely. Do I feel that supplemental digestive enzymes helped me save my life? Yes, without a doubt. Do I suggest that others take enzymes to bring life to the body? Yes. However, I never pressure anyone to do or take something they do not believe in themselves. If they feel comfortable with the guidance of their doctors, I will honor that. It is not my place to try to force anyone to follow my program.

All individuals have the right to make their own decisions about how they wish to handle their own health. No one else has that right and cannot do it for them. It is up to all of us to educate ourselves and make our choices based on knowledge and belief, rather than fear and coercion. I am the first to say that enzymes are not the only answer to good health. Nevertheless, the one thing we all must do to rebuild and heal is feed and fortify through efficient digestion. Every food we consume has to be digested, assimilated, and utilized as fuel if we want to continually make new, vital cells.

Good news! I've formulated a blend of systemic proteolytic enzymes that includes over 400,000 HUT of Proteases in each capsule. Someone like myself would now need to take only twelve capsules a day to arrive at the amount I tried for back in the days of my cancer when I took fifty to seventy-five capsules a day.

I mentioned cleaning up our beliefs, practicing forgiveness, and treating yourself with love or kindness. I wrote about what I know about supplemental plant-based enzymes to meet insufficient enzyme needs for health. Now it is time to speak of nutrition. I refer you to the RENEWAL PROGRAM chapter and its information on how to renew your health.

Back in the 1960s onward, I started a program for different biochemical individuals to know what foods give them energy and which ones cause an imbalance. I knew that sugar was not good for anyone, and since I have an added problem breaking down carbohydrates, it was very real to me. I recognized that I personally did very well on diets similar to Dr. Adkins', and when I tried to consume the foods I craved, I felt unwell. Those carbohydrate foods were all high in sugar.

During the same time I was looking for answers, several physicians and scientists began to come up with a theory about cancer. The road to the cancer front has been littered with major breakthroughs that never materialized into breakthrough *solutions*. Through these many years the struggle goes on. However, there has been important work in nutrition regulating glucose. Glucose feeds cancer cells. It became clear how tumors escape many so-called cancer therapies. Cancer cells will escape as long as they can maintain their ability to ferment. If cancer cells cannot ferment, they will die. Uncontrolled cell growth is driven by insufficient respiration (lack of oxygen) with compensatory fermentation. Fermentation is a metabolic process converting sugars to acids. Hence the saying — sugar feeds cancer, or the acidic cancer cell.

They suggest keeping your glucose range down so that the fat cells can be burned for energy.

If you want more detailed cancer information, I refer you to *Cancer as a Metabolic Disease* by Dr. Thomas N. Seyfried. The book is on the origin, management, and prevention of cancer. It can be found on Amazon and is offered in the Kindle edition. It contains pictures of different types of cancers, and it is a detailed, scientific book.

I started this chapter with the title: CANCER: IS IT A DEADLY DISEASE?

Here are a few facts from just 1 year (latest information from the year 2010):

- Breast Cancer killed around 40,170 women in 2010
- Lung and Bronchus Cancer killed around 159,390 persons in 2010
- Colon and Rectum Cancer killed around 49,920 persons in 2010
- Skin Cancer killed around 11,590 persons in 2010
- Brain and Nervous System Cancer killed around 12,920 persons 2010
- Liver and Bile Duct Cancer killed around 18,910 people
- Compare the above numbers to 32,885 car crash fatalities in 2010

These are just a few of the more than 150 different types of cancer.

See THE SEVEN STAGES OF DISEASE chapter for more on how we create our own conditions.

CANCER MYTHS

This topic has been a real concern to me as I have seen and read an increasing amount of misinformation on cancer in magazine articles, books, and the media. Now that we are in an age of instant information located on the Internet, there is often confusion between what is correct and incorrect. Do I believe I have all the answers? I will be very honest and say no. However, I am a cancer survivor for over 30 years and have spent many years studying the complexity of the human system to better understand how a human being physically operates.

That's why my heart goes out to so many who are desperate for good information. Many think that if it's in a book, it has to be true; or if it's written by a health practitioner, it has to be accurate. In truth, much of that is uneducated thoughts or theories. I use the word "theory" because it means it is an idea, but not scientifically proven or possible. As a believer in education, I am hoping to bring these myths to the forefront, and through education help you learn to identify the truth about the human system.

MYTH — CANCER CELLS THRIVE IN AN ACID ENVIRONMENT BUT CANNOT THRIVE IN AN ALKALINE ENVIRONMENT

Should someone with cancer avoid eating animal products? Some experts endorse a diet made of eighty percent fresh vegetables, juice, whole grains, seeds, nuts, and a little fruit to help put the body into an alkaline environment. About twenty percent can be from cooked food, including beans. However, all meat, fowl, or fish are considered acidic, and it is claimed they will result in causing our cells to become acid if consumed.

Let's start with the digestive system to best understand how this theory can simply not be true. Since this is about acid versus alkaline foods, you will need to know what acid or alkaline pH means. Put simply, anything with a pH of 6.9 or below is considered acidic, 7.0 is neutral, and alkaline means anything 7.1 or above. This will become clearer as you consider each of the major digestive organs.

STOMACH

- All food that has been chewed and/or swallowed goes into the stomach. An empty stomach remains slightly acidic (5.0 pH) when empty.
- As food enters the stomach (no matter if it is vegetables, fruits, fats, or meats) it begins to send out signals for more acids in order to break down the proteins in all food.
- These stomach acids create a very acidic environment (down to 1.5 pH).

- If we have a healthy stomach, the mucosal lining of the stomach protects it from the extreme acids being produced.
- This is where all protein is broken down for proper digestion by protease enzymes.
- Because Vitamin B12 and some minerals require protein breakdown to liberate them from the food, this is where those nutrients are acquired.
- Food remains in the stomach anywhere from 3-5 hours while being properly broken down. (When people mention they feel like food is still in their stomach after they've eaten — they may be correct!)
- The time spent in the stomach will depend on the contents of the foods eaten.
- The end result is called bolus and consists of partially digested food, water, acid, and digestive enzymes.

SMALL INTESTINE

- This food-acid-enzyme mixture then squirts into the duodenum (the first part of the small intestine) and mixes with bicarbonate from the pancreas and the alkaline bile from the gallbladder, which is necessary for breakdown of fats.
- Bile raises the acid bolus (now referred to as chyme) out of the extreme acid into a neutral pH of 7.0.
- At a pH of 7, the acid-based enzymes that were present from the stomach are no longer active. This leads into the further breakdown of the nutrients still present by anaerobic bacteria, which at the same time help synthesize Vitamin B and Vitamin K.
- This neutral or slightly alkaline small intestine environment calls on the pancreas for carbohydrate-splitting digestive enzymes to finalize the digestion of carbohydrates (vegetables, grains, starches, and fruits).
- The lymphatic system residing inside the small intestine takes the emulsified fats (broken down by lipase enzymes) and transfers them into the blood where they are taken to the liver to be broken down into cholesterol or stored.
- The rest of the chyme (semifluid mass of partially-digested food without fats) is moved through the small intestine which contains muscle, moving the chyme along, and its villi (hair-like projections) absorb water-soluble vitamins and amino acids from the broken down proteins.

Please understand that this process, just as the one through the stomach, takes another 4-5 hours before it moves into the large intestine.

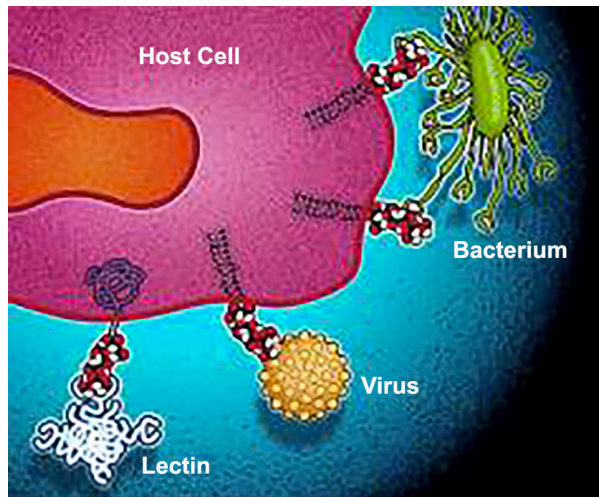
LARGE INTESTINE / COLON

- Final stage of digestion where the useless waste ends up.
- The colon is slightly shorter than the small intestine at 4.9 feet long, but wider and in an acidic range.
- The large intestine houses over 700 species of bacteria that perform several important functions. One important function is to produce a large amount of vitamins such as Vitamin K, Vitamin B3, and other important B vitamins.
- Food is no longer broken down at this stage, however the absorption of vitamins created by the colon bacteria is necessary for our health.
- The healthy bacteria also produce antibodies (immune fighters) for the foods that are causing problems during digestion.
- Bacteria can also produce gas from the improperly broken down carbohydrates and fiber.
- The large intestine takes about at least 16 hours or more to finish the process of the digestive system.

In a healthy adult, the process of digestion from one meal alone can take anywhere from 24-72 hours. This will vary between individuals and as a result of the size of the meal. Other factors that can hinder digestion include medication, constipation, and use of antibiotics, because all of these cause problems with the bacteria strains.

Digestion is a complex process, and pH certainly plays a very crucial role in a normal functioning digestive tract. However, the pH of the individual foods does NOT significantly sway the digestive environment as a whole. Therefore, it cannot affect the acidity of the cells either.

Acid pH is any number that is below 7.0 and alkaline pH is any number above 7.0. If foods themselves were able to influence the cells with acid or alkaline, more than likely you would not be around to read this book. What I mean by this statement is that to be alive and healthy our blood must remain slightly alkaline at all times. Our blood cells needs to stay within a narrow range of 7.34 to 7.45 pH or our heart will stop beating. Your digestive system remains more acid to neutral pH, or you would become very ill. Every organ has its own specific healthy pH.



ACID OR ALKALINE ASH DIET

To be very honest with you, I need to disclose that the reason I spent years at the Universities and ended up with the education I now have was truly driven by these impossible theories. I literally had to go to school to determine what was possible or detrimental. I had cancer and a sick child, and it was as if it were life and death. Like Susan Powter, I wanted to scream, "Stop the Insanity!" I tried so many things because when you are desperate you will do almost anything.

Please, do not let terminology (technical applications) confuse you. The nutrition world tends to misinterpret information and then use ambiguous statements (double meanings or unclear), creating confusion especially when they are not scientifically grounded.

SEPARATING THE FACTS FROM THE FADS

The Internet can be especially misleading. I saw one site that said: "Acid blood kills and alkaline blood lives." Actually, when out of homeostasis, they both can kill. The body is very sensitive to its pH level, so strong mechanisms exist to maintain it. Outside the acceptable pH range, proteins are denatured, enzymes lose their ability to function, and death occurs. Your stomach is so acidic that no food can change its acidity. Citrus fruits, vinegar, and vitamins such as ascorbic acid (Vitamin C) or folic acid do not change the acidity of your stomach or your blood stream. No "foods" change the acidity or alkalinity of anything in your body. Foods, however, may affect the urine with color or smell, such as asparagus.

There are four medical terms for this acid-versus-alkaline process. They are metabolic acidosis, respiratory acidosis, metabolic alkalosis, and respiratory alkalosis. One or a combination may occur at any given time. Respiratory or

kidney failure is the end result. For example, when you hold your breath, carbon dioxide accumulates in your blood stream very rapidly and your blood turns acidic — you will become uncomfortable or even pass out. This forces you to start breathing again immediately, and the pH returns to normal. If your kidneys are damaged and cannot regulate the acidity of your blood stream, chemical reactions stop, poisons accumulate in your blood stream, and you can die. Alkalosis can be caused from severe vomiting, diarrhea, and the loss of potassium and water. Some medical drugs, pneumonia, or any oxygenation problem can negatively influence our respiratory system. These are the things that influence the blood — not foods.

One of my PhDs that I earned was in dietetics, and in the process we learned about food ash. This was the study and analysis of food ash and mineral content. Foods burn to ash in a specialized oven (muffle oven), which maintains high temperatures over 600 degrees. This is done to measure the foods' nutrient (mineral) content. It started years ago and it still goes on today for food labeling and quality assurance. Obviously, we humans do not have an internal oven which burns the foods we eat into ash, nor do our enzymes cause a combustible heat that turns the food we eat into ash. Yet some people believe that when we eat we can metabolize our food into ash, and by some magical unknown it goes on to influence our blood. It is just not humanly possible.

Am I against eating foods that are considered alkaline? Absolutely not! They are plant foods, and we need them just as much as we need good fats and healthy proteins. I spent years studying food nutrition and Health Science and personally believe organic fresh vegetables and fruits (foods free of GMOs) along with grass-fed beef, wild fish, and fowl (free from injected hormones) are necessary for life. Foods heal, not because they are alkaline or acid, but because they provide nourishment for growth and the maintenance of life.

DOES SUGAR REALLY CAUSE CANCER?

One of the biggest driving forces in disease is sugar. We should not consume sugar, and yet of us most crave it. Sugar is actually the demon that changes or prepares a cell for cancer. Is it a food? They call it a carbohydrate and a food. But is it? Sugar is chemically extracted from sugar beets or sugar cane and refined into simple sugar.

Sugar MIXED IN FOOD does not have the ability to go into a cell, nor does it magically go directly into a cell.

The overconsumption of carbohydrates along with simple sugars compromises the liver and pancreas. It is actually the glucose these foods break down into. It then is used for metabolism.

Metabolism is the process your body uses to get or make energy from the food you eat. Food is made up of proteins, carbohydrates, and fats. Chemicals in your digestive system break the food parts down into glucose, fatty acids, and amino acids — your body's fuel. Your body can use this fuel right away, or it can store the glucose in your body tissues, such as your liver, muscles, and body fat. Amino acids cannot be stored.

A metabolic disorder occurs when abnormal chemical reactions in your body disrupt this process. When this happens, you might have too much of some substances or too little of other ones that you need to stay healthy. You can develop a metabolic disorder when some organs, such as your liver or pancreas, become diseased or do not function normally. Diabetes is an example. There is a large body of science that proves Cancer is a Metabolic Disease, and the large amount of glucose causes cancer and allows it to multiply.

Here lies the oxymoron or contradiction of alkaline food theory — all fruit and vegetables, which are called "alkaline," are broken down to glucose and dependent on your own personal metabolic condition. This can be good or bad.

SUGAR IN BEVERAGES MAY HAVE THE ABILITY TO GO DIRECTLY TO THE CELL.

A study has gone on since 1986 involving 23,039 postmenopausal women. Maki Inoue-Choi, PhD, MS, RD, led this study as a research associate in the Division of Epidemiology and Community Health of the University of Minnesota School of Public Health in Minneapolis.

Men, please do not mistakenly assume that only postmenopausal women can have this sugar-driven cancer problem. They just happen to be the group studied since there has been an alarming rise in endometrial cancers amongst postmenopausal women. To be honest, there has been a marked rise in testicular and prostate cancer in men as well.

Choi and colleagues used dietary intake from postmenopausal women's demographic information and medical history prior to the cancer diagnosis as part of the Iowa Women's Health Study.

Postmenopausal women who consume sugar-sweetened beverages are more likely to develop the most common type of endometrial cancer compared with women

who do not drink sugar-sweetened beverages, according to a study published in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research.

Postmenopausal women who reported the highest intake of sugar-sweetened beverages had a seventy-eight percent increased risk for estrogen-dependent type I endometrial cancer (the most common type of this disease). The more sugar-sweetened beverages a woman drank, the higher her risk.

As reported in the study, a questionnaire from Harvard included questions asking usual intake frequency of sugar-sweetened beverages:

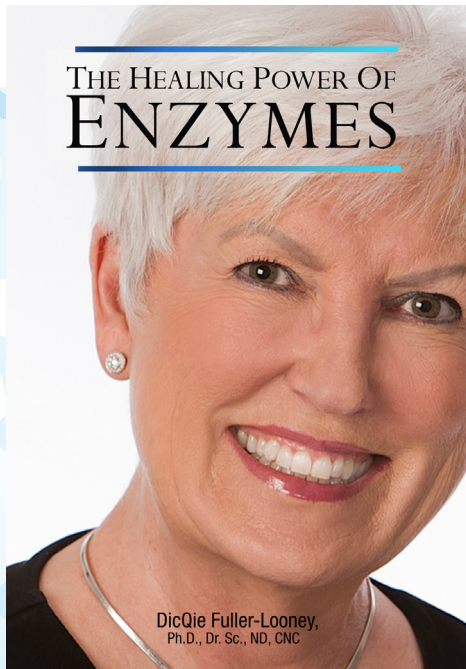
- (1) Coke®, Pepsi®, or other colas with sugar
- (2) Caffeine-free Coke®, Pepsi®, or other colas with sugar
- (3) Other carbonated beverages with sugar (e.g., 7-Up®)
- (4) Hawaiian Punch®, lemonade, or other non-carbonated fruit drinks
- (5) Sugar-free soft drinks, including low-calorie caffeinated and caffeine-free cola (e.g., Diet Coke®, Pepsi Free®), and other low-calorie carbonated beverages (e.g., Fresca®, Diet 7-Up®, and diet ginger ale)

The questionnaire included baked goods and other forms of sugary foods but the beverage turned out to be the concern. *"One theory is that sugar from whole foods come with other nutrients, fat (and) fiber, so they may slow sugar absorption," Choi said.*

Again, please see the chapter on THE SEVEN STAGES OF DISEASE, where hopefully I will be able to make it clear once and for all time that we are responsible for our own health.

NEWLY REVISED WITH 6
ADDITIONAL CHAPTERS!

THE HEALING POWER OF
ENZYMES



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Dr. DicQie Fuller-Looney has enjoyed and been blessed by her 30-plus years as a clinician, educator, researcher, and author. She has earned two Ph.Ds, one in Health Science and the other in Dietetic Nutrition, and also holds a degree as Naturopathic doctor – Heilpraktiker from Germany Kneipp Heilpraktiker Akademie. Her passion in the last 35 years has been in the realm of Enzyme Therapy along with Biochemical Individualism and their use in bringing balance to the body whether involving our health, thoughts, or harmful beliefs.

*"How exciting! A Must Read For Everyone!!!
What a great educational tool for those
practitioners stuck on the simplicity of our
wonderful enzymes" - Rose Jacobson, CT*

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