

CHILDRENS' CANCER

Why Take the Risk?



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Registered Charity Number 1102413 England.



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Why Take the Risk?

One in three women and one in two men can currently expect to develop cancer in their lifetime. Worse, the rate of cancer in the UK is predicted to double in the next twenty years.

Worse still, the numbers of children and young people with cancer have increased significantly and brain tumours and child leukaemia are set to pass road accidents as the number 1 cause of teenage death in the UK. Who says we can 'cure' children's cancers?!

What might cause anyone to develop cancer? Who really knows?

The fact is that no single factor has been categorically proven, on its own, to cause cancer - not even smoking or asbestos. Cancer is simply too complex a disease. But what scientific research has shown is that, to varying degrees, there are a number of factors, which may contribute to an increased or decreased risk of developing the disease. No more, no less.

We have to be Grown Up about this.

The truth is that a variety of factors may have a **direct effect** by causing cellular damage; they may cause a cell to malfunction. But under normal conditions these rogue cells are 'mopped up' by your immune system. However the problem is that a variety of factors may have an **indirect effect:**

Introduction

- there are those that have been shown to weaken your immune system, allowing a rogue cell to win through and develop its mayhem.
- there are those factors that may stimulate the growth of rogue cells or even cancer tumours - like heightened oestrogen (for example being overweight, from certain chemicals in pesticides or everyday toiletries), or reduced blood oxygen levels (for example, diesel fumes), increased body acidity (for example, salt) or heightened glucose levels (glucose is the favourite food of a cancer cell).

The World Health Organisation has recently stated that at least 30% of cancers are preventable.

Our own research shows that 70% of people believe cancer is preventable if only they knew how! A staggering 95% believe there is no information available.

At CANCERactive we simply believe that people have a right to know what the possible contributory factors might be, so that they can make up their own minds accordingly.

We know you want to do everything in your power to safeguard your children.

Why not start now?

Why Take the Risk?

An A-Z Guide to beating and preventing cancer

A Avoid antibiotics if you can. Research has implicated too much antibiotic taking to breast cancer, stomach problems and even possible brain tumours. Give them an **acidophilus** supplement, after a course; without this they may develop fungal growths in the gut and these have been linked to all sorts of problems, even leukaemia. Beware **aspartame**, the artificial sweetener in low calorie and low fat products, and **acrylamides** (in most foods baked above 120°C like some crisps, chips, biscuits and breakfast cereals). The jury is still out.

B **Breast feed** longer. Research shows breast feeding over 6 months provides them with a stronger immune system, for the rest of their lives.

C Change your **cooking** habits. Steam and eat more raw fresh food. Barbecue smoke and flames can cause carcinogenic nitrosamines in the food. Cook at lower temperatures. Regular eaters of fried food have three times the level of cancers. Food should nourish their minds, bodies and souls.

D Cut their **dairy** consumption: The Karolinska Institute amongst others has clearly shown links between IGF-1 in dairy and a number of cancers. It's also been linked in the US with late-onset diabetes - even in the

under 12's! Ensure they get enough vitamin D: fish oils (see below) as a daily supplement or 30 minutes sunshine a day are virtually the only ways.

E **Eliminate** household toxins in the kitchen and bathroom. Make bath times safer with toxin-free shampoos and bubble baths. Cut bleaches and toxic cleaners. Dump chemical air fresheners and don't shake and vac!

F **Fish oils**, as your grandma told you, are excellent for growing brains and health. IQ levels 11% higher are noted in children who take fish oils daily and the fish oil factor helps in brain development before children are born, so take a supplement during pregnancy, if you can't face sardine sarnies. Omega 3 also stores in tissues and protects against many cancers, as does the vitamin D in the fish oils.

G Make them eat **greens** - US and Japanese research shows the importance of vitamin K in preventing cancer, and our young people do not even eat the RDA, which is miniscule. And **greens** contain several other protection agents you don't find in fast foods!

H **Happy** balanced people live longer. Psychiatrists have found that people with a negative outlook may be up to 25% more likely to

develop cancer than those who are optimistic. Stress, feelings of guilt and depression have all been linked to cancer. So, build a **happy home**.

Hunger binges on crisps, chocolates, pizza, chips and takeaways store up fat and health problems for your children. Try to give them a big breakfast and lunch and, if they still want to snack, put out sliced apples, oranges, apricots or bananas to munch in front of the TV. A bowl of seeds (pumpkin, sunflower and sesame) makes a great healthy alternative to crisps.

I Children start life with an undeveloped **immune** system. A strong body of opinions suggest that a prime cause of children's cancer is that we no longer help our children develop their immune system. 'Eat a little dirt' may prove to be very true in this irradiated, vaccinated, sterile world. Kids are supposed to catch colds and have bacteria and viruses - they help build their defences. Meanwhile poor diet, toxins, electromagnetic fields, smoking etc. etc. reduce their immunity further giving them less protection when a cancer does threaten. Beware mercury-based vaccines which can also hit immune defences.

J **Juice** at the start of every day. In Britain the Government recommends five lots of fruit and vegetables per day; but in France it's ten and in the

Save the children

USA it's thirteen! It's a lot to get into them. So become an expert **juicer** and buy a quality machine. Get them on **juices** at an early age and you'll train them to like fruit and vegetables all their lives.

K Exercise is essential. **Kick** a ball around, take them swimming or take them for cycle rides. Move the lymph, as it takes away toxins from the cells and fills their lungs with fresh air.

L Show your children love. **Love** isn't money, toys, computer games and clothes. **Love** is nourishment of the soul, values, warmth and kindness. Do they feel that they are valuable and important in your life?

M **Mobile phones** have not been given the all clear, whatever the press reports say. And the Government is quite clear that where children and their developing brains and nervous systems are concerned, caution is paramount. If they have to have a phone, restrict the usage to texts.

N **Nitrates** in foods like dried and smoked meats and fish can be a problem. US research linked hotdog consumption with brain tumours. Added for colouring purposes, nitrites react with natural chemicals in meat to form a potent carcinogen **nitrosamine**.

Save the children

O Children are especially prone to the dangers of herbicides and pesticides. So grow your own and go **organic**. The FSA has reported levels of pesticides on certain imported foods to be higher than permitted. Meanwhile Washington University has shown the worst offenders to be potatoes, red peppers, strawberries, red raspberries, cherries, grapes, peaches, apples and pears. Oh dear!

P The International Child Leukaemia Conference, and now the UK Government are warning about living too close to **power cables**. But all electrical appliances set up EMF's which are now known to reduce the immune system and defences. There are dangers associated with having TV's and computers in bedrooms, electric blankets, even lights either side of the bed. Recent research also showed a four-fold increase in cancer in children who lived near petrol forecourts. Diesel fumes might be to blame.

Q **Quit** smoking. In one study, nicotine levels in the saliva of children, where both parents smoke, showed that children were receiving a nicotine equivalent of smoking 80 cigarettes a year. Girls who smoke in their "formative" years increase their risk of breast cancer later in life (see **icon** July 03). Don't allow smoking in your home at all.

R It's **red** face day! It's time to tell your children to use condoms when they have sex. Sexually transmitted bacteria like chlamydia and viruses like Human papilloma virus are implicated in ovarian and cervical cancers.

S **Salt** (sodium) poisons cells and creates the environment for cancer. The FSA says your kids should eat no more than 3gms a day - we say 1gm!! A burger and fries meal contains 4gms of salt. Even one sausage or one slice of bacon can give them too much sodium for a day. They will also get their daily maximum from four slices of bread or a bowl of breakfast cereal.

Studies have shown that **sugar** from fizzy drinks, refined foods (like white bread, pasta and pizza) and high carbohydrate meals cause insulin levels to soar and increase the risk of diabetes and certain cancers

Kick out the **sugar** and **salt**!

T Children are especially vulnerable to **toxins**. Pet flea collars, garden and in-home herbicides and pesticide sprays have all been linked to child cancers. But your child is vulnerable before it is even born. Pregnant women should avoid using perfumed products - Swedish research shows they can cause high levels of DEHP in the blood stream and are linked with genital problems and

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even with testicular cancer in male babies. Clean up your home.

U **Ultraviolet rays**. Keep your teenagers away from sun beds. Under 18s are banned from using them in France, and no wonder, as the chances of developing a tumour increase by up to 20 per cent per decade of sun bed use before the age of 56. In the sun, slip on a shirt, slap on a hat and slop on the sun screen, as skin cancer is the UK's second most common form of cancer and is seemingly "formed" in the childhood years.

V Make sure your children eat their **vitamins** and minerals. Nourish their bodies with fresh, wholesome food. For example, **Vitamin C** protects children against the harmful effects of free radicals. Yet 47 per cent of children do not eat a **vegetable** other than a potato in an average week; and children who don't eat fruit are highly likely to get a cancer later in life.

W Watch their **weight**. Overweight people who get more cancers and weight problems later in life usually begin in childhood. Statistically being overweight or obese reduces life expectancy even more than smoking. But combine the two, and USA research shows you can expect to live thirteen years less on average. Do you want that for your kids?

X Set an **example**. Research has shown clearly that where parents have a healthy lifestyle and diet, so do the children. They copy you, as you know!

Y **Young** parents are less likely to have children with the most common form of eukaemia, ALL. Scientists at the Childhood Cancer Research Group in Oxford found that mothers between the ages of 35 and 39 were 30 per cent more likely to have a child with ALL than one aged 25 to 29. The risk rises to 88 per cent for mothers of 40 or over.

Z **Zen**. Teach children the value of quiet time and meditation to recharge their systems.

Shouting, anger, stress are all ways to shorten their lives. Be balanced and be calm with them. If you shout and rant and rave, they will think that's the norm.



We're here to prevent you dying of cancer