



WORD BANK

- COCOA
- SULFUR
- HORMONE
- BERRIES
- GARLIC
- POLYPHENOL
- CURRY
- SPICE
- TUMOUR
- DARK
- PIGMENTS
- LEEKS
- ONIONS
- FAMILY
- CHEMO
- GREENTEA
- PROSTATE
- COLON
- BREAST
- LUNG

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"Are you sure sitting on a bean bag chair isn't considered getting a daily requirement of vegetables?"

12 Products To Avoid:

Samuel S. Epstein, M.D., an internationally accepted expert on the avoidable causes of cancer, gives his dirty dozen of consumer products to avoid:

Beef Frankfurters - (eg. Oscar Mayer Foods Corporation) .

Conventional Whole Milk - (eg. Borden or Lucerne)

Talcum Powder- (Johnson & Johnson. Inc.)

Cover Girl Replenishing Natural Finish Make Up (Foundation) (Procter & Gamble. Inc.)

Crest Tartar Control Toothpaste - (Procter & Gamble. Inc.)

Alberto VO5 Conditioner (Essence of Neutral Henna) (Alberto-Culver USA. Inc.)

Clairol Nice 'n Easy (Permanent Haircolor) (Clairol. Inc.)

Ajax Cleanser (Colgate-Palmolive. Inc.)

Zud Heavy Duty Cleanser (Reckitt & Colman. Inc.)

Lysol Disinfectant Spray (Reckitt & Colman. Inc.)

Zodiac Cat & Dog Flea Collar (Sandoz Agro. Inc.)

Ortho Weed-B-Gon Lawn Weed Killer (Monsanto Co.)



Markham
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**Dr. Gannage's
Health & Wellness Report
November 1, 2012**

Published by Dr. John Gannage | Editor Christine Jambrosic PDHomm

**Thinking of a New Approach
To Cancer Treatment
Dr. John Gannage, MD**

I was struck the other night watching the 2012 World Series game between the Giants and Tigers. There was a break in the action for players, umpires and fans to hold placards in unison - some 40,000 of these cards flashed around the stadium. Each individual was naming on the card someone they personally knew who had been afflicted with cancer.



Each person in the stadium was touched in some way by this disease. My, how times have changed. In grade school, when cancer afflicted a member of my community in the GTA, it was a rare event and met with hushed tones. Forty years later, each individual in the stadium may have been struggling to come up with only one name for their flash card.

The exercise at the baseball game was part of the Stand Up To Cancer initiative. It started me thinking - how do we stand up to cancer at Markham Integrative Medicine? Are we doing enough? What are some of our successes?

We approach cancer as a chronic illness that can have dire consequences, but may not need to. If we can help transform it into a non-fatal chronic condition, while the person with it embarks on the journey of their life, then that is worthy and purposeful work.

Getting rid of the tumour altogether is of course even better. If we can assist the individual through their decision-making re: treatment choices, by conducting a thorough review of the conventional treatments, alternative treatments, and the patient's preferences, we are practicing due diligence. If we can,



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Eat The Right Stuff Change Your Life

Eating the right foods can prevent up to 70 percent of certain cancers



by Emily Kennedy,
RHN

According to the World Health Organization, about 30 percent of all cancers are completely preventable through a

wholesome diet. That's great news! Even better news is that fact that about 70 percent of digestive tract cancers (esophageal, stomach, and colorectal) can be avoided if you eat a nutrient-dense diet. Hormone-driven cancers such as breast and prostate cancers can also be prevented with



healthy eating habits that keep your waist circumference and

blood sugar in check.

As cancer runs in my family, I practice what I preach and make sure to eat my 8 to 10 servings of vegetables and foods every day. The cancer-fighters I eat most often, and encourage you to as well, are:

Cabbage, cauliflower, broccoli and Brussels sprouts

These crucifers help to get rid of the excess estrogen that is implicated in breast, cervical and uterine cancers.

Garlic, onions, shallots, chives and leeks

Delicious and potent, this Allium



family is high in sulphur compounds that prevent the DNA mutation that sparks tumour growth. Garlic in particular has been studied for its ability to prevent nitrites from turning into carcinogenic nitrosamines that are toxic to gut flora.

Berries, tomatoes and citrus

These fruits are known for over 100 phytochemicals including pigmented antioxidants like proanthocyanidins, lycopene and hesperidin. Dress up your salads with these colourful gems and fight lung, colon, prostate and breast cancers.

Turmeric, cinnamon and cocoa

An anti-cancer diet is full of flavour and pizzazz! Turmeric, which belongs to the Ginger family, is one of



the reasons why there is such low incidence of certain cancers in India where this yellow spice is used in their staple curries. Try adding a bit of yellow curry powder to your next batch of chili for an anti-cancer twist.

Cinnamon, which contains three times more phytochemicals than wild blueberries, is another spice that's as versatile as it is anti-cancer. Dash some on your oats or sweet treats for an extra flavour and health benefits.

Finally, let's not forget the mighty cocoa bean. We've heard a lot about the benefits of dark chocolate, however did you know that three teaspoons of pure cocoa powder has the same amount of polyphenols as 50 grams of dark chocolate? Add pure, non-alkalized cocoa to your hot drinks, smoothies, stews and meat rubs and skip the sugar in dark chocolate.

For more information or to book an appointment with Emily talk to Shawna and she'll be happy to help or email your questions to: emily@integrative-medicine.ca

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and we have, assist the afflicted individual through his or her standard treatments with less side effects, more energy, and better quality of life, then our individualized treatment plans bring benefit.

And if we can serve the patient who declines standard therapy, by offering an array of modalities related to therapeutic diet planning, use of botanicals and anti-oxidants, and application of evidence-based high dose IV Vitamin C treatment, then we have provided a service that meets the goals of that particular individual - while also being transparent about the possible outcomes.

So are we doing enough at MIM? Perhaps we are doing as much as we can at the moment, given the nature of the disease and the guidelines that dictate medical care.

A more important question might be are we doing enough as a society - to prevent, to detect and to treat. Judging by the stands during Game 1 of the World Series in San Francisco, I'd say we have a lot more work to do.

In health, John Gannage, MD



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