



**WEBER CHIROPRACTIC OFFICE, S.C.**  
***Providing Choices in Complementary Health Care***  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss



## **Cancer**

My older brother died in February of this year from colorectal cancer that had spread to his liver and throughout his abdomen. Cancer is not a disease that is prevalent in our family so his disease was somewhat of a wakeup call. Since his diagnosis, I have been paying more attention to some of the information about the causes of cancer and what contributes to its continuing presence in so many of our lives. Certain kinds of cancer seem treatable through conventional treatment with chemotherapy and radiation but frequently with severe side effects. During treatment, a patient's quality of life can be worse than the disease. Often the cancer reappears even after the patient has been declared cancer free. Overall cancer rates are not dropping.

A recent headline talked about the **foods that cancer loves**. The biggest culprits, among many, are sugar (including fructose and grains) and excessive amounts of omega-6 fatty acids found in most refined foods, fast foods and packaged foods. Anything cooked in corn, sunflower, safflower or cottonseed oils (french fries) ultimately causes inflammation in the body and can convert normal cells into cancerous ones. Farm raised fish such as tilapia, catfish and salmon are fed processed foods that find their way into our bodies when we eat them. 60% of calories in the current modern diet come from refined omega-6 oils, sugar and flour, all of which feed the cancerous process. This means that **the average American eating the typical American diet is pursuing cancer as a dietary goal**.

There are many families that seem to have cancer tendencies; it's in their genes to get cancer. It is true that we all have genetic tendencies toward certain diseases. Studies, however, have shown that genetics accounts for only 25% of the influence toward developing any disease. 75% of the reason a disease develops is how those genes replicate in your body and that is influenced mostly by the environment in your body. If your body chemistry is acidic, inflamed and full of sugar and chemicals from processed foods, your *bad* genes are going to win out and disease will develop. If your body chemistry is alkaline without excessive sugar circulating in it and pumped full of nutritious vegetables, those bad genes will not have as great a chance of expressing themselves and disease has a much less chance of developing.

**Ultimately our predisposition to developing disease, including cancer, is really a choice and not just destiny.** We can choose to nourish our bodies by eating fresh, whole, unprocessed foods (vegetables, organic grass fed meats, wild caught fish, nuts, etc.) or can just fill our bellies with the processed fast and packaged foods, fatty meats and chemically laden foods that taste good but are full of the sugar and inflammation promoting fats that contribute to cancer development and growth. Most of the people who I know that have successfully overcome cancer have drastically changed their diets. They eat the raw vegetables, very little red meat, take supplements that reduce inflammation and promote good gene expression in their bodies, exercise and have a positive mental attitude. Food can be some of the best medicine for the prevention and treatment of cancer. You won't hear that from drug companies because they can't make a profit from food. Following an anti-inflammatory diet is a good guideline for good eating habits. Google it.

***Again, thank you for being our patient!***  
***We appreciate you and look forward to serving you.***

***David J. Weber, D.C., D.A.B.C.O.***  
289 Sinsinawa Ave  
East Dubuque, IL 61025  
[www.weberchiro.net](http://www.weberchiro.net)

**(815) 747-6548**