

5 Reasons Cancer Comes Back... and What to Do About It

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Cancer survivorship is a semi-sweet victory tainted by difficult emotions and piercing questions. If the reasons for the first cancer occurrence are not fully known, the patient experiences varying levels of anxiety after treatment is over. It is crucial that a cancer patient seek emotional support. The "watch and wait" approach taxes the emotions and spirit with its helpless nature. When they are ready to take responsibility for their own life, they can make some life-saving changes to their lifestyle.

The causes of the first bout of cancer are often the same causes of the recurrence. Those courageous survivors who reach remission now have an incredible opportunity to discover what went wrong the first time around, and then make necessary life-supporting changes. This article reveals five primary reasons for cancer recurrence and how to deal with them. We will touch on some ways to make the shift away from cancer towards a more healthy and wholesome lifestyle.

1. The immune system was not boosted.

There are two ways to control cancer cells: through the body's immune system, and through outside interventions. The immune system has enough knowledge on its own to control cancer processes. It is constantly performing surveillance functions to destroy aberrant cells that could develop into tumors. Another way to control cancer cells is through outside interventions, such as chemotherapy or radiation. To prevent cancer recurrence in the long run, the body must be able to handle matters through its own immune system. Survivors must nourish it with immune-boosting lifestyle choices including proper sleep, a wholesome diet including the avoidance of sugar, exercise, relaxation, stress management and other self-care therapies.

One can also choose immune-enhancing supplements including Echinacea, green tea, Vitamin C, Vitamin A, Zinc, Selenium and specific mushrooms glucans (Reishi, Maitake, Shiitake etc). Overall, incorporating a variety of immune-boosters will help the cancer survivor stay a survivor. Therapies to consider for advanced cancers could include: Iscador mistletoe injections, Ukrain injections, Careseng ginseng intravenously and orally, mega doses of Vitamin C intravenously and orally.

2. Exposure to environmental factors was not addressed.

Most researchers agree that environmental factors contribute to the majority of cancer. Similarly, continued exposure to those factors after completion of cancer treatment can elicit recurrence. Known environmental carcinogens include exposure to large amounts of radiation, cigarette smoke inhalation, and exposure to asbestos. Other cancer-promoting influences are less well-known but equally important, including organochlorines (eg. PCBs and some pesticides) and hidden sources of formaldehyde.

Many people who complete a regimen of chemotherapy or radiation emerge from the treatments and immediately return into a cancer-promoting environment. They can savor a longer victory by fully identifying their exposure to environmental risk factors.

3. Underlying pathological processes were not resolved.

Cancer is a set of pathological processes that culminates in a tumor or aberrant cell growth. Destruction of the tumor often only serves a de-bulking function; meanwhile the underlying processes continue to push toward the tumor stage. This is akin to an iceberg — the tip of the iceberg is tiny compared to what lies beneath the surface. To chop off the visible tip of the iceberg does not mean the iceberg is gone!

Many pathological processes lie beneath the surface in cancer. These processes include the following: inflammation, hormonal imbalances (breast and prostate cancers are hormonally-related), and dysbiosis (abnormal balance of bacteria in the intestines). Such processes often continue after conventional treatments, so their reversal typically must be accomplished through holistic approaches. A naturopathic or holistic medical doctor can provide expertise on diagnosing and treating these processes.

4. Lifestyle habits were not improved.

In many cases, the habits of cancer survivors contributed to their first cancer. For example, five major lifestyle habits have a strong correlation with cancer: poor dietary choices, lack of exercise, cigarette smoking, alcohol ingestion, and overexposure to sun.

The thought leaders of change have discovered that the outcomes in our lives (including health outcomes) are determined by this sequence:

Thoughts lead to Beliefs lead to Actions lead to Habits lead to Outcomes.

The beginning of any change in outcome is a change in thoughts.

Habits serve a strong emotional role. By focusing on consistently changing thoughts and actions, one can more easily create better habits, and better outcomes. This can be best accomplished with help of a lifestyle coach.

5. The messages of cancer have not been heard.

Although it might not seem obvious during moments of crisis, cancer provides us messages. It will not relent until we recognize the message and heed it. For this reason, cancer survivors can help prevent recurrence by taking some time to listen, fully and deeply, to any messages trying to come through. In almost every case, cancer delivers a message on the emotional and spiritual realm. The psychological message sometimes involves a disturbance in the person's role or identity, such as the young mother losing a child, or the woman sacrificing her own ambitions to serve her husband's desires. Recognizing and emotionally processing this disturbance can make a difference. Finally, cancer is an opportunistic illness that grows amidst a toxic body environment. Thus the message may sound like this, "For the last time, clean yourself up!" Detoxification creates a healthier environment within the body and helps prevent recurrence.

This article is not to be taken as medical advice. It is important you seek out a therapist of your choice. There are several competent Naturopathic Doctors and some Medical Doctors are open to complementary therapies. It is up to each patient and their support team to decide what is best for them.

Dr. Joel Evans Brame is a speaker, author, and cancer consultant. In 2005 he authored the book *Modern World Modern Health*. He has written dozens of articles available on websites and Arizona newspapers. People with cancer who want to survive and prevent recurrence have sought consultations with Joel for his expertise on holistic approaches to cancer. Email: joel@joelbrame.com or call 602-561-4376.

