

Based on 2 of the world's greatest
traditional medical care systems

BORDERLESS DOCTOR



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CANCER

What is Cancer?

Understanding Cancer will be easy if you understand the fact "Why there is no heart cancer?". You will note further in this section that there is brain cancer, breast cancer, lung cancer, colon cancer but there is no heart cancer.

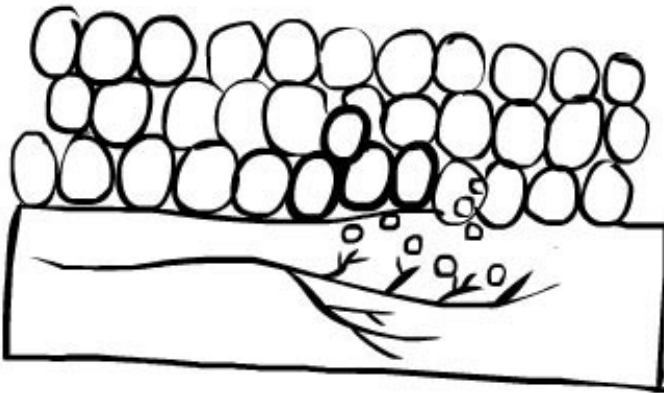
Simple steps of cancer formation:

Step 1: Blockage is formed in a particular location of the blood vessel leading to the deprivation of food & oxygen to the nearby cells.

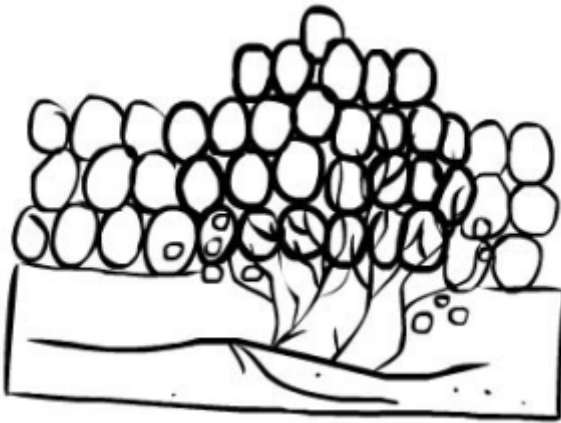
Step 2: In the absence of food & oxygen the cells have no choice but to die especially if it is the cells of heart. This leads to heart disease.

Step 3: Except heart cells, cells of other organs of the body may decide not to die, but to steal food & oxygen from the nearby organ, where the supply of blood is still abundant.

Step 4: The cells (deprived of food & oxygen) make micro blood vessels to steal food & oxygen from nearby vessels. This process is called angiogenesis.



Micro Tumour

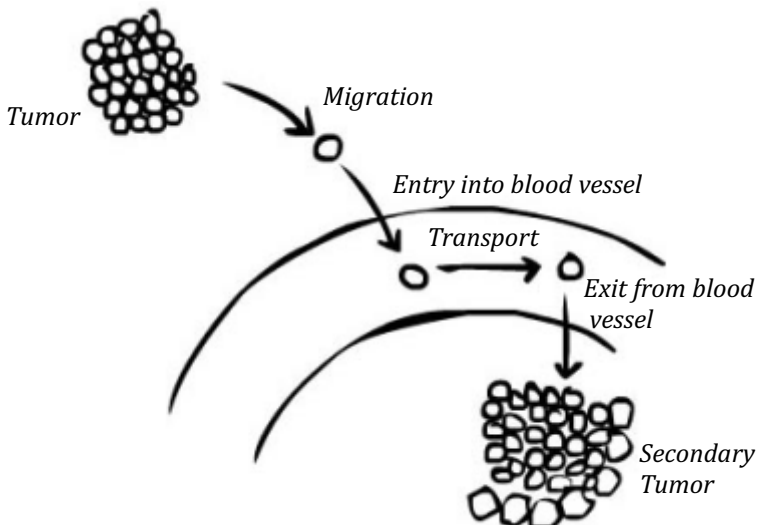


*Tumour capable of growing
and invading other tissues*

ANGIOGENESIS

Step 5: This uncontrolled stolen supply of food & oxygen to otherwise starved cells leads to uncontrolled growth and multiplication of cells called as tumor.

Step 6: These primary tumor cells most often migrate to other part of the body, transported by the blood, which results in spreading of cancer to different organs also called as metastasis.



STEPS OF METASTASIS

More than 90% of the cancer deaths are due to Metastasis.

Types of Cancer:

BLADDER CANCER

Symptoms

- Blood in the urine, turning in red or rusty – colored.
- Feeling a need to urinate but nothing comes out.
- Painful or urgent urination.

BREAST CANCER

Symptoms:

In women:

- Lump or mass in the breast found by breast exam:
- Firm or hard; irregular borders; usually painless.
- Change in size or shape of one breast.
- Change in color or feel of the skin of the breast, areola (pigmented skin around the nipple), or nipple of one breast.
- Puckered or scaly.
- Redness
- Enlargement, itching, or retraction (pulling in) of nipple.
- (Advanced disease) Bone pain, swelling in one arm, weight loss, ulceration of the skin of the breast.

In men:

- Any breast lump & pain, or tenderness.

COLORECTAL CANCER

Symptoms

- Constipation or diarrhea lasting 2 weeks or more.
- Darker stools
- Dark (not bright red) blood in (not on) the stool, or bright red

blood (not dark) on (not in) the stool

- Anemia that cannot be otherwise explained.

LIVER CANCER

Symptoms

- Bloating, abdominal swelling may be severe.
- Fever
- Loss of appetite
- Pain in the upper abdomen on the right side; the pain may extend to the back and shoulder.
- Weakness or severe fatigue.
- Weight loss
- Yellow skin and eyes, and dark urine (jaundice).
- Liver cancer may present no symptoms in its early stages.

LUNG CANCER

Symptoms

- New onset of persistent cough, especially if you smoke.
- Shortness of breath.
- Dull chest pain (does not always occur).
- Coughing up blood (It does not always occur).

OVARIAN CANCER

Symptoms

- Abdominal swelling
- Lumps or masses in the abdomen.
- Vaginal bleeding
- Difficult urination
- Lower back pain

PANCREATIC CANCER

Symptoms

The outward symptoms of pancreatic cancer are especially vague and are associated with many other diseases. Most patients with treatable pancreatic cancer have very few symptoms.

Having any or all of these symptoms should not be interpreted as evidence of pancreatic cancer.

- Blood in stool
- Dark urine and light stools
- Loss of appetite
- Pain over the stomach that is worse after eating.
- Weight loss
- Yellowing of the skin.

PROSTATE CANCER

Symptoms

- Difficulty in starting or stopping stream of urine.
- Increased frequency of urination.
- Pain while urinating
- Blood in urine (rare)
- Importance (rare as a result of the disease itself).

BASAL CELL CARCINOMA

Symptoms

- A pink growth with a slightly elevated center, from which tiny blood vessel may be radiating, or
- A shiny bump or nodule that is translucent pink, red or white, or
- An open sore that bleeds, oozes, or crusts and remains open for 3 or more weeks, or
- Reddened skin or irritation on the arms, chest, face, or legs that persists for 3 or more weeks, with or without itching, or

- A waxy, white, or yellow scar like area, sometimes with a crust (This is a sign of an especially aggressive variety of this form of cancer).
- In all forms of basal cell carcinoma, very mild trauma, such as washing or drying with a towel, may cause bleeding.
- Basal cell carcinomas are less common on black or dark skin, but will usually contain concentrated black or brown pigment.

How to cure cancer:

By now you might have clearly understood that although there are different kinds of symptoms and effects of Cancer on the patients but the basic mechanism by which the cancer cell is formed is same i.e. angiogenesis. Even in the case of the blood cancer, angiogenesis takes place in bone marrow.

Since the basic cause of all cancer is the same i.e. the formation of angiogenic blood vessels for the uncontrolled supply of food & oxygen to the otherwise food deficient cells. An anti angiogenesis approach for cure can help a patient recover from the disease.

This means blocking the angiogenic blood vessels leading to cancer cells starve to death.



1 month



3 months

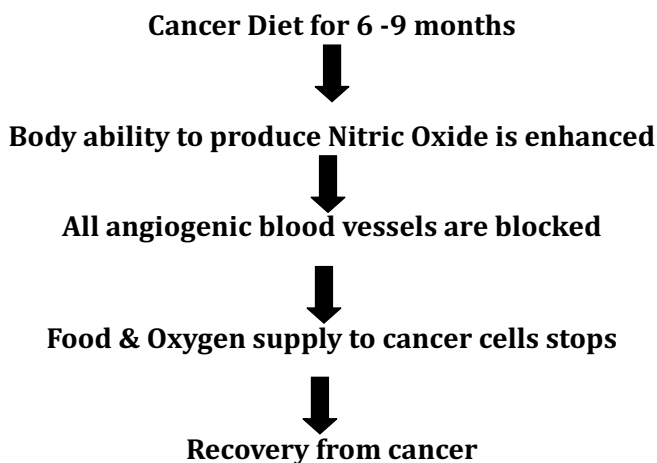


6-9 months

How to block the food & oxygen supply to cancer cells:

According to the noble prize winning science - 1998, body produces a miracle molecule called Nitric oxide (NO), which if produced in abundance can block the angiogenic blood vessels leading to the death of cancer cells. Certain kind of food (Cancer Diet) can help the body to produce Nitric Oxide in abundance leading to the recovery from cancer.

FLOW CHART FOR CANCER RECOVERY



The Cancer Diet:

To recover from cancer the patient must follow the diet based on the table given below:

| | | |
|----|-------------------------------|------------------------|
| 1 | Milk & dairy products | 0% |
| 2 | Animal food | 0% |
| 3 | Salt, sugar & oil | 0% |
| 4 | Packed & refined food | 0% |
| 5 | Raw green leaves & vegetables | 25% |
| 6 | Other raw vegetables | 25% |
| 7 | Sprouts | 5% |
| 8 | Grains | 10% |
| 9 | Nuts | 5% |
| 10 | Fruits | 30% |
| 11 | Cooked Foods | Negligible |
| 12 | Sunlight exposure | At least 1 hr everyday |

Eating food based on the above table for 6 to 9 months can help a patient to recover from Cancer.