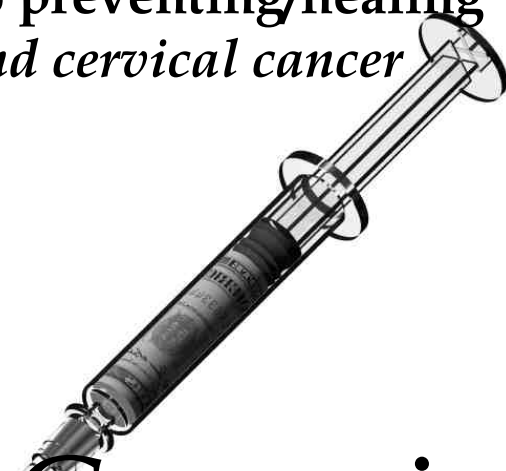


The mind, body, soul approach to preventing/healing the Human Papilloma Virus and cervical cancer

Cranberries



OR Cervarix?



By Veronika Sophia Robinson

Veronika's father has had cancer twice, and said that he wouldn't wish chemotherapy on his worst enemy. He now lives in tropical Thailand, where he has given up his lifetime coffee and steak habit for chamomile and ginseng teas and fresh fruits and vegetables.

As if I needed reminding about my thoughts on cervical cancer, this morning I received a letter from the local NHS trust to come and have a cervical cancer pap smear test. I get one of these letters each year, despite having asked them to remove my name from their database.

Am I being irresponsible declining this test? I don't believe so. Common sense tells me that Nature only had one thing in mind for insertion into the vagina, and it wasn't the cold, invasive metal object used in pap smears. Writing about pap smears and mammograms in issue eight of *The Mother* magazine, Jeannine Parvati Baker echoed my sentiments when she wrote: "When I seek to discover a disease, and ritualise this search, I lay the runway for the reality plane to land."

She questioned whether such tests were hypnotic self-suggestion. "How do I open my legs to the strange, masked man (or woman) to scrape at the gateway to the Universe ~ my cervix ~ as portal to the uterus?" Jeannine felt that this test, done often enough, could cause *cervical dysplasia*.

I would no more have this test than I would have the cervical cancer vaccine, Cervarix, or allow my daughters to have it.

Teenage girls are being herded, factory farm-like, into the waiting arms of big pharmaceutical businesses that promise to 'protect' them from cervical cancer ~ a major killer of women in the Western world. The vast majority of parents have bought into the desired levels of media-induced fear, and ushered their daughters forward, like sheep to the slaughter, without considering the alternatives, or indeed the *safety* of vaccination.

Gardasil (USA) and Cervarix (UK) vaccines are being promoted as the next best things to sliced bread, and that women will be protected

from contracting the Human Papilloma Virus HPV (and, in Gardasil's case, HPV and cervical cancer). There are more than 100 types of Human Papilloma Virus (HPV) which can infect the body. Some strains lead to common warts on people's hands and feet, but these are different from genital warts, and cross-infection is extremely rare. About 30 types of HPV affect the genital area. Some types cause genital warts, others cause changes in cervical cells that may lead to cervical cancer, but most HPV infections are symptomless and go away on their own.

A papilloma is a growth or wart, hence the reason HPV is commonly referred to as the wart virus, however, only about ten percent of people with HPV develop warts. Most people are unlikely to know that they are infected or that they may be passing the virus to their sexual partner(s). HPV is an extremely common virus that can affect the cells of the cervix. Only certain types, such as 16, 18, 31 and 33, are associated with the development of abnormalities of the cervix.

Women are encouraged to have routine pap smears to rule out cervical cancer; however, even though the vast majority of women have these smears, studies show that *half* of the women who have died from cervical cancer in the UK were actually given the 'all clear' from doctors, proving that pap smears don't 'save women from cervical cancer'. HPV, however, is easier to detect than cancer cells.

What is cervical cancer?

The lower part of the uterus is called the cervix. It connects the upper part of the uterus, where the foetus develops, to the vagina (the birth canal). The cervix has two parts, known as the endocervix and the ectocervix. Most cases of cervical cancer happen where these two parts meet.

Psychoneuroimmunology

Psychoneuroimmunology (PNI) is a mind-body medicine care programme which recognises the healing power of the mind. It acknowledges the cognitive and emotional part of us, as

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well as our neurological and neuroendocrine systems, and the ability of the immune system to overcome disease.

Experts in mind-body medicine have found that long before cancer is seen in the body, people who get the disease have experienced "*unresolved psychological and emotional trauma or upset prior to the appearance of the cancer*". The experience of these experts is that people with cancer either heal it, or make it worse, depending on how/if they resolve their emotional issue/s. What is obvious is that the mind and body are capable of creating disease, and therefore, capable of curing it. Our immune systems are designed to search for cancerous cells and then destroy them. In fact, the body is *always* creating cancer cells as a response to factors in our environment (biological and emotional). So if cancer has always existed for man, why are we seeing so many cases now? A couple of centuries ago, our immune systems didn't have to contend with electro-magnetic radiation (microwaves, computers, satnav, mobile phones, wi-fi, cordless phones, televisions, etc.), junk food, stressful lifestyles, pesticide-ridden foods and drinks, artificial lighting, 24/7 lifestyle, and so on. Many people have been raised on poisoned water (chlorine and fluoride) and poisoned food (pesticides, insecticides, fungicides), rather than wild-crafted food, home-grown or organically-raised food. When such things are part of our day to day life, they radically alter our ability to fight cancer cells.

We've been inculturated to believe in people being victims of cancer, as if a merciless God strikes out at random. But cancer is no accident. There's no secret as to why some people get cancer and some don't. It is a disease you can avoid ~ regardless of whether it 'runs in the family'. You can choose to prevent cancer by changing your internal and external environments.

Nutrition

Have you ever noticed how we ensure our car is filled with the right fuel, but we're not so diligent with our human vehicle? If we treated our cars the way we treated the human body, we'd never get out of the driveway. A diet rich in antioxidants is vital for a strong, healthy immune system.

Antioxidants

The Medical University of South Carolina [Hollings Cancer Center] has found that the antioxidant, *ellagic acid*, prevents cells infected with the Human Papilloma Virus (HPV), which is linked to cervical cancer, from developing. It does so by apoptosis (otherwise known as cell death) of cancer cells. It does so without harming healthy cells.

Ellagic acid is believed to be one of the strongest cancer fighters we have. It is found in the plant kingdom in: cranberries, red raspberries, pomegranates, strawberries, blueberries and walnuts.

Cruciferous vegetables (e.g. broccoli, cabbage, cauliflower and Brussels sprouts) contain a potent antioxidant (a compound called indole-3-carbinol) that breaks down oestrogen in the body. This reduces the risk of oestrogen-sensitive cancers, like cancer of the cervix, ovaries and breast. Broccoli has also been shown in studies to fight the precancerous condition known as cervical dysplasia. Some research has indicated that women who regularly eat *broccoli* (at least 3 times a week) have an almost zero risk of cervical cancer. Other research shows the importance of *folic acid* (again, dark leafy greens) in preventing cervical cancer.

OPCs: The flavonoid family contains antioxidants known as oligomeric procyanidins. They are found in: raisins, grape seed, grape skin, bilberry, cranberry, black currant, green tea, pine bark, cacao (raw chocolate).

Vitamin E: Research at the Mayo clinic has shown how important vitamin E is in protecting against cancer. You obtain vitamin E in: raw nuts, vegetable oils such as avocado, wheat germ oil, green leafy vegetables.

Garlic (raw) is packed with antioxidants that can help fight off cancer. Studies suggest that eating garlic regularly can help prevent cancer.

Green tea has been shown in studies to sig-

Flax seed oil is well known in cancer treatment, because the EFAs are used by the cell walls to let oxygen enter the cells.

nificantly reduce the risk of cervical cancer.

Carrots are a great cancer fighter, as are beets, sweet potatoes and other yellow-orange vegetables which contain beta-carotene.

Carotenoids, including beta-carotene (which can be converted into vitamin A in the body), inhibit and prevent cervical cancer. It is easily found in: red, orange, dark green and yellow fruits and vegetables, such as sweet potatoes, apricots, peaches, chard, carrots, cantaloupe, pumpkin and tomatoes. Spirulina is also a good source.

Magnesium: The majority of Western women are deficient in magnesium (hence the high occurrence of menstrual problems) and the reason many of them crave chocolate. It has been shown to help the membranes of the cell against cancerous changes. If you really want to have chocolate, opt for the raw, sugar and dairy-free sort, such as Shazzie's Naked Chocolates, or make your own from raw cacao, agave and raw coconut butter. To increase your magnesium levels, eliminate dairy from your diet, as it has a deleterious effect. Ensure you eat a lot of dark, leafy greens ~ in their raw state.

Vitamin C has also been proven beneficial in treating cancers. You will need at least one gram a day. Avoid commercially produced tablets which contain fillers, such as talc, and have aspartame. Learn to juice your own vegetables, so you get a daily supply of fresh enzymes.

Sleep

When was the last time you had a really good sleep? That is, did you wake up ready to bounce out of bed and begin the day, or did you want to curl back under the blankets? According to research in the book *Lights Out*, the immune system needs 9 1/2 hours of sleep in *total* darkness to recharge completely. If you wish to reverse cancerous cells, then you have to honour the immune system with plenty of sleep or it will malfunction. You have the power to radically alter the direction of those cancerous cells. You *can* interrupt their pattern and reverse the conditions. You don't have to continue breeding cancer. You have a choice.

Oxygen

Nobel Prize winner, Dr. Otto Warburg, won his first Nobel in 1931 because he proved that cancer is caused by a lack of oxygen respiration in cells. He said "*the cause of cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its oxygen requirements. Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarised in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation. All normal body cells are thus obligate aerobes, whereas all cancer cells are partial anaerobes.*"

How does poor oxygenation happen? It develops as a result of carcinogens and other toxins building up within and around cells, blocking the cellular oxygen respiration mechanism. As a result, red blood cells clump up together and

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"unresolved psychological and emotional trauma or upset prior to the appearance of the cancer."

Top 20 Antioxidant Foods

Cranberries
Small red beans
Wild blueberries
Red kidney beans
Pinto beans
Blueberries (cultivated)
Artichokes (cooked)
Blackberries
Prunes
Raspberries
Strawberries
Red Delicious apples
Granny Smith apples
Pecans
Sweet cherries
Black plums
Russet potatoes (cooked)
Black beans (dried)
Plums
Gala apples

slow down the bloodstream. This restricts flow into capillaries. We also look to diet for this. If we don't have enough of these building blocks (essential fatty acids) [EFAs] for cell walls, oxygen exchange is restricted. Flax seed oil is well known in cancer treatment, because the EFAs are used by the cell walls to let oxygen enter the cells.

Dr Warburg's discovery was that respiratory enzymes in cells die when cellular oxygen levels drop. The cell can not then provide aerobic energy. For the cell to survive, it has to find this energy. It can do so by fermenting sugars. *Fermentation* allows these cells to survive, however they change into cancer cells. Two researchers at the National Cancer Institute, Dean Burn and Mark Woods, found support for Dr. Warburg's work: the cancers with the highest growth rates had the highest fermentation rates.

Behaviour modification

The greater number of sexual partners that you have, the greater your chances of being exposed to the HPV virus. It is believed that more than 80% of women develop HPV within four years of beginning sex. Fortunately, because such women are almost certainly young (under 30) their immune system can usually fight off the virus within about 12 months.

Ingredients in Cervarix

The active substances are:

- Human Papillomavirus1 type 16 L1 protein2,3,4 20 micrograms
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- adjuvanted by AS04 containing: 3 -O-desacyl-4'- monophosphoryl lipid A (MPL)3 50 micrograms
- adsorbed on aluminium hydroxide, hydrated (Al(OH)3) 0.5 milligrams Al3+ in total
- L1 protein in the form of non-infectious virus-like particles (VLPs) produced by recombinant DNA technology using a Baculovirus expression system which uses HI -5 Rix4446 cells derived from the insect Trichoplusia ni.
- The other ingredients are sodium chloride (NaCl), sodium dihydrogen phosphate dihydrate (NaH2PO4.2 H2O) and water for injections.
- Cervarix contains aluminium ~ which is not rigorously tested for long term safety and is implicated in the development of Parkinson's, Alzheimer's and other chronic diseases that develop in later life.

Side effects of Cervarix

- headaches
- injection site problems, such as redness, swelling, pain
- muscle pain or tenderness
- tiredness
- diarrhoea
- fever
- gastrointestinal problems
- itching
- joint pain
- nausea
- skin rash or rashes
- stomach pain
- urticaria
- vomiting
- dizziness
- respiratory tract infection

Please note, there are no long term studies on the safety of Cervarix. Subjects are only studied for 30 days.

Metaphysics

Founder of the international publishing company Hay House, and author of metaphysics titles, Louise Hay, cured herself of cervical cancer. Louise was born to a poor mother. Her stepfather was a violent man. At five, she was raped. At fifteen years, she became pregnant, and then, on her 16th birthday, gave up her baby girl for adoption. Later on she married a businessman who left her for another woman. Louise Hay sought help through the transformative power of thought. She studied many metaphysical writers, and went on to become a teacher of metaphysics, as well as writing the best selling book *You Can Heal Your Life*. She used affirmations to help people cure their illnesses. When Louise discovered in 1977 that she had cervical cancer, she refused medical treatment, and devised her own program of healing, which included: forgiveness (of childhood abuse and rape); therapy; nutrition; reflexology; and sometimes she had enemas. She now teaches others that *dis-ease cannot live in a joyful atmosphere*.

About cervical cancer, Louise advises: "Don't anticipate trouble. Continual negative thinking creates an atmosphere where dis-ease can take hold. Resentment plays a part in all cancers, no matter what you name them. I do not believe in statistics, so under 40 and over 40 mean nothing to me. You are an individual, not a statistic. I had cancer 25 years ago, and I have known for 24¼ years that it will never return. Forgive your parents. Stop thinking about numbers. Please change your thinking. Stay away from sugar and processed foods. Love yourself. Be happy. That is my formula for health. As Bobby McFerrin sings, 'Don't Worry, Be Happy.' Get the song, and play it over and over."

Louise Hay suggests that the metaphysical reasons behind cancer are: deep hurt; long-standing resentment; a deep secret or grief eating away at the self; carrying hatred; a 'What's the use?' feeling.

Her affirmation suggestions include:

- I lovingly forgive and release all of the past.*
- I choose to fill my world with joy.*
- I love and approve of myself.*

Treatment of warts

The medical treatment of genital warts is by freezing with dry ice. There are alternatives, such as a product called *Heal Warts*, which is a mixture of (well tested and studied) anti-viral essential oils. It has been proven to eliminate all genital (and other) warts gently and effectively within 2 to 6 weeks.

DIY genital wart removers: you can dab on a few drops of essential oil of tea tree twice a day, until the warts are gone, or you can use essential oil of oregano ~ mix two drops of it with one tablespoon of coconut or olive oil, and rub onto the warts until they're gone.

Olive Leaf Extract is a plant immune-system booster ~ in fact, it is an anti-microbial gift from the 6,000 year-old Biblical "tree of life". Scientific research shows that oleuropein (olive leaf) kills viruses, fungi, bacteria and other disease-causing parasites. It has been proven to heal the body of HPV.

Prevention

Here's a guide to how you can prevent HPV and cervical cancer.

- Always find a way to healthily and safely release negative emotions and trauma. Resolve all psychological upset through love, gratitude and forgiveness.
- The best way to avoid HPV is to consider your body as a sacred temple, and wait until you're in a loving, committed relationship before having 'unprotected' sex.
- Ensure your diet includes a lot of fresh, raw fruit and vegetables, and some seeds and nuts.
- Have a low-fat diet, and be sure to include healthy oils, like flax, hempseed, cold pressed coconut oil, olive oil, avocado.
- Daily exercise should include both aerobic (eg, walking, swimming, rebounding, dancing, cycling) and strengthening/stretching exercises such as Pilates and yoga.
- Include a superfood, such as Nature's Living Superfood and E3 Live, to ensure you have an adequate supply of antioxidants, probiotics and trace elements.
- Drink two litres of clean, pure spring water each day.
- Have a diet rich in antioxidants.

Cervarix is an unproven quick fix. Millions of pounds of tax payers' money are spent on Cervarix. Given what we know about healing and preventing HPV and cervical cancer, you have to wonder just who benefits from the program.

We know vaccines are dangerous, and that one side-effect is infertility. It may seem like hard work to eat consciously, exercise adequately, sleep well, and transform negative emotions, but the only side-effects of developing these healthy habits are positive ones. Talk to your daughters about the sanctity of their body and about sexual integrity. Alice Walker said that "war is the weapon of weakness". The cervical cancer program is a war against our daughters. We can stop this tragic assault against them by saying 'no', and being proactive in their health and well-being.

Resources

Apricot kernels contain vitamin B17, a well-known cancer fighter
Vitamin C made from cherries (and no chemicals)
Nature's Living Superfood/E3 Live
The above are available from www.detoxyourworld.com
<http://www.amoils.com/> for warts and herpes
www.oliveleaf.co.uk Olive Leaf Extract or for buying wholesale: <http://www.xynergy.co.uk/XynergySite/product/OLO300X.htm>
Grow your own berries:
www.agroforestry.co.uk
www.adamsappletrees.co.uk
The Gerson Institute
You Can Heal Your Life by Louise Hay
The Biology of Belief by Dr. Bruce Lipton
Conscious Eating by Dr. Gabriel Cousins
Cancer: why we're all dying to know the truth by Phillip Day
The Sanctity of Human Blood: vaccination is not immunization by Tim O'Shea
Fresh Fruit and Vegetable Juices: What's Missing From Your Body by Dr. N. W. Walker

Sources

National Institutes of Health
Complementary Alternative Health Center
Phytochemical Information Center
Mayo Clinic
<http://www.cancercenter.com/cervical-cancer/mind-body-medicine.cfm>
For further information on Cervarix and Gardasil see issues 19 & 30 of *The Mother*.



Green tea has been shown in studies to significantly reduce the risk of cervical cancer.