Cancer Prevention - Your Family Health

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Previously I reported what the cancer is, you can read that story here https://plus.google.com/+FatimaSuljagicASM/posts/9QE2siTf5Sh

Here are some tips on how to protect yourselves and your family from CANCER:

1) Eat freshly prepared and microbiologically safe foods. Do not trust the term "extended shelf life". Having extended shelf life of some foods increases the profit to manufacturers/shop owners and reduces waste. When I was going for some seminars I was annoyed by many scientist forcing the term "extended shelf life", when in fact they should use the term "fresh foods". For example right or wrong: dough can stand in the freezer for a long period of time (wrong). The fact is that most of our flours are infected by asparagilus and aflatoxins before dough is made. Asparagilus (Aflatoxins) are reported by many scientist as strong carcinogenic agents. How this affect the bread that stands too long on our shelfs? I already said that sporogenic microorganisms, which are the key in systemic (chronicle) disorders, promote one another in symbiotic overgrowth. Therefore, during shelf life concentration of these microorganisms will increase dramatically, especially at temperatures (25-42) degree of Celsius, as these are ideal temperatures for any microorganism to grow.

You can test the microbiological safety of your breads by doing following: 1) Pack the bread into the plastic bag, make three bags of bread: one plastic bag with freshly baked bread in it, and two plastic bags with, long standing on the shelf, breads. Make a few small holes on one of the bag to check for aerobic microorganisms. Leave them standing in a place with the reduced light, at above mentioned temperatures, for a week. If you can see any green, grey or black spots on the bread, the bread has failed safety standards. You can do this test with vine by mixing vine with coca-cola in a glass and leaving it standing for a few days. For milk just add milk in a cup and leave it out on hot temperatures for a few days, the same with soft drinks. Watch out for drinks that are not industrially packed and pasteurised properly. Most of the red vines I have tested and extended shelf life breads from surrounding stores did not pass my testing. Just freshly made bread passed the test and some well pasteurised imported vines. Milk samples all passed my testing, but when I tried to cook some milk samples proteins coagulated, I could not figure why. Maybe because of some additions to milk, which is also something to avoid as this changes nutritional value of milk. Simply, use advantages of the internet, use your intuition, observe the environment, and get yourselves educated on the subject of healthy foods.

2) Do not rely on the medical system too much. Our doctors are just not educated properly. All diseases are coming form chemical unbalance and infectious agents. Medical education provides limited education in chemistry and microbiology to our doctors (physitions and general practitioners). How can someone that does not know what cancer is, diagnose you with a cancer or heal you from it? It is crucial that our patients are diagnosed properly in order to be provided by the right treatment and unfortunately many of them are not diagnosed properly at the moment.

3) Fight for the system that takes care of people. Many of this wouldn't be part of your destiny if we did not have this highly manipulated system that gives priority to profit before peoples health. Look at our advertisements, from which advertisement you can see product quality or quality of the service they advertising? I wish if we could change this, but I do not know how. It is curtail that food, health, medicine and education are not manipulated by profit for fully functional system.

Like I already said, it is not one person job to make all these changes it is everybody's job. So, my friends this is the reality of modern living. I truly hope that this is going to be valuable to you and your family.