

If you are too sick to read this...

...have someone read it to you.

My name is Michael Caiazzo, and I am 20+ year Non-Hodgkin's, Central Nervous System, Large B-Cell Lymphoma survivor (Brain Cancer). My prognosis was 12 – 18 months with a 99% chance of reoccurrence and possible negative long-lasting effects, including death.

A great deal of information is from the book,

Beating Cancer With Nutrition, by Dr. Patrick Quillen, PhD, RD, CNS

MIKE'S NOTE: I used to ship a copy of the book to anyone I knew battling cancer however, it got too expensive! I do recommend finding a copy. I wanted to personalize this document, so I have included original information as well as my own notes. It has been such a long time since I was diagnosed with brain cancer and went through treatment; I fear that I have forgotten too much already. A regrettable mistake was not documenting my illness at all. There are only a handful of pictures of me in the entire year of 2002. At the time I just wanted to survive. I also wanted to know WHY I GOT CANCER? I have compiled some information over the years and sent it to friends and family who are battling this WASTING disease. I am not making any claims. You got this because I know you or know of you. Please make a copy and pass it onto others fighting cancer. I am not a physician and encourage you to discuss your health with one. I make NO claims and sell NOTHING. Feel free to call me ANYTIME, (619) 517-4589.

Throughout this document will be some **KEYWORDS AND PHRASES**. They will look like **THIS!**

YOUR SPIRIT

By now, you are probably focused on your cancer, wondering how it is killing you and how you are going to die. You *should* be depressed by this type of thinking. You are alive and can read this, but even if you are so weak or blind and need someone to read this to you, remember this, “something, and perhaps quite a bit is working in your body”. Give thanks for this and everything you can think of. Now is a great time to figure out your priorities. Have they changed since your cancer diagnosis? Have they clarified what really matters? Is it possible that cancer has given you a valuable wake-up call?

We are all going to do two things that are inevitable; pay taxes and die. The question is not if, but rather - when. For you, “when” is a more immediate issue right now ... but shouldn't it be an issue all of the time? Life, and the people in it are precious and should not be wasted by the minutia of our daily lives, but we do spend so much time and energy on insignificant events and lose sight of what is truly important:

- Family and friends
- Sunsets and sunrises
- Laughter
- Be at peace with your Creator – no matter how you view a higher power.

People beat cancer all the time, do not live in constant fear!

MIKE'S NOTE: I was given 12 – 18 months to live with a HIGH probability that my type of cancer was going to come back and kill me. I lived with this fear for years until I finally decided to stop worrying about it (Time did help though).

Now is the time to change your perspective, sense of purpose, and attitude toward life. You are going to need this new attitude because you have a **FIGHT** coming up. You have a **FIGHT** with cancer. You may need someone in your corner – a motivator who will keep you going during times when you run out of steam. Be enthusiastic about this upcoming challenge, it's not impossible to turn your diagnosis / prognosis around.

DATA GATHERING

We have the World Wide Web – there is NO excuse not to be a well-informed patient. Part of your responsibility towards your health is to gather as much information as possible. Not to prove a point against your physicians, rather to assist them with planning your fight against cancer. Your doctor diagnosed you and may have a plan but that does not mean it is the best plan for you. Work with your physician whenever possible and arm them with valuable data.

MIKE'S NOTE: There is a lot of information out there that is incorrect. You will not find your prognosis on the internet. Nobody can tell you how long you have to live. Be careful when searching the internet and don't fall for scams – there is no miracle cure out there so stop wasting your time. Your body needs so many vitamins and minerals that can only be found in a healthy and **BALANCED** diet. Your body needs to free itself from stress – and the burdens that have created an opportunity for cancer.

TAKE BACK CONTROL OF YOUR BODY!

First off, if you are a pediatric patient – this part doesn't apply to you as much as an adult patient. Adults, I am talking to you now! You probably do not want to hear this... it took me a while to digest it. It is highly possible that your actions brought about the opportunity for cancer growth... BUT... ***you certainly did not deserve to get cancer!*** No one deserves it **AND** it can be prevented. I am not a physician! The following is based on scientific and medical research that will be noted at the end of this document.

I hope that you are good with percentages. Here is a simplified reason as to WHY YOU GOT CANCER! As a survivor myself, I asked this question over and over again... Why me? Here is why:

33% of people who get cancer are genetically predisposed to get it.

Blame your ancestors. Your physical / biological makeup includes a penchant for cellular disturbance – coming from your DNA. This cellular disturbance can be a deficiency of your body's ability to protect itself from cancer. *For example*, people with fair skin are more prone to skin cancers. Skin cancer is mainly attributed to ultra violet exposure. That

is an environmental issue as much as a genetic one. This is can be characterized as a broad generalization BUT it applies to a third of cancer patients. You were just going to get it because your family gets it. Same reason that you look like your mom, dad, grandparent, aunt, uncle ... it's in your blueprints.

33% of people who get cancer are malnourished and not physically healthy.

Blame your lifestyle. You don't have to be a triathlete or look like a model. They get cancer too! You do have to be in decent health. There are plenty of overweight people who can walk, run, and swim, better than their "skinny" counterparts. It's NOT about looking good. It is about being physically healthy. **Create less of a burden on your body**; joints and organs. Be able to move around and oxygenate your circulatory and lymph systems.

33% of people who get cancer SMOKE or use tobacco products.

Blame your lifestyle... again! There it is ... keep smoking and chewing tobacco. It's not your mommy nagging you, ITS SCIENCE!

**YOUR LIFESTYLE DETERMINES YOUR
DEATHSTYLE!**

- Metallica

So, if my math is correct, 33% of the reason people get cancer is mostly uncontrollable. Out of those people, there are even further ways to reduce risk of getting cancer. My example with "fair" skinned people and skin cancer - those people who are "fair" skin should be extremely aware of exposure to ultraviolet rays and use proper UV protection. So this 33% could be even smaller, but for our sake, let's keep it at 33%. That means that 66% of **WHY YOU GOT CANCER** was under your own control! Nutrition and Physical Shape PLUS NOT USING TOBACCO!

CHANGE THE UNDERLYING CAUSE OF THE DISEASE

Nobody with a headache has an aspirin deficiency. And nobody with cancer is deficient of chemo or radiation! While these therapies reduce the tumor burden, they do not change the underlying cause of the disease.

CANCER FORMULA

$$\begin{array}{c} \text{POOR} \\ \text{Environment + Nutrition + Oxygenation} \end{array} = \begin{array}{c} \text{GREATER} \\ \text{Cancer Opportunity} \end{array}$$

Simple Definitions:

Environment – The air you breathe and water you drink. Included here is electric, radioactive, and chemical contaminant exposure.

Nutrition – The elements you feed your body, especially the immune system.

Oxygenation - The amount of movement your body's circulatory and lymph system gets.

The following comes directly from, ***Beating Cancer With Nutrition***, by Dr. Patrick Quillen, PhD, RD, CNS.

*Mrs. Jones might be suffering from metastatic breast cancer because, in her case, she is still hurting from a hateful divorce of 2 years ago, which drives her ... into stress mode and depresses her immune system; she goes to bed on a box of sugar cookies each night; she has a deficiency of fish oil, zinc, and vitamin E; and she has an imbalance of estrogen and progesterone in her body. Her oncologist may remove the breast, give her Tamoxifen to bind up the estrogen, administer chemo and radiation; but none of these therapies deals with the underlying cause of the disease. **And it will come back unless these driving forces for the disease are reversed.***

CANCER OPPORTUNITY

At any given time the human body has cancerous cells in it - TRILLIONS of them. Your cells divide BILLIONS of times a day and mistake cells are inevitable. The average adult will have 6 bouts of cancer in a lifetime yet only 42% of people will end up in a hospital, treating cancer! The other 58% have a respectable immune system that is able to deal with these outbreaks. ***Cancer cells are opportunistic and thrive in certain conditions. It is up to your body to rid itself of cancer.*** One way the body does this is having anti-cancer defenses (immune system). These defenses need certain ingredients (nutrition) to operate effectively enough to do this. There is a battle between your body and cancer going on RIGHT NOW. You can assist in this battle by NOT PLAYING FAIR!

The best thing to do RIGHT NOW is reduce the amount of food (sugar) you are feeding cancer.

STARVE IT AND KILL IT!

Cancer needs food and a nice place to grow. It has selected your body as its farm where it wants to grow. You have an environment it needs to succeed, a plot of land and an abundance of food. Unfortunately the plot of land is an organ, bone or tissue and the food is plentiful (sugar). Yes, cancer cells are “obligate glucose metabolizers” or in layman’s terms – sugar feeders.

Throughout our lives, we have become addicted to sugar. No point in feeling bad about it now but there is a simple way to reduce your sugar intake. **STOP ADDING SUGAR** to things you consume like tea, coffee, cereal, etc. Try things in your diet without the sugar. If you don’t enjoy them without sugar then work on reducing or removing them from your body. If you only enjoy tea with sugar added to it and can’t have it any other way, then just don’t have it as much. If you really love soda and can’t live without it (you probably can though) try having less. Or use it as an extreme reward. It depends on your willpower and personality but do remember that you are arming and feeding cancer every time you consume sugar.

Trying to fight cancer while eating a diet high in sugar is FOOLISH!

MIKE'S NOTE: **STARVE** cancer before it starves you! Cancer is a wasting disease and about 40% of cancer patients actually die from malnutrition and not cancer. Cancer generates chemicals that destroy appetite, in turn creating a suitable environment for it to grow. You need all of the proper ingredients to feed your immune system.

DON'T FIGHT FAIR

MIKE'S NOTE: While starving cancer of its food – sugar, feed your immune system. Eat well, and make sure that you have a balanced diet. If you feel too sick to eat try adding professionally designed supplements to your body.

Be responsible for your fight against cancer. Doctors and medicine are great and will assist your body in its battle to destroy the cancer that is threatening you. You should also take some responsibility in the fight as well which you can do by protecting the remaining cells in your body. Chemotherapies and medical treatments can be harmful to the other parts of your body. Provide the rest of your body with healthy ingredients that promote their healing and reduce side effects of medicine.

The following comes directly from, ***Beating Cancer With Nutrition***, by Dr. Patrick Quillen, **PhD, RD, CNS**.

- A. Eat foods as close to their natural state as possible.
- B. Eat as much colorful vegetables as your colon can tolerate.
- C. If a food will not “sprout”, then throw it out.

Arm your body with the weapons it needs to fight cancer. Don't bring a knife to a gun fight. Eating good food is one thing but preparing them incorrectly is counter-productive. Try steaming veggies instead of frying them; or eat them raw. If your food is bathed in preservatives it will go right through your body and provide you little benefit. If mold won't grow on your food then it probably is not going to do you any good. I am not suggesting that you eat moldy bread!

WEAPONS THAT KILL CANCER

If you are waiting for the Food and Drug Administration to approve medicine or counting on a clinical trial to cure cancer, you may run out of time. No matter how bad you feel, and how bad you don't want to eat, you must get weapons into your body RIGHT NOW! Not just chemo, radiation and drugs – that is like killing a fly with a bomb. Effective - yes, and also destructive to a lot of healthy cells.

MIKE'S NOTE: My physicians and I decided treatment plans. We discussed the benefits and dangers of chemotherapy, drugs, and radiation. (I actually opted out of the radiation option because I felt it was too invasive. I wasn't worried about "long term" effects because "long term" for me was only a few months. I feel lucky that it worked out). Make decisions with your doctors and foster a good relationship with them. If you have multiple physicians working on your plan of survival (General, Oncology, Internal Specialist) get someone to assist in your care coordination. You need an advocate! I had my Neurologist do this effectively since I was too sick to. It can be a responsible family member, friend, or doctor. Just inform them that they are the "quarterback" of your survival. It is a great responsibility but also key in organizing your plan of attack.

WEAPONS LIST

Healthy Fat: You don't have to eliminate fat, just unhealthy fats. There are healthy fats which actually are essential to fighting malnutrition. Healthy fats such as fish oils and flax oil can help you beat cancer. These healthy fats line your cells which can help lower your blood glucose levels by making insulin more effective. These healthy fats also assist your immune cells recognize and kill cancer cells.

Vitamins & Minerals: Farms have used manure and compost to enrich the soil however; now farms are simply using nitrogen: phosphorous; potassium (N:P:K) as fertilizer. This has created a deficiency with minerals in our soil which creates a deficiency in our bodies. Minerals such as selenium, which when used daily, can reduce cancer incidence by 60%. If you deprive animals of magnesium they can spontaneously develop lymphoma!

MIKE'S NOTE: Take a basic multivitamin EVERY DAY. There are an abundance of them at the grocery store. I use gummy vitamins and leave the bottle next to my toothbrush. It might be the easiest thing to do.

Water: You have heard it before – we are mostly comprised of water. Water “bathes” our cells and keeps them able to absorb what they need. Water also balances the ph. of your bodily fluids – keeping your body from being too acidic and harmful to cellular structure. Chronic dehydration may cause poor concentration, constipation, frequent infections, and eventually may appear as cancer.

MIKE’S NOTE: Drink as much water as possible without being a danger to your health. Get a reusable water bottle and have it with you at all times. This helped me feel better during and after chemo treatments. I felt that I had more energy.

Friendly Bacteria: Yeast causes disease in humans that affect your body’s ability to prevent and fight cancer. “Free Radicals” and yeast are in your colon, creating a cancer-friendly environment. Sugar and “bad” fats combined with stress and “broad” antibiotics wipe out friendly bacteria and organisms. The effect is an overabundance of yeast in the body which can prevent proper digestion. Yogurt is a good source of friendly bacteria which will make your gut more efficient; creating less work and better ability to absorb healthy foods.

The following comes directly from, ***Beating Cancer With Nutrition***, by Dr. Patrick Quillen, **PhD, RD, CNS**.

Unfortunately, due to lowered immune status, toxic burden, malnutrition, sedentary lifestyles, stress, too much antibiotics, enhanced virulence of yeast strains, and people living indoors too much (where yeast thrives in the dark, warm, moist, stagnant conditions), we are becoming premature victims of yeast. While many cancer patients develop secondary or opportunistic yeast infections, there is good reason to believe that yeast may have started some cancers in the first place.

OXYGENATE YOUR SYSTEM

Cancer is an anaerobic growth. Anaerobic is a word coming from the Greek word "αναιρόβιος" (comprising from the words αν=without, αέρας=air and βίος=life) which literally means ***living without air***. Cancer hates well oxygenated tissues. Lung tissue is normally well oxygenated UNTIL people smoke and excessive “rusting” (Oxidation) of the cellular structures occur. This, combined with a lack of ANTI-OXIDANTS in your system creates a great opportunity for cancer to grow.

KNOCK THE RUST OFF WITH MOVEMENT!

Movement doesn't have to be excessive! Just walk around, stretch, get some oxygen into your system. We sit around too much at the computer or television, RUSTING! ***The most important weapon in the fight against cancer is oxygen!*** We can go weeks without food, days without water, but only a few minutes without oxygen. We are aerobic by design – cancer is the opposite.

SUMMARY

I don't know what you are going through. You are the only person who feels the way you do because EVERY case is different. I was 27 when I was diagnosed – newly married and just “starting” out. My thoughts would race as I was haunted by my diagnosis and prognosis, for years. Certain music, smells, and sounds trigger anxiety and memories of my surgical and hospital experience. I was a mess and to a certain degree still am. Cancer made me discover some things about myself, family, friends, and the world that I was living in. To say a cancer diagnosis is a shock doesn't begin to describe it. Cancer is more than a disease and requires more than eating well and exercise. Cancer will rearrange your priority list and moral compass, affecting your thoughts, hopes, and dreams. This is not necessarily a bad thing! You will value what is truly important in life – love and happiness. Don't sweat the small stuff –it doesn't matter anymore but don't lose your sense of urgency either. Start beating cancer now!

LINKS

These are links and helpful directions that I have used in the past. I do not get paid for sending you to these places. This information is here for your convenience. Buy these products wherever you prefer! ***Always consult a physician before you make health based decisions.***

Beating Cancer with Nutrition, book with CD (Paperback)

This is THE most essential tool that you can buy to help prevent cancer or reoccurrence! I have given this book to many people who needed to fight cancer and I know all of them are still alive today!

http://www.amazon.com/Beating-Cancer-Nutrition-book-CD/dp/096383729X/ref=sr_1_1?ie=UTF8&s=books&qid=1275078652&sr=1-1

Foods to Fight Cancer: Essential foods to help prevent cancer (Paperback)
I just got this book a few months ago and it is already a winner in my opinion! Great information that you can use every day!

http://www.amazon.com/Foods-Fight-Cancer-Essential-prevent/dp/0756628679/ref=sr_1_1?ie=UTF8&s=books&qid=1275078707&sr=1-1

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