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## **John Hopkins Cancer Update with** Life-Systems Engineering Science Comments & Corrections

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*Advancing the science of health through the works of Prof. Brian Peskin  
and other like-minded health researchers for the betterment of mankind..*



**John Hopkins Cancer Update** with  
*Life-Systems Engineering Science* Comments & Corrections  
[www.ScienceOrHealthIndex.com](http://www.ScienceOrHealthIndex.com)

*LSE Science Note: As is the case with most popular opinion when it comes to health and nutrition, this John Hopkins update is overflowing with incorrect info, misunderstandings, and is lacking in basic scientific, biological facts. Below are responses to each point with Life-System's Engineering Science applied. For full medical and scientific references backing up all LSE statements below by subject, please browse my website: [ScienceOfHealthIndex.com](http://ScienceOfHealthIndex.com) and read the books recommended.*

Cancer Update from Johns Hopkins:

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.

*LSE Science Reply: The above statement makes it sound like cancer cells are some foreign thing that "every person has" inside them. But this is completely wrong. Cancer cells aren't OTHER cells, they are your cells that have had their oxygen transfer abilities impaired and have become "zombified" living a kind of half life, propagating incessantly and feeding off or fermentation of sugar. The phrasing above also supposed that every tissue in your body has the potential to become "infected" with cancer, which is completely devoid of insight.*

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.

*LSE Science Reply: Let's be precise here. Cancer cells occur when oxygen transfer to NORMAL cells is reduced by about 32%, turning NORMAL cells into cancer cells. This was discovered and proved by Nobel-Prize winner, Dr. Otto Warburg, M.D. To understand this in its entirety, please read *The Hidden Story of Cancer*, by Brian. S. Peskin, B.S.E.E.-M.I.T. and visit [BrianPeskin.com](http://BrianPeskin.com).*

3 When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

*LSE Science Reply: Again, let's bring more details into the above statement. When the person has HIGH OXYGEN TRANSFER so that their cells "breathe, or their cells respire properly rather than turning to fermentation of sugar for their survival, they will NOT develop into cancer cells.*

4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.

*LSE Science Reply: Simple fact is, impaired cellular oxygen, due to lack of the proper form of EFAs, low protein foods, high sugar intake (carbs both starches, non-sweet as well as sugary) cause cells to become cancerous. Factors such as toxins from the environment and foods can damage a cell's ability to transfer oxygen and cause cancer to develop, but... having sufficient "Parent" Omega-6 and "Parent" Omega-3 EFAs, sufficient first class protein, a daily gentle detoxifier like Essiac©, and low sugar in your diet will give you a barrier against cancer-causing elements in your environment.*

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

*LSE Science Reply: See mention of supplements above.*

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

*LSE Science Reply: Chemotherapy is archaic. It's horrible! Modern science has not moved past this outdated practice because of a widespread misunderstanding of what Cancer is and how to beat it. It is important to note, though, that high EFA intake during chemo greatly reduces decline and helps keep oxygen transfer higher, saving some normal cells from dying as easily during the treatment and therefore is an ideal and greatly beneficial adjunct therapy along with chemo. This continues to be proved by doctors*

*prescribing proper EFA supplementation to their cancer during treatment.*

7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.

*LSE Science Reply: See above. There is a much better way to treat Cancer and improve chemotherapy results.*

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

*LSE Science Reply: And even more importantly, it can result in higher risk of developing Cancer in the future!!*

9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

*LSE Science Reply: Again, if the most basic facts about the prime cause of cancer, oxygen transfer, were accepted back in the 30's when they were first discovered, we would have moved far past treatments like chemotherapy long ago. There is a much better way!*

11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

CANCER CELLS FEED ON:

a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in color. Better alternative is Bragg's aminos or sea salt.

*LSE Science Reply: NO HONEY!! NO MOLASSES!! These two foods are loaded with sugar. Why they'd recommend these after just saying to not feed cancer cells with sugar, is just mystifying. Stevia is the only natural sweetener that can safely be ingested and not feed cancer cells. Or, simply cutting out all sweets is highly recommended because if you are fighting off this deadly disease, giving in to sugar cravings is as bad as feeding a murder who has invaded your home. Also they don't even mention starches like breads, potatoes, cereals... all of which turn to the very SAME sugar (glucose) as sweets do, in the bloodstream and feed cancer just as efficiently!! Unfortunately popular opinion constantly repeated simply has not got an understanding of what they're talking about.*

b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.

*LSE Science Reply: This is astounding and horrible advice. Firstly, the whole mucus feeding cancer thing is wrong. Cancer feeds on fermentation of sugar, plain and simple. Secondly, soy is just horrible! It's a carbohydrate, firstly, which is sugar and feeds cancer. Secondly, soy screws up digestion, and thirdly, soy is simply not food for a human. Our digestive systems are not designed to handle it. Please, please visit my soy section right here on [ScienceOfHealthIndex.com](http://ScienceOfHealthIndex.com) to read the facts and I highly recommend reading *The Whole Soy Story: The Dark Side of America's Favorite Health Food*, by Dr. Kaayla T. Daniel, PhD. CCN.*

c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.

*LSE Science Reply: The above statement is utterly false and completely unscientific. The acid/alkaline theory is irrelevant because the factors that go into the creation and proliferation of cancer are based on cellular oxygen transfer, not acidity. Protein is VITAL for preventing and beating cancer. Without sufficient first class protein, our bodies don't have any building blocks and degenerative disease, such as cancer, will set in.*

d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).

*LSE Science Reply: Please see the previous LSE comment. Recommendations of high veggie and fruits are completely wrong and have no biological or scientific foundation. Eating that way will FEED cancer, not starve it. Fruits, veggies, grains = feeding cancer and starving your body. Protein, EFAs, healthy natural fats = feeding your body and starving cancer.*

e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer fighting properties. Water—best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.

*LSE Science Reply: Again with the acid, alkaline nonsense! Yes, impurities, toxins, etc can contribute to lower oxygen transfer and lead to development of cancer, but otherwise the above information is just plain wrong.*

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines becomes putrefied and leads to more toxic buildup.

*LSE Science Reply: This is completely false. Enzymes are made from protein so the more you eat, the more enzymes are created .... there is nothing remaining "undigested!" The statements that: meat is "difficult to digest" and becomes "putrefied" leading to "toxic buildup" is horribly misleading and completely without biological foundation.*

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

*LSE Science Reply: Again, dangerously bad advice above. When you eat more meat you get MORE enzymes PLUS meat carries iron, which equals high oxygen transfer. Be very cautious about the information you hear and be sure to do your own research. This website will provide you with references so you can go get the facts yourself and you will also find complete and fully referenced information in *The Hidden Story of Cancer* book.*

14. Some supplements build up the immune system (IP6, Flor-ssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the bodies own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

*LSE Science Reply: There is nothing biologically or scientifically accurate in the above statement. It's true, it would be better for cells damaged by Cancer to die rather than live on in their "zombie" state, but the statements about vitamins affecting this the way described above is dubious. What you want to do is deprive cancer cells of their primary fuel, sugar. You want to increase healthy protein, reduce sugar/carb intake and greatly increase Parent Omegas-6 and 3 EFAs. This will strengthen healthy cells, prevent cells from turning cancerous, encourage a strong and efficient immune system, boost cellular oxygen levels, and prevent cancerous cells from thriving.*

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, unforgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

*LSE Science Reply: A healthy mind is certainly a huge benefit when it comes to disease prevention and overcoming illness. Perspective will affect healing and resistance, but... if you don't get the oxygen transfer in there, no good attitude will reverse cancer cell propagation. [Beating cancer is 99.9% PHYSICAL, period]*

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

*LSE Science Reply: Again this is incorrect and reflects a misunderstanding of how the body uses oxygen at a cellular level. Exercise will NOT get oxygen into the cell. You need EFAs for that. Without them, you can breathe to your heart's content, but the very vehicle to get oxygen into your cells, is missing. Also, remember, LDL (the erroneously called "bad" cholesterol) IS that vehicle. Reduce LDL, which carries necessary fats into your cells, and you increase risk of cancer and other illnesses. The reason for the misunderstanding of LDL has been that for years LDL has carried trans-fats into everyone's cells, instead of essential EFAs... and BAM, cancer rates skyrocket. Please read all about cholesterol right here at [ScienceOfHealthIndex.com](http://ScienceOfHealthIndex.com).*

1. No plastic containers in micro.
2. No plastic wrap in microwave.
3. No water bottles in freezer.

*LSE Science Reply: All three of the above pieces of advice are good ones. Overall, microwave ovens are convenient, but they are not the ideal way to heat your food regardless of containers or plastic wrap. Remember, whatever you place in a microwave with your food, will leech a bit into your food. Glass and other non-plastic recommended microwave containers are better, but it is best to heat on your stove or in your conventional oven when you can.*

**For further reading on the subjects mentioned above, please browse: [ScienceOfHealthIndex.com](http://ScienceOfHealthIndex.com) & [BrianPeskin.com](http://BrianPeskin.com) for medical reports, full definitions, medical and scientific references and more vital information. I would also highly recommend purchasing *The Hidden Story of Cancer* by Professor Brian S. Peskin, B.S.E.E., M.I.T.**