

# Pamela J. Firle, MA, LPC

Inspiration  
Education  
Transformation



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## AN OUNCE OF PREVENTION

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### **Mindful Connections**

*A program devoted to your body, mind and spirit.*

I am pleased to host *Mindful Connections* with fellow psychotherapist, Tina Moody. You can listen to podcasts of recent shows at [www.kdrplive.org](http://www.kdrplive.org) at your convenience. Just click on the link for **Saturday Talk Block**, and then **Mindful Connections**.

Recently archived programs include Putting Time on Your Side, I'm in a Hurry, Creating an Attitude of Gratitude and The Friendship Factor.

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Even though October is behind us I still feel the heightened attention of Breast Cancer Awareness Month, as I'm sure many of you do. It is hard not to think about breast cancer without imagining the faces of the women I know and love, and so it is with a sense of urgency that I want to talk about prevention.

Education and awareness campaigns have done a great job in instilling in us the importance of annual mammograms and regular breast self-examination, but when I look at the statistics of the number of women (and men) who will be diagnosed with breast cancer this year it is clearly not enough. It is a sad truth that treatment advances have increased the survival rate, but incidence rates have not decreased despite the billions of dollars spent on research.

I am a firm believer in mammograms and self-examination as tools of early detection. There is no doubt that they have saved countless lives and are worthy of our support. (Have you had your mammogram this year?) That said, I am also clear that early detection is not the same as prevention.

Early detection is about identifying cancer in the early stages, thereby enabling treatment to be more effective. True prevention is about supporting ourselves in a way that precludes the formation of cancer to begin with. The good news is that we know more about the factors that influence the formation of cancer than ever before, and consequently, have more information about preventing it. There is sound scientific research available, yet we hear little about it. It is characteristic of our society as a whole that we are more reactive than proactive, so our focus continues to be heavily focused on finding a cure (generally pharmaceutically based) than on prevention education. I have come to believe that while effective treatments are essential, the only way to truly eradicate cancer is to work to prevent it.

What we know about disease in general is that it is impacted by our physical, mental and emotional states, and cancer is no exception to this. Today I want to highlight what we know about physical prevention (perhaps with further discussion of other factors to come). Most of us understand that cancer is not something that invades the body from the outside (like a virus or bacteria), but rather is developed from our own cells. Research shows that most cancer is years in the making; resulting from small mutations in the replication of our cells compounding over time. It is the reason a pap smear (and other tests) can identify "pre-cancerous" cells; i.e. cells that have some mutations but are not yet cancer. What we understand from this is that the best way to prevent cancer is to keep our cells healthy. Thankfully, science has provided us with information about what is required for this.

Dr. Myron Wentz is internationally known for breaking the code on how to properly nutrient cells to be able to keep them alive and healthy in culture (enabling him to develop the first viral test kit for the Epstein-Barr virus among many others). He found that with the proper nutrients (including antioxidant vitamins and minerals), in the right balance, he could keep cells in culture perfectly replicating indefinitely. This research in immunology and virology provides a basis for understanding cellular health and why proper nutrition and supplementation are so important.

While I cannot control many things in the environment and daily life that create cellular stress, I am grateful that through Dr. Wentz's research we've learned how to nutrient cells to protect them and keep them healthy. I believe that maintaining cellular health is the best way to lower the risk of cancer and all chronic degenerative disease. To do that, we have to commit to prevention while we are well. Begin today - because every day counts, and they add up to a life that matters - *Yours*.