Even Small Sins can Cause Cancer or perhaps just bad dumb luck

Excessive Environmental risks and heredity get the most blame for cancer, but new research released says that even moderate bad lifestyle behaviors can cause cancer and some cancers are just bad luck.

Cancer patients often wonder “why me?” Does their tumor run in the family? Did they try hard enough to avoid risks like smoking, too much sun or a bad diet? Well maybe they should try harder. Let’s look at the new research on the causes of cancer.

Lifestyle and heredity get the most blame but new research suggests random chance and moderate bad behavior plays a bigger role than people realize: Healthy cells naturally make mistakes when they multiply, unavoidable typos in DNA that can leave new cells carrying cancer-prone genetic mutations. And moderate bad behaviors, viruses, and toxins can aggravate the problem.

How big? About two-thirds of the mutations that occur in various forms of cancer are due to those random copying errors, researchers at Johns Hopkins University reported Thursday in the journal Science. These errors occur more with just small exposure to carcinogens and viruses.

Once a cancer starts thru mutation, it is up to a healthy immune system to destroy it before it gets too big and opportunistic. So a healthy immune system and absolute minimum bad behavior is the best therapy to avoid the Big ‘C’.

That doesn’t mean most cases of cancer are due solely to “bad luck.” It takes multiple mutations to turn cells into tumors, and a bad immune system to grow. — and a lot of cancer is preventable, the Hopkins team stressed, if people take proven protective immunity steps.
But whatever the ultimate number, the research offers a peek at how cancer may begin.

**What causes Cancer?**

- Cancer is caused by alterations or mutations in the genetic code.
- Can be induced in somatic cells by:
  - Carcinogenic chemicals
  - Radiation
  - Some viruses
- Heredity - 5%

New research says that cancer mutation can happen with very small external cause or perhaps just bad luck during replication. The cancer will grow if the IMMUNE System is deficient or somewhat compromised.

And it should help with the “why me” question from people who have “done everything we know can be done to prevent cancer but they still get it,” said Hopkins’ Dr. Bert Vogelstein, a pioneer in cancer genetics who co-authored the study. “They need to understand that these cancers would have occurred no matter what they did.”

**GENE MUTATIONS CAUSE CANCER BUT WHAT CAUSES THE MUTATIONS?**
You might inherit some mutations, like flaws in BRCA genes that are infamous for causing aggressive breast and ovarian cancers in certain families.

More commonly, damage is caused by what scientists call environmental bad lifestyle factors — the assault on DNA from the world around us and how we live our lives. There’s a long list of risks: Cigarette smoke, UV light from the sun, other forms of radiation, certain hormones or viruses, an unhealthy diet, obesity and lack of exercise.

Then there are those random copy errors in cells — what Vogelstein calls our baseline rate of genetic mutations that will occur no matter how healthy we live, there is always background cosmic rays, water pollution, air toxins etc.

One way to think of it: If we all have some mutations lurking in our cells anyway, that’s yet another reason to avoid known moderate risks that could push us over the edge.

**HOW CELLS MAKE TYPOS**

New cells are formed when an existing cell divides and copies its DNA, one cell turning into two. Every time DNA is copied, about three random mutations occur, Vogelstein said.

We all harbor these kinds of mutations and most don’t hurt us because they’re in genes that have nothing to do with cancer or the body’s defense mechanisms spot and fix the damage, said Dr. Otis Brawley of the American Cancer Society, who wasn’t involved in the new research.

But sometimes the errors hit the wrong spot and damage genes that can spur cancerous growth or genes that help the cell spot and fix problems. Then the damaged cells can survive to copy themselves, allowing important mutations to gradually build up over time. That’s one reason the risk of cancer increases with age.

**THE STUDY FINDINGS**

New studies follow 2015 research by Vogelstein and statistician Cristian Tomasetti that introduced the idea that a lot of cancer may be due to “bad luck,” because those random DNA copying mistakes are more common in some kinds of cancer than others. Cancer prevention advocates worried the idea might sway people to beef up on healthier lifestyles. It is always wise to build a healthier immune system and reduce risks.

The duo analyzed mutations involved in 32 types of cancer to estimate that 66 percent of the gene flaws are due to random copy errors. Environmental and lifestyle factors account for another 29 percent, while inherited genes made up just 5 percent of the mutations.
DIFFERENT ORGANS, DIFFERENT RISKS

The same person can harbor a mix of mutations sparked by random DNA mistakes, heredity or environmental factors. And which is the most common factor differs by cancer, the Hopkins team said.

For example, they estimate that random cell errors account for 77 percent of critical mutations in pancreatic cancer — while still finding some caused by lifestyle risks like smoking. And the random DNA mistakes caused nearly all the mutations leading to childhood cancers, which is not surprising because youngsters have had little time to be exposed to environmental risks.

In contrast, most lung cancer mutations were the result of lifestyle factors, mainly from smoking. And while lung tissue doesn’t multiply frequently, the small number of mutations caused by chance DNA errors might explain rare cases of never-smokers who still get sick. “This paper is a good paper,” said the cancer society’s Brawley. “It gives prevention its due respect.”

OTHER SCIENTISTS SEE MORE TO THE STORY

Estimates from Britain suggest 42 percent of cancers are potentially preventable with a healthy lifestyle, and the Hopkins team says their mutation research backs that idea.

But Dr. Yusuf Hannun, Stony Brook University’s cancer center director, contends that’s just the number known to be preventable today — researchers may discover additional environmental risks we can guard against in the future.

He said the Hopkins paper exaggerates the effect of the unavoidable DNA mistakes. His own 2015 research concluded they account for 10 to 30 percent of cancer cases.

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Cancer can start even from just Bad Dumb Luck. But for cancer to grow the IMMUNE system must be compromised like with bad oil or bad sugar.

**Good Sugar and Oil**

Eat at least Five servings of fruits and Vegetables a day, use Vegetables as the Center of the Meal.

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good Fatty acids, not trans or cooked or animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (Cane, Corn, Potatoe, Grape sugar). Wellness is your Reward. Remember to chew your food, Fruits alone, Fluids alone, and Melons alone. Make Vegetable and Fruit juice part of your daily Wellness Healthy Regime.
Towards a Cure for Degenerative Disease with the new science of Electronics and Quantum Electrodynamics

ANOTHER GIFT FROM THE Angel

QUANTUM ELECTRODYNAMIC BIOFEEDBACK

The atoms of all things are made of mostly electrons and protons and other miscellaneous sub atomic particles. Everything has an electric field around it because of the electrons and protons that make it up. The workings of these atoms is covered in chemistry. In chemistry we learn that most atoms have imbalances in their outer electron shell. So they seek atoms that can help to fill theses shells. These shells are only explained in quantum physics. All things are only describable with quantum physics. The electrons are placed around the nucleus of the atom. If the nucleus is the size of a golf ball the electron is less than the head of a pin and about a half mile away from the nucleus. The truth is that we are mostly empty space. Space that is full of fields. Fields that interact and make biology possible. To study biology we must study these fields. But these fields are only explainable through electronics or quantum physics.

What we call modern medicine is not modern at all. In fact it is based in antiquated science of thermodynamic Newtonian physics and old style chemistry. Today a truly modern science is based in non linear fractal quantum electrodynamics. We need a more modern medicine. Traditional medicine has just been a puppet for the SYNTHETIC drug companies.

Everything has an electric field around it because of the electrons and protons that make it up. We all know about these fields today especially if you have traveled and had to go thru a metal detector. The metal detector senses the magnetic field of metal. Metals have a strong magnetic field. Other substances have a weaker or paramagnetic field such as water. It has weak field. Some things have an almost nil field and some substances such as bismuth have a negative field. But everything has an electric field around it because of the electrons and protons that make it up.

In a major Medical University Study done with over 100,000 patients, 7,000 patients with cancer were treated by qualified QED biofeedback therapists. There was over a thirty percent cure rate. The future of medicine is in modernizing away from SYNthetic chemistry towards the body Electric and QED.