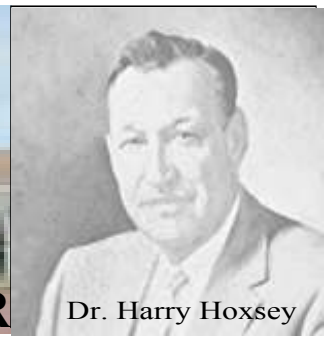




Mildred Nelson



BIO MEDICAL CENTER NEWSLETTER



Dr. Harry Hoxsey

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What Causes Cancer?

There are about 200 different types of cancer. It can start in any kind of body tissue. What affects one body tissue may not affect another. For example, tobacco smoke that you inhale may help cause lung cancer. Overexposing your skin to the sun could cause a melanoma on your skin. But the sun won't give you lung cancer and smoking won't give you melanoma.

Most illnesses (including cancer) are multifactorial. In other words, there is no single cause for any one type of cancer.

Cancer causing substances

A carcinogen is any substance capable of causing cancer. Tobacco smoke is a powerful carcinogen. But not everyone who smokes gets lung cancer. So there must be other factors at work as well.

Age

Most types of cancer become more common as we get older. This is because the changes that make a cell become cancerous in the first place take a long time to develop. There have to be a number of changes to the genes within a cell

before it turns into a cancer cell. These changes can happen by accident when the cell is dividing. Or they can happen because the cell has been damaged by carcinogens and the damage is then passed on to future cells when that cell divides. The longer we live, the more time there is for genetic mistakes to happen in our cells.

Genetic make up

There needs to be a number of genetic mutations within a cell before it becomes cancerous. Sometimes a person is born with one of these mutations already. This doesn't mean they will definitely get cancer. But with one mutation from the start, it makes it more likely statistically that they will develop cancer during their lifetime. Doctors call this genetic predisposition.

Less than 3 out of 100 breast cancers (3%) are due to these genes. So although women with one of these genes are individually more likely to get breast cancer, most breast cancers are not caused by a high risk inherited gene fault.

The immune system

People who have problems with their immune system are most likely to get some types of cancer. This group includes people who:

- Have had organ transplants and take drugs to suppress their immune system to stop organ rejection
- Have HIV or AIDS
- Are born with rare medical syndromes which affect their immunity

The types of cancers that affect these groups of people fall into 2 overlapping groups:

See What causes cancer on p-2



The guy behind the scenes.

Christian Cesar Mendoza Lopez, began working at Bio Medical Center in November 2002 as a night watch. Two years later he was given the opportunity to work regular daytime hours as an assistant to Chon, learning about plumbing, electricity, carpentry, laying tile as well as many other crafts. In 2007, Chon retired after almost 45 years of working for the clinic, making Christian head of

See Christian on p-4

What causes cancer p-2

- Cancers that are caused by viruses, such as cervical cancer and other cancers of the genital or anal area, some lymphomas, liver cancer and stomach cancer

- Lymphomas

Chronic infections or transplanted organs can continually stimulate cells to divide. This continual cell division means that immune cells are more likely to develop genetic faults and develop into lymphomas.

Environment

What is around us each day may help to cause cancer. This could include:

- Tobacco smoke
- The sun
- Natural and man-made radiation
- Work place hazards
- Asbestos

Some of these are avoidable and some aren't. Most are only contributing factors to causing cancers.

Viruses

Viruses can help cause some cancers. But this does not mean that these cancers can be caught like an infection. What happens is that the virus can cause genetic changes in cells that make them more likely to become cancerous.

These cancers and viruses are linked:

- Cervical cancer, and other cancers of the genital and anal area, and the human papilloma virus (HPV)
- Primary liver cancer and the Hepatitis B and C viruses
- Lymphomas and the Epstein-Barr Virus
- T cell leukemia in adults and the Human T cell leukemia virus

A defining study was carried out by Stanford psychiatrist David Spiegel, who set out to examine the extent to which the mental state of a patient influences the survival outcome of 86 women with advanced breast cancer. Spiegel, like most doctors, did not believe that attitude had any effect on the disease at all.

After reviewing the results at the 10-year mark, he was shocked to find that women who had weekly support psychotherapy lived TWICE as long as those who did not. That's better than ANY chemotherapy or other conventional treatment. Yet doctors never mention it.

Discovering possible contributors to cancer, whether emotions or external factors, is helpful, as it might direct us to take measures to minimize their risk. If emotions contribute to cancer formation,

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SALADS

Be wary of Salad Bars. Many people trying to lose weight eat predominantly at so-called "salad bars." This could be one of their mistakes.

Have you ever noticed that at home when you grate carrots and other vegetables, they soon turn brown? Yet, in some salad bars, they almost never turn brown. It is a common practice to use whiteners, preservatives, etc., on the vegetables so that they will look nice and stay "fresh" for hours (maybe even for days and months). These chemicals are so dangerous if ingested by some people that some states have a law that restaurants must post a sign stating they use the chemicals.

Also, at these salad bars, a big percentage of the food is potato salad (poor combining), macaroni salad (poor combining), pickled vegetables (poor combining) and fruit (poor if combined with vegetables). So, what is there that you can eat if you want to build your health?

Further, their salad dressings, whether fresh or not, are made with hydrogenated oil, and any flavor of their dressing will contain sugar.

I still say, it is better to eat just baked potatoes or fresh fruit when eating in restaurants.

By Lee Du Belle

Proper Food Combining Cookbook.

GUEST ROOMS



There are now guest rooms available for rent. Patients returning to the clinic after a day might enjoy the convenience of the guest rooms located on site. If you are interested, you can make reservations with Olga at the clinic office. Guest room rates are \$50.00 - \$60.00 USD.



What causes cancer p-3

then activities that control the emotions may be among the valuable pursuits in maintaining health. It is also possible that the same practices would be of special interest to those who have been diagnosed with cancer, who were then treated successfully, but remain at risk for recurrence of cancer.

The terminology frequently used in conjunction with a cancer challenge isn't a happy choice. 'Defeating cancer', 'winning the battle with cancer', 'beating cancer', and similar phrases seem to come from a place of (very understandable!) fighting and tension. But a firm determination to overcome cancer, the confident

emotion/conviction that "it can be done", is the key factor in any type of healing. Relaxing as much as possible, asking "What is this challenge supposed to teach me?", will contribute greatly toward a true journey of healing on the physical, emotional and spiritual level.

Guest rooms will soon have a Laundry room available for a reasonable fee.

| 2014 USA & México Holidays | | |
|----------------------------|-----------|----------------------------------|
| Clinic will be closed on | | |
| January 1 | Wednesday | New Year's day |
| February 3 | Monday | Constitución Mexicana |
| March 17 | Monday | Benito Juárez (birthday) |
| May 1 | Thursday | Día del Trabajo (México) |
| September 16 | Tuesday | Día de la Independencia (México) |
| November 17 | Monday | Revolución Mexicana (México) |
| November 27 | Thursday | Thanksgiving day (USA) |
| Dec 22-Jan 2 | 2 weeks | Clinic vacations |
| Jan 5, 2015 | Monday | Clinic opens from vacations |

BIO MEDICAL CENTER
OFFICERS AND DIRECTORS
Mike Thornton, President and Managing Director
Liz Jonas, Vice-President
Donna McCright, Sec'y-Tres.
Dr. Arturo Rodriguez, Medical Director

BOOKS

CANCER MEDICINE FROM NATURE

Second Edition by Roger Bloom \$15.00 USD

YOU DON'T HAVE TO DIE

By Harry Hoxsey \$5.00 USD

YES YOU CAN SAY NO

By Marie Carlson \$12.00 USD

WHEN HEALING BECOMES A CRIME

By Kenny Asubel \$20.00 USD

EAT FOR YOUR LIFE

By Alison Taafe \$35.00 USD

HEALTHY PLEASURES COOKBOOK

\$20.00 USD

VIDEOS AND CD'S

THE EXPERIENCE

By Carol Main \$20.00 USD

HOXSEY AT BIO MEDICAL CENTER

By Kenny Asubel \$20.00 USD

DR. ELIAS GUTIERREZ

At Cancer Control Society 2011

\$15.00 USD

Available at Bio Medical Center

To order call us at:

1 (619) 407 7858 or e-mail us at:

bmc_mimi@hotmail.com

(shipping & handling extra)

Christian p-4

the maintenance department. Part of his daily tasks are taking care of all plumbing and electrical problems, remodeling projects and new constructions that the clinic needs. Christian does them all with a calm demeanor, positive attitude and willingness to lend a helping hand to others.

His last project was just completed, a grill station that Mike Thornton, the clinic director, personally financed for the employees' convenience; since on weekends they can enjoy the pool area for their family and friends gatherings. The grill station will surely be put to good use.

Christian has shared his life with his girlfriend Mireya for the past 19 years, raising their children, Brian 17, Tony 12 and Naomi 9. After all this time together they decided to make it official by getting married this year, on May 10. The clinic owners were so gracious as to allowing them to have their wedding reception at the clinic pool area in company of their loved ones.

IONIC DETOX FOOT BATH

Available now

Cost \$20.00 dollars for 30 minutes.

WARNING: Not advisable if you are pregnant, or think you might be pregnant, or if you have an electrical implant such as pacemaker, cochlear, tens unit, etc. If you are currently taking any anti-rejection drugs, or have taken any anti-rejection drugs within the last six months.

HOXSEY-FRIENDLY RECIPES By patient LINDA WILLIAM , Who was here April 10, 2014 for her check up.

Cut up and cook two large chicken breasts in two tablespoons of olive oil, one tablespoon of butter, one tablespoon of chopped garlic.

When cooked, add premixed:

½ cup of chicken broth

2 tbs curry powder

¼ tsp cayenne

1 tbs honey

2 tbs arrowroot

2 tbs Braggs amino acids (made from soy)

Simmer until thickened, and serve over rice.

Appointments

We have begun to take appointments for specific days, but not for a specific time or doctor. As in the past, appointments are not required, but are encouraged to better serve the patients. The patient will still be required to be at the clinic by 9:00 AM and plan to stay most of the day. By making an appointment, the clinic will be able to handle the daily patient load more efficiently.

Visit our website: hoxseybiomedical.com
Comments and suggestions are welcome.