Kanker

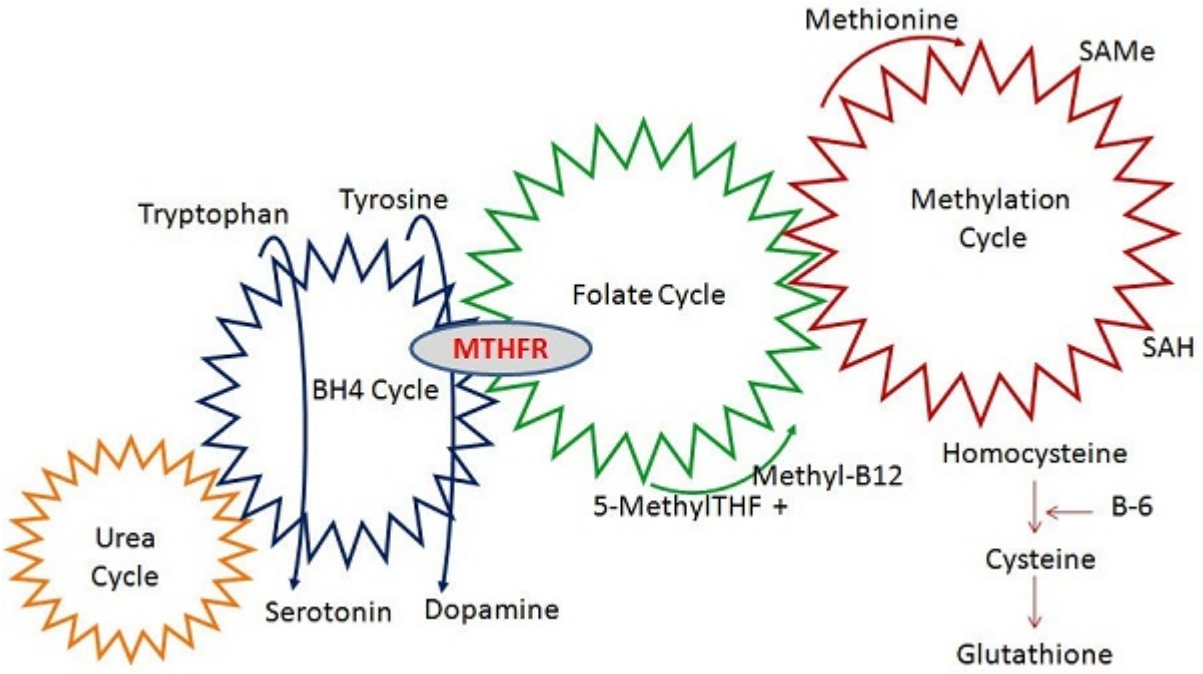
Dingen die je zou moeten weten over kanker.

Kanker is geen genetisch defect. Het is een epigenetische ziekte. (1,2,3)
Het is een gevolg van stress (toxische omgevingsfactoren die onze lichaam en geest moeten verwerken.) (4 t/m 10) Door de stress kunnen de 2 belangrijkste regelsystemen in ons lichaam uit evenwicht raken. De HPA -as (cortisol-productie, bijnieruitputting) en de HPT-as (hypofyse-hypothalamus-schildklier-as) en het heeft indirect een gevolg voor onze methylatie (11 t/m 15)

Algemeen:

Methylatie zorgt voor onder meer de aanmaak van antioxidanten*, ondersteunt bij het verwerken van gifstoffen (ammonia e.d.), en het is essentieel voor de aanmaak van onze neurotransmitters (dopamine, serotonine, melatonine, noradrenaline (norepinefrine) en adrenaline,epinefrine)).

Cortisol (antistress-hormoon) wordt aangemaakt in de bijnieren uit cholesterol. Het is voor alles een natuurlijke ontstekingsremmer. Daarnaast heeft het een regulerende werking op het metabolisme van glucose, proteïne en vetzuren. Het reguleren van je stemmingen en welbehagen, je immuunsysteem, je aderen en bloeddruk en het onderhoud van weefsels zoals het beendergestel, de spieren en de huid.
Tijdens stress zorgt cortisol ervoor dat je bloeddruk niet te hoog wordt en limiteert het heftige ontstekingen. Cortisol zorgt er ook nog eens voor dat er een hogere concentratie van glucose in je bloed komt wat weer voor meer energie zorgt (die je natuurlijk wel moet gebruiken want anders..vet!) Cortisol dempt de werking van het immuunsysteem, maar verlaagt tevens het aantal lactobacillen en bifodobacteriën in je darmen, waardoor je darmmicrobioom achteruitgaat. En voila, een prikkelbare darm en later een leaky gut.
Het beïnvloed tevens de gladde spieren in de darm waardoor ze aanspannen! (niet poepen kunnen/obstipatie/constipatie (nooit kunnen achterhalen wat het verschil is.)) (16 t/m 19)



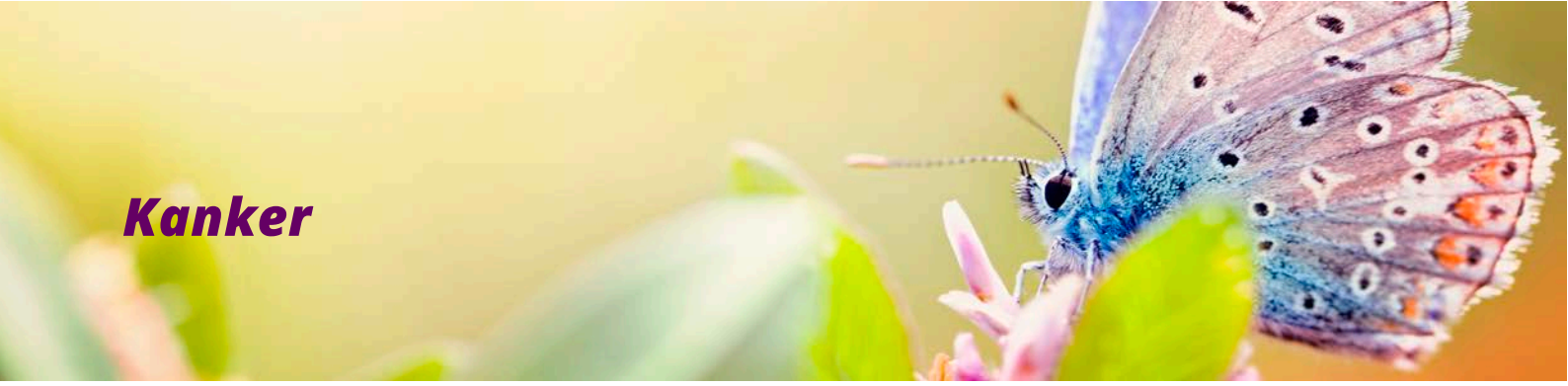
Bij de afbraak van voeding en het opruimen van troep in ons lichaam ontstaan vrije radicalen. Als je meer vrije radicalen produceert dan dat het lichaam m.b.v. anti-oxidanten kan opruimen, krijg je oxidatieve stress. Door oxidatieve stress neemt de werking van je cellen af. (20)

Werking van chemo:

De werking van de meeste chemo is gebaseerd op het leggen van crosslinks op het DNA in de cel, waardoor deze niet meer gaat delen/vermenigvuldigen. Het gevolg is heel veel oxidatieve stress, waardoor tijdens de chemo veel bijwerkingen ontstaan. Je zou tijdens de chemo dus antioxidanten moeten slikken. (21 t/m 63)

Alleen niet als de chemo bestaat uit: Mitomycine C (een eerder oude chemovorm) en Bleomycine (vooral ingezet bij testeskanker). Hun werking is namelijk juist gebaseerd op het toebrengen van oxidatieve stress aan de kankercellen, waardoor ze dood zouden moeten gaan.

Veel oncologen raden het innemen van antioxidanten af, of verklaren dat je dat dan maar op eigen risico moet doen. Dat komt door hun gebrek aan kennis. Er zijn alleen al in **Pub Med 29.594 studies (59)** terug te vinden **over vitamines en kanker** en de



meeste studies wijzen op een positieve relatie. Van de negatieve studies zijn de meeste onderzoeken uitgevoerd met synthetische derivaten of te hoge doseringen. We spreken in dit geval over de gevaren van selectieve wetenschap, gebaseerd op economische principes. (64,65,66)

Radiotherapie (bestralingen) werken ook d.m.v. het opwekken van oxidatieve stress door vrije radicalen. Er zijn momenteel nog onvoldoende studies die het veilig gebruik van antioxidanten samen met radiotherapie bewijzen. (67,68)

Andere vormen van conventionele kankertherapie zijn o.a. antihormonen therapie bij hormoon gerelateerde kankers. (Borst- en prostaatkanker en hun uitzaaiingen naar bot, longen en hersenen). Ook daar zijn onderzoeken terug te vinden die een positieve relatie laten zien, tussen bepaalde voedingsstoffen en kankerbestrijding.(69 t/m 104)

Een van de belangrijkste middelen om de hormonale kanker stamcellen te doden zijn broccolipoeder en waterkerspoeder.(76 & 82)

Maar wat mis je bovenal?

Jodium (105 t/m 111)

Wat heb je nodig om jodium in je cellen te krijgen? De antioxidanten. Wat heb je nodig om jodium te transporteren naar je cellen? Oxytocinum. (112)

- Antioxidanten:

SAM-e, gluthation, op basis van de vitaminen A, B, C, D en de spoorelementen seleen en zink en bioactieve stoffen als flavonoïden uit groente, fruit en groene thee.

S-adenosylmethionine (SAMe) is een zwavelhoudend aminozuur. SAMe wordt met name in de lever gemaakt uit het essentiële aminozuur methionine en ATP (adenosinetrifosfaat). De synthese van SAMe neemt met het ouder worden geleidelijk af. SAMe beschermt de lever tegen beschadiging door onder meer cytostatica, alcohol en acetaminofen.(113)

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