

CANCER CELLS

By Dr. Ramona Warren

Truly we are “fearfully and wonderfully made.” The human body is a marvelous creation. One of the amazing facts about our body is that it is constantly rebuilding itself day by day. Our cells are constantly dying and being replaced by new cells from the “building material” or nutrients that we feed our bodies. We are made up of over 75-trillions cells that normally grow and divide to produce more cells as they are needed in order for the body to remain healthy. However, this process of cell reproduction can often get off track and the cells in the body will start to reproduce abnormally. This can develop into what we know as cancer.

How many of us have been impacted by cancer, whether we have been diagnosed ourselves or a loved one has been affected? But what most people do not know is that each of us actually had cancerous cells in our bodies. We each experience abnormal cell growth on a daily basis and this abnormal cell growth is known as cancer. The good news is that in a healthy body our immune system is able to stabilize the abnormal growth and get things back into balance, which prevent us from developing cancer. It is when our immune system is deficient that the abnormal growth of cells gets out of control and cancerous cells continually multiply creating a tumor.

Studies show that the main contributing factor for developing cancer is lifestyle, with obesity being at the top of the list. We are a country of people that are overfed yet undernourished from eating an overabundance of poor quality, “fake” foods. Simply making healthier choices and taking better care of our bodies will help keep our immune system strong so it can fight off the cancerous cells that begin to develop each day. Start with choosing to eat REAL food instead of processed or packaged foods. One of the most important nutrients we need every day is good quality water. Our bodies can go weeks without food but only a very short time without water. Exercise is also a choice that we can make to help decrease our odds of developing cancer. Simply walking for thirty-minutes five days a week goes a long way. Even if you divide your activity into three ten-minute sessions a day it will help improve your health. Being sedentary is much like a stagnant stream. Just imagine in your mind what a stream looks like and smells like when it is no longer flowing. The stream becomes foul, filled with trash and debris and literally stinks. This is what the body becomes like when we fail to give it exercise and activity on a regular basis.

We can do so much to help decrease the odds of developing cancer by simply taking responsibility and making healthier choices. These healthy choices will go a long way in helping to keep our immune system built up so that it can fight off the abnormal cell growth that leads to cancer. When we realize how much we impact our own lives by our choices, we can see what truly marvelous creations we are.