

**11 THINGS  
YOUR  
CANCER  
PROGRAM  
NEEDS TO  
ADDRESS**

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# 11 Things Your Cancer Program Needs to Address

*By Dr. Michael Karlfeldt*

If you or a loved one has been diagnosed with cancer, you may be feeling overwhelmed and confused.

There are so many options available for treatment; how do you know which program is right for you? This guide will outline eleven things your cancer program should address to give you the best possible care.

1. Mind set
2. Nutrition
3. Exercise
4. Root Cause
5. Detoxification
6. Inflammation
7. Gut health
8. Immune System
9. Mitochondria
10. Cancer Drivers
11. Cancer Stem Cells

# 1. Mindset



Hearing the words, you have cancer is probably one of the scariest sentences we will ever hear. However, it is essential when that takes place to take a deep breath and not let go of your power. Cancer is not a death sentence. It took a long time to develop, and we have time to reflect on the most appropriate treatment.

The oncologist wants to rush us into therapy immediately. We have more healthy cells than cancerous ones. It is necessary not to become cancer-focused but focus on your Health. By nourishing your mind and body, you can create an anti-cancerous environment.

Your body obeys your beliefs, thoughts, desires, and mental patterns.

***Health starts with your mind.***

***So does cancer.***

When we receive a cancer diagnosis, we become overwhelmed by the gravity of the situation.

Because of the seriousness, feeling the urgency to resolve it quickly, and thinking that someone else knows better, frequently, we try to shift the responsibility to someone else, such as a doctor. It is time to reflect and ask the important questions as to who you are, what is your purpose, what is your passion and how do I relate to the people around me and my environment.

This way, there's a recognition that we are much more than just life; if we die, we still exist in our pursuit of fullness and joy. By having life as all, fear of death becomes like a 700-pound gorilla beating on you when you're battling cancer.

There is no doubt in your mind that you will succeed and are the best player on the field.

By retaining the power and the responsibility, you can create a team around you that can assist you on your journey towards help. This is different from handing your ability to a doctor or psychologist and blindly following their directions. It is your body; you have an inner knowing that will guide you to the right path.

Trust in that inner feeling; as you do, it will be more transparent and precise and guide you to better health and more joyful life. Everything that you have done so far has brought you to this point. By continuing the same pattern, you will achieve the same result. It is time to reflect and ask critical questions about who you are, your purpose, your passion, and who I am about my environment. What relationships am I fostering, and what do these relationships tell me about what I think of myself?

Make an emotional and spiritual inventory and assess what parts are not resonating with your true identity. Then, detoxify yourself from those parts of your life and establish a genuine spiritual connection beyond life to remove the fear of death. This way, there's a recognition that we are much more than just life; if we lose a life, we still exist in our pursuit of fullness and joy.

By having life as all, fear of death becomes like a 700-pound gorilla beating you when you're battling cancer. There is no way to achieve healing from cancer while holding on to the fear of death. Instead, we must be at peace with death and exist in a space beyond life with purpose, gratitude, and passion.

Let go of fear and step into the journey of healing as if it was the Super Bowl and you were the quarterback to lead your team to victory.

There is no doubt in your mind that you will succeed and be the best player on the field. Cancer is your Super Bowl.

Focusing on the possibility of losing and the implications of that outcome will drastically reduce your chance of winning.

## 2. Nutrition



### ***Cancer is a cell stuck in survival mode.***

Cells that are not adequately nourished try to compensate until they reach a point where they have to figure out an alternative way to survive. Nutrition is the key to preventing this process. The body requires that we feed the building blocks it comprises.

These building blocks come from natural, unaltered food close to nature. So it is not only about supplying the body with vitamins and minerals in a supplement form but also with nutrients that are structured in a complex form that introduces intelligence to the cells. Intellect that will support the life force within you. When we eat a carrot, for instance, we not only benefit from the specific micro and macronutrients in it. We also benefit from how these nutrients are structured and connected.

The bonds between these nutrients and how they are structured together contain energy and intelligence released when we ingest them. We may look physical and feel

physical, but we are genuinely energetic beings. We consist mainly of space and vibrational patterns.

Physics has shown us that matter and vibration are the same. We not only supply the specific building blocks required to build healthy tissue but also introduce harmonizing frequencies. The exciting thing with vegetables, fruits, and berries is that they contain so many nutrients yet to be identified and understood that are highly beneficial to your well-being.

Many studies have shown that people who exercise and keep moving increase their chances of beating cancer by more than 30%. There's no drug on the market that is that effective.

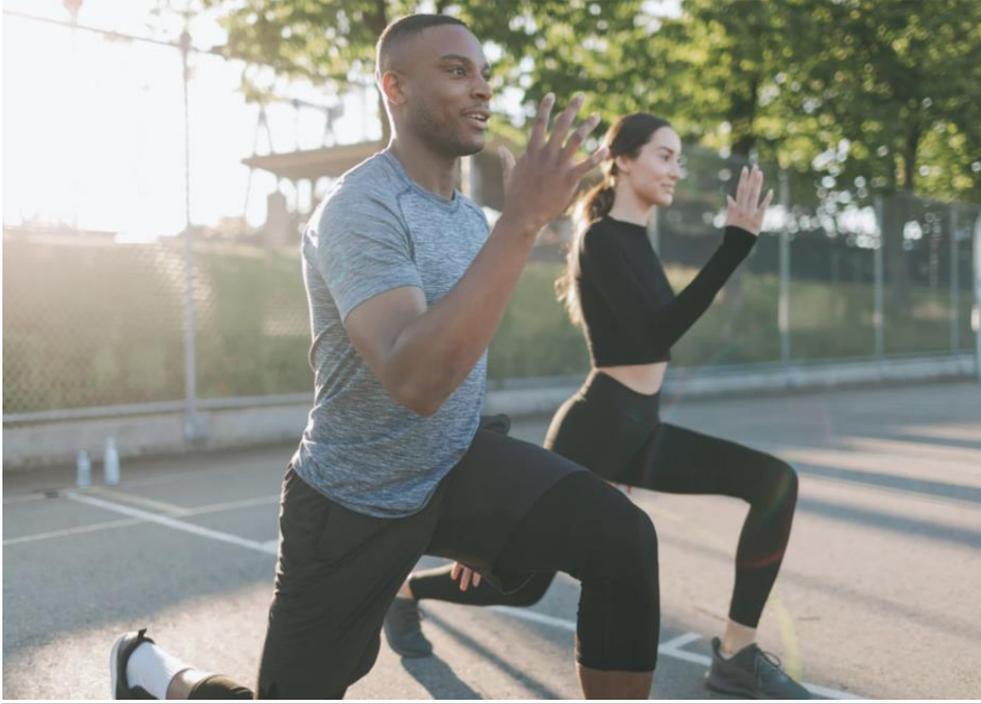
When it comes to cancer, there are many diets that we can choose from that can be beneficial. It can be very confusing to know which one would be the most helpful for my type of cancer. It is essential to come with a mindset that eliminating foods that are toxic, inflammatory, and void of nutrients will take you far on your journey. I always tell my patients that one step in the right direction is a step in the right direction.

Food can feed your cancer or support your body's ability to fight it.

Clean out your pantry and refrigerator from all toxic and cancer-causing foods and replace them with vibrant, life-giving food instead. The exciting thing with vegetables, fruits, and berries is that so many nutrients yet to be identified and understood are highly beneficial to your well-being.

Eat a wide variety of these foods. Pick fruits, vegetables, and berries from all parts of the spectrum. Each color has unique phytonutrients, and we need them all for optimum health.

### 3. Exercise



***Movement is life.*** As soon as we stop moving, we start dying. The body is designed in such a way as to preserve resources. It will shut down the areas that are not being used. Many studies have shown that people who exercise and keep moving to increase their chances of beating cancer by more than 30%. Unfortunately, there's no drug on the market that is that effective.

By moving, we continually clean the fluid around our cells, so they are bathed in a nutrient-rich, toxic-free fluid. We all know the difference between the water in a stagnant pond versus a flowing river. Where there is stagnation, toxins build up, pathogens proliferate, and nutritional resources are quickly used. A cell living in that type of environment will not be healthy.

**Exercise supports our emotional and mental well-being.**

As discussed earlier, this is crucial for our ability to have a successful outcome when battling cancer.

In addition, studies show that neurochemicals are released as we exercise, making us happy. So do whatever you can to stay active. For example, if walking to the bathroom is as far as you can walk, try to make an additional trip just for exercise.

This means that being happy supports and strengthens our immune system. Every person has cancer cells floating around in the body every day. Our immune system patrols the body identifies the cancer cells, and eliminates them.

Exercising stimulates the proliferation and activity of the various components of the immune system.

So do whatever you can to stay an active example. For example, if you can't get to the bathroom, try to make it a little bit differently next time.

## 4. Addressing Root Causes



***Cancer does not appear without a cause.***

There's always a driver that initiates the process. Sometimes it can be a combination of reasons that push the body into a survival state, creating dysfunctional genetic patterns.

Cancer is only a symptom; you will only cover up the expression of the symptom momentarily by focusing on tumor reduction.

After the tumor is removed through surgery or gone from radiation or chemotherapy, if the root causes are not addressed, the likelihood of tumors appearing in other locations is very high. When addressing the root causes, it is essential to understand that they all add up to a level where the body can't compensate anymore, resulting in cancer. Each factor starts to fill the bucket and the body is able to compensate up to the point when the bucket is so full that it starts to overflow.

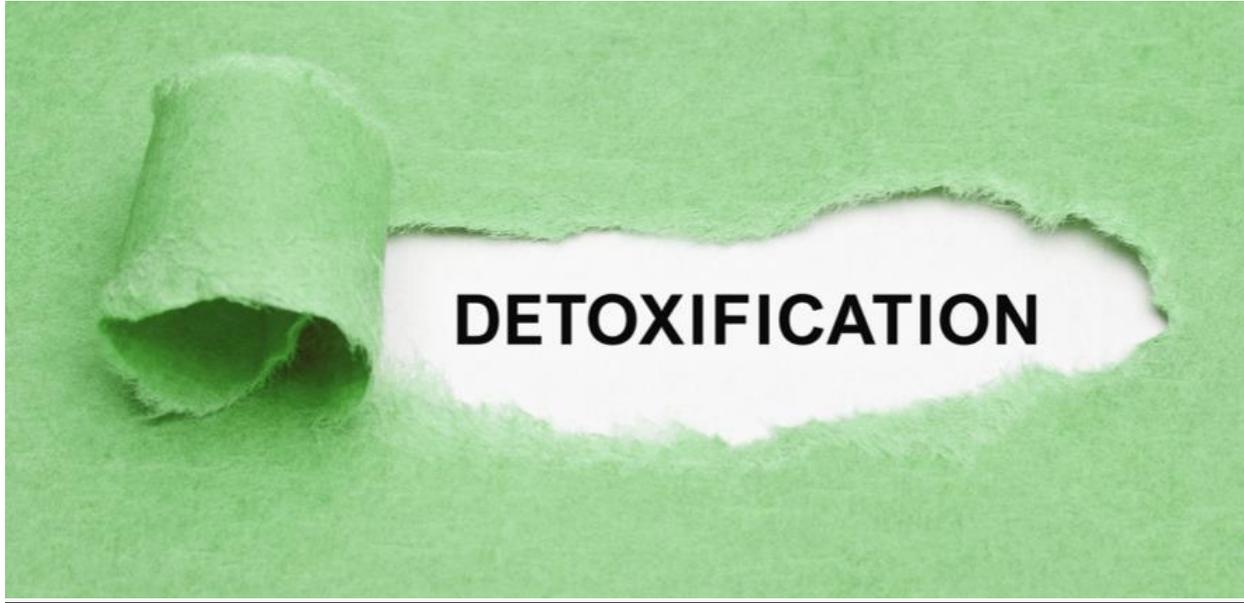
As you are investigating what may be behind your cancer, each factor that is addressed will begin to lower the level in the bucket until it gets to a point where your body can re-establish healthy patterns.

Factors to consider when dealing with cancer are a buildup of toxins such as heavy metals and chemicals; pathogens such as mold, parasites, fungus, bacteria, and viruses; traumas, and nutritional deficiencies.

These factors are also considered epigenetic factors.

**Genetics plays a minor role as genes can be turned on or off depending on epigenetic factors.**

## 5. Detoxification



There is a reason that we have four pathways of elimination and only one way for the introduction of food substances.

Detoxification is vital for the well-being of the body.

Our cells, which make up all our tissues, cannot thrive in a toxic environment. Just like a fish depends on the water quality in the fishbowl, the cells will die if the fluid around them is harmful and does not sustain life. Proper detoxification needs to consider that the pathways of elimination are open. These pathways include the bowel, kidneys, skin, and lungs.

These are our exit pathways. If they are impeded, waste will accumulate making the body stagnated and toxic.

It is essential to consider the toxins being addressed in a detoxification program.

Consider the freeway in a metropolitan area during rush hour with all exit ramps blocked off. The result is total gridlock.

This is how vital the eliminatory pathways are. Once they are open and flowing appropriately, we can accelerate the liver's ability to process toxins, lymphatic drainage, and intracellular detoxification.

Signs that the elimination pathways are not open include constipation, eczema or other skin issues, asthma or other respiratory concerns, and urine that is completely clear even when drinking only a modest amount of water.

In a detoxification program, it is essential to consider the toxins being addressed. If it is something like lead or mercury, include the appropriate binder and detoxifying agent to handle these heavy metals. If it is glyphosate, another detoxifying agent would be more appropriate.

## 6. Inflammation



### ***Cancer is an inflammatory disease.***

No cancer can exist without inflammation being there first. Cancer and surrounding stromal and inflammatory cells work together to create an inflammatory tumor environment.

Cancer-causing inflammation blocks the immune system from killing cancer and supports tumor-promoting signals.

Inflammation is an immune response to something unwanted in the body. This can be a food, pathogen, toxin, or emotion. Chronic inflammation in any body area is because the inflammatory factor persists or the body does not have the resources to heal the area thoroughly.

Chronic inflammation has been linked to various steps in tumor initiation, including cellular transformation, promotion, survival, proliferation, invasion, angiogenesis, and metastasis. To be successful, once diagnosed with cancer, eliminating inflammatory factors and including anti-inflammatory agents are essential. Inflammation is an immune response to something unwanted in the body.

This can be a food, pathogen, toxin, or emotion. Chronic inflammation in any body area is because the inflammatory factor persists or the body does not have the resources to heal the area thoroughly.

Cancer is considered a wound that never heals or, in other words, a chronic inflammatory response that is never addressed. However, several tests can help evaluate the level of inflammation in the body and identify what triggers the immune system to promote inflammation.

## 7. Gut health



### Health and disease genuinely start in the gut.

About 80 to 90% of your immune system exists along the gut and more than 30 different neurotransmitters are produced in the gut.

The 100 million neurons in the gut is one of the reason the gut is frequently referred to as the second brain.

However, some people argue that it should be considered the first brain. It is in the gut that 95% of our body's serotonin is produced.

Serotonin is known as our happy neurochemical.

There is a direct connection between the gut and the brain through the vagus nerve. Additionally, more and more information is coming out about the health benefits of beneficial bacteria supporting the digestion and absorption of nutrients.

There are hundreds of beneficial bacteria in the gut, each with thousands of subspecies. The complexity of the functionality of this microbiome is astounding.

It is in the gut that we break down food substances that are required for proper cellular function. When this function is disturbed, the rest of the body suffers. Food that is not properly digested in the gut ferments, creating disease-causing by-products, endotoxins, which, over time, will trigger inflammation along the gut lining, leading to it becoming leaky.

This initiates a vicious cycle of dysbiosis where poor digestion triggers undigested food to irritate the intestinal lining, causing inflammation and histamine release, which leads to gaps forming between the mucosal cells of the gut lining. As a result, the absorption of digested nutrients becomes impaired, and larger, undigested particles will pass through the gut lining into the bloodstream.

The immune system will start to react to these food particles causing more inflammation and histamine production.

These undigested food particles nourish harmful bacteria and yeast in the intestines. As a result, these disease-causing pathogens will start to thrive and spread throughout the intestinal tract. This overgrowth creates a barrier along the intestinal lining, preventing appropriate food absorption.

The metabolic toxins of these pathogens cause more inflammation along the gut lining, causing more undigested food to pass into the bloodstream and causing even more stress on the immune system.

**Over time the toxins released from these unfriendly gut pathogens will overload the liver**, reducing its ability to detoxify chemicals and heavy metals that we are exposed to daily.

As you can see, the health of the gut is central to the well-being of our mind, the energy production within our cells, the availability of building materials to repair tissue, control of inflammation throughout the whole body, our ability to detoxify, and the health and efficacy of our immune system.

Therefore, while dealing with cancer, the gut should be a priority. Another factor to consider is that chemotherapy is known to destroy the gut, thus impacting all the areas previously mentioned.

## 8. The Immune System



The immune system is the body's army, fighting off pathogens and cancer.

It continually surveys the body for abnormal cells and, when encountering them, will go into the attack and destroy mode. It is a known fact that surgery, radiation, and chemotherapy will never be able to get rid of all cancer.

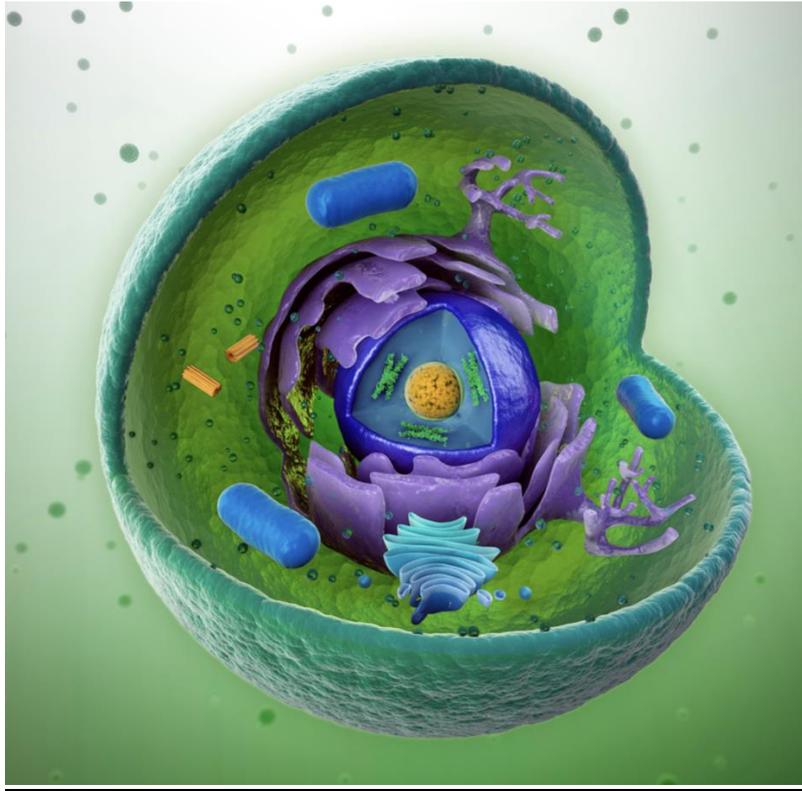
**It is the immune system's job to finish the elimination of the remaining cancer cells.**

The issue is that chemotherapy is very detrimental to the immune system.

This puts an individual in a very vulnerable place, allowing remaining cancer to go unchecked by a crippled immune system. Also, something to consider, surgery in itself is very immunosuppressive.

This can also enable cancer to metastasize. A leading Naturopathic Doctor, who has worked with cancer patients for over three decades, mentioned that surgery increases the likelihood of metastasis by 40%. As you can see, it is essential to utilize immune-boosting strategies pre-and post-surgery and throughout any type of chemotherapy.

## 9. Mitochondria



### **Cancer is a metabolic disease.**

It is a dysfunction in how energy is produced within the cell. At the core of cellular energy production is the mitochondria. It is the cell's energy factory where fuels such as sugars, fats, and protein amino acids are burned with oxygen to make energy.

The mitochondria control genetic repair and also hold the cell death switch. Adults have about 10 trillion mitochondria, comprising up to 10% of their body weight and generating their entire body weight of energy molecules, ATP, daily.

When a cell becomes too dysfunctional, the cell death switch is triggered, destroying the cell. A cancer cell bypasses that mechanism by alternately producing energy through fermentation.

It is a very inefficient way to generate energy.

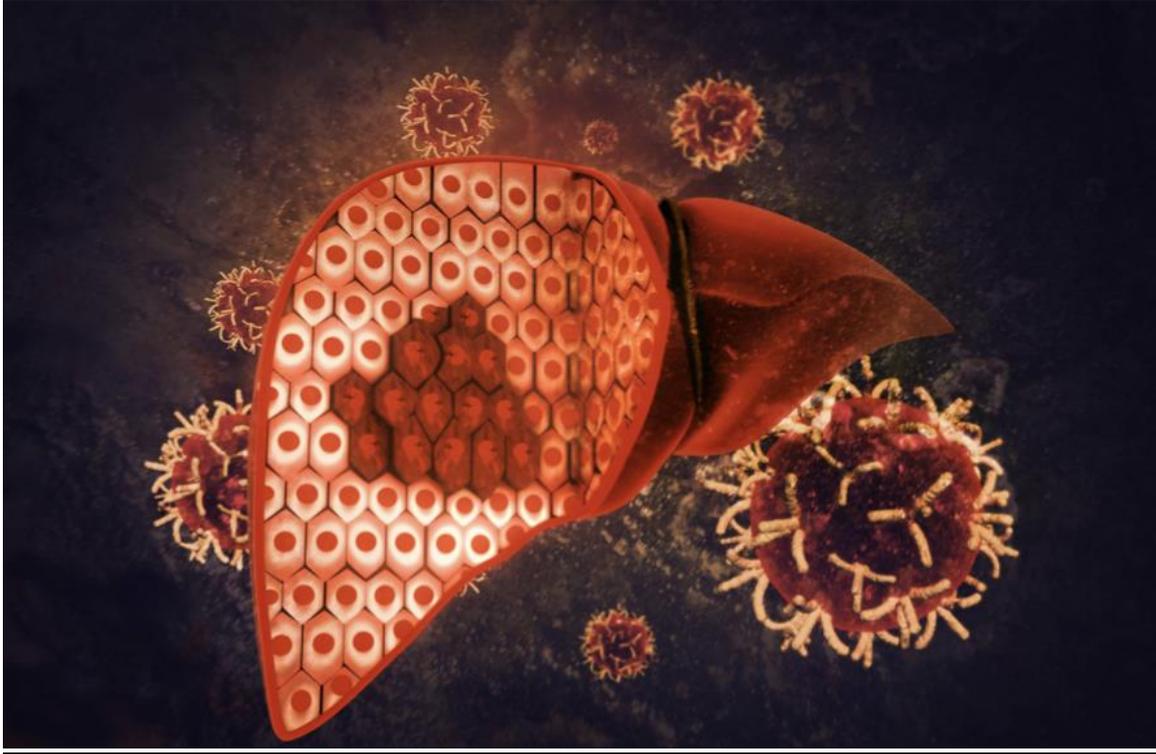
This alternate way of making energy is a survival mechanism forced upon the cell when the mitochondria become dysfunctional, and the cell is hypoxic, lacking oxygen.

Even though fermentation is an inefficient way to produce energy, the cancer cell prefers its benefits.

The fermentation process generates chemicals, such as lactic acid, that support the growth of a tumor, metastasis, conversion of healthy cells to cancerous in the tumor's microenvironment, and the development of blood vessels to support the nutritional need of cancer. Including strategies to activate the mitochondria becomes critical in successfully eliminating cancerous cells as it will activate apoptosis, the cell death switch.

Shifting the energy production away from fermentation will also reduce the production of lactic acid. Additionally, healthy functioning mitochondria will improve genetic repair and minimize mutations that can drive the cell to become cancerous.

# 10. Cancer Drivers



Cancer's survival depends on cancer driver genes, oncogenes, that support the functions needed for cancer to thrive.

There are a number of genes that function as cancer drivers in two or more cancer types.

For instance, triple-negative breast cancer will have different drivers than pancreatic cancer would have. This is because several genes have driver roles in two or more cancer types.

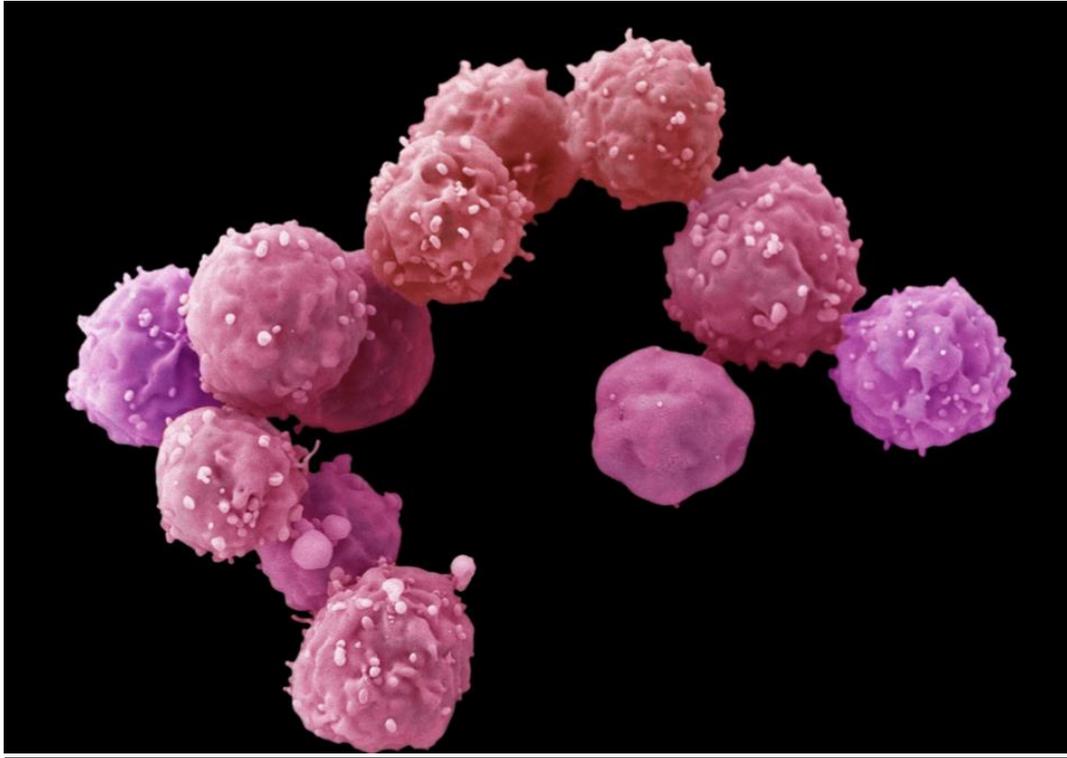
The genetic mutation associated with most types of cancer is P53, followed by KRAS and PTEN. P53 is considered the guardian of the DNA because it assesses for DNA damage and attempts to repair it; if it can't, it initiates cell suicide. There are effective strategies to minimize the impact of these cancer driver genes and reduce the level of cancer-causing mutations.

Additional factors to control are growth factors such as IGF1 and factors promoting the production of blood vessels to the tumor, such as VEGF.

Since cancer is very inefficient in using nutritional resources, shutting down drivers that support the transport of nutrients to cancer, such as VEGF, becomes a powerful strategy to starve and kill cancer.

Other factors frequently upregulated in cancer include NFkB, cMYC oncogene, Bcl-2, mTOR, and PI3K/Akt signaling pathway. As you evaluate what type of cancer and the associated cancer driver genes, you can pair that with nutritional strategies to block the effect of these drivers.

# 11. Cancer Stem Cells



Cancer stem cells (CSCs) are a small subpopulation of self-renewing malignant and oncogenic cells that drive tumor initiation and progression. CSCs play pivotal roles in tumor initiation, progression, cell death resistance, therapy resistance, and tumor recurrence following treatment and remission.

Traditional cancer strategies such as chemo and radiation are very effective in shrinking tumors. However, they are very ineffective in impacting cancer stem cells.

The cancer stem cells in tumors are not only therapy-resistant but can be stimulated by chemo and radiation. More often, cancer may increase aggression following therapeutic intervention such as chemotherapy due to this subpopulation of cancer stem cells with resistance properties, subsequently capable of re-initiating the tumor, causing tumor relapse.

Cancer stem cells move freely around the body forming new tumors and are capable of renewing themselves.

**They are 100 times more aggressive than normal cancer cells, and a cluster of a hundred cancer stem cells can create a new tumor in a new location.**

Many natural agents show great promise in modulating these cancer stem cells. The key is to keep them silent while clearing out abnormal cancer growth throughout the body. For example, suppose a person chooses to undergo traditional cancer care. In that case, it is important to include natural therapies to reduce the activation of the cancer stem cells to minimize the risk of cancer becoming more aggressive after cancer therapy's conclusion.

# Your Next Steps

We hope this guide has helped you understand the importance of cancer program compliance and what your cancer program needs to address.

If you have any questions or want help creating or improving your cancer program, please don't hesitate to contact us.

We offer free 15-minute consultations with Dr. Karlfeldt so that you can get started on the right foot.

**To schedule a free 15-minute cancer consultation** with Dr. Karlfeldt, call 208-338-8902 or email us at [info@thekarlfeldtcenter.com](mailto:info@thekarlfeldtcenter.com).

I look forward to being part of your cancer solution.

Dr. Michael Karlfeldt



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