

Mitigating the Risk of Developing Cancer

A disturbing fact: As many as 39 percent of all women and men will be diagnosed with some form of cancer in their lifetime. While there is certainly a large genetic component to one's risk of cancer, experts tell us that more than 85 percent of all cancers are significantly contributed to by environmental pollutants—and humans are releasing more than 700,000 tons of pollutants into our collective air every single day.

“We are all at risk of developing cancer,” says Dr. Darlene Holloway, a board-certified naturopath and owner of the Alternative Health Center of Cary. “Some of us are more at risk than others, but there are many things we can do to mitigate these risks whether you are genetically predisposed or not.”

Dr. Holloway offers a wide variety of therapies and preventative treatments that address the whole person—mind, body and spirit—as alternatives or complementary methods of addressing cancer risk, and already developed cancer.

“The very first thing we need to do to start decreasing risk of cancer is to look at diet,” she explains. “Without a nutritionally rich diet that nourishes and assists in the effective removal of toxic substances from the body, over time we lose strength and vitality. Immune systems become suppressed, with dire consequences—sometimes including the manifestations of cancer.”

pH BALANCE

“Our objective,” she says, “is to make sure the body is functioning with appropriate pH balance, concentrating on live, wholesome foods, and eliminating excess sugars that only serve to feed cancer cells. Methods to do this may include juicing

with green juices, green juice fasting, and removing even fruits as a source of sugar.”

On the path to health, Dr. Holloway will address lymph drainage through lymphatic massages. Lymph is a clear fluid that circulates through the body via the lymph system, bathing the tissues of the body to keep them cleansed and firm, and carrying toxins away. The lymph nodes are the filters of this system, trapping bacteria, viruses, and cancer cells to be safely eliminated from the body.

“When the lymph system gets congested,” Dr. Holloway explains, “often due to lack of exercise and a sedentary lifestyle, it can be detrimental—particularly for women with breast cancer, or those with a family background of breast cancer who are at higher risk. Lymphatic massage is an excellent preventive treatment to ensure the lymph system stays healthy and functioning.

“And then, of course, there's the colon. As we stir all this stuff up, it's going to make its way to the gut. Once there, if the colon isn't functioning properly, all this toxic fluid is going to sit there and be reabsorbed. Colon hydrotherapy is a wonderful method for helping to heal the colon and restore optimal functioning, thereby allowing it to do its job of eliminating toxins from the body efficiently and effectively.”

CHEMOTHERAPY

Now, Dr. Holloway continues, “if a person comes in who is currently undergoing chemotherapy for cancer treatment, my goal is to work in conjunction with that treatment to support the body in its process to heal, and use these gentler, alternative methods to complement the other therapies. In such a case, we would wait three days after a chemo treatment to do hydrotherapy, so as to allow the chemical to work on the cancer



Dr. Darlene Holloway, widely recognized as one of the country's pre-eminent colon hydrotherapists.

cells, and then help the body to eradicate the left over toxins from the chemo itself.”

Dr. Holloway has won numerous awards for her outstanding achievements in colon hydrotherapy, and continues to be recognized by the International Association of Colon Hydrotherapy for excellence. Some years ago, the organization tapped her as the first Colon Therapist of the Year by the International Association for Colon Hydrotherapy. **h&h**

For more information about colon hydrotherapy and other therapies offered at the center, contact:

**ALTERNATIVE HEALTH CENTER
OF CARY**

**919 Kildaire Farm Road
Cary, NC 27511**

Telephone: (919) 380-0023

**www.ahealthcenter.net
www.coloncleansenc.com**