

# Want to **CANCEL-OUT** Cancer? **DITCH** Disease? **WASH OFF** Weight?



I've had a lot of health stuff brought to my attention in recent months; so much so that I'm kind of wondering if I'll end up writing a whole book on it? I figured I'd start with this article and see what happens, so here goes.

Health is such a simple thing, in my mind. The ways of the world have just messed it up so bad, that most people don't know which way is up anymore. It's not just all the poisonous products, food and drink, and medicines. It's the whole thought process behind how to "fix" something. It seems that we try to treat a particular health issue as though it has nothing at all to do with the rest of the body, and that the body isn't affected by anything else. It's absurd to me, because obviously, it is connected to the rest of the body, and the body is in an environment at all times. So how do I hit on everything in one article? You know it's hard for me to be brief! But I'm going to try! Let's just make a list of some of the basics:

1. **The Junk in our Food and Drinks:** God put food on the earth for us in a form that nourishes the body, giving it all it needs to repair itself from just about anything. The fresher (and more organic!) and raw and simple the food, the finer the nourishment. The more tiny cells of the food you break open as you eat it, the more nutrients you release; that's why chewing things slowly and very fine or even juicing are so beneficial. When we process and add junk (mostly unnatural and therefore, poison to our bodies) we not only cook all the nutrients out, but we add things our body doesn't recognize, and so it's identified as a toxin. Most people eat and drink nothing but toxins, all day long. (Soda and most packaged drinks are a great example.)
2. **Overload of Toxins in Eating:** Yes, the body has very complex systems to remove all these toxins, but Holy Smokes! Most of us take in way more than the body can handle. Our choices of food and drink alone make it nearly impossible for it to keep up, but we also go without "oiling" that system by not giving it enough plain water, good fats, oxygen, nutrients, and FRESH, NATURAL antioxidants through the raw food we should be eating. On top of that, did you know the body can only detox when it's not digesting? So if you don't go long enough between eating, your body probably doesn't ever finish detoxing. How do you know how you're doing? Swelling, bloating, allergies, inflammation of any kind, feeling yucky or unenergetic, and illness of any kind are some great big warning signs that should never be ignored. A body that is nourished and cared for properly can detox, fight off, and heal anything, including cancer.
3. **Other Big Sources of Toxins:** Anything else we eat, drink, inhale, and absorb through our skin gets in our body. This includes medicine and supplements, chemicals in the air and in soap, makeup, lotion, cleaners, household products, and anything else. Just because it's prescribed or for sale it doesn't mean it's safe! No one is monitoring what your body is getting slammed with and giving you any kind of warning about the deathly impact it could have on you! This is where you need to be responsible for yourself and your family!
4. **Give Yourself Plenty of the Good Stuff:** There are foods out there that are listed as "Super Foods" and "Good Fats" and "Antioxidants." I know I've done enough damage over the years to need a lot of these things now, and again, the best way is through the organic, raw, as fresh and as-alive-as-possible foods! I read that flax seed, fresh-ground only, can shrink and even KILL cancer cells. Since I bought a cheap coffee grinder and started sprinkling a teaspoon a day on my food, I have noticed less swelling in my lymph nodes, so it must be doing something! I also want to try out ginger, turmeric, and aloe vera, since I read they are miracle foods. Again, only organic and raw, because there's no point in taking in other unknown chemicals, is there?
5. **Get Rid of Acidic Blood:** Most of us have blood on the acidic side, which is necessary for disease, especially cancer. All the processed foods and sugars, etc. has forced it to be this way. Introduce alkaline immediately to lower the acid level. Fresh greens, seaweed, and many other foods have high alkaline levels, but don't forget to

weed out the high-acid foods at the same time, like processed sugar, flours, fats, and bad carbs, and really, most processed, packaged food (alcohol, sauces, and deep-fried, do I even have to say it?). The more processed, the more poison, in most cases! Make your own juice, for instance, because you are probably getting nothing but sugar and chemicals in the juice you're buying. You don't know what chemicals it was grown or processed in. You saw that world news on arsenic in most apple juices, right? There's no way to trace and control what goes into processed foods!

6. **Oxygen:** Disease and cancer also require lack of oxygen to thrive. I realized recently that somewhere in my life, I stopped breathing properly! I usually take shallow, quiet breaths, and I don't inhale or exhale fully. The couple of times a week I'm exercising is not sufficient; it needs to be the majority of the time. I read about the way I should be breathing and seriously, it's work to re-learn it now! It feels great, but I have a lot of practicing to do yet. It's crazy! The fastest way I've found, so far, is a simple 5-minute meditation of just paying attention to my breathing in and out. There's many reasons you hear it so often, "Take a deep breath."
7. **Movement:** The elaborate systems in our bodies can't function properly if it doesn't get enough movement in a day. There's the obvious things like muscles, but everything else counts on movement too. The lymphatic and circulatory systems can't do their jobs without movement, and wouldn't you agree, they're kind of important? How's the lymphatic system supposed to get rid of the steady, overloaded stream of toxins if we're not moving our bodies enough for them to be active?
8. **Frame of Mind and Spirit:** You've heard me say it before, "The mind has the most power over our bodies and our lives." Truly, what you think you are, what you think will be, will be your life. If you focus on illness, you will have illness. If you focus on health and healing, you will have health and healing. "Ask and Ye Shall Receive" applies to all thoughts, good or bad for you. Keep your blessings, the gift in every person and situation, and clear thoughts of what you want first and foremost in your mind. As you let love and compassion in for yourself, you will automatically extend it to your health and well-being and to everyone around you. Take the time to listen to your heart and soul. It is the core of your being and again, is very much connected to the rest of you!

There's tons of information on all of these things on the internet, and in good books out there, including some basics in *RISE ABOVE THE SH\*\*! Down-to-earth thinking from Wisconsin*, and in my free articles on health. Truly, we don't write this stuff to make people paranoid; I just can't stand people getting sick and dying when it's so unnecessary! My advice is to KEEP IT SIMPLE and LOVE YOURSELF!

When I have a hard time doing the things that I know are good for me, I try to stop and ask myself, "What do I have against myself, and being happy?" I know, that if I am valuing myself as I should, I would never do anything to harm myself...I would only do things that are good for me. Regardless of any guilt or undeserving-ness I may feel, I try to stop and remind myself of the truth. God creates every person out of pure love, love for each individual and love for the world. No matter what, He wants nothing but love for us and a life of heaven, both now and forever. Only I keep that from myself, when I don't release and heal the things I judge myself for. It's not what God wants. He wants us to forgive and to be compassionate to everyone, and that includes ourselves. Everything starts inside of ourselves. I just try to keep working on it, a little every day; it's a step forward in all ways. Sure is easier when I have my health! :)

~Mary Anne

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