

# GENE THERAPY in Your Kitchen



It is estimated that the P53 Gene is inactive in 90% of all cancer cases. The P53 Gene (often known as the “guardian” of the genome) is the cancer-fighting gene that lives within our cells and coordinates the actions of over 50 other genes. When cells become damaged (from toxicity or other causes) and the P53 gene is operating correctly it detects DNA damage or other deadly stress in the cells and directs cancer cells to stop dividing, or to commit cellular suicide so to speak. Without this mechanism being active, damaged or cancer cells can continue to divide and grow into malignant tumors.

If the P53 Gene is turned off (inactive) we lose this critically important protection against cancer. How does P53 get turned off? Primarily environmental toxins, but also molds, viruses and halogens. Unfortunately, excessive toxicity is basically our way of life. Thousands of new, untested and toxic chemicals are introduced into our environment every year. The things we use in our daily lives have residues of manufacturing chemicals, and these unending exposures create a build-up of overwhelming toxicity that can be hard for the liver to keep up with.

So, what can we do to turn the P53 back on, or to prevent it from turning off? The first place to start is in the kitchen—our diet. Studies show many aspects of the Standard American Diet can cause the P53 to turn off. Much of the packaging alone can be toxic, not to mention the excessive pesticides, the alarming amounts of sugar, preservatives and chemicals in the pre-packaged and processed foods. Thankfully, our diet is something we DO have control over. We can eat a diet that includes lots of fresh organic vegetables, fruits, nuts, legumes, and good

clean oils such as cold pressed flax oil.

To take this one step further, we can juice our vegetables and fruit. It has been shown that the beta carotene from 10 ounces of fresh carrot juice can reactivate the P53 gene. It's no mystery then why

Dr. Max Gerson was so successful in his approach to helping the sick.

It has been shown that eating vegetables from the Brassica family also turns the P53 back on. These include cauliflower, broccoli, Brussel's sprouts, rutabaga, turnips, kale, collard greens, mustard greens and cabbage.

We typically absorb approximately 5 lbs (or more) of body/face/hair products through our skin every year. So, this is another area to give attention to - an area we have control over, and can choose natural, non-toxic products free of toxic chemicals typically found in toiletries - such as parabens, aluminum, toluene, formaldehyde, synthetic fragrance, benzene and others. Always read labels and research the chemicals you see on the labels of your favorite body products. Be diligent with your health.

Despite our best efforts to eat clean and healthy, chemical toxicities are extreme in our world, so seasonal internal cleansing can help to unburden the body, allowing for better assimilation of the good and healthy foods. ♦