

The Best Fight For Cancer is Total Surrender

- Lon Thompson
- January 3, 2009
- NMIC Men's Ministry

Colorectal Cancer

- 3rd most common form of cancer
- 655,000 deaths per year
- Many thought to arise from colon polyps
- Risk increases with age (most in 60s and 70s)
- Heredity (start checking at 50)
- Smoking, poor diet, physical inactivity increase risk

Colorectal Symptoms

- Change in bowel habits
- Bowel obstruction (pain, bloating, vomiting)
- Tumor felt by patient or doctor
- Unexplained weight loss / loss of appetite
- Anemia causing dizziness, fatigue, and palpitations

Colorectal Screening

- Digital Rectal Exam (DRE) – gloved finger
- Fecal Occult Blood Test (FOBT) – tests for blood in stool
- Endoscopy – lighted probe
 - Sigmoidoscopy
 - Colonoscopy

Cancer Stages

- **Stage 0** – carcinoma in situ (skin lesions, colon polyps), precursor to cancer if untreated
- **Stage 1** – cancer localized to one part of the body
- **Stage 2** – locally advanced, affected lymph nodes on one side of diaphragm
- **Stage 3** - locally advanced, affected lymph nodes on both sides of diaphragm
- **Stage 4** – cancer has metastasized or spread to other organs or throughout the body

Bipolar Mood Disorder

- At least three of the following symptoms
 - Excessive self-esteem or grandiosity
 - Reduced need for sleep
 - Extreme talkativeness
 - Extremely rapid flight of thoughts / mind racing
 - Inability to concentrate, easily distracted
 - Increase in social or work-oriented activities
 - Poor judgment (uncontrolled spending, sexual indiscretions, misguided financial decisions)

■ “Boost Your Serotonin Levels 5-HTP”, Michael Murray, N.D.

Healthy Habits

- No sugar
- No white flour or starch
- Maintain proper pH balance (alkaline 6-7.5)
- Minimize stress (Cortisol)
- Adequate sleep (8 hours)
- Proper nutrition (nature's food)
 - Glycemic Load

Jesus Heals - Surrender Totally To Him

