

Second Edition
FULLY REVISED AND UPDATED

the
CANCER
REVOLUTION

**A GROUNDBREAKING PROGRAM
TO REVERSE AND PREVENT CANCER**

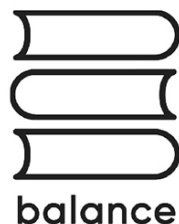
Leigh Erin Connealy, MD

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CANCER
REVOLUTION

A Groundbreaking Program
to Reverse and Prevent Cancer

Completely Revised and Updated Second Edition

Leigh Erin Connealy, MD



NEW YORK BOSTON

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*To my patients, who have entrusted me with the
privilege of assisting them
on their life journeys. Thank you for your
courage and resilience and for
allowing me to be a part of your health journey.*

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PART ONE

**A NEW WAY TO PREVENT, TREAT, AND BEAT
CANCER**

CHAPTER 1

Cancer: What It Is, What Causes It, and How to Fight It

IN THIS CHAPTER, YOU WILL LEARN...

- Why cancer is a disease of the entire body, not a body part, and what tools you can use to overcome it
- How tumors are formed
- Why the conventional approach is not enough
- Three main causes of cancer

One in three women and one in two men in the United States are developing cancer today. Most of us have lost a family member, a friend, or a colleague to cancer, or we know someone who has. Cancer is rampant: The National Institutes of Health (NIH) has spent over a trillion dollars trying to find a cure, yet death rates from cancer have only improved slightly in the last fifty years. In a study published in *CA: A Cancer Journal for Clinicians*, researchers noted the slight decline in cancer mortality can be linked directly to reductions in tobacco use, early detection, and improved treatments.¹ Still, that same study estimated 2,001,140 new cancer cases and 611,720

cancer deaths in 2024. The cost of cancer treatment continues to skyrocket, with some estimates upward of 25 trillion between 2020 and 2050!² Sadly, most of these costs go toward conventional cancer treatments, which, while sometimes useful and necessary, can harm patients just as much as, if not more than, the cancer itself.

Early on in my career, I realized that chemotherapy, radiation, and surgery were not enough to cure cancer, and my experience with thousands of patients over the years has solidified that belief. These treatments have their place in the fight against cancer, but by themselves, they are inadequate and, when improperly used, can be dangerous. Also, cancer is a disease of the whole person, not a body part. Yet most conventional oncologists treat cancer as a separate entity or as a specific problem in the body. They do not address the entire person or try to discover the root cause of disease; their aim is to kill the cancer rather than heal the body from the inside out. Instead of building up the immune system, which is the body's most effective and important weapon in the fight against cancer, conventional treatments tear it down and can sometimes create new health problems.

Another reason the mainstream approach is inadequate is that neither chemotherapy nor radiation nor surgery can eliminate what are called circulating tumor cells (CTCs) or cancer stem cells (CSCs). These are cells that break off from the original tumor and float around in the bloodstream (a process called metastasis), looking for their next "nest." CTCs and CSCs are responsible for the majority of metastases and cancer deaths. Conventional oncologists do not check for CTCs and CSCs and therefore their treatments fall short on this crucial front. Further, their go-to modalities do not address any of the cancer's survival mechanisms or the body's functional imbalances. Cancer is caused by the deregulation of multiple genes, which must be individually targeted by different natural anticancer agents.

An additional major con of conventional treatments is they leave patients with a weakened immune system, which in turn increases their risk of cancer recurrence, contracting other illnesses, or suffering complications after

surgery. Meanwhile, they live in the shadow of a ruthless disease that could return at any time.

Increasingly, cancer patients are also discovering that conventional care, with its five- or six-figure price tag, is not doing what it is supposed to. Many people have survived chemotherapy, radiation, and surgery, only to relapse and have to endure the process all over again. Despite these problems with conventional care, we continue doing the same thing over and over again and getting the same results. This is the very definition of insanity!

Fortunately, I have learned many things about cancer and cancer treatment that I think will encourage you. First, a cancer diagnosis does not have to be a death sentence. Science has provided us with new, cutting-edge tools that can, not only accurately detect the disease better than before and earlier on, but can also help you manage it so that you can live longer and experience a better quality of life.

Second, groundbreaking new cancer treatments in integrative medicine are gentler than those in conventional medicine and unlikely to cause terrible side effects, such as vomiting, hair loss, and fatigue. These treatments are useful no matter what stage or type of cancer you have, and some can even be used for prevention.

Finally, research consistently shows that factors such as diet, detoxification, exercise, nutritional supplements, stress management, sleep, and resolving emotional conflicts can, in some cases, trump any genetic predisposition to cancer. This means that your destiny does not have to be determined by your genes. If you understand this concept, you increase your likelihood of being victorious over cancer and taking control of your health.

In *The Cancer Revolution*, I will empower you with an amazing arsenal of tools that will help you manage and fight cancer or prevent it from happening in the first place.

We encourage you to keep an open mind, as these tools and treatments are not based on fads or random philosophies. Instead, they are supported by thousands of PubMed articles, many doctors' experiences with their patients, and my own personal experience. I have witnessed countless

patients living long, productive lives because of the approaches outlined in this book.

You probably will not hear about them in mainstream medicine, though, because most oncologists have only been taught to give their patients drugs; they simply do not understand or know much about integrative methods. Also, integrative, homeopathic, and functional Western medicines are not marketed to the same degree nor given the same attention as prescription drugs. Since many integrative and natural therapies are not FDA-approved, they are not advertised as prominently, which means that they remain relatively unknown.

Yet integrative medicine is genuinely beneficial because it marries the best of conventional medicine with new, updated natural medicine. It is based on the idea that you must treat the root cause of disease, not just the tumor or cancer, and heal the entire person. This approach can produce exceptional outcomes. Integrative medicine can include treatments from a wide variety of medical disciplines, including homeopathic, nutritional, bioenergetic, regenerative, light, hypo- and hyperthermic, antiaging, and Chinese herbal medicine, along with lifestyle approaches to wellness.

Time and again, doctors who practice integrative medicine have found ways to leverage the effects of conventional treatments with adjunct and additional therapies, helping even the sickest of people strengthen their armor against cancer. And, as our “best of both worlds” methods have made waves, these physicians and clinics have earned a reputation for being compassionate as well as patient—getting to the root of our patient’s problems is not always fast or easy.

As I mentioned, chemotherapy, radiation, and surgery do have their place in cancer treatment, but they are not enough. Regardless of the healing approach that you decide to take—whether conventional or integrative—you *still* need to support your body before, during, and after cancer treatment. That means providing it with proper nutrition, detoxifying it from environmental pollutants, and protecting it against the side effects and other collateral damage that chemotherapy, radiation, and other harsh treatments

can impose. It is imperative you protect and support all the body's functions and processes that conventional methods compromise. It also means addressing all the cancer's survival mechanisms, as well as your body's functional imbalances, which conventional treatment alone cannot do. Further, you must address the root cause of the disease.

For instance, you might have low thyroid function, inflammation, high blood sugar, methylation issues, or a liver detoxification problem—all of which you would need to treat, along with the cancer, if you want to be well. You need to change your internal environment so that it becomes an inhospitable place for the cancer, and the cancer has a harder time surviving in your body.

In this book, I will teach you how to do all these things. Whether or not conventional treatments alone have failed you, the approaches I share will have the potential to help you live a better quality of life. I have seen many late-stage cancer patients—who were told by their oncologists that they had only months or weeks left to live—survive longer than their original prognosis. Even if you have a so-called deadly cancer, such as melanoma or pancreatic cancer, you will find tools and treatments in *The Cancer Revolution* that can help you improve your health and enjoy a better quality of life than you might have otherwise experienced.

That said, you must first understand a few key things about cancer, including:

- How it develops in your body and what you can do to interfere with that process
- How to make lifestyle choices every day that can reduce your cancer risk
- How to use research to help support a loved one who has been diagnosed with cancer

Notice that my focus here has not been on how genetics factor into cancer risk and recovery. Many of us have been taught that if one of our close family

members has or had cancer, then we are doomed to get cancer by default. But this is not true for every individual. The field of epigenetics suggests our genes are not our destiny. According to the National Cancer Institute, only about 10 percent of all cancers can be linked to “inherited genetic changes.”³ Even so, we can change how our genes are expressed by modifying our lifestyle, such as our dietary and exercise habits, managing our stress levels, and detoxifying our bodies from environmental pollutants—just to name a few examples. Many of the factors that activate cancer-causing genes and initiate the development of cancer are within your ability to prevent. I will show you exactly how to do that in *The Cancer Revolution*.

Cancer: An Earthquake in Your Body

I like to tell my patients that cancer is an uncontrollable growth of cells in the body that have gone wild and crazy because they are overwhelmed or overstressed. These cells have been damaged by carcinogens (cancer-causing toxins), which cause them to mutate and behave abnormally. Once they do this, they become like an earthquake in the body, and everything in it gets thrown into chaos. It then takes years and a whole team of people and machines to rebuild and repair the damage.

Similarly, once you get cancer, you need a whole team of doctors and treatments to create order and restore homeostasis (balance) to your body. And that repair is not done in a month, or three, or six; it takes time. But if you understand this, you can then learn about what you need to do to heal yourself. We can actually make our patients feel a lot better in just a couple of weeks by utilizing such therapies as intravenous vitamin infusions, hyperbaric oxygen, and other treatments; by putting them on the right diet; and by helping them spiritually. Yet the full healing and rebuilding process can take months or years, depending upon the extent of the damage. You may find that your doctor can do things to help you feel better right away, but the process of healing and repairing your body may take longer if only

conventional methods are used. In [Chapter 12](#), I will show you how to find a good integrative physician and assemble a healing team that can help you do this if you do not already have one.

Cancer is a disease of the *entire body*, not just a body part. A person does not just have breast cancer, ovarian cancer, or colon cancer, for instance, because the disease does not only affect the breasts, or the ovaries, or the colon—but the entire body, always and without exception. So, if you have a doctor who goes on the offensive and only attacks the tumor or only treats the area of your body with cancer, then he or she is ignoring the fact that the cancer is a result of sickness in your entire body. It is not just the tumor that needs to be treated, but *all of you*. Your “inner terrain” must be rebuilt and repaired so that the root cause of disease can be removed.

What Causes Cancer?

Identifying the exact cause of cancer has proven tricky for scientists. After all, if we knew the exact cause, we would be closer to finding a cure. However, a wealth of scientific research suggests a specific set of risk factors for the disease.

Most everyone knows that smoking cigarettes is linked to an increased risk of developing lung cancer, but how many of us know that more than thirty different factors can lead to cancer? They can be grouped into three basic categories: infections (bugs), toxins, and biological factors. And landmark research suggests that all these things may cause cancer by disrupting the body’s homeostasis.⁴ One way this happens is when the infection, toxin, or biological factor creates oxidative stress and inflammation in the body. Inflammation and free radicals damage the RNA and DNA (the genetic material) inside the cells and, with that, the cells’ mitochondria (energy-producing furnaces). And this is a major problem.

When the mitochondria are damaged, and the cell can no longer efficiently produce energy for itself, it reverts to an inefficient method of

energy production called anaerobic glycolysis, in which it depends on sugar as a fuel source. In this state, the organs and body systems can no longer work properly. This leads to more DNA damage, less energy for normal cells, and more fuel for cancer cells.

Environmental Toxins

Environmental toxins are one of the biggest causes of DNA damage and cellular mutations. The following is a list of some toxins that research links to cancer. I have divided them into two categories. The first describes toxins you are probably aware of, which you may already know cause cancer. The second describes toxins you may have heard of but that you may not know are associated with cancer. In [Chapter 6](#), I will share how you can help eliminate these toxins from your body and environment.

The “Usual Suspects”

- **Tobacco products and smoking**
- **Mercury toxicity**—This comes from contaminated fish, water, air, and amalgam dental fillings (among other sources).
- **Heavy metals**—Unfortunately, heavy metals are everywhere. In the soil and therefore the foods we eat, in the water, in medications, and in some cookware.
- **Sunlight**—The shortwave rays of the sun cause reddening and sunburn and damage the superficial epidermal layers of the skin.

Other Toxins

- **Electromagnetic fields (EMFs)**—Excessive exposure to electromagnetic fields (from microwave towers, cell phones, computers, Wi-Fi, smart meters, power lines, etc.) can cause cellular

mutations that may lead to cancer.

- **Geopathic stress**—This comes from energies within the earth that are created by underground cavitations, streams, and other geological features. Such energies may be harmful to the body.⁵
- **Food additives**—These are substances added to food to preserve its flavor or enhance its taste and appearance. They include such things as stabilizers, food coloring, dyes, and artificial sweeteners.
- **Foci infections, especially dental infections**—Many of us have hidden foci infections in our bodies, which are concentrated and localized pockets of infection that don't show up on routine lab tests. Among the most insidious and damaging of these are infections that are found in the mouth. Produced by root canals and jawbone infections, these infections produce toxins that lead to inflammation and potentially cancer.⁶
- **Immunosuppressive and other drugs**
- **Industrial toxins**—These are ubiquitous in our air, food, and water supply. Industrial toxins, such as ammonia, fluoride, and chlorine, can be found in recycled water/tap water. For a list of all the common environmental toxins, visit the United States Department of Labor's website www.osha.gov/SLTC/emergencypreparedness/guides/chemical.html.
- **Ionizing radiation**—This comes from tests such as X-rays and CT scans. Radiation can increase an individual's cancer risk.⁷
- **Irradiated food**—Some of our food supply, especially spices, fruits, and meat, is irradiated to eliminate organisms that cause foodborne illness and to preserve the shelf life of food. This radiation damages the body. Although irradiated foods are common and found almost everywhere, there are clear ways to avoid them, such as buying produce from farmers' markets, asking whether produce contains GMOs, and growing your own fruits and

vegetables.

- **Nuclear radiation**—This comes from power plant accidents, for example what happened at Japan's Fukushima power plant in 2011.
- **Pesticides**—Chemicals, such as glyphosate (Roundup), are sprayed on fruits and vegetables to keep pathogens from destroying them.
- **Polluted water**—Tap water may contain chlorine, fluorine, pharmaceutical drugs, parasites and other microbes, along with additional chemicals linked to cancer.
- **Sick building syndrome**—This is caused by buildings that are contaminated by mold and other biotoxins.
- **Xenoestrogens**—These come from plastics and other chemical compounds that mimic the effects of human estrogen upon the body.

As you can see, there are many more environmental toxins and factors that are linked to cancer than you may have been aware of!

Infections: Viruses, Bacteria, Parasites, and Fungi

Viruses, bacteria, parasites, and fungi, such as molds, mildew, and *Candida*, cause inflammation in the body and can increase cancer risk.

Certain infections have also been directly linked to specific types of cancer. For instance, the human papillomavirus (HPV) has been associated with head and neck cancers, as well as cervical cancer. According to the Centers for Disease Control and Prevention (CDC), "HPV is thought to be responsible for more than 90% of anal and cervical cancers, about 70% of vaginal and vulvar cancers, and 60% of penile cancers."⁸ Epstein-Barr virus (EBV) is associated with leukemia. Hepatitis C has been linked to liver cancer, and colitis is related to colon cancer. Herpes II increases cancer risk in general. Though most people do not think of parasites being tied to cancer, there is certainly a correlation. Parasites leach food off or from inside

their hosts. They rob the body of vital nutrients, tax the immune system, can transmit pathogens and diseases, and have a detrimental effect on overall health.

Again, this disruption to the body's balance (homeostasis) opens the door for immune system malfunction, increased inflammation, and other health issues. Left untreated, these chronic conditions create a breeding ground for malignant cells to take root.

Scientific data supports the cancer/parasite link as well. In one study published in *eBiomedicine*, an offshoot of *The Lancet*, researchers concluded, "The associations between infections with parasites and human cancers are well-evidenced. *S. haematobium*, *O. viverrini*, and *C. sinensis* are highly carcinogenic while other infectious species of the genera *Opisthorchis* (*O. felinus*) and *Schistosoma* (*S. japonicum* and *S. mansoni*) demonstrate their carcinogenic potential in humans."⁹ The study goes on to note that these blood and liver flukes negatively affect the host by inducing chronic inflammation and metabolic oxidative stress, which can cause DNA damage and mutations that may initiate the formation of malignant cells.

An estimated 3.5 million people globally have intestinal parasitic infections¹⁰ that may make them more susceptible to cancer and a host (pun intended) of other health concerns. A good integrative practitioner will walk you through testing and the proper protocols to treat and eliminate these problematic pests.

Most people are aware that mold has the potential to be dangerous. When the immune system is constantly bombarded, it weakens, allowing pathogens and malignancies to take root. Long-term exposure to mycotoxins can wreak havoc on overall health. Despite the correlation between multiple chronic and serious health concerns—including cancer—mold is still found in many households. And if you live somewhere with damp weather, the chances of having mold in your home skyrocket.

The obvious solution is eliminating visible mold using safe, nontoxic household cleaners. But what about the mold that may be hiding behind