



CANSURVIVE CENTRE MALAYSIA BERHAD

EAT TO BEAT CANCER

SYNOPSIS

Preventing cancer is quite straightforward. According to the World Health Organization, 70 percent of all cancers can be prevented with simple changes in diet and lifestyle. The truth is that most people give themselves cancer through the foods, drinks and products they choose to consume. In my opinion, over 90 percent of cancers are easily preventable.

Although cancer may appear to strike suddenly, often without warning, it does not just happen overnight. Cancer cells are once healthy cells that have become cancerous. And they are a symptom of acidity. That is, when healthy cells are corrupted by dietary and metabolic acids, they can become cancerous. The more acid we have in our bodies, the greater the risk of developing cancerous tissues.

Understanding the timeline for cancer is crucial in suggesting methods for its prevention. Most cancers have a ten- or twenty-year interval between their carcinogenic stimulus and the appearance of a thriving tumor. The importance of diet cannot be stressed enough. The best defense against cancer is two pronged: actively ingesting chemopreventive agents in food and avoiding cancer inducing substances in the first place. A gram of chemoprevention is worth a kilogram of cure. But how are phytochemicals likely to prevent cancer?

SPEAKER

Esther trained through the United Kingdom Naturopathic training program at the College of Naturopathic Medicine in England. She also specialised in Nutritional therapy and was practising prior to her return to Malaysia. Esther has been involved actively in the healthcare industry. She contributes articles in health column of papers and magazines. She also gives health and wellness talk to public frequently.

CANSURVIVE & IT'S PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.



Esther Peh

Saturday
9th June 2012
4.00 pm - 6.00 pm

Venue :
Malaysian Association
For The Blind, Jalan Tebing,
Off Jln Tun Sambanthan 4,
Brickfields, 50470
Kuala Lumpur.



WHO SHOULD ATTEND

People challenged with cancer & their family members, alternative practitioners, medical professionals and anyone who wants to have a greater awareness of health issues.

REGISTRATION

Kindly reserve your seats by the following options:

1. SMS your name and email address to 017 - 881 2287
2. Send an email to events@cansurvive.org.my with your name and handphone number.

Organised by : CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)
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www.cansurvive.org.my