

10

Powerful Free Therapies to Help *Heal* and *Prevent* CANCER



SQUARE ONE
healing cancer coaching program

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FREE THERAPY #1

Eat a Whole Food Plant-Based Diet

A whole food plant-based diet is the most potent anti-inflammatory, anti-cancer diet on planet earth. Plant food is rich in vitamins, minerals, enzymes, phytonutrients, antioxidants, and amino acids – the building blocks of protein.

“Whole food” doesn’t mean you have to shop at Whole Foods. It means buying and eating whole, unprocessed, raw and cooked fruits and vegetables, legumes (like black beans and lentils), nuts (like almonds and walnuts), seeds (like sesame seeds, pumpkin seeds, flax seeds and hemp seeds), and whole grains (like oats, barley, quinoa, and various forms of rice).

Oats with blueberries is a whole food breakfast. A bagel with cream cheese is not. A big salad is a whole food lunch. A slice of pizza is not. An apple is a whole food snack. A Snickers bar is not. A bowl of black beans with roasted sweet potato cubes over red rice is a whole food dinner. A ham and cheese sandwich with chips and a Coke is not. Do you follow me?

Furthermore, contrary to popular opinion, eating healthy food is not expensive. It doesn’t cost any more to eat whole food plant-based than it does to eat the Standard American Diet (aka the Western Diet). When you stop spending money on food that can cause cancer and/or fuel its growth – like meat and dairy, packaged food, processed food, junk food, fast food, and restaurant food, along with sodas, overpriced coffee concoctions, and alcohol – you will find that you have more than enough money to spend on fruits and vegetables at no extra cost to you. And no extra cost to you is...free!

“But organic food is more expensive.” That’s true in some cases, depending on the type of produce and whether or not it’s in season. I recommend organic produce because it has the lowest levels of pesticide residue, which is ideal for obvious reasons. But the good news is, you don’t have to eat 100% or-

ganic to get the amazing and wonderful benefits of fruits and vegetables, legumes, nuts, seeds, and whole grains. Simply switching from eating a diet of processed foods and animal foods, to a diet of whole plant foods, is a vast nutritional improvement and will make a significant impact on your body and your health.

I cover the most potent anti-cancer foods and the daily diet that I and many others have followed to heal cancer in Modules 3 and 4 of the SQUARE ONE Program.

FREE THERAPY #2

Get Moving

Exercise boosts your body's production of T-cells and improves your immune function! It increases oxygenation of your tissues. It improves the function of antioxidant enzymes and triggers the release of endorphins that make you feel good. And...it costs you nothing!

When you exercise, you're sending signals to your body to live – to get healthier and stronger. Increased blood circulation provides more oxygen and nutrients to your cells, and increased lymphatic circulation carries more toxins and metabolic waste away from your cells. Increased circulation also speeds up the healing process.

Exercise switches your good genes on and your bad genes off. Exercise switches on cancer protective genes and switches off cancer promoting genes.¹ Seriously!

One study found that breast cancer patients who walked an average of 30 minutes per day and ate 5 or more servings of fruits and vegetables per day cut their risk of recurrence in half after 9 years!² (Those are both Free Therapies!)

A 2014 study of Swedish men with early-stage prostate can-

cer found that the men who walked or rode a bike for 20 minutes or more daily had a 39% lower risk of dying from prostate cancer, and a 30% lower risk of dying from any other cause, compared to men who were less active.³

Another 2014 study found that colon cancer patients who exercised 7 hours a week or more were 31% less likely to die from any cause than those who didn't exercise at all. On the flip side, the study also found that 5 hours of TV watching per day increases your risk of death by 22% than if you watch less than 2 hours of TV per day.⁴

The minimum amount of beneficial exercise is 150 minutes per week. That's only 20-30 minutes per day. And there's an unlimited amount of free exercise you can do. Walk, run, ride your bike, jump on a trampoline... And you don't have to join a gym or pay for classes. There are thousands of free workouts on YouTube that you can do from home. Any activity that involves moving your body and gets your heart pumping and the sweat flowing is great. Just find some exercise you enjoy and get moving!

Watch SQUARE ONE Module 8: Exercise & Rest for more info on the amazing health benefits of exercise.

FREE THERAPY #3

Fast Your Way to Health

Fasting might just be the most powerful free therapy of all. During a 3-5 day water fast, old and damaged immune cells die off. Then when you start eating again, your body ramps up production of new immune cells. Fasting essentially regenerates your immune system!⁵

Researchers have found that when cancer patients water fasted 24 hours before and during chemotherapy treatment, the treatment worked better with less side effects because

the water fasting strengthened healthy cells while weakening the cancer cells.⁶

While fasting, your body switches from normal daily operations to internal house cleaning mode. During this time, your body will address issues that have been overlooked. And it will break down and recycle the useful parts from old and damaged cells.

When you remove animal protein and fat, sugar, salt, caffeine, and other food additives (like aspartame) from your diet, you will experience physical withdrawal and cravings for those foods. You may think you “need” to eat those foods, but don’t give in to the temptation!

During the second day of a fast, your body will start breaking down fat for energy in a process called ketosis. Your body stores toxins in fat. And as your body starts to break down toxic fat, toxins are released into your bloodstream, which may make you feel bad. Some common reactions are low energy, headaches, nausea, or aches and pains. You could break out in a rash, throw up, have diarrhea, or even run a fever. These symptoms are known as a Healing Crisis.

No one likes having a fever, but the benefit of a fever is that your immune system kicks into high gear. A fever can wipe out a host of viruses, bacteria, and parasites in your body that you didn’t even know you had.

The typical scenario is you just feel lousy: no energy, foggy, occasionally light headed, maybe a bit of a headache for a few days, and more emotional than usual. If and when you start feeling bad, just remind yourself: “Chris said this would happen. This is normal. I will get better.”

I recommend you start fasting on a Friday. That way, the hardest days (days two and three) fall on the weekend. Clear your schedule and plan to relax and rest on the days you may feel lousiest. When you get over the detoxification hump, usually around day three or four, you may be surprised at

how good you feel, considering the fact that you haven't eaten in days!

DISCLAIMER: Most people can handle a 3-5 day water fast without any problems. But if you are underweight, have any serious health conditions, or are taking pharmaceutical drugs, fasting can be risky, especially if you have a serious physical reaction. You may need special support or medical supervision from a qualified healthcare professional. As in all things, use your own best judgement. Many people dip their toes in the water (pun intended) with a 24-hour fast first, and work their way up to longer intervals.

This is just a quick primer to whet your appetite (another pun) on fasting. I cover everything you need to know about fasting in my Water Fasting Guide, which is a special bonus included with the SQUARE ONE Program that you can download from the SQUARE ONE Membership Site.

FREE THERAPY #4

Get More Sleep

You need an early bedtime and lots of sleep, because sleep is when your body heals. If you're getting less than seven hours of sleep per night, you are slowly eroding your health. Sleep deprivation can affect your mood and brain function, and can also lead to depression, weight gain, a weak immune system, diabetes, heart disease, cancer, and death.

During sleep, your body produces cytokines that help fight infections. Researchers have found that men and women who slept less than seven hours a night were three times more likely to develop a cold than people who slept eight hours or more.⁷

A 2010 study at Case Western Reserve University found an increased risk for colon cancer in people who slept less than

six hours per night.⁸

A Japanese study found that women who slept less than six hours a night were more likely to develop breast cancer than those who slept longer. Blind women have a 35-50% lower risk of breast cancer. Why? They tend to sleep longer and have higher levels of melatonin and lower levels of estrogen.⁹

Melatonin, produced by your pineal gland when your body detects low light in the evening, is an antioxidant five times more powerful than vitamin C. And it increases the effectiveness of immune cells that kill foreign invaders and cancer cells.¹⁰

The surge of melatonin in your body at night has been shown to prevent tumors from forming, inhibit cancer growth and spread, and promote cell death in many different types of cancer cells.¹¹

Exposure to light, especially blue light, between dusk and bedtime, can interfere with your sleep and your body's production of melatonin. Researchers found that exposure to room light (<200 lux) in the late evening reduced pre-sleep melatonin levels by over 71%, shortened nighttime melatonin duration by about 90 minutes when compared to dim light (<3 lux), and reduced total daily levels of melatonin by about 12.5% in humans.¹²

Sleeping pills are not the answer. Taking as few as 18 sleeping pills per year triples your risk of death!¹³

The takeaway is simple. To reap all of the amazing healing and disease prevention benefits of this free therapy, you need approximately 8 hours of sleep (9-10 hours in bed) every night in total darkness, with a bedtime several hours before midnight. Dim the lights in your house after sundown and shoot for a 9-10 PM bedtime.

Learn more about the powerful healing benefits of sleep and rest in SQUARE ONE Module 8: Exercise & Rest.

FREE THERAPY #5

Soak Up the Sun

The sun is the source of energy for all of life on planet earth. Without the sun we all die!

One of the most important anti-cancer vitamins is one that we get for free from the sun. And studies suggest that we could prevent roughly 30,000 cancer deaths in the United States every year if everyone just got more sunshine.¹⁴

The vitamin D produced by regular sunlight intake inhibits growth of breast and colon cancer cells, and is also associated with substantial decreases in death rates from those two cancers. In addition, metabolites of vitamin D have produced complete and partial clinical responses in lymphoma patients who have high vitamin D metabolite receptor levels in tumor tissue.¹⁴

Low levels of vitamin D in the body are linked to increased risk of various types of cancer. A 2016 study found that most cancers occur in people with vitamin D blood levels between 10 and 40 ng/ml.¹⁵

The study also found that middle-aged women with blood levels of vitamin D over 40 ng/ml had a 67% lower risk of cancer than women with blood levels under 20 ng/ml. If your vitamin D level is between 10 and 40, you're in the risky zone. And the lower your vitamin D level is, the higher your risk.

Another study from 2005, published in the *European Journal of Cancer*, found that women with blood concentrations higher than 60 ng/ml had an 83% reduction in breast cancer, compared with those who had blood levels under 20 ng/ml.¹⁶ So, you definitely want to get your D level over 40 mg/ml, but over 60 ng/ml may be even better.

Many cancer experts now recommend blood levels of vitamin D3 between 60-80 ng/ml for prevention and healing.

The sun is the best source of vitamin D, but sunshine is a bit of a paradox. The right amount of sunshine can produce wonderful health benefits in the body, but too much sunshine can hurt you. It can burn your skin, causing freckles, sunspots, premature aging, wrinkles, and eye damage. Sunburn is bad and severe sunburn can cause melanoma, but long-term regular sun exposure actually inhibits melanoma.¹⁴

We've been told for years to avoid the sun because sun exposure can increase the risk of skin cancers that surprisingly have a very small death rate (0.3%), and only cause about 2,000 deaths per year.¹⁴

But that's only half the story, because regular sun exposure prevents deadlier cancers with much higher death rates ranging from 20-65% that cause 138,000 US deaths per year!¹⁴

Alcohol makes you more susceptible to sun damage, but the antioxidants in fruits and vegetables actually give you extra protection! Fresh fruits and smoothies are the perfect beach food.

How much sunshine do you need? 10-20 minutes of daily morning sunshine, depending on the intensity, is considered ideal for vitamin D production in the body.

One final note. It can be difficult to get enough good sunshine to get your blood levels up to an optimal anti-cancer range, depending on your age, your skin color, your work schedule, and if you live too far north of the equator, especially during the winter months.

The easiest way to increase the vitamin D levels in your body if you don't get enough sun is with vitamin D3 (cholecalciferol) supplementation. D3 supplements are not free, but they are very inexpensive. I take at least 1,000 IU of vitamin D3 in supplement form every day. In the winter months, I take 5000-10,000 IU per day.

I cover more anti-cancer supplement recommendations in SQUARE ONE Module 9: Cancer Healing Herbs, Supplements & Teas.

FREE THERAPY #6

Sing Your Heart Out

Singing is a practice common to every human culture on earth. We all do it. Why? The obvious answer is because singing is enjoyable and it makes us feel good. And now we know why. In 2016, researchers discovered that singing is actually a powerful free therapy for your mental and physical health.

A study was conducted by Tenovus Cancer Care with the help of the Royal College of Music in London, in which 193 members of 5 different choirs were tested.^{17,18}

There were 55 cancer patients, 72 active caregivers, and 66 people who had lost a loved one to cancer in the study group. Before and after singing, visual analogue mood scales, stress scales and saliva samples testing for cortisol, beta-endorphin, oxytocin, and 10 cytokines were taken.

The samples were analyzed to see if any changes occurred in various hormones, immune markets, neuropeptides, and receptors. And the findings were remarkable.

The study found that people who sang for an hour had reduced stress hormones like cortisol and increased numbers of cytokines, which improve your body's ability to prevent and heal serious illness.

The study also found that those with the lowest levels of mental wellbeing and highest levels of depression experienced the greatest mood improvement, which was related to lower levels of inflammation in the body.

Singing reduces stress, improves your mood, lowers inflammation, and boosts your immune system. Isn't that amazing???

One possible contributing factor to the results in this study

may be the social community aspect of singing together with other people in a choir. We don't know for sure if singing alone has the same level of benefits as singing in a choir, but I'm willing to bet that the benefits are similar. And since singing costs you nothing, do it!

Hopefully, singing badly is just as good for you as singing well.

This is a prescription to sing more. Sing while you work (like Cinderella), sing in the car, sing in the shower, join the church choir, sing with friends and family, or maybe become a regular at your local karaoke bar (a sober regular, that is). Just find time to sing every day!

NOTE: Singing/screaming along to death metal may or may not have the same benefits.

FREE THERAPY #7

Laugh It Up

A joyful heart is good medicine, but a broken spirit dries up the bones.

-Proverbs 17:22

Laughter is a powerful, free medicine. Laughter increases blood flow and oxygenation in your body, improves your mood, reduces stress, and boosts your immune system!

In 2001, a study on humor therapy was conducted at Loma Linda University in California. The researchers had 52 men watch a stand-up comedy video for 1 hour. Blood samples were taken 10 minutes before watching, 30 minutes into the video, 30 minutes after the video ended, and once more 12 hours later.

The study found that just one hour of watching stand-up

comedy increased the activity of natural killer cells, B-cells, T-cells, and immunoglobulins in the test subjects. And some of these immune boosting effects were still measurable 12 hours later!¹⁹

Conflict, drama, thrills, and excitement are enjoyable. I get it. That's what hooks us to watch. But here's the truth. The news, and dramatic TV shows and movies, stress you out. They make you anxious, nervous, and fearful, and get your stress hormones, adrenaline, and cortisol pumping. And these hormones promote inflammation and suppress your immune system. That's not good!

However, media that makes you laugh has the opposite effect on your body.

Turn off the stressful media and watch sitcoms, stand-up comedy, or funny YouTube videos instead. And of course, spend more time with people who bring joy into your life and make you laugh. ☺

Laughter truly is medicine! It's the most fun medicine of all. And it's 100% free.

FREE THERAPY #8

Ground Yourself

Have you ever noticed how good it feels to walk barefoot in the grass, or on the beach?

When you are in direct contact with the surface of the earth (walking barefoot), your body absorbs negative electrons. These electrons produce significant measurable physiological changes in your body. This free therapy is called grounding or earthing.

Ironically, I'm actually writing this section while on an air-

plane. I'm the farthest I've ever been from the surface of the earth, and I can't wait to get back to the ground!

This is just one of many examples of how disconnected we have become from the earth. We no longer sleep on the ground. We wear rubber soled shoes, instead of leather sandals or moccasins (leather is conductive). And we spend most of our time living and working indoors, elevated from the earth and ungrounded.

When I first read about grounding I thought it was some hippie nonsense. But I was wrong. It's hippie brilliance! And the scientific research on grounding is incredible.

In one study, 10 adults were grounded for 2 hours. The researchers took blood samples before and after grounding, and found that grounding tripled the negative electrical charge (zeta potential) on the surface of the subject's red blood cells, and reduced viscosity and clumping. Grounding naturally thinned their blood.²⁰

In addition, three of the subjects reported having some pain before grounding. After the 2-hour grounding session, 2 of them had no pain, and the third reported her pain had "nearly vanished."

Grounding not only reduces pain, it also reduces stress by shifting your nervous system from a sympathetic state to a parasympathetic state. And it normalizes your daytime and nighttime cortisol levels. This can help you fall asleep faster, wake up less during the night, and have more energy during the day.

Grounding has been found to increase heart rate variability (that's a good thing), and has also been found to reduce chronic inflammation and speed up wound healing after injury.

After strenuous exercise, subjects who were grounded were found to have reduced muscle soreness and inflammation, and lower levels of circulating inflammatory immune cells –

specifically neutrophils and lymphocytes.²¹

Grounding has also been found in various studies to improve thyroid function, decrease blood glucose, and decrease blood and urinary calcium, which are primary indicators of osteoporosis.²² Incredible!

Walking 30 minutes a day is wonderful exercise (Free Therapy #2). And walking barefoot in the grass, on the beach, or even in the dirt, grounds you to the earth and supercharges the benefits of walking.

FREE THERAPY #9

Forgive Everyone

Bitterness and resentment are toxic emotions that poison your body and will make you sick.

Bitterness and resentment are some of the most powerfully destructive emotions that cause some of the highest levels of stress, anxiety, and harm to your body. The longer you hold on to bitterness and resentment, the more damage they do.

One of the most powerful things you can do for yourself is to make the decision to forgive every person who has ever hurt you, let them go, let go of the bitterness and resentment, and give them to God and let Him deal with them.

Many people have wronged me in my life. I've been lied to, cheated, stolen from, betrayed... But I realized that holding on to anger, grudges, bitterness, and resentment from the past was turning me into a person I did not want to become. I realized that I had to forgive the people who had hurt me, and let those insults and injuries go.

I'm criticized more today than I ever have been in my life. People say really mean things to me on the Internet! I have

pretty thick skin after being a public figure for 9 years, and I shrug most of it off. But I'm not bulletproof. Occasionally, people really do hurt my feelings on and offline. Fortunately, I've learned to be quick to forgive, which is like throwing water on a small fire before it becomes a raging inferno.

No one deserves forgiveness, and it's especially hard when the perpetrator isn't sorry for their actions. But when you hold on to the hurt, you stay locked in a prison of pain.

The person who wronged you may have caused the pain, but they aren't keeping you in pain. You are keeping yourself there.

Choosing to forgive is how you release yourself from a prison of pain.

Forgiveness is three dimensional. Forgive people who've hurt you. Forgive yourself for your mistakes and failures. And ask God to forgive you for the things in your life that you've done wrong that are weighing on your conscience.

I go deep on the subject of forgiveness in SQUARE ONE Module 6: How to Eliminate Stress & Heal Your Heart. I hope you will watch it.

FREE THERAPY #10

Pray & Meditate

Prayer and meditation are powerful free therapies that go hand in hand and bring peace and promote healing in your mind and body. Meditation connects you with your body and prayer connects you with God.

There are a lot of misconceptions about meditation. Think about meditation like massage. It is a relaxation exercise. Meditation is simply taking time to relax your mind and your

body. It doesn't require any woo-woo stuff like mantras or animal sounds (moOO), etc. to get the benefits.

Have you ever been told to count to 10 when you're angry? That's meditating!

Our thoughts and emotions can sometimes run away with us. A frantic mind is an anxious mind. And an anxious, stressful mind produces stress in your body. We can choose our thoughts, and the practice of meditation teaches you how to focus your mind and your attention to where you want it to be. The act of calming your mind also calms your body, reducing stress, inflammation, and improving immune function.

Also think of it as a way to check-in with your body.

The easiest way to get the brain and body benefits of meditation is to sit comfortably, close your eyes, and listen to your breathing.

Inhale deeply and comfortably through your nose. Feel the air come in through your nose and fill up your lungs. Then exhale through your nose in a slow controlled manner. Listen to the air flow out of your body as you feel your lungs deflate.

Your exhale should be equal to, or longer, than your inhale. My exhale is usually about twice as long. When you notice your mind wandering (it definitely will), just bring your attention back to your breathing. That's it! That's all you have to do to be an expert meditator.

Some people find counting to be helpful, counting as they inhale (1...2...3) and counting as they exhale (1...2...3). Or the inhale can be a long count of "one" and the exhale is another long "one." Followed by "two" and "two." And when you get to ten, you start over.

You can also meditate on specific things, like scripture or affirmations. I do all of the above.

Meditation therapy shifts your brain from an active state producing mostly high frequency beta waves, which are associated with stress and anxiety, into neutral and calm states producing lower frequency beta waves (in addition to alpha, delta, gamma, and theta waves), which lower stress and have healing benefits in the body. Meditation also flips hundreds of genetic switches in your body, turning good genes on and bad genes off!

I was skeptical about the value of meditation for most of my life. It seemed like a waste of time. But the science changed my mind.

Meditation is an especially helpful way to calm yourself down if your mind is racing, you're in a panic, or you're overcome with a negative emotion like fear, anger, or frustration.

Prayer is actively communing and communicating with God; talking, listening, and just being with your Heavenly Father who said, "Be still and know that I am God." (Psalm 46:10)

Meditation actually helps me with prayer. I'm self-diagnosed with ADD and easily distracted. Oftentimes, when I start to pray, I have a hard time staying focused after just a minute or two. I'm anxious and antsy. My to-do list is pulling on me, lots of things are running through my head distracting me, and I feel a sense of urgency to get on with my day and get stuff done.

I've found that a few minutes of meditation before active prayer, calms my mind, puts me in a state where I am relaxed and at peace, and I'm comfortable praying for a much longer time than when I jump straight into prayer. Maybe that could be helpful for you too.

...

That concludes *10 Powerful Free Therapies to Help Heal and Prevent Cancer*. I wrote this guide for you to help you understand how powerful your daily choices and habits are. These are therapies that anyone can do. You can eat healthily for the same amount of money it costs to eat badly. You can exercise in the sunshine, sing, and ground yourself all at the same time! You can get more sleep by setting an earlier bedtime. You can laugh. You can forgive. You can pray and meditate. And yes, even though it may be intimidating and hard to imagine, you can fast (medical supervision may be necessary).

It doesn't matter how much money you have or don't have. You can do all of these things!

But knowledge isn't enough. You have to put your knowledge into practice to reap the benefits. I created the SQUARE ONE Healing Cancer Coaching Program to give you the information, resources, and support you need to transform your life and your health. This program contains the nutritional protocol and natural, non-toxic strategies that I and many others have used to heal cancer holistically. The entire SQUARE ONE Program airs free online August 13-22, 2019. I hope you will tune in.

To your life and health!

-Chris

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