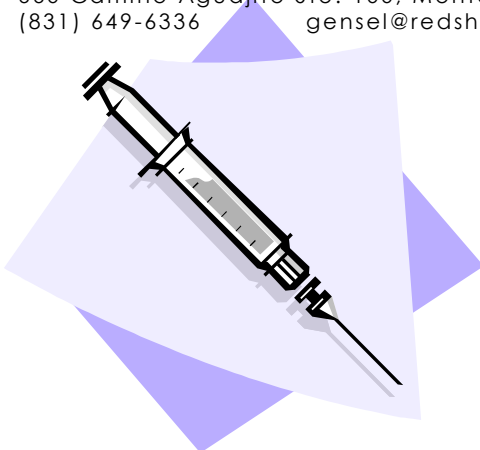


Your guide to better living

Gensel Nutrition Center
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Cervical Cancer

Dr. Gordon R. Gensel, DC

May 2007

What is the Cause of Cervical Cancer?

The cause of cervical cancer is unknown. Infection with two types of human papilloma virus' (HPV) is strongly associated with cervical cancer and is said to be the primary risk factor. HPV is found in nearly 80% of cervical carcinomas.

<http://www.oncologychannel.com/cervicalcancer/>

Just because HPV is found doesn't mean that HPV is the cause. If it were truly the cause, wouldn't you find it in every cervical cancer case? This virus could be merely opportunistic in an already weakened host.

Is the Vaccine the Answer?

Gardasil is the world's first vaccine against certain types of the Human Papilloma Virus (HPV). The vaccine, marketed by Merck & Co. in America, is designed to prevent infection with HPV types 16, 18, 6, and 11. HPV types 16 and 18 are correlated with about **70%** of HPV-related cervical cancer cases. HPV types 6 and 11 are correlated with about **90%** of genital wart cases.

That means that **30%** of cervical cancers have no known cause and are not associated with HPV. The real key is **that most HPV infections clear on their own by the bodies own immune defenses.** The FDA says, "The duration of immunity following a complete schedule of immunization with GARDASIL has not been established."

The real risk is that research scientists do not yet know what the potential long term side effects of the HPV vaccinations could be. The vaccine has only been in use for less than one year and it is possible that we'll have to wait decades before the true ramifications are fully known and understood.

Merck's marketing strategy for HPV vaccine includes enlisting patent-holding scientists and paid Merck consultants to market it as a lifestyle vaccine that should be administered to every pre-adolescent girl in the country...and are now starting a campaign to give it to boys. The reasons being: "Just in case he/she forgets to wait until he/she gets married to have sex"; or "the guy she marries has had sex"; or, apparently, "just in case the guy she marries has sex with someone else while he is married to her". Can this marketing strategy get any more annoying? We can't wait to see the marketing schemes for the AIDS vaccine that is currently in the pipeline and close to market.

"90% of all HPV infections go away within 2 years."

Journal of American Medical Association, Vol. 297, No. 8, February 28, 2007: 813-819

*Association of American Physicians and Surgeons
March 1, 2007*

Announcements

Snack Ideas for Kids

If you are running out of snack ideas of what to give your kids to eat inbetween meals just email me at gensel@redshift.com and I'll send you a list of 10 healthy snacks. Who knows – you might enjoy these too!

Healthy Cooking class

Instructor: Dr. Gordon Gensel
Date: May 8th, 2007
6:00 p.m. - 8:00 p.m.
Casanova Oak Knoll Park Center
735 Ramona Ave., Monterey
(831) 646-5665

Registration: Pre-register at the Monterey Recreation & Community Services Dept., 546 Dutra St., (831)646-3866
Or online at www.monterey.org/rec/online. (You will need to file an account activation form the first time you register online)

Call our office at (831)649-6336 with any questions.

Dr. Gensel
approved

Tuna Frittata

Ingredients:

8 eggs

12 oz cooked flaked tuna

Instructions:

Preheat oven on high broil. On the stove top, heat a deep, oven proof skillet with 2-4 tablespoons of oil on medium...try using coconut oil!

Prepare eggs like you would if you were to scramble them.

This is the way we make scrambled eggs: break the eggs into a bowl, add about 1/4 cup of water or rice milk and salt and pepper to taste. Whisk. Most people tend to use cows milk but we prefer them prepared with rice milk or water. They are much lighter.

Pour eggs into heated skillet and allow the bottom to cook. Take a spatula and scoop the solid egg in from the edges and allow the liquid egg to pour down under it so it can become solid [very similar to how you cook an open faced omelet]. Work the spatula all the way around the skillet and do this until you don't have much of the liquid egg left.

Once enough of the egg is cooked, sprinkle the flaked tuna over the top and place in the oven to broil for about 10 minutes or until the top of the egg is cooked [i.e. not runny anymore].

You can also add sautéed peppers and onions to the topping when you add the tuna. Chopped tomatoes are good too. Adding the vegetables can make it a one dish meal!

Learn more about how to
cook and eat healthy next
Tuesday May 8th at 6:00pm.
See above announcement
for registration information
or call our office at
(831)649-6336

How Many Lives Are At Risk?

This year cervical cancer will represent just 1% of the 679,510 new cancer cases and 1% of the 273,560 anticipated cancer deaths among American women. By contrast, some 40,970 women will die of breast cancer and 72,130 will die of lung cancer.

According to the **American Cancer Society**, "Between 1955 and 1992, the number of cervical cancer deaths in the United States dropped by 74 percent."

Much of the mass media reports hang on a study published in the *Journal of American Medical Association*, Vol. 297, No. 8, February 28, 2007: 813-819. The only portion of the study pointed out in the media was that HPV has infected about 27 percent of women between ages 14-59. This is far more women than most experts assumed.

What they neglect to report is that only **2 percent** of the patients in the study were infected by the kinds of HPV that put them at high-risk for developing cervical cancer. Only **3.4 percent** were infected with the types of HPV that Gardasil was concocted to prevent. AND...About **90 percent** of all HPV infections go away within two years.

[Association of American Physicians and Surgeons March 1, 2007](#)

Prevention

What you must know is that the most important risk factors of HPV are age of sexual activity, women who smoke, women who use oral contraceptives longer than 5 years, and the number of sexual partners.

A woman's immune system is often strong enough to clear this on it's own. Cancer prevention is not as simplistic as taking a vaccine.

Keep the immune system strong.

Use a variety of organic fruits and vegetables.

Practice routine supplementation with anti-oxidants such as Vitamin A, C, E, and CoQ10.

Call Gensel Nutrition Center for a nutritional consultation with Dr. Gensel to get your health status checked.

Federal Law requires that we warn you of the following:

1. The information provided in this article is for educational purposes only.
2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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