

# The Leaderboard

The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day.  
**Proverbs 4:18**



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## ABCDEs of Skin Cancer

Any diagnosis of cancer can be frightening—including skin cancer, the most commonly diagnosed cancer in the United States. However, skin cancer accounts for less than 1 percent of all cancer deaths; 85% to 95% of all cases are cured. Prevention and early detection are the most important weapons in the battle against skin cancer. Continuing research is making them ever more effective.

Skin cancer is strongly associated with exposure to ultraviolet (UV) radiation, part of the energy that comes from the sun (it also can come from artificial sources like sun lamps and tanning booths). UV radiation is made up of two types of rays, called UVA and UVB rays. UVB rays are more likely than UVA rays to cause sunburn, but UVA rays pass more deeply into the skin.

According to the National Institutes of Health's National Cancer Institute, the cure rate for skin cancers could be nearly 100% if they were all brought to a doctor's attention before they had a chance to spread. There are three different types of skin cancer—melanoma, basal cell carcinoma and squamous cell carcinoma. It is particularly important to diagnose and treat melanoma early. Melanoma is the deadliest form of skin cancer, with 55,100 new cases and 7,910 deaths expected this year in the U.S.

alone.

Melanoma usually begins as a mole. Twenty years ago, dermatologists noted that the typical warning signs of early melanoma follow an easy-to-remember formula:

- **A**symmetry—the mole is not a circle, but lopsided
- **B**orders—the mole has uneven or ragged edges
- **C**olor—the mole is not a uniform brown, but a mix of brown, black, red, blue, and white
- **D**iameter—the mole is wider than a pencil eraser

The dermatologists who devised that list now suggest adding "E," for "Evolving."

"An evolving lesion is one that changes size, shape or symptoms, such as itching or tenderness," Dr. David Polsky of New York University's Department of Dermatology explained.

The "E" captures a particular type of melanoma, called nodular, which often does not follow the original ABCs, Polsky said. Nodular melanoma is the most aggressive type of melanoma and accounts for 10% to 15% of all melanomas.

While melanoma may be the most deadly type of skin cancer, both basal cell carcinoma and squamous cell carcinoma are far more common. Re-

searchers estimate that 40% to 50% of people who live to age 65 will be diagnosed with one of these skin cancers. They can occur anywhere but are typically on the head, face, neck, hands, and arms. They grow more slowly than melanoma and rarely spread to other areas, but need to be treated as well.

Carcinomas can appear as small, smooth, shiny, pale or waxy lumps, or sometimes as a firm red lump. Some people develop a precancerous condition called actinic keratosis, a rough, red or brown scaly patch on the skin that may develop into squamous cell carcinoma. It usually occurs in areas that have been exposed to the sun, such as the face, the back of the hands and the lower lip.

Your overall chance of developing a skin cancer is related to your lifetime exposure to UV radiation. While most skin cancers appear after age 50, the sun's damaging effects begin at an early age. It's important to start sun protection in childhood to prevent skin cancer later in life. Check yourself regularly for new growths or other changes in your skin, and report any unusual growths to a doctor.

[www.nih.gov](http://www.nih.gov)

# SMOKING STATS



- ◆ An estimated 8.6 million people in the United States have at least one serious illness caused by smoking
- ◆ Each year, nearly 440,000 people in the United States die of smoking-attributable illness, resulting in 5.6 million years of potential life lost and \$92 billion in lost productivity from smoking.
- ◆ For every person who dies of a smoking attributable disease, there are 20 more people suffering with at least one serious illness from smoking.
- ◆ Among current smokers, chronic lung diseases account for 73% of smoking attributable conditions.
- ◆ Among former smokers, chronic lung diseases account for 50% of smoking attributable conditions, followed by heart attacks (24%).
- ◆ Smoking causes 3.3 million years of potential life lost for men and 2.2 million years for women. On average, smoking educes adult life expectancy by approximately 14 years.
- ◆ Each year smoking during pregnancy results in an estimated 523 deaths among male infants and 387 deaths among female infants.
- ◆ An estimated \$92 billion in productivity losses occurs annually from deaths due to smoking. The economic costs of smoking are more than \$167 billion, including an additional \$75.5 billion in smoking-related medical expenditures.

[www.cdc.gov](http://www.cdc.gov)

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## VITAMIN E RESULTS DISAPPOINT

Vitamin E supplements don't protect healthy women against heart attacks and stroke, according to the latest results from the Women's Health Study, a long-term clinical trial funded by the National Heart, Lung, and Blood Institute (NHLBI) and National Cancer Institute (both part of the National Institutes of Health). The vitamin also had no effect on the most common cancers in women or on total cancers.

An estimated 13.5% of women in the U.S. take vitamin E supplements. Laboratory and animal research has suggested that vitamin E might reduce the chance of clogged and blocked arteries. Observational studies suggested that people who eat foods high in vitamin E or take supplements have a lower risk of heart disease. Although several clinical trials have found little cardiovascular benefit from vitamin E, these trials were not conclusive. The Women's Health Study aimed to look at the long-term effects of vitamin E among a large number of healthy women, studying 39,876 women age 45 years and older over an average of 10.1 years.

The study found that vitamin E didn't significantly affect major cardiovascular "events"—a combination of nonfatal heart attack, nonfatal stroke and cardiovascular death. There were findings that warrant further study, however. There was some reduction in cardiovascular deaths among women taking the vitamin. Women 65 and older taking vitamin E also had a decrease in heart attacks and cardiovascular deaths (but not strokes). Total deaths, however, were unaffected by vitamin E.

NHLBI director Dr. Elizabeth G. Nabel says women shouldn't rely on vitamin E supplements to prevent heart attack and stroke. "Instead," she said, "women should focus on well-proven means of heart disease prevention, including leading a healthy lifestyle and controlling risk factors such as high blood pressure and high cholesterol."

[nih.gov](http://nih.gov)

[www.](http://www.)

# EATING IN A HURRY



Many consumers are choosing the fast, easy and on the go method for meals by stopping in or driving through fast food and quick serve restaurants.

Many fast food restaurants are making the choice easy for health conscious people by having healthy options available. Nutrition information and smaller portions are also an addition to many menus.

If you find yourself visiting such establishments frequently, try some of the alternatives below:

- Instead of soda, ask for skim milk or water
- Remember that pepperoni and sausage aren't usually the only pizza toppings available. Load your pizza up with veggies and fruit like peppers, mushrooms, tomatoes and pineapple.
- Order smaller burgers, leave out or share the fries, or substitute fresh fruit or a small salad.
- Leave off the mayo on burgers or chicken sandwiches
- Try grilled fish burgers

If you are going on a road trip, here are some healthy, quick and easy snacks for you to pack:

- Bottled water or 100% juice boxes
- Fruits and veggies with dip
- Energy bars, granola bars, trail mix, or crackers
- Bite size peanut butter sandwiches or low-fat string cheese

When you are on the road around town or on your way out, make sure to keep these tips in mind. Eating healthy and keeping yourself well hydrated make for a much more enjoyable ride!

## Look and Feel Younger by Avoiding the Top Contributors to Aging

### The #1 Way to Avoid Premature Aging: Avoid Sugars and Grains

If you look and/or feel older than you should, whether the symptoms are showing themselves in your skin, face, bones, energy, or mind, chances are that the excess sugars and grains in your diet are the primary culprit. We all need a certain amount of carbohydrates, of course, but we need the good carbohydrates that foods like vegetables provide.

In other words, the popular Atkins diet got it partly right--people are consuming too many carbs, but more particularly, they're consuming too many of the carbs found in grains and sugars while most are not consuming enough of the healthy carbs found in vegetables.

Through the Western addiction to grains, sweets, soft drinks, and high-starch foods like potatoes, the modern diet virtually guarantees that not only will a majority of the population become overweight, but they will also look and feel much older than they should. That's because any meal or snack high in the carbohydrates found in grains and sugars generates a rapid rise in blood glucose. To adjust for this rise, the pancreas secretes the hormone insulin into the bloodstream, which lowers the glucose.

Unfortunately, the body is not designed to accommodate these unnaturally high levels of insulin spiked by grains and sugars. So not only does this excess insulin store calories from the carbs in the form of fat (which is why so many are overweight and obese these days), but the excess insulin also suppresses essential hormones and the immune system--all absolutely essential for avoiding premature aging.

Meanwhile, in addition to avoiding grains and sugars to avoid premature aging, what you should be eating instead also has everything to do with it. If you really want to look and feel younger, live longer and prevent disease, and optimize your weight while you are at it, the key to remember is this:

1. Eating the right forms of foods--the right forms of carbohydrates, proteins and fats--is absolutely essential.
2. Eating the right proportion of these carbohydrates, proteins and fats for your specific body biochemistry, or "metabolic type," is also absolutely essential.

## **Eat the Right Forms of Foods to Look and Feel Younger**

There are healthy forms of carbohydrates, fats and proteins that make all the difference in the world to whether you will age prematurely or look and feel as young as you are supposed to (and prevent disease and live longer). You should not "reduce all carbs" in your diet, as some popular diets suggest, but instead reduce or completely eliminate the bad carbs like grains and sugars and instead eat the healthy carbs like vegetables--particularly vegetables that grow above ground (most root vegetables are high in starch and would best be limited).

Similarly, you should focus on eating healthy fats and proteins, like those found in naturally raised meats, toxin-free fish, and healthy oils like coconut oil.

To delve into all the carbs, fats and proteins you should avoid and those you should be consuming takes an entire book--and I have written that book, which I encourage you to consider if you really want to avoid premature aging--but on the topic of avoiding premature aging by eating the right foods, here are a few links you can explore right now:

- [Reduce Grains and Sugars to Improve Health](#)
- [Increase Intake of Omega-3 Fats to Prevent Disease](#)
- [Six Foods that Will Give You the Most Health Bang for Your Buck](#)
- [What Does Europe's Ban of Most U.S. Meats Mean to You?](#)
- [Why Do You Need Organic Food?](#)
- [Trans-fat: What is It, and Why is It So Dangerous?](#)
- [Eat Clean Poultry If you can't find it locally we have Free-Range Certified 100% Organic Chicken: An Exceptionally Clean, Healthy and Delicious Source of Protein](#)

## **Eat the Right Proportion of Carbs, Proteins and Fats for Your Metabolic Type**

Just as important as eating the right forms of carbs, proteins and fats are eating the right proportion of them for your particular body biochemistry. For some this may be a new concept, but there is a reason most people fail on those one-size-fits-all diets: just as on the outside you are unique, on the inside you are unique as well. In other words, your body biochemistry, or metabolism, is distinct, and therefore you have distinct nutritional needs.

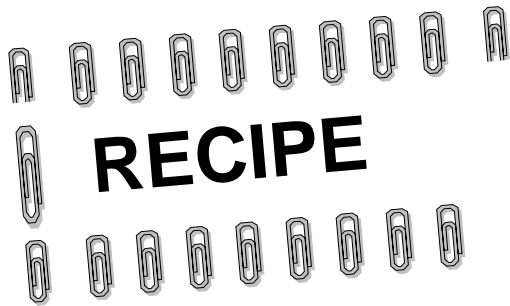
One of the most important steps you should take right now if you want to avoid premature aging (and optimize your weight and increase your energy) is to learn your metabolic type, and then start eating the right proportion of healthy carbs, proteins and fats for your type.

My book presenting my entire dietary program is a must-have resource if you do not know your metabolic type or the proportions of nutrients you should be consuming to ensure you look and feel younger. It provides a test and the means to help you determine your type, and a full understanding of how to find the proportions of foods that are ideal for you.

Beyond proportions, there are certain healthy foods that are ideal for one metabolic type that are not as ideal for other types. For instance, if you are a "Protein Type," there are six types of vegetables that you should definitely be eating to help you avoid premature aging, optimize weight and live longer.

To understand more on the essential concept of metabolic type, start by reading "Modify Your Diet so You Feel Terrific." Then learn your metabolic type and start eating the healthiest forms of foods that are ideal for your type--while avoiding grains and sugars--and you will be taking a monumental step toward avoiding premature aging. Again, for full detail on all of the above (and many delicious and nutritious recipes), read more about my book.

**By Dr. Joseph Mercola with Sarah Potts**



# RECIPE

# Carrot-Raisin Bread



## Ingredients

- 1 1/2 cup flour, sifted
- 1/2 cup sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 egg, beaten
- 1/2 cup water
- 2 tbsp vegetable oil
- 1/2 tsp vanilla
- 1 1/2 cups carrots, finely shredded
- 1/4 cup pecans, chopped
- 1/4 cup golden raisins

## Directions

Preheat oven to 350 degrees F. Lightly oil two, 9 by 5 inch loaf pans.

Stir together dry ingredients in large mixing bowl. Make well in center of dry mixture.

In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.

Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean.

Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing.

[www.cdc.gov](http://www.cdc.gov) Serving Size: 1/2 inch slice Each serving provides: Calories 99, Fat 3g, Cholesterol 12 mg, Sodium 97 mg, Total fiber 1 g, Protein 2 g, Carbohydrates 17 g, Potassium 69 mg

**Listed below are several other contributors to premature aging that you should be aware of.**

## **Cigarettes**

Whether you smoke yourself or are around people who do, cigarette smoke exposes you to damaging free radicals that will accelerate the aging process by damaging the microcapillaries in the skin. This limits the skin's ability to absorb nutrients, which accelerates wrinkling and aging. Antioxidants, such as those found in fresh vegetables and fruit like organic blueberries, can help to fight free-radical damage and will naturally promote healthy, young-looking skin. A diet with plenty of vegetables will also provide plenty of micronutrients and antioxidants.

## **Lack of Sleep**

Regularly catching only a few hours of sleep can hinder metabolism and hormone production in a way that is similar to the effects of aging.

I think most of us do not fully appreciate the value of a full night's sleep. Getting seven hours is an absolute minimum for most all of us, and most of us would benefit from closer to nine hours. In the winter months try and be in bed by 9 p.m., other months, 10 p.m. would be ideal. Read "Sleep Well to Live Well" for all of my recommendations on how to sleep for your health.

## Distilled Water

Many health conscious people are often surprised to hear me state that distilled water on a routine basis may actually damage your health. While the issue of distilled water is somewhat controversial in natural medicine circles, I believe distilled water is an active absorber and when it comes into contact with air, it absorbs carbon dioxide, making it acidic. The more distilled water a person drinks, the higher the body acidity becomes. More importantly the water loses its healthy structure. If you do a search on Google you will find the many health benefits of properly structured water. This maybe is the single largest reason why distilled water is not a wise choice.

The most toxic commercial beverages that people consume (i.e. cola beverages and other soft drinks) are made from distilled water. Studies have consistently shown that heavy consumers of soft drinks (with or without sugar) lose huge amounts of calcium, magnesium and other necessary trace minerals into their urine.

Additionally, distilled water will tend to leach healthy minerals from your body, which is very difficult to compensate for in the long run, even with mineral supplements. The more mineral loss the greater the risk for osteoporosis, osteoarthritis, hypothyroidism, coronary artery disease, high blood pressure and a long list of degenerative diseases generally associated with premature aging. Read, "Drink More Spring or Filtered Water to Improve Every Facet of Your Health

## The Sun

Exposing your skin to intense sunlight (UV-A rays) for an extended period of time may result in sunburn, wrinkling and premature aging. Sunburned skin is more susceptible to damage and may age more quickly. Also please read my article, "Sunscreen is a toxic chemical" to learn about the dangers of sunscreen use.

Remember that sunlight is not something to be avoided. You need sunlight in order for the body produce vitamin D. The key is to gradually build up your resistance to the sun by going out slowly in the beginning of the season, perhaps 10 minutes at a time to start, and always avoid getting burned.

## Certain Diets

A recurrent cycle of gaining and losing weight will cause your skin to stretch and become less elastic. As you age, this loose skin will be more prone to sagging and wrinkles simply by the force of gravity. If you need to lose weight, my book is designed to help you keep the weight off for good.

## Omega-3

The main sources of omega-6 fats are vegetable oils such as corn and soy oil that contain a high proportion of linoleic acid. Please read my article "The Great Con-ola" to learn more about the dangers of these oils. It has become clear that an excess of omega-6 fatty acids can have dire consequences, and most people are consuming far too much omega-6 while consuming not nearly enough omega-3.

Omega-3 fatty acids are essential to healthy skin. Making sure you get enough omega-3 in your diet, by taking high-quality fish oil or cod liver oil regularly, will help to keep your skin looking young and healthy.

## Dry Skin

Finally, using virgin coconut oil as you would any lotion is an ideal way to rejuvenate skin. Not only does it prevent the formation of damaging free radicals and protect against them, but also it can help to keep the skin from developing liver spots and other blemishes caused by aging and overexposure to sunlight.

**By Dr. Joseph Mercola with Sarah Potts**



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