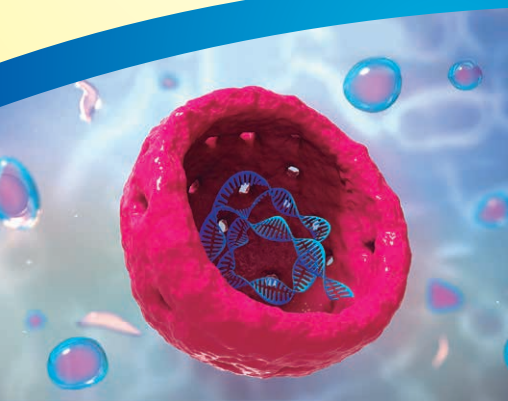




# Healthy and Happy Seminar 8



## How to Fight the Big “C” with the Big “P”

Although we do not realize it, every day the healthy cells of our body are fighting enemy cancer cells! Cancer is so dreaded that often we only call it “C.” But if we use the right strategy, we can conquer cancer!

### 1. How does this Big “C” of Cancer occur?

**Choose the right words: abnormal, trillion, divide, spread.**

- (a) Your body has 75 to 100 \_\_\_\_\_ cells, and about 200 different types.  
(b) When our body cells die, other cells \_\_\_\_\_ and replace them.  
(c) But at times cell growth is \_\_\_\_\_, and the cell becomes cancerous.  
(d) The cancer cell invades other cells. They can form masses, and \_\_\_\_\_.

### 2. There are over 100 types of cancers! True or False?

- T ☐ F ☐ 1. The most common type of cancer today is lung cancer.  
T ☐ F ☐ 2. For men, the most common are prostate, lung, and colon.  
T ☐ F ☐ 3. For women, the most common are breast, lung, and colon.  
T ☐ F ☐ 4. Most cancers are genetic and cannot be prevented.

### 3. The first step to fight cancer is: Ban alcohol and tobacco.

- Tobacco smoke is responsible for one in every three cancer deaths.
- It produces 33 carcinogens. These damage the DNA of body cells.
- Tobacco causes cancer of the lungs, larynx, and pancreas.

- Alcohol is responsible for 12% of cancer deaths.
- It causes cancer of the mouth, larynx, esophagus, and liver.

#### 4. What can we do to beat the use of alcohol and tobacco?

Choose the right words: distract, places, support, withdrawal.

- (a) Avoid persons and \_\_\_\_\_ that tempt you to drink or smoke.
- (b) Expect \_\_\_\_\_ symptoms and prepare to beat them!
- (c) Engage in positive activities to \_\_\_\_\_ yourself.
- (d) Get social \_\_\_\_\_ from a group. And ask God to help you.

#### 5. Step two: No Risky Sexual Behavior!

- Hepatitis B and Human Papilloma-virus (HPV) can cause cervical cancer.
- Casual sex can cause genital cancers! So stay away from such behavior.

#### 6. The third step: Avoid Eating Meat. True or False?

- T ☐ F ☐ 1. Foods with fiber take just 1 to 1 ½ days to be digested.
- T ☐ F ☐ 2. Meat takes two days, permitting the build up of harmful toxins.
- T ☐ F ☐ 3. Toxins create a harmful environment that facilitates colon cancer.
- T ☐ F ☐ 4. The high fat content of meat decreases hormone production.
- T ☐ F ☐ 5. This adds to the risk of breast cancer and prostate cancer.

#### 7. Step four is very powerful: Use Phytochemicals! That's the Big "P."

Choose the right words: hundreds, plants, fight, protect.

- (a) Phytochemicals are natural chemicals that are found only in \_\_\_\_\_.
- (b) \_\_\_\_\_ of these chemical compounds have been discovered.
- (c) They contain properties that can help \_\_\_\_\_ the body from cancer.
- (d) They also strengthen cells to \_\_\_\_\_  
\_\_\_\_\_ the cancer-producing invaders.

#### 8. Our Creator has color coded His phytochemicals. Here are examples.

**GREEN. Ptc: Lutein** - Collard & Mustard Greens, Kale, Spinach, Broccoli.

**RED. Ptc: Lycopene** - Tomatoes, Cranberries, Strawberries, Red Pepper.

**YELLOW. Ptc: Flavonoids** – Oranges, Lemons, Papaya, Apricots, Bananas.

**PURPLE. Ptc: Phenolics** – Eggplant, Prunes, Raisins, Plums.



#### 9. While physical cancer can be deadly, spiritual cancer can be much more deadly! What is this spiritual cancer?

**Luke 12:15.** Its name is \_\_\_\_\_. That's the spiritual **Big "C."**

**10. This Cancer of Covetousness started in the mind of a heavenly being!**

**See Isaiah 14:12-14. True or False?**

- T ☐ F ☐ 1. Lucifer, Son of the morning, was an exalted angel of heaven.  
T ☐ F ☐ 2. Instead of worshipping God, he coveted worship for himself.  
T ☐ F ☐ 3. He expressed his selfishness using the word "I" four times.

**11. The Cancer then invaded the lives  
of Adam and Eve! They ate from the forbidden tree!  
Today the test isn't a tree! What is it?**

**Leviticus 27:30, 32.** The test is the

\_\_\_\_\_  
This means one \_\_\_\_\_.  
Therefore if I earn \$ 1,000, God's  
tithe is \$ \_\_\_\_\_.

**12. So the spiritual Big "P" is  
Philanthropy! It is Giving! If I reject God's  
prescription, what are the consequences?**

**Malachi 3:9.** My money receives a curse!

**13. On the other hand, Philanthropy has bountiful benefits!**

**See Malachi 3:10.**

- T ☐ F ☐ 1. God will open the windows of heaven and pour out blessings.  
T ☐ F ☐ 2. God is displeased when people try to test His promise.  
T ☐ F ☐ 3. He welcomes the challenge. He says: Put Me to the test!

**14. Group Activity: 1 Kings 17:1, 10-16. Put yourself in her place.**

- (a) What would have been your response to Elijah's request?  
(b) What can we expect when we put God first and obey His word?

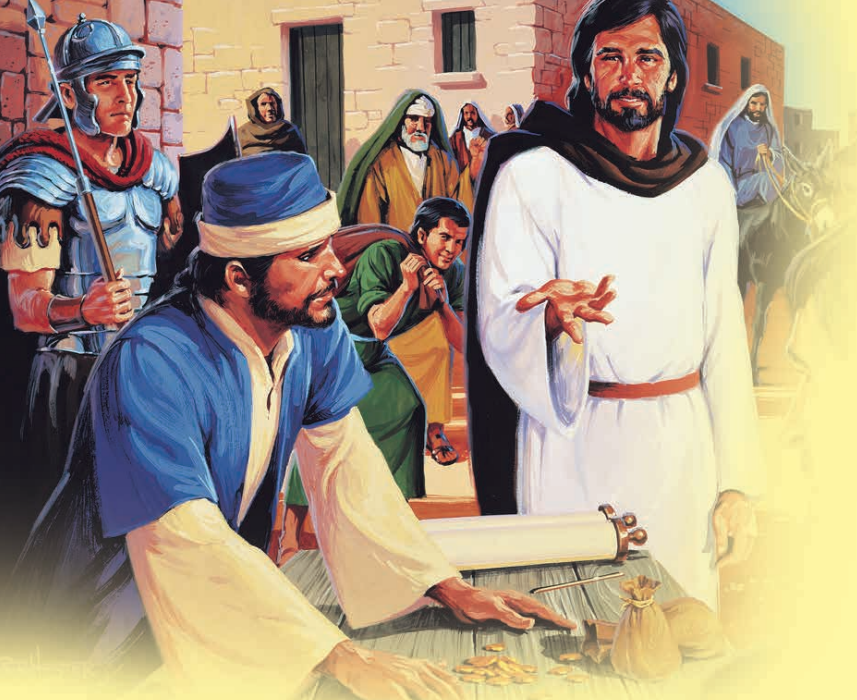
**15. But God does not want only one-tenth of my money, He wants ten-tenths of  
my life! How do we show our surrender?**

**Romans 6:4.** We show our surrender to Jesus by our \_\_\_\_\_.  
That's the meaning of Baptism! It's giving 10/10 of your life to Jesus!

**16. This was beautifully illustrated in the story of Levi Matthew.  
Luke 5:27, 28. Choose the right words: follow, coveted, highest.**

- (a) Suffering from spiritual cancer, Matthew \_\_\_\_\_ money for himself.  
(b) But one day, Christ confronted him, and said, " \_\_\_\_\_ Me!"  
(c) That's the \_\_\_\_\_ form of Philanthropy! Giving my life to Christ!





**17. Today, Christ says those same words to you and me!**

**Matthew 16:24.** He says, "Follow Me."

"Follow Me to My Cross of **Calvary**! Follow Me each Sabbath to My **sanctuary**! Follow Me to My water of **baptism**!" What's your answer?

**18. When we make sacrifices to obey God, He always gives rewards!**

**Revelation 21:4.** What was Matthew's reward? \_\_\_\_\_.

**Revelation 2:10.** What will be my reward? \_\_\_\_\_.

#### **My Choice.**

- ☐ I will combat the Big "C" of Cancer with the Big "P" of Phytochemicals.
- ☐ I will fight the Big "C" of Covetousness with the Big "P" of Philanthropy.
- ☐ Like Matthew, I will arise and obey the command of Jesus: "Follow Me!"

**Check Your Answers.** 2. 1T, 2T, 3T, 4F. 6. 1T, 2F [3 to 5], 3T, 4F, 5T. 10. 1T, 2T, 3F. 13. 1T, 2F, 3T.

**Attention!** The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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