

# LYMPHOEDEMA & OBESITY SUPPORT ASSOCIATION OF AUSTRALIA INC.

[www.lymphoedemaobesitysupportaustralia.com.au](http://www.lymphoedemaobesitysupportaustralia.com.au)



**Feeding cancer cells**

**ARE YOU CONSUMING  
TOXIC POISONS &  
SYNTHETIC ADDITIVES IN  
YOUR DAILY DIET.**



## Dairy Products:

- For many years it has been suggested and proven to many people that Dairy Products can be a huge reason for so many Chest and Throat problems.
- Dairy products from Cows milk is very mucus forming. Mucus makes breathing hard for Asthmatics and anyone with chest problems.
- Mucus is another cancer feeding food. All toxins, acidic foods and chemicals are feeding cancer cells. By reducing these foods and toxins from your diet, one can only see an improvement in your health.
- Check the labels on your Vitamin supplements. Cheap versions and some of the dearer ones are full of SYNTHETIC ingredients. Look for the following words on the packages. These are all synthetic.

## SYNTHETIC INGREDIENTS:

- Ascorbate
- Aspartate
- Carbonate
- Chloride
- Citrate
- Disulphide
- Gluconate
- Glycerophosphate
- Iodide
- Lactate
- Malate
- Methionine
- Orotate

- Oxide
- Picolinate
- Sulfate

Drinking artificial sweeteners in tea and coffee is very unhealthy, as well as artificially sweetened soft drinks, chewing gum and lollies.

# Reasons to avoid Synthetic Vitamins and Minerals

## Study 1

*Lung cancer and cardiovascular disease increased in men on synthetic supplements. 29,000 male smokers were given synthetic beta carotene and synthetic Vitamin E.*

### Results:

*A 28% increase in lung cancer, 17% increase of death & higher rate of cardiovascular disease.*

## Study 2

*Birth defects increased for women on synthetic supplements. 22,000 pregnant women were given synthetic Vitamin A.*

### Results

*Study was halted because birth defects increased by 240%.*

Ref: New England Journal of Medicine.

## We all need supplements Why?

Modern diet no longer contains enough ESSENTIAL nutrients to support our basic biological needs. This is due to:

- Depleted soils
- Picking produce green
- Pesticides, fungicides

**Non Synthetic Supplements** are not easy to obtain over the counter.

**Please do you research thoroughly before wasting money on unhealthy Products & Vitamins.**

**“Standardised Plant Based” supplements are the only safe Vitamins and Minerals for your inner health.**

**Contact the Association for more information on ordering organic Vitamins and Minerals.**

**The Association would like to welcome their new members.**

### Corporate members:

- 3M health care
- Morris Medical Pty Ltd
- Palms Lymphoedema Clinic
- Lymphoedema Academy of Australia
- Websites With Purpose

### General members:

Rowena Clarke  
Christiana McIlwain  
Val Brighthouse  
Victoria Webster  
Roberto Valenzuela  
Jill Rankin

**For information on healthy choices of Vitamins, Minerals, hormonal imbalance & re building a damaged lymphatic system after CHEMO & RADIATION email our Nutritional Advisor**

**Pauline Wallace. Email: [lymptreatment@gmail.com](mailto:lymptreatment@gmail.com)**