



# END THE DEATH SENTENCE

**STRATEGIES FOR HOPE & POSSIBILITY**

**NICK PARKER – THE CANCER JOURNEYMAN**

Chippy  
Well  
Fest

# Diagnosis





**RESET**

# Philosophies

# 90-95% of cancers have their origin in the environment & lifestyle

Only 5 – 10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90-95% have their roots in the environment and lifestyle.

Source: National Center for Biotechnology Information

Springer Open Choice

## Cancer is a Preventable Disease that Requires Major Lifestyle Changes

[Preetha Anand](#), [Ajaikumar B. Kunnumakara](#), [Chitra Sundaram](#), [Kuzhuvelil B. Harikumar](#), [Sheeja T. Tharakan](#), [Oiki S. Lai](#), [Bokyung Sung](#), and [Bharat B. Aggarwal](#)<sup>✉</sup>

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This article has been corrected. See [Pharm Res. 2008 July 30; 25: 2200](#).

This article has been [cited by](#) other articles in PMC.

### Abstract

Go to: ✓

This year, more than 1 million Americans and more than 10 million people worldwide are expected to be diagnosed with cancer, a disease commonly believed to be preventable. Only 5–10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90–95% have their roots in the environment and lifestyle. The lifestyle factors include cigarette smoking, diet (fried foods, red meat), alcohol, sun exposure, environmental pollutants, infections, stress, obesity, and physical inactivity. The evidence indicates that of all cancer-related deaths, almost 25–30% are due to tobacco, as many as 30–35% are linked to diet, about 15–20% are due to infections, and the remaining percentage are due to other factors like radiation, stress, physical activity, environmental pollutants etc. Therefore, cancer prevention requires smoking cessation, increased ingestion of fruits and vegetables, moderate use of alcohol, caloric restriction, exercise, avoidance of direct exposure to sunlight, minimal meat consumption, use of whole grains, use of vaccinations, and regular check-ups. In this review, we present evidence that inflammation is the link between the agents/factors that cause cancer and the agents that prevent it. In addition, we provide

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“

The true method of  
knowledge is experiment

”

William Blake

Nutrition	Emotional Competence	Being Human	Leadership	Move & Load
Constant Learning	Sleep	Discipline	Spirituality	Treatment & Systems
Avoid Toxins	Purpose	Stress	My Body; my Dis-ease	Measure & Change







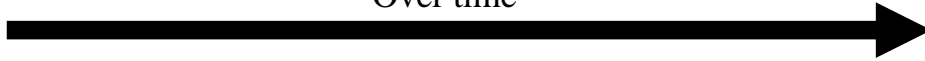
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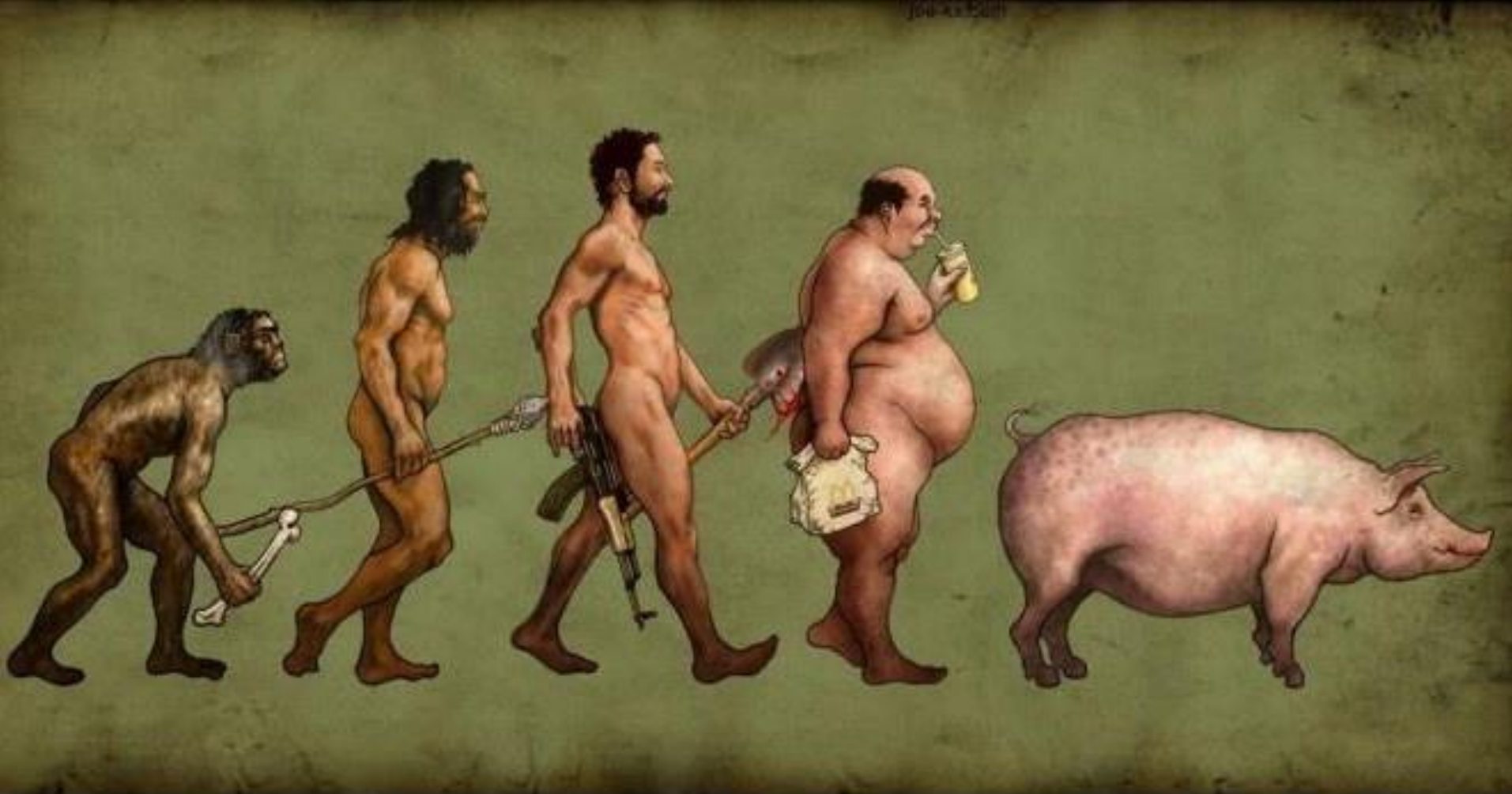
# The Aggregation of Marginal Gains

- Easier:  $100 \times 1\%$
- More difficult:  $1 \times 100\%$



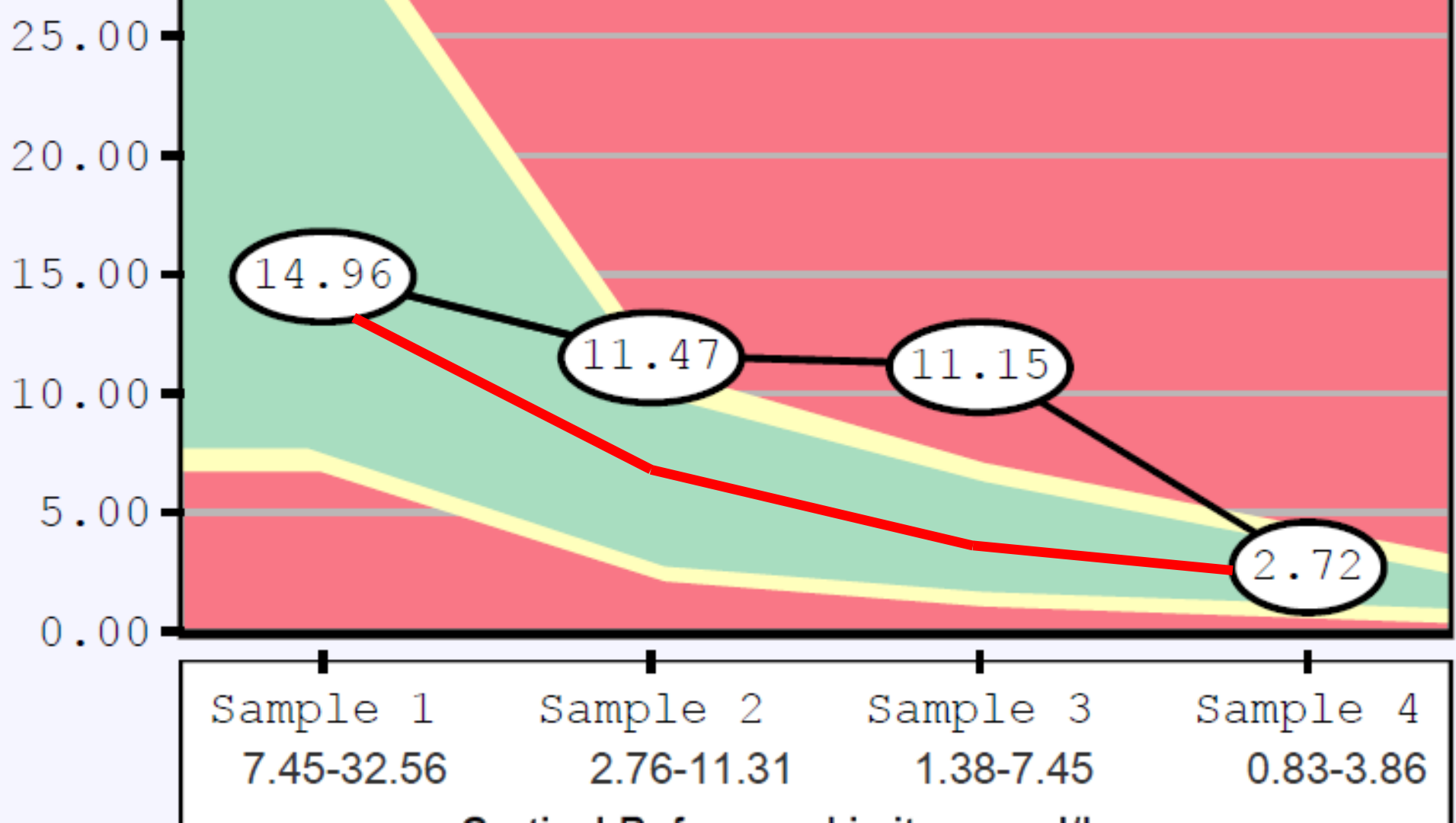
Over time















**fsm**  
For Contract Caterers

JANUARY 2011 - ISSUE 1

**Big interview: Bite**

We get our teeth into the company's MD, Nick Parker

**The Storey continues**

BaxterStorey celebrates 10 years in the business

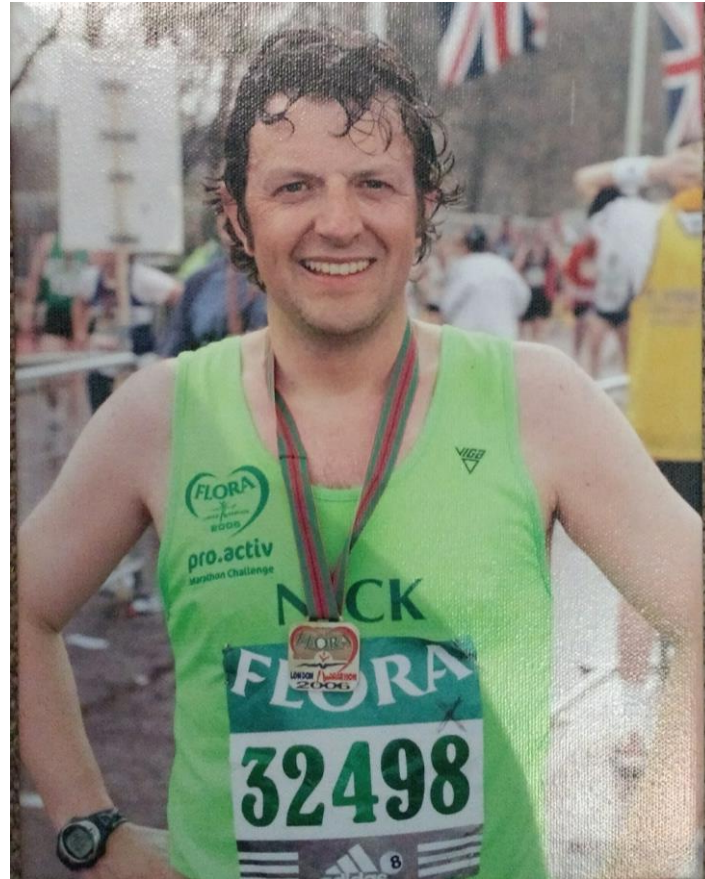
**Fast food**

Steven Saunders gears up for Silverstone



Puffed up  
self  
importance





## NutrEval Results Overview

Antioxidants	Borderline	High Need	Supplementation for High Need
<div> <div></div> <div></div> </div>	<div> <div>Vitamin A / Carotenoids</div> <div>Vitamin C</div> <div>Vitamin E / Tocopherols</div> <div></div> <div>CoQ10</div> </div>	<div> <div></div> <div></div> </div>	<div> <div>α-Lipoic Acid - Dose = 200 mg</div> </div>
<b>B-Vitamins</b>			
<div> <div></div> <div></div> </div>	<div> <div></div> </div>	<div> <div>Thiamin - B1</div> <div>Riboflavin - B2</div> <div>Niacin - B3</div> <div>Pyridoxine - B6</div> <div>Biotin - B7</div> <div>Folic Acid - B9</div> <div>Cobalamin - B12</div> </div>	<div> <div>Thiamin - B1 - Dose = 50 mg</div> <div>Riboflavin - B2 - Dose = 50 mg</div> <div>Niacin - B3 - Dose = 50 mg</div> <div>Pyridoxine - B6 - Dose = 50 mg</div> <div>Biotin - B7 - Dose = 400 mcg</div> <div>Folic Acid - B9 - Dose = 1,200 mcg</div> <div>Cobalamin - B12 - Dose = 1,000 mcg</div> </div>
<b>Minerals</b>			
<div> <div></div> <div></div> <div>Molybdenum</div> <div>Zinc</div> </div>	<div> <div></div> </div>	<div> <div>Magnesium</div> <div>Manganese</div> </div>	<div> <div>Magnesium - Dose = 800 mg</div> <div>Manganese - Dose = 7.0 mg</div> </div>
<b>Vitamin D</b>			
<div> <div></div> </div>	<div> <div>Vitamin D</div> </div>	<div> <div></div> </div>	



My lifestyle







Successes & more work to  
do

Iron profile	Transferrin Saturation
	Serum transferrin
	Iron
	Serum ferritin

2015  
Dec

Fats	Non HDL cholesterol
	Total cholesterol
	Triglycerides
	HDL cholesterol
	LDL cholesterol
	Total cholesterol: HDL ratio

Bone profile	Calcium
	Phosphate

Kidney function: minerals	Sodium
	Potassium

Kidney fn: muscle by product	Creatinine
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Liver function	Bilirubin
	ALT
	Alkaline phosphatase (ALP)
	Albumin

Liver function: inflammation	CRP
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Red blood cells	RBC
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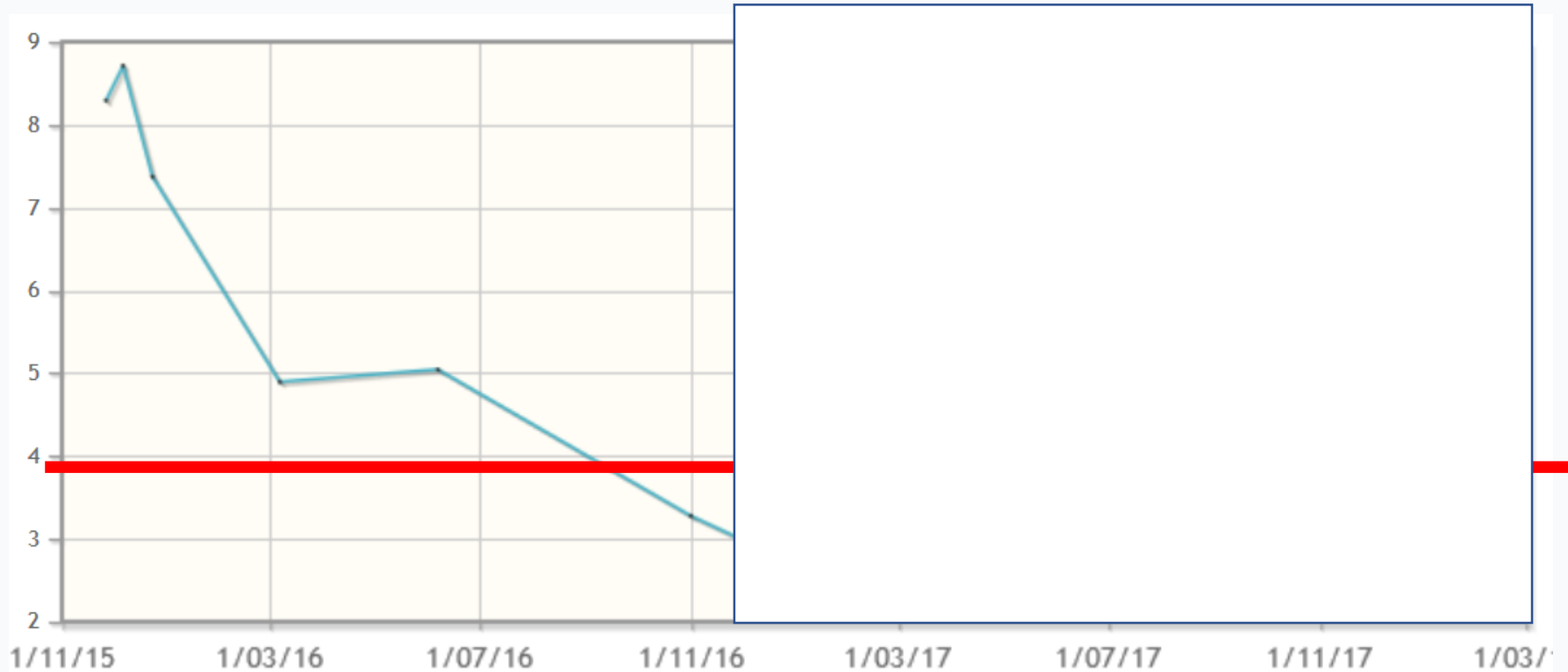
White blood cells	WCC
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Total Protein	
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# White blood cell counts

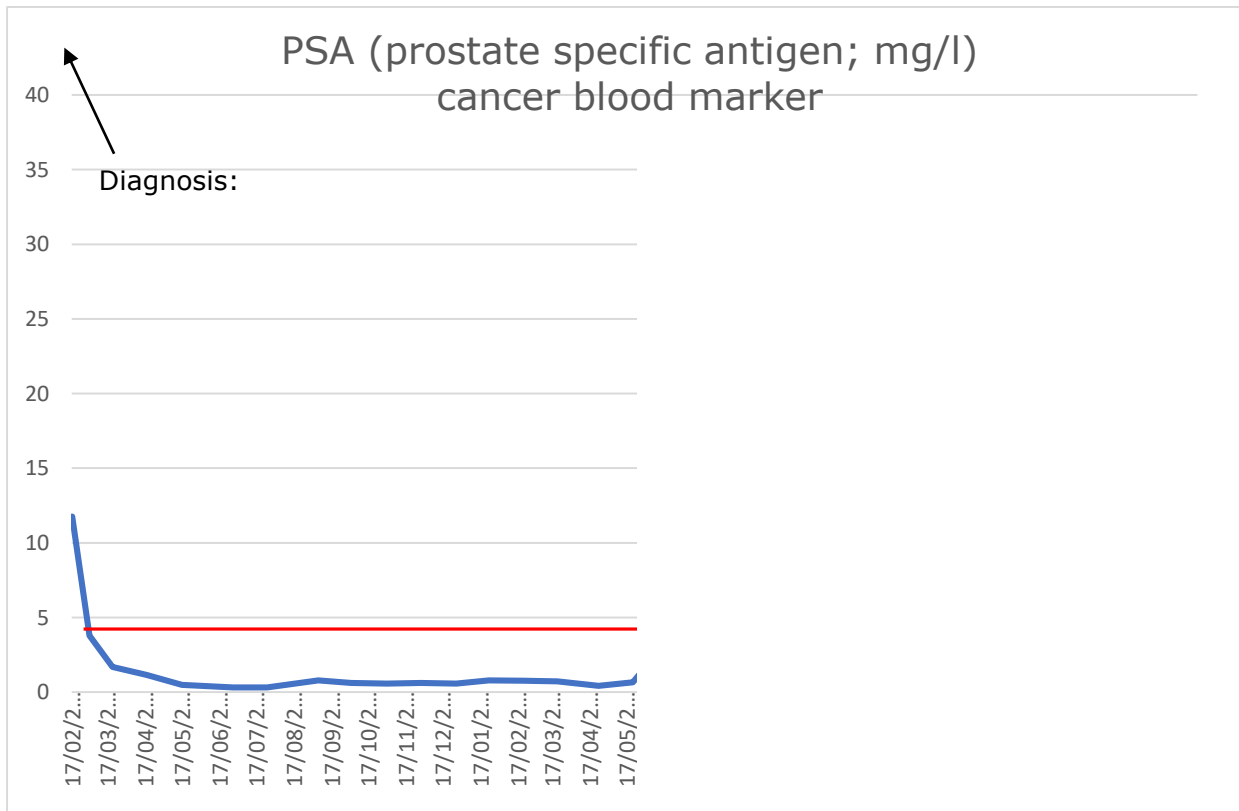


**X** first time in 12  
years

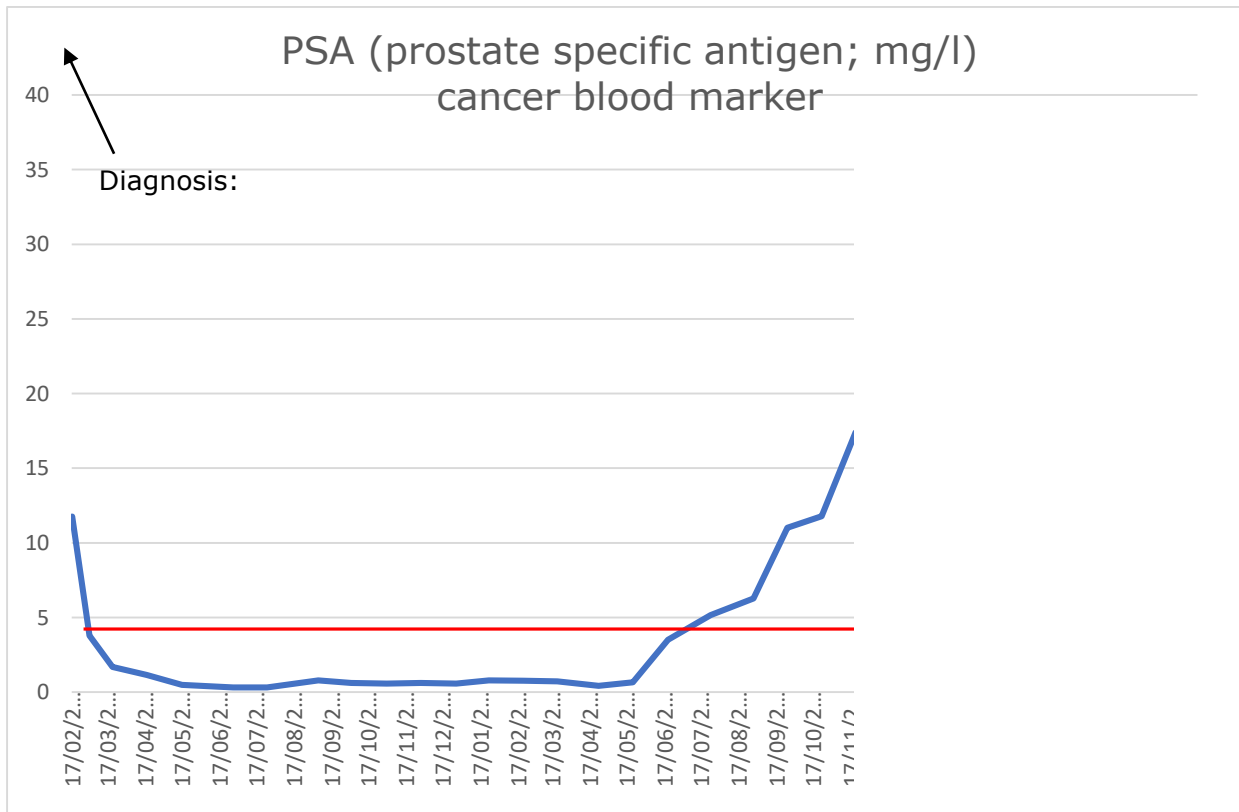


**X** no evidence of disease

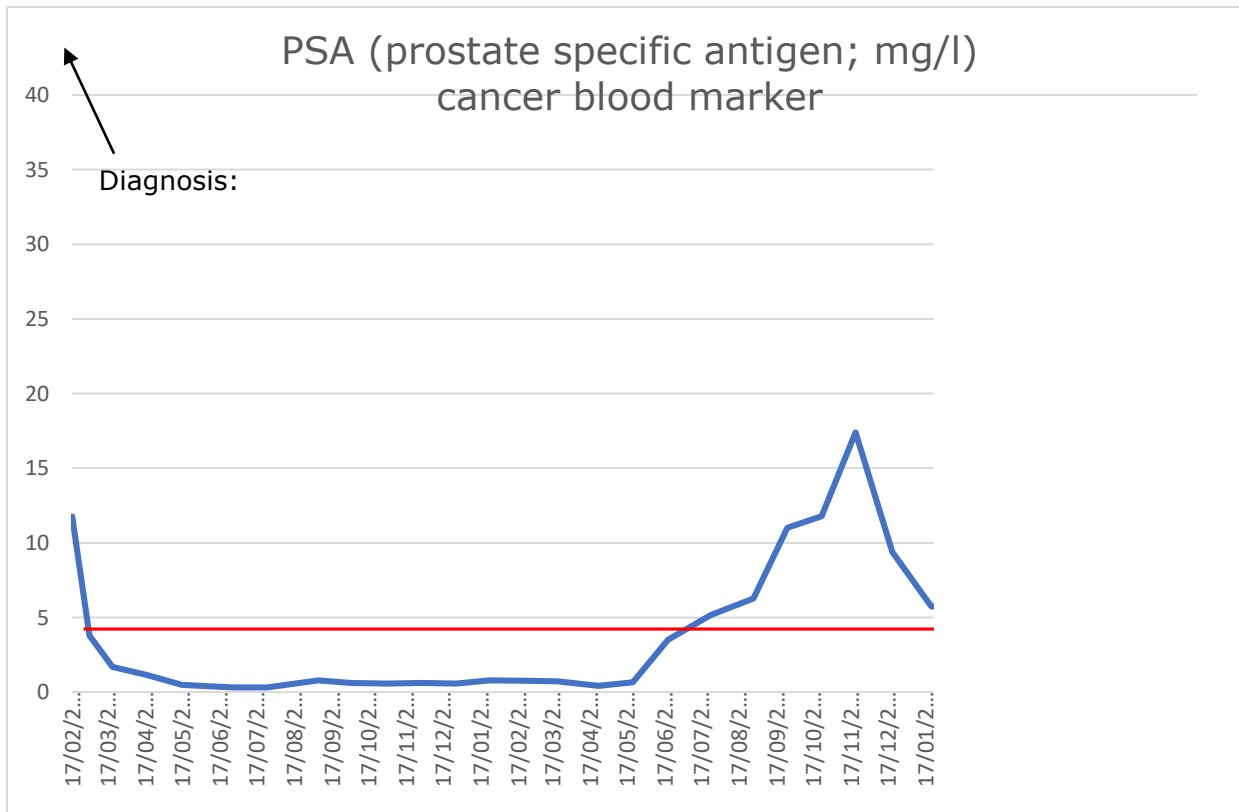
# PSA: monthly squeaky-bum time!



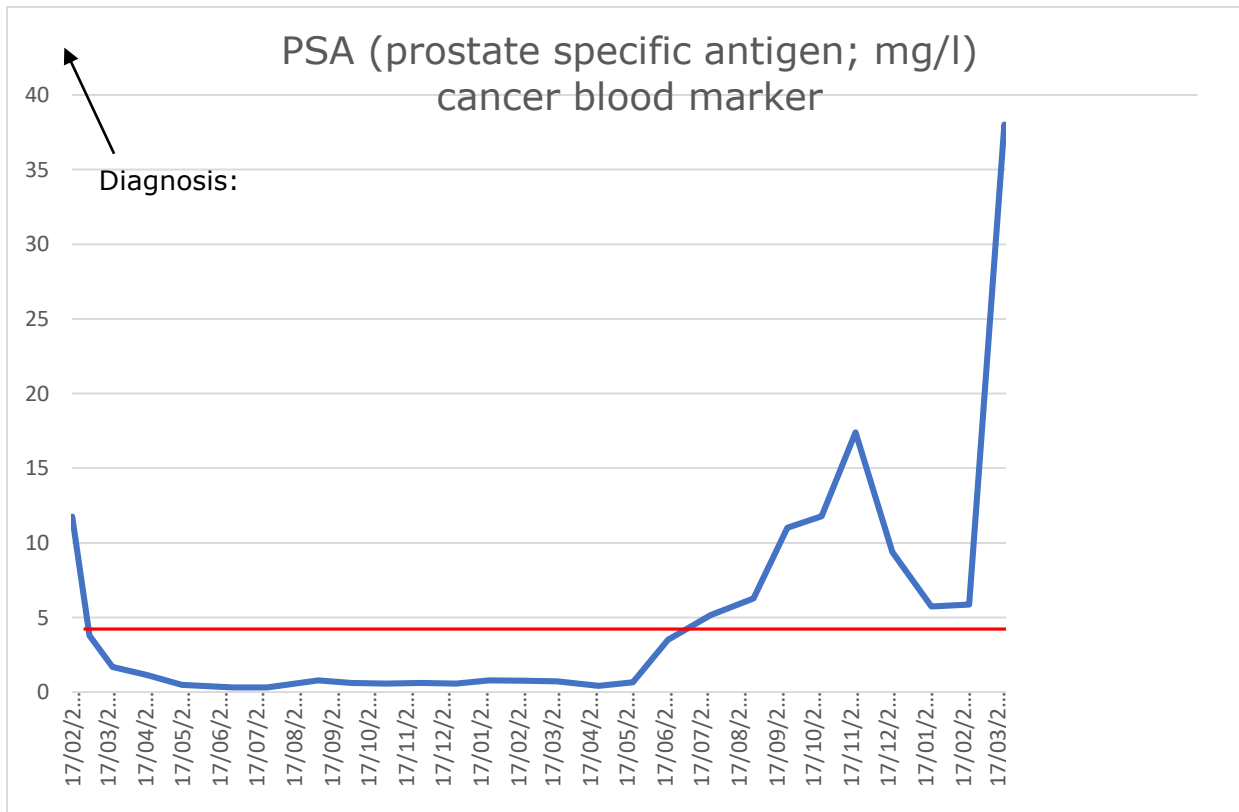
# PSA: monthly squeaky-bum time!



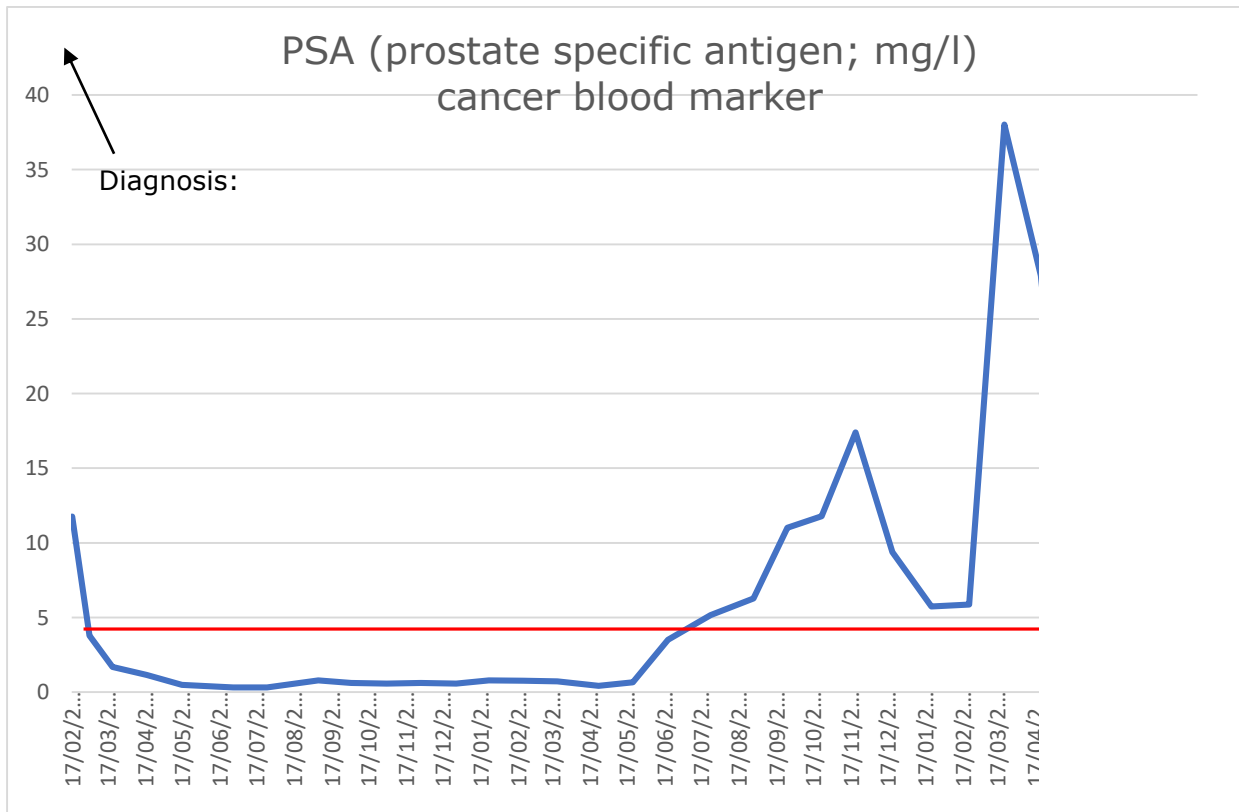
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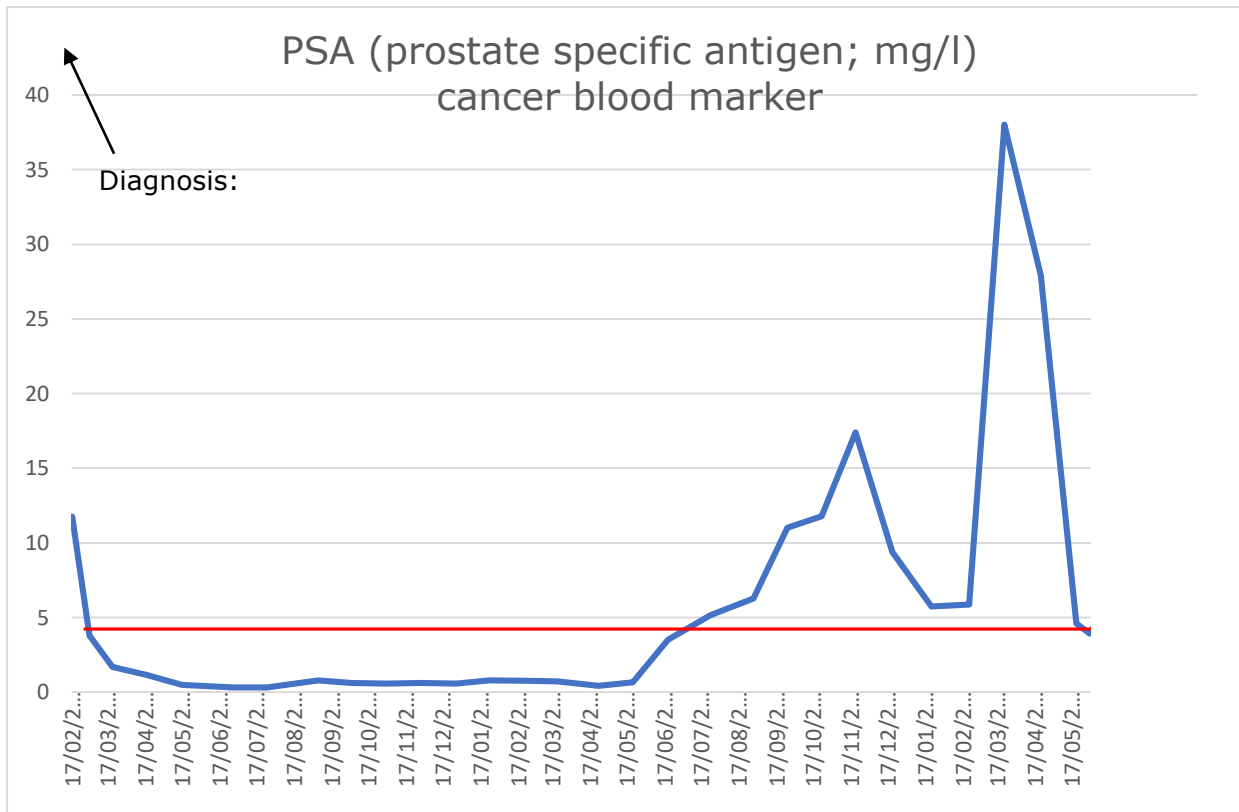
# PSA: monthly squeaky-bum time!



# PSA: monthly squeaky-bum time!



# PSA: monthly squeaky-bum time!





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A present to  
self!





Key notes to self



“

The true method of  
knowledge is experiment

”

William Blake



My tip for your pledge



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# The Aggregation of Marginal Gains

- Easier:  $100 \times 1\%$
- More difficult:  $1 \times 100\%$





# THANKS FOR LISTENING



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Well  
Fest