

## The Voice of Cancer

Let us get vocal about this and spread the word: Oral cancer is preventable. According to [cancer.org](https://www.cancer.org), more than 50,000 people will get oral cancer in 2018, and over 10,000 of them will die from it.

Cancer can be a complex problem, but, simply put, it involves a cell that has gotten the wrong information. With that in mind, let us look at the two basic reasons for this wrong information.

First, and most common, are foreign materials such as synthetic (manmade) products. Our bodies have no idea what to do with these unnatural substances. Our bodies detect them and send the military to investigate and destroy. This process puts an unnecessary burden on our immune system and may make it so busy that it misses other invaders in the process or even accidentally mistakes a good guy for a bad guy that needs to be destroyed.

Second, and this is where autoimmune issues come in, our bodies are complex healing, rejuvenating factories that know exactly what to do if given what they need. The body is designed to heal itself, not self-destruct. What it needs to do this is nutrition from natural foods. If you eat a well-balanced and colorful diet of real whole foods, your body will be well equipped to do exactly what it was designed to do. Processed foods not only have synthetic materials in them, they are void of nutrients that are essential to good health.

The three main causes of oral cancer are smoking, smokeless tobacco, and excessive consumption of alcohol, according to WebMD. All three of these are foreign to our bodies and preventable. Not one of these is necessary to our well-being. They not only make a negative impact on our finances, but most importantly on our health. Quality of life is everything. Prevention is key. If you or someone you know struggles with smoking, smokeless tobacco, or alcohol, there are so many programs out there that can help. One in particular that is so vital in helping truck drivers is St. Christopher Fund. They have a program to help you stop smoking or using smokeless tobacco. They have tools to help you with this, and they have a wonderful support system in place that ensures you never have to go at this alone. Best of all, it is free!

I encourage you to investigate how to use nutrition to support your body and its functions so that it can run in tip-top capacity and to make a decision to eliminate synthetic materials from your life. Oral cancer is preventable. Use your voice to not only help yourself in preventing this horrible disease but help the lives of others.