

Preface

by Warren Bell

Let me tell you why this book is important and valuable.

When I completed my family medicine residency at McGill in 1976, there was a final exam. It included interviews with simulated patients. One such person was a woman in her fifties who, I was told, had just been confirmed to have terminal cancer. It was my task to tell her this fact.

It was an emotional encounter. I had already completed an elective in palliative care, and was not at all uncomfortable talking about death. But the woman — even though she was simply an actress playing a role — somehow connected deeply to the experience of having cancer and being close to death. Afterwards, she wept, and told me about the overwhelmingly sense of loss she had felt while we were speaking.

Over the decades, I have had many encounters with people with terminal cancer. Death is not the problem — every dawn is followed by a sunset. But premature, preventable disease and death — that’s another matter. When I meet someone sick with a cancer that could clearly have been prevented, I feel a sense of disquiet, and even frustration. In particular, I am deeply concerned about the rising toll of cancer that comes from *involuntary* exposures to carcinogens.

While many cancers are caused by personal behaviours (e.g. smoking) or “bad genes” (about 5% of breast and bowel cancer), there are a rapidly growing number that are caused by man-made contaminants in the environment. Exposure to them is leading to steadily rising cancer rates, especially in children.

And that’s why this book is important and valuable.

The authors of *Cancer: 101 Solutions to a Preventable Epidemic* have taken up where most doctors, public health officials, scientists, businesspeople and regulators have left off. They have assembled and digested a vast array of information from a wide variety of sources, and turned it into a “handbook” for arresting the tide of unnecessary, premature death from exposure to the carcinogens we still produce in untold quantities. They have laid out, for every reader, a series of practical steps to prevent exposure, reduce risk, and ultimately restore Planet Earth.

In this well-organized volume, you will find a road map out of the morass of what oncologist Karl-Henrik Robert, founder of **The Natural Step**, has called “molecular garbage”.

This book is wonderful tool for enhancing your own health – and the health of our planetary home.

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