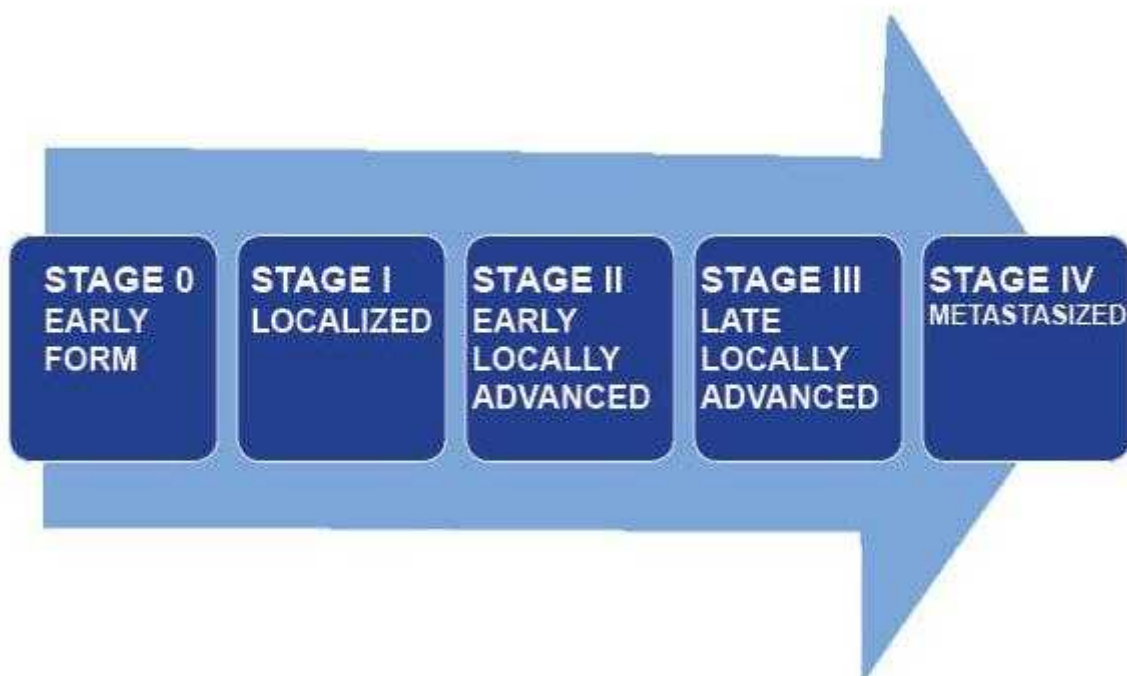


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Understanding the Four Stages of Cancer

Posted by: [Ty Bollinger](#) in [Cancer 101](#), [Cancer Causes](#), [History](#), [The Basics](#), [The Immune System](#)



Largely due to a lack of knowledge about natural, non-toxic treatments coupled with the abysmal failure of the “Big 3” conventional treatments (chemo, radiation and surgery), cancer oftentimes strikes fear in the hearts of anyone who even hears the word. It pays to know everything you

possibly can about cancer. Due to an amazing immune system, our bodies control cancer on a daily basis. But when the immune system is compromised, cancer can get a foothold.

The term “cancer” describes more than one hundred diseases. A particular form is diagnosed based on where it occurs, the speed of growth and how it “behaves” in your body. Understanding your risks, knowing how to fight pre-cancerous or cancer cells and providing your body with proper nutrition to prevent and control the disease are what we’re all about here at **The Truth About Cancer**.

Doctors use “stages” of cancer to determine the severity of your particular case. No matter how many forms of cancer there are, they share common characteristics that make standard classification possible. Knowing the stage of the cancer found in your body enables your doctor to formulate a more effective treatment plan and helps you understand your case more clearly. It also helps your loved ones understand the scope of your fight against the disease.

The Four Stages of Cancer

1. Stage 0: This is used to describe cancer in situ, which literally means “in place.” Cancers at this stage are identified according to the location where they initially emerged and multiplied. However, the resulting tumor has not yet spread to nearby tissue. The good news is prognosis for Stage 0 cancer is very high. Surgical removal of the entire tumor coupled with an evaluation for possible risk factors that caused it may prevent recurrence.

2. Stage 1: This describes a small cancerous tumor that has spread to nearby tissue but not beyond – such as the blood stream or lymph system. Doctors may refer to this as “early stage” cancer and insist on implementing immediate treatment protocol since, at this stage the prognosis is very good using traditional care. Nevertheless, complementary and alternative treatment options should be given top priority at this time as well as healthy changes to diet and personal habits to fight the cancer and prevent its return.

3. Stage 2 and 3: These stages are known as “regional spread” cancers. They indicate that the cancer has expanded and will have imbedded itself more deeply into the surrounding tissue. At these stages, cancer cells have entered the blood stream which may lead to detection in the lymph system since cancer cells can get “caught” in the nodes as they travel. Boosting your immune system is crucial at this level since the invasion of your lymph system is likely to trigger an immune response which should in turn shut down the mutations. Stage 2 and 3 indicate a serious cause for concern, but the cancer has not spread to the other organs in the body, so there is still hope.

4. Stage 4: When cancer spreads from the initial site to other organs or areas of the body, it is referred to as “distant spread” cancer, advanced cancer, or metastatic cancer. This type of cancer is more difficult to treat, but not impossible! Attention to complementary modalities, alternative treatments and healthy changes to your entire lifestyle from habits to diet is critical at this stage for a better chance of survival.

Many forms of cancer can be life threatening, but just as you would defend yourself in a physical altercation, you must be prepared to do the same with cancer.

Understanding your opponent and educating yourself on the best treatments – **all available treatments** (not just the traditional “Big 3”) – will give you the tools you need to fight, win and keep cancer at bay.

According to the experts, prevention is more than half the battle. They estimate that at least fifty percent of all diagnosed cancer treatments could be prevented with a focus on healthy lifestyle choices.

Check out some of our other articles on this site to learn more! The best way to control cancer is to refuse to allow it to take hold in the first place.

At **The Truth About Cancer**, we do not believe in giving up hope at any stage of cancer. We believe that as long as you are breathing, your body is able to overcome cancer. Do everything you can to strengthen your defenses. There is always hope. Cancer does **NOT** have to be a death sentence!