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Review Article

Neutralization of Carcinomas by Balanced Mechanisms of Body Systems

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Abstract:

Neutralization of carcinoma is carried out by balanced suppression of its destructive activity and division of its cells by the body systems. To neutralize the activity of carcinoma, it is necessary, firstly, to constantly turn on the immune system, secondly, to normalize the effect of hormones to suppress its activity. Thirdly, to cleanse and not pollute the body, fourthly, to remove dead cells, fifthly, to eat food with antioxidants and vitamins, sixthly, to drink clean water, seventhly, to initiate optimal production of vitamin D by the body as a defense mechanism. Eighthly, to periodically conduct diagnostics for oncology, ninthly, to follow the recommendations of psycho-oncology, to carry out musical oncological therapy, to lead a spiritual righteous peaceful active joyful way of life. Tenthly, to constantly and a lot of walks in clean nature. A balanced daily combination of the above measures helps not only to neutralize carcinoma, but also to destroy it with modern medical technologies, such as blocking the mechanism of division of cancer cells, as well as genetic transformation of cancer cells into normal functionally specialized tissues.

Keywords: neutralization of carcinomas; balanced mechanisms; immune and hormonal systems

1.Introduction

Carcinomas, or cancers, arise from a complex interaction of genetic, environmental, and lifestyle factors [1-2]. The main causes include:

1. Inherited and spontaneous mutations in genes responsible for the control of cell division and apoptosis can lead to uncontrolled cell growth.

2. One of the main causes of lung cancer and many other types of carcinomas is a variety of carcinogens.

3. Radiation, ultraviolet radiation, ionizing radiation can damage DNA and cause cancer.

4. Some viruses (eg, human papillomavirus, hepatitis B and C, Epstein-Barr virus) are associated with the development of certain cancers.

5. Excessive calorie intake, lack of fruits and vegetables, and a high content of processed foods can increase the risk of cancer.

6. Lack of physical activity is associated with an increased risk of many cancers.

7. The risk of developing carcinoma increases with age, which is associated with the accumulation of mutations and decreased immune system function.

8. Some types of cancer, such as prostate cancer, are associated with hyperplasia or hormonal changes.

Prostatic hyperplasia and prostatic adenocarcinoma are two different but related conditions that can develop in the prostate gland. Benign prostatic hyperplasia (BPH) is an enlargement of the prostate gland that typically occurs in men over 50 years of age. This condition is associated with an increase in the number of cells, which leads to an increase in the size of the gland. The development of BPH is associated with changes in hormonal levels, especially testosterone and its metabolites, such as dihydrotestosterone (DHT). These hormones stimulate the proliferation of cells in the gland to adenocarcinoma. This is because proliferative changes in the gland can create conditions that promote malignant transformation of cells.

Prostatic adenocarcinoma is a malignant tumor that develops from the cells lining the ducts and alveoli of the prostate gland. It is the most common type of prostate cancer. Symptoms of adenocarcinoma can be similar to those of BPH, but can also include pelvic pain, blood in the urine or semen, and general cancer symptoms such as weight loss and fatigue. If you have symptoms of prostate adenocarcinoma, it is important to have regular screenings, including a prostate-specific antigen (PCA) test. Reducing prostate-specific antigen (PCA) levels are an important aspect in managing patients with prostatitis and prostate cancer. The immune and hormonal systems play a key role in this process. The immune system can recognize and attack cancer cells. Activation of T cells and other immune cells can lead to decreased tumor growth and, as a result, decreased PCA levels. Certain cytokines can suppress tumor growth and, as a result, decrease PCA levels. Testosterone and other

androgens are directly related to the development and progression of prostate cancer. The use of antiandrogens and other hormonal drugs helps in controlling tumor growth and, therefore, in reducing PCA levels. To achieve the best results in reducing PCA levels, it is important to use a comprehensive approach and regularly monitor PCA levels and other markers. Maintaining a healthy lifestyle, including a balanced diet, physical activity, and stress management, which can support both the immune and hormonal systems. Managing PCA levels requires multidisciplinary approach, including interaction between oncologists, urologists, endocrinologists, and other specialists.

The article discusses an approach to neutralizing carcinomas with balanced mechanisms of body systems [4-5]. Using the mechanisms described below, balancing the body's systems, the author carried out neutralization of prostate adenocarcinoma and cancer prevention after surgery for colon adenocarcinoma and basalioma of the right shoulder.

2. Early diagnosis of carcinomas

Early diagnosis of carcinomas (cancerous tumors) plays a critical role in successful treatment and increasing the chances of cure [6-11]. The main methods and approaches to early diagnosis include:

1. Screening tests:

- **Mammography**: Used for early detection of breast cancer in women.

- **Pap test and HPV test**: For early detection of cervical cancer.

- **Colonoscopy**: Recommended for detection of colon cancer and polyps that can develop into cancer.

- **Blood in stool test**: To detect signs of colon cancer.

- **Spatial transcriptomics allows researchers to map gene activity in tumors with an unprecedented level of detail. This technology leads to more precise treatments by identifying how cancer cells interact with their environment, which will allow the development of highly targeted therapies.

- **Advances in liquid biopsy technology offer new ways to detect cancer at its earliest stages**. These tests can detect genetic material associated with cancer in blood samples, potentially leading to faster diagnosis and better treatment outcomes. Experts believe that widespread adoption of these screening methods could be a game changer in detecting cancer before it progresses to later stages.

2. Imaging of organs:

- **Ultrasound (US)**: Helps in diagnosing tumors in various organs.

- **Computed tomography (CT)**: Allows for a more detailed examination of internal organs and detection of tumors.

- **Magnetic Resonance Imaging (MRI)**: Used to evaluate tumors, especially in the brain and soft tissues.

3. Lab Tests:

- **Tumor Markers**: Blood tests for specific substances that may indicate the presence of cancer (e.g. PSA for prostate cancer, CA-125 for ovarian cancer).

- **Complete Blood Count**: Can show abnormalities that indicate cancer.

4. Biopsy:

- Taking a tissue sample for microscopic examination can accurately determine the presence of cancer and its type. Biopsy can be done in a variety of ways (needle, surgical, etc.).

5. Regular Physical Exams:

- Regular visits to the doctor to discuss possible risks and perform any necessary tests.

- Breast exams, testing for skin changes can help in early detection of abnormalities.

Early diagnosis requires active participation from both health care professionals and patients. Awareness of risk factors and symptoms, as well as regular preventive examinations, can significantly increase the chances of successful treatment

3. Neutralization of carcinoma by the immune and hormonal systems

Neutralization of human carcinoma (cancer) involves mechanisms related to the immune and hormonal systems. The immune system plays a key role in recognizing and destroying cancer cells [12]. T lymphocytes, NK cells, and other immune cells can detect and attack tumor cells using a variety of mechanisms. Some cancers, such as breast or prostate cancer, are hormone dependent. Reducing hormones such as estrogens and androgens neutralizes carcinoma activity. Hormonal therapy can be used to reduce the levels of these hormones in the body.

The immune system plays a key role in recognizing and destroying tumor cells. T lymphocytes, especially CD8+ cytotoxic T cells, identify tumor cells by specific antigens that may be expressed on their surface. When tumor cells are recognized, T cells can destroy them by various mechanisms, including the release of perforins and granzymes. Macrophages phagocytose tumor cells and promote the production of proinflammatory cytokines that enhance the immune response. Dendritic cells play an important role in activating T cells by presenting tumor antigens and enhancing the adaptive immune response.

Carcinoma is often dependent on hormones such as testosterone. The hormonal system may include androgen blockers to reduce testosterone levels in the body. Reducing testosterone levels in the body stops tumor growth.

Neutralization of carcinoma involves both activating the immune response and controlling hormonal suppression of testosterone.

4. Psycho-oncology of carcinoma activity neutralization

Psycho-oncology is a field of medicine and psychology that studies the influence of mental and emotional factors on the development and course of oncological diseases. In the context of carcinoma (cancer) activity neutralization, several aspects can be considered that emphasize the role of psycho-oncology:

1. **Stress and its impact on health**: Chronic stress can weaken the immune system and contribute to the progression of cancer. Psycho-oncology studies the mechanisms through which stress and negative emotions can influence the course of the disease. Reducing stress levels through various methods such as meditation, yoga and therapy can improve the overall condition of the patient.

2. **Emotional support**: Psycho-oncological care includes providing emotional support to patients and their families, which can significantly improve the quality of life. Psychotherapy and support groups can help people cope with anxiety, depression and fear associated with the diagnosis.

3. **Psychological interventions**: Various psychotherapies, such as cognitive behavioral therapy, can help patients change their perception of the disease, cope with negative emotions, and increase optimism. This can have a positive impact on the overall course of treatment.

4. **Oncological music relaxation**: Practices aimed at relaxation and improving the state of mind can help reduce stress levels and improve the

immune response. This can help the body fight tumor cells more effectively.

5. **Social support**: Support from family, friends, and the community plays an important role in the treatment process. Social connections can help improve emotional well-being and reduce feelings of isolation.

6. **Quality pain and symptom management**: Psycho-oncology also includes the management of pain and other symptoms of the disease, taking into account psychological factors. It is a comprehensive approach that can improve the overall well-being of the patient.

7. **Education and information**: Psycho-oncology programs often include educational components that help patients and their families better understand the disease, available treatments, and ways to cope with the consequences of the diagnosis.

Psycho-oncology thus plays an important role in a comprehensive approach to cancer care, helping patients cope not only physically but also emotionally with the disease. It emphasizes that mental health and physical health are closely related and that quality support can significantly impact treatment outcomes [13-14].

5. Full body detoxification

A full body detoxification involves a variety of methods and practices that are designed to remove toxins and waste from the body. It is important to note that the body already has its own natural detoxification mechanisms, including the liver, kidneys, lungs, and skin. However, some people are looking for additional ways to improve their overall health and well-being. Here are a few approaches that can be part of a full body detoxification process:

1. Eating Right:

- Increasing your intake of fruits and vegetables. They are rich in fiber, vitamins, and antioxidants that help the body flush out toxins.

- Reducing your intake of processed foods. Avoid foods high in sugar, salt, and artificial additives.

- Drinking enough water. Water helps support kidney function and flush out toxins.

2. Physical Activity:

- Regular exercise. It helps improve blood circulation, promotes sweating, and maintains cardiovascular health.

3. Detox programs:

- Juices and smoothies. Many people use juices or smoothies made from fresh fruits and vegetables for temporary detoxification.

- Fasting. Some fasting practices can give the body time to rest and recuperate.

4. Complementary methods:

- Baths or saunas can promote sweating and the elimination of toxins through the skin.

- Massages help improve circulation and promote relaxation.

5. Mental health:

- Breathing exercises help normalize gas exchange, which is important for overall health.

6. The removal of dead cells from the body is a natural process that occurs through various systems and mechanisms operating in our body.

6.1. The process of cell death:

- Cells can die for various reasons, including programmed cell death (apoptosis) and necrosis (damage to cells leading to their death).

- Apoptosis is a natural process that allows the body to remove damaged or unwanted cells without causing inflammation.

6.2. Removal of Dead Cells:

- Phagocytes, such as macrophages, play a key role in the removal of dead cells. They engulf and digest dead cells and other waste.

- Lymphatic vessels collect excess fluid, proteins, and cellular debris from tissues and transport them to the lymph nodes, where they are further filtered and removed.

- The liver and kidneys help cleanse the blood and remove toxins and waste, including the breakdown products of dead cells.

- The removal of dead carcinoma cells through the bloodstream is an important process that can occur as cancer progresses and as a result of treatment. Blood vessels may be involved in the transport of dead cells and their components. For example, dead cells can enter the bloodstream, where they can be processed by other cells, such as macrophages, which engulf and dispose of dead cellular debris. It is important to note that the clearance of dead cells through the bloodstream can be a complex process and depends on many factors, including the type of tumor, the stage of the disease, and the overall health of the patient.

6. Nutrition for prostate cancer

Eating well can help improve immune function and reduce the side effects of therapy [15-18]. Here are some recommendations for a balanced diet for patients with prostate adenocarcinoma:

- Eat a variety of foods, including fruits, vegetables, whole grains, and lean proteins.

- Reduce saturated fats (such as red meat and high-fat dairy products), as they can promote tumor growth.

- Increase omega-3 fatty acids. Include fish such as salmon and mackerel, as well as nuts and seeds (such as walnuts and flax seeds).

- Eat plenty of fruits and vegetables, especially those containing antioxidants such as tomatoes (which contain lycopene), broccoli, spinach, and berries.

- Choose whole grains like brown rice, oatmeal, and whole grain bread.

- Reduce your intake of added sugar and processed foods, which can promote inflammation and weight gain.

- Drink plenty of water to stay hydrated.

- Lycopene, an antioxidant found in tomatoes and other red fruits and vegetables, may have protective properties against prostate cancer.

- Soy products may be helpful because they contain isoflavones, which may slow tumor growth. - Green tea contains catechins, which may have anti-cancer properties.

It is important to note that vitamin D has protective properties. Vitamin D plays an important role in regulating the immune response. Vitamin D helps activate immune cells such as macrophages and T cells, which can recognize and destroy cancer cells. It may also suppress inflammatory processes that may contribute to the development of tumors. Vitamin D is involved in the regulation of the cell cycle and apoptosis (programmed cell death). It can slow the growth of cancer cells and promote their differentiation, which reduces the aggressiveness of the tumor.

7. Blocking the mechanism of cell division in cancer cells

Blocking the mechanism of cell division in cancer cells is an important strategy in cancer treatment. There are several approaches aimed at inhibiting the proliferation (division) of tumor cells. Here are some of them:

1. Using drugs that affect cells that are actively dividing. Many chemotherapeutic drugs aim to block cell division by damaging DNA or interfering with the synthesis of substances necessary for cell division. Examples of such drugs include alkylating agents, antimetabolites, and taxanes. 2. Targeted therapy targets specific molecules and signaling pathways that promote tumor cell growth and division. For example, tyrosine kinase inhibitors can block signals that promote cell proliferation.

3. Stimulating the immune system to recognize and destroy cancer cells. Some immunotherapies help block the mechanisms that tumor cells use to evade the immune response, which can lead to their death and decreased proliferation.

4. Hormonal therapy is used in cases where tumor growth depends on hormones (for example, some types of breast or prostate cancer). Blocking hormones or their receptors can slow or stop cell division.

5. Cyclin-dependent kinase inhibitors (CDKs) block key proteins involved in cell cycle regulation, which leads to a halt in tumor cell proliferation.

6. Blocking signals associated with cell growth and division, such as growth factors (e.g. VEGF, EGF), can also reduce tumor cell proliferation.

7. Using genome editing technologies (e.g. CRISPR) to modify genes responsible for cell division, although this area is still under research.

It is important to note that the effectiveness of blocking cell division may vary depending on the type of carcinoma and the stage of the disease. In addition, tumor cells can develop resistance to therapies, which creates a need for the development of new treatments.

8. Genetic reversal of cancer cells

Genetic reversal of cancer cells is a topic that is actively being researched in the fields of oncology and molecular biology. The basic idea is that various methods and technologies can be used to alter the genetic material of cancer cells to return them to a normal, controlled state.

Introducing genes into cancer cells that can suppress tumor growth or restore normal cell functions. This can be done using vectors, such as viruses, that deliver therapeutic genes into the cells.

Genome editing technologies such as CRISPR-Cas9 make it possible to precisely alter or delete mutated genes in cancer cells. This can lead to the restoration of normal cellular behavior.

Immunotherapy can activate the body's immune system to fight tumor cells, sometimes resulting in tumor regression and restoration of normal cellular behavior.

The use of small molecules can target signaling pathways that are disrupted in cancer cells, thereby restoring normal regulation of cell growth and division.

The possibility of using exosomes (membrane vesicles secreted by cells) to deliver micro RNA or other molecules that can influence the metabolism and behavior of cancer cells is being explored.

Despite promising results, many of these methods are still in the research stage, and their use in clinical practice requires further testing and research.

9. Destruction of carcinoma by balanced mechanisms of the immune and hormonal systems

Destruction of carcinoma (cancer) by balanced mechanisms of the immune and hormonal systems is a complex and multifaceted process that involves the interaction of various cells and molecules in the body. The immune system recognizes cancer cells as foreign and initiates a response aimed at their destruction. This includes the activation of T-lymphocytes, which can kill tumor cells, as well as B-lymphocytes, which produce antibodies. Cytotoxic T-cells (CD8+) and natural killer (NK) cells play a key role in the destruction of cancer cells. They are able to recognize and destroy cells that express specific antigens.

Hormonal therapy can be used to block certain hormones or their receptors, which leads to a slowdown in tumor growth. Hormonal levels fluctuate throughout the day, and maintaining these rhythms neutralizes the development and progression of cancer. Combination approaches that use both immunotherapy and hormonal therapy may be more effective in combating carcinoma. Destroying carcinoma using balanced mechanisms of the immune and hormonal systems represents a promising approach in oncology. Understanding these mechanisms may lead to the development of more effective treatment strategies aimed at activating the immune response and blocking hormonal support of tumor using personalized cancer vaccines.

10 Carcinogen-neutralizing balance

Carcinogen-Neutralizing Balance involves several key aspects that work together to protect the body from cancer. Immune cells such as T cells and NK (natural killer) cells are able to recognize and destroy abnormal cells, including cancer cells. The liver plays a central role in the metabolism and detoxification of carcinogens. Enzymes such as cytochrome P450 help convert toxic substances into less harmful forms that are then eliminated from the body.

Cells have DNA repair mechanisms that correct the damage caused by carcinogens. These mechanisms include nucleotide, base excision, and double-strand break repair. The cell death program (apoptosis) helps eliminate damaged or abnormal cells, preventing them from becoming cancerous.

Antioxidants such as vitamins C and E, as well as glutathione, help neutralize free radicals and reduce oxidative stress, which can lead to cell and DNA damage. Protein molecules such as the p53 family of proteins play a key role in cell cycle control and can initiate apoptosis in response to DNA damage.

A healthy lifestyle, including a balanced diet, physical activity, maintaining body cleanliness, normalizing the psyche, adjusting the rhythms and cycles of the body's functioning, helps maintain a balance of defense mechanisms [19-21]. Maintaining a healthy sleep-wake cycle has a positive effect on the fight against cancer.

Stories of oncological pathologies and their healing, compiled from a sequence of medical descriptions of diagnostics, recommendations, their implementation and results of neutralizing carcinomas by balanced mechanisms of body systems is a good practical guide for practicing oncologists and all medical specialists. The formation of a balance of mechanisms of the body's systems to neutralize carcinomas is carried out for each separately and in a personalized manner. Maintaining this balance is an important aspect of neutralizing cancer activity and overall health. Scientific research continues to study how these mechanisms interact and what factors can affect their effectiveness.

11. Conclusion

According to the World Health Organization, cancer kills about 10 million people a year and is the leading cause of death worldwide. Cancer research continues to advance at an unprecedented pace, with new treatments offering hope to millions of patients worldwide. Several groundbreaking treatments and innovations, including personalized vaccines, gene editing technologies, repurposed drugs, and alternative cancer treatments, are changing the way cancer is treated.

Personalized vaccines that target individual tumors, mRNA-based therapies train the immune system to recognize and attack cancer cells, offering a promising avenue for highly individualized treatments.

CRISPR technology has entered clinical trials, allowing scientists to edit genes in cancer cells or immune cells to improve treatment. This approach aims to correct genetic mutations responsible for tumor growth and improve the immune system's impact.

Portable treatment devices and telemedicine are increasing accessibility. Patients can now receive therapy at home or consult with specialists remotely. These innovations reduce the burden of travel and make care accessible to underserved populations.

Global collaboration accelerates cancer research by pooling resources and expertise. Initiatives such as the Cancer Moonshot program bring together scientists around the world to balance the body's cancer-fighting mechanisms. These efforts are driving innovation and improving patient outcomes worldwide.

Holistic integrative approaches bring new hope to patients and healthcare providers, especially in terms of increasing access to advanced care worldwide.

Spontaneous regression of a malignant tumor is a phenomenon of disappearance of cancer cells without any treatment [22-24]. Spontaneous regression of cancer is associated with:

- mechanisms of apoptosis (natural process of self-destruction of cells),

- reactions of the immune system,

- the impact of the tumor microenvironment.

- genetic factors: epigenetic modifications of oncogenes, tumor suppressors;

- hormonal reactions;

- the action of various cellular proteins: cytokines, growth factors;

- sincere prayer for healing, touching the holy relics [25];

- natural sources of healing oncology.

In spontaneous regression of malignant tumors, lymphocytic and plasmatic infiltration of dying tumor tissue and its surroundings has been repeatedly established. The study of data on spontaneous regression of cancer provides valuable information that can be used to improve approaches to treatment.

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