

Cancer Solutions

The Searches and the Discoveries

A Research Guide for Scientists and Physicians

BY VANCE FERRELL

Large numbers of preventive factors and treatment methods.

Based on the findings of many cancer researchers.

The most powerful methods for advanced cases.

The slower methods for newer cases.

Special herbs, nutrients, sources, clinics, and much more.

Warning: These alternate methods are not approved by the National Institutes of Health. This book has been prepared for medical researchers and students of medical history. Although you have a legal right to treat yourself, this book should not be used as a self-help guide to cancer therapy. Consult your physician.



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Cancer Solutions

The Searches and the Discoveries

A Research Guide

for Researchers and Historians

by Vance Ferrell

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Harvestime Books

This book is a historical overview of alternative cancer therapy, both past and present. Because I am a writer and not a physician, I am unable to provide you with guidance as to how to eliminate cancer in you or your loved ones. Neither I nor this publisher sells health foods, supplements, or equipment. We receive no kick-backs from those that do. This book is written to encourage medical and scientific researchers in their ongoing efforts to find and verify alternate therapies that are successful in treating cancer.

But it is written from the standpoint of anyone who is seeking this historical information. The decision was made believing that this is the best way to present this material.

It is my prayer that this book may, through improved research, result in helping many to recover their health.

It is also part of my religion to both practice and teach others about healthful living, and to direct them to natural remedies, and to the God of heaven, who provides His earthly children with the simple substances of nature so they can get well and keep well. This book is an expression of that belief.

Praise Him, all ye His children, for the simple, natural, non-poisonous substances which He made to nourish our bodies and heal those that are sick. — Vance Ferrell

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” —3 John 2

“And ye shall serve the Lord your God, and He shall bless thy bread, and thy water; and I will take sickness away from thee.” —Exodus 23:25

“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: For I am the Lord that healeth thee.” —Exodus 15:26

“Who forgiveth all thine iniquities; who healeth all thy diseases.”

—Psalm 103:3

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.” —1 Corinthians 6:20

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”

—1 Corinthians 6:19

- IMPORTANT NOTICE -

This book is not intended to prescribe or diagnose in any way. It is not meant to be a substitute for professional help. The intent is to offer historical uses of herbs, vitamins, and other potentially healing substances. Those who are sick should consult their doctor.

Neither the author nor the publisher directly or indirectly dispense medical advice or prescribe the use of herbs, nutrients, or other substances as a form of treatment. The author and publisher assume no responsibility if you prescribe for yourself without your doctor’s approval.

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This book can help anyone live a happier life without cancer and many other diseases.

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Prices of products, when listed, are as of summer 2014, and can be expected to change later.

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— Important notice —

Cancer is a life-threatening disease. The information in this book was not intended for use by non-professional readers in treating cancer.

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DISCLAIMER—This book contains research suggestions for medical and nutritional scientists, searching for the causes and remedies of this terrible killer.

A vast amount of information, gathered from scientists, past and present, about the causes and natural treatments of cancer is in this book.

Yet it is written from the standpoint of actual treatments, rather than theoretical analyses. Therefore, instead of writing abstractly to researchers, this book is written in practical terms so the principles and treatments can be clearly grasped by scientists—and more easily replicated in their research studies. *There is a wealth of preventative information here!*

PART ONE - PREPARING FOR ALTERNATIVE CARE

READ THIS FIRST

THIS IS YOUR MAP TO THE ENTIRE BOOK

Because of the complicated nature of all that is in this book, This section, with its complete *Working Guide* has been included, so you can let it guide you to where you want to go.

In this book, I serve as a historian, describing both past and present, that which is taking place in the field of alternative cancer therapy. So do not ask me to guide you in eliminating cancer. Instead, contact one of the alternative cancer clinics, organizations, or experts; some of which are named in this book.

If you just want to read the entire book as a matter of interest, you will not need this chapter.

But you may have a definite concern to help yourself in some way, and do not want to waste time reading the life story of cancer cells, or the vast number of natural remedies and helps. If that is so, please find the items below which match you situation and read them! They will direct you to that which you most need: *solutions that you can use!*

Do not feel awed by the large amount of health information given in this book. Read carefully—and start making the healthful changes that are needed. And keep making them!

Here is a brief guide to help you—researchers, historians, or whoever you might be who reads this—to quickly find what you are looking for:

If you are a cancer researcher or practicing physician, you will want to carefully read the entire book. There is an immense amount of information here that you can use to greatly lessen the suf-

fering from cancer in this world! *Give special attention to the following chapters:*

2 - Cancer Basics (page 24)

4 - Basic Facts about Cancer (page 46)

5 - Introduction to Treating Cancer (page 54)

Chapters 6 through 17 also important

If you want to avoid ever contracting cancer, read:

3 - Preventing Cancer (page 28)

15 - Foods that Target Cancer (page 160)

16 - The Anti-Cancer Diet (page 166)

You must also read about root canals! (page 54)

If you have just learned that you have contracted cancer, and have money in the bank, you would do well to go to a cancer clinic. Read:

7 - Stage IV Protocols (Clinics) (page 62)

If undecided which one to go to, possible take that one-day clinic tour for \$100. (page 67)

If you have just learned that you have contracted cancer, and only have enough extra cash to purchase your monthly meals, read:

8 - Stage IV Protocols: Lowest cost (page 68)

Everything in that chapter, you can afford. By combining several of these protocols, you can solve your problems even more efficiently. (The Kelmon is also lowest cost, but it must be used alone, because of its high alkalinity.)

If you have had chemotherapy, radiation, and/or surgery, you do best to either go to a clinic

7 - Stage IV Protocols (Clinics) (page 62)

or work with

8 - Stage IV Protocols (page 68)

You can add protocols from

9 - Lesser Protocols (page 118)

If you have been told that you have “remission” and your cancer now is gone, then, for a full year, go on either:

WARNING AGAINST SELF-TREATMENT!

You are to be advised that a variety of governmental agencies recommend against your attempting to do this.

Having said that, although this is not supposed to be a self-help recovery book, it can, with great profit, be used as a means of prevention. **You will find the nutritional and lifestyle information in this book to be of optimal value, both in maintaining better health, and in lengthening life!**

Carefully read through its pages, reread them and glean out ideas which you can use to improve your way of life! **Efforts to improve your physical health and stamina are recommended by every government agency in the land.** They want strong, healthy citizens who can strengthen the nation, work hard, and make it more prosperous.

It is the fervent wish of the author, that this large collection of health information will help many to maintain good health into an advanced age.

8 - Stage IV Protocols (*page 68*)

9 - Lesser Protocols (*page 118*)

Beware, you have a very high chance of having the cancer return if you do not do this! *Also read:*

10 - Special Follow-up Protocol (*page 135*)

Whoever you are, cancer patient, recovered patient, or someone who wants to avoid cancer, it is urgent that you permanently improve your diet! *Read to try to faithfully follow these sections:*

16 - The Anti-Cancer Diet (*page 166*)

Also read:

11 - Special Substances (*page 140*)

12 - Special Cautions (*page 147*)

If you are weak and/or have pain or inflammation, following chemotherapy and radiation, read and try to follow:

13 - Pain and Inflammation (*page 151*)

14 - Caring for Weak Patients (*page 154*)

If you have brain or bone cancer, leukemia, or prostate cancer, read:

17 - Special Cancers (*page 206*)

Whatever your situation, and especially if you are following a protocol, there is information that you need. Read:

2 - Cancer Basics (*page 24*)

3 - Preventing Cancer (*page 28*)

4 - Basic Facts about Cancer (*page 46*)

5 - Introduction to Treating Cancer (*page 54*)

In becoming an expert on the subject, you will not only help yourself, but you will be able to help others as well!

You will find a wealth of sources, places and people where you can find help, in:

1 - Sources and Facts (*page 28*)

When you are searching for an item, buried somewhere in a chapter, it will often be in the:

General Index (*pages 3-6*)

Special Note: I wrote a book over 15 years ago about the Gerson Program. Since it provides so much helpful information, I have included it at the back of this book.

18 - The Gerson Therapy (*pages 216-253*)

SOURCES AND FACTS

SPECIAL ACKNOWLEDGEMENTS

I present this book not as a physician, but as a historian. Those who suspect that they may have

cancer, should contact someone able to provide the help needed. That is something I cannot do.

In the writing of this history of alternative cancer research, and the discoveries which led to them, **I wish to acknowledge my indebtedness to many individuals for the information in this book.** Their untiring research, over the years, has been a great help to humanity.

Please know that these individuals, and every other person named in this book, have been reviled and opposed. Yet they persevered because of their unselfish concern for humanity. These men and women, though ignored by the world, are its true nobility. —*vf*

The Bible Blueprint - All through the Old and New Testament, we find clear statements indicating that all healing should consist of (1) simple, natural remedies, (2) no poisons, and (3) trusting in God for guidance and how to apply the remedies of nature. This was also the plan of Jesus in His healing work.

Hippocrates - Often referred to as “the father of medicine,” Hippocrates was a thoughtful physician who also emphasized the use of only the simple, natural things of nature as remedies, carefully applied;—and he forbade the use of all poisons in treating the sick. (*More on page 17.*)

Pierre Jacques Antoine Béchamp, Ph.D. - taught a theory of microbiology, pathogenesis, and germ theory, which was different that of Louis Pasteur. Proper nutrition, cleanliness, and careful living should also be our focus. (*More on page 52.*)

John Beard, M.D. - for his work in identifying that trophoblastic cells are eliminated by endogenous pancreatic enzymes, which later became the basis for major improvements in working with cancer by natural methods.

Albert Szent-Gyorgyi, Ph.D. - for his discovery (which won him the Nobel Prize in 1937) that essential fatty acids combined with sulphur-rich proteins increases oxygenation within the body. This became the basis for important later breakthroughs in treating cancer naturally. (*see page 79*)

William Frederick Koch, M.D. - for his fever therapy research, and his discovery of *Glyoxylide*.

Mikkel Hindhede, M.D. - for his discovery that a non-meat diet is one of the best ways to avoid cancer.

Otto Heinrich Warburg, M.D. - Nobel Prize winner and director of the *Max Plank Institute* in Berlin, declared that there is a lack of one or more of

three B vitamins (riboflavin, niacin, and pantothenic acid) in tissue which becomes cancerous.

Otto Warburg won the Nobel Prize of 1931 for showing that cancer thrives in an aerobic (without oxygen), or acidic, environment. He was nominated an unprecedented three times for the Nobel prize for three separate discoveries. (32, 41, 54, 72, 137)

Johanna Brandt - for her development of the Grape Diet therapy for cancer. (page 71; story 78)

Max Gerson, M.D. - for his remarkable development of the Gerson Cancer Protocol, plus his discovery of an ideal liver flush. (pages 87, 216)

Johanna Budwig, Ph.D. - nominated for 7 Nobel Peace Prizes, who found that all cancer patients had a common, severe deficiency in Omega 3 and Omega 6 fatty acids. She then discovered that an exclusive sulfur-based protein diet, plus those two unprocessed fatty acids (as found in flaxseed oil), was the solution she was looking for. Two Nobel Prizes were given her in reward for her discoveries about the treatment for cancer. (page 79, story 80)

Linus Pauling, Ph.D. - for his research on oral and I.V. Vitamin C supplementation. plus nutrition and lifestyle changes. (page 65)

Virginia Livingston, M.D. - for her research into the nature of cancer, as well as her ongoing successful treatment of hundreds of cancer patients.

William Donald Kelley, D.D.S. - for his successful metabolic protocol for treating cancer naturally. (page 108)

Nicholas Gonzalez, M.D. - for his work in perfecting Dr. Kelley's method.

Rene Caisse, R.N. - for her development of the Essiac Program for cancer recovery. (page 87)

Charles Brusch, M.D. - for his expansion of Essiac to a fuller level of usefulness. (page 88)

Ernst Krebs, Jr., Ph.D. - the biochemist who opened before us what laetril could do, and then showed us where to find all we wanted. (page 119)

The Plains Indians of the West - who revealed their method of treating cancer with chaparral.

Brazilian Indians - who gave us Pau D-Arco as an equally powerful remedy for the problem.

Ann Wigmore - for her discovery of Wheatgrass Therapy for cancer. (page 92; story 95)

Bill Henderson - for the outstanding cancer protocol which he devised after his wife's death. (page 83; story 84)

Ross A. Hauser, M.D. - for the Insulin Poten-

tiation Therapy he developed over a period of time. (page 117)

Jim Kelmun - for that excellent cancer protocol (alternative method of dealing with cancer) that he shared freely with thousands in North and South Carolina. (page 69; story 70)

Royal Rife - who developed the Rife Microscope and related electronic helps in dealing with dangerous microbes. (page 112; story 113)

Gary Teal - for his uncanny ability to figure out how to remake the the Rife device which had been destroyed by enemies.

Mike Vrentas - for the excellent protocol he developed, based on Budwig's program plus a nutritional package he developed.

Reggie Black - for information on restoring the immune system after the problem is eliminated.

Webster Kehr - for his ongoing and very successful research, based on research by scientists before him, and working with him, which has resulted in the development of a significant number of new, simple cancer remedies.

Three other pioneers were R.T.Trall, M.D., Dr. Jackson, and J.H. Kellogg, M.D.

SPECIAL NOTE: HIGH ALKALINE SUBSTANCES

Cesium is essential in several cancer protocols. this is because it is the most alkaline of any mineral for cancer reduction. (Others include calcium and magnesium.)

There must always be a balance between cesium, etc. and potassium. This warning does not apply to the Kelmun Protocol or Brandt Grape Protocol. Each one has a fixed amount of alkaline in it.

Never use two highly alkaline substances at the same time.

Go to Cesium-DMSO Protocol for additional information (pages 95-104, 135)

KEY SUBSTANCES AND WHAT THEY DO

The first three are the most important!

CsCl = Cesium chloride. This is the salt form of the element cesium. Because **this is the most alkaline chemical, and the one especially wanted by cancer cells.** It also limits the cellular uptake of glucose, thus starving the cancer cell, *Those using Cesium Chloride must supplement with additional Potassium. For more information on Cesium, go to*

the Cesium-DMSO Protocol. Cesium Chloride and DMSO Protocol requires expert telephone support. More at the Cesium-DMSO Protocol: pp. 95-108.

DMSO = *Dimethyl sulfoxide*. DMSO is a common organosulfur compound (a wood byproduct). It penetrates the skin very readily. It has the ability to deliver various chemicals directly through the dermis. It can be used intravenously, orally or topically. **It has the ability to absorb quickly into the skin, and also can “carry” other substances into the cells.** But **DMSO causes severe body odor so it is not used as much as it should be.** DMSO is not recommended for pregnant women or women who might become pregnant. *Go to DMSO-Chlorine Dioxide Protocols for special warnings about using DMSO! Pages 95-106.*

MSM = *Methylsulfonylmethane*. is a safe and naturally occurring nutrient found in the normal diets of humans (fruit, vegetables, etc.) and almost all other animals. MSM is made up of 34% sulfur, the fourth most abundant mineral in the human body. **MSM is used for chronic pain,** but it is not absorbed through the skin. **MSM helps flush out lactic acid, so cancer patients can regain their strength.** It is a substitute for DMSO. MSM is not as powerful a cancer-killer as DMSO, but MSM is easier to prepare and lacks the DMSO odor. *Pages 95, 105.*

CD = *Chlorine Dioxide*. Chlorine Dioxide is prepared by oxidation of sodium chlorite. **CD is used to remove body odors from cancer patients.** While antioxidants can neutralize the chlorine dioxide, DMSO effectively binds to CD. In a DMSO/CD protocol, you mix DMSO with chlorine dioxide (usually) and rub it on the skin on or above the tumor or cancer cells. The DMSO will drag the chlorine dioxide not only through the skin, but also inside the cancer cells. Chlorine Dioxide must be made fresh every time it is used! Chlorine dioxide is a gas, not a liquid, and it will evaporate within a half-hour after making it. It does not matter where you rub the DMSO and chlorine dioxide, the DMSO will find the cancer cells! When the DMSO gets to the cancer cells the **chlorine dioxide kills the microbes inside the cancer cells and the cancer cells then revert into normal cells.** The ultimate Trojan Horse/Microbe-Killing combination is DMSO (the Trojan Horse) and Chlorine Dioxide (the DMSO/CD protocol). As mentioned earlier, DMSO causes severe body odor so it is not used as much as it should be. *Go to DMSO-Chlorine Dioxide Protocols for special warnings about Chlorine Dioxide! Page 95.*

HS = *Hydrazine sulfate*. **HS reduces pain and interrupts cachexia** (a major cause of the wasting

away that later stage cancer patients experience). Hydrazine sulfate is effective regardless of the type of cancer. However, hydrazine sulfate is not able to remove cancer tumors. *(page 152)*

HP = *Hydrogen Peroxide*. **HP is “full of oxygen,” and kills infections, but it is not able by itself to kill cancer.** Antioxidants are used to get more oxygen into cancer cells (which are anaerobic; almost no oxygen). **HP brings additional oxygen into the system to attack the cancer cell.** *(p. 150)*

OTHER ABBREVIATIONS USED IN THIS BOOK

Insulin = This element helps other substances (cesium chloride, Protocol, graviola, Paw Paw, laetrile, etc.) target cancer cells by making it much easier for them to work more efficiently. *(page 117)*

OPC = oligomeric proanthocyanidins

PCO = procyanidolic oligomers

Herx = Herxheimers Reaction. This is a weakness from too many cancer cells dying at once. To say it another way: It is a reaction to endotoxins released by the death of harmful organisms within the body. *(page 149)*

ATP = Adenosine triphosphate (ATP) is a nucleoside triphosphate used in cells as a coenzyme. It is often called the “molecular unit of currency” of intracellular energy, because it powers the entire cell. *(page 48)*

EPA and DHA = *Eicosapentaenoic acid* and *docosahexaenoic acid*, respectively, are the highly unsaturated fatty acids in Omega-3, found in the largest amounts in flaxseed and flaxseed oil. *(p. 144)*

DPT = DMSO Potentiation Therapy *(page 117)*

LIPH = This sounds like a chemical compound, but it is only the name of an “Alkaline Liquid Silica Mineral Super Concentrate” by Liph Solutions (brand). It is somewhat expensive. *(page 152)*

D-Ribose - This amino acid helps energize anti-cancer cells. It also increases muscular strength.

ICRF = The Independent Cancer Research Foundation *(page 11)*

Cachexia cycle (pronounced ka-kek-see-ah) = Cachexia is a wasting syndrome indicated by loss of weight, muscle atrophy, fatigue, weakness, and significant loss of appetite in someone who is not actively trying to lose weight. The formal definition of cachexia is the loss of body mass that cannot be reversed nutritionally. *(page 50)*

Tissue = In biology, *“tissue” is a cellular level intermediate between cells and a complete organ.* A tissue is an ensemble of similar cells from the same origin that together carry out a specific function. *“Organs”* are then formed by the functional grouping together of multiple tissues. Most cancers first form in tissues.

Organ = In biology, an organ or organism is a collection of tissues joined in a structural unit to serve a common function. Organs are composed of tissues and other structures. Cancer in an organ is a very serious matter. (*pages 92, 150*)

ADDITIONAL ABBREVIATIONS

Additional abbreviations which may appear in this book:

ACS = The American Cancer Society
 FDA = The Food and Drug Administration
 NCI = The National Cancer Institute
 NIH = The National Institutes of Health
 SKI = The Sloan-Kettering Institute for Cancer Research
 AMA = American Medical Association
 OTA = Office of Technology Assessment
 Other less frequent abbreviations include:
 AAAS = The American Association for the Advancement of Science
 CCS = The California Cancer Society
 HEW = The U.S. Department of Health, Education, and Welfare (part of which has been split into other departments)
 MSKCC = The Memorial Sloan-Kettering Cancer Center
 USDA = The U.S. Department of Agriculture
 USDHHS = The U.S. Department of Health and Human Services
 NAS = The National Academy of Sciences

ALTERNATIVE CANCER RESEARCH ORGANIZATIONS

There are two primary independent cancer research organizations. They are trying to discover new facts about alternative treatments of cancer. You may wish to contact them and help them. Each is doing a good work.

The Independent Cancer Research Foundation, Inc. Lindon, Utah (P.O. 2074, Lees Summit, MO 64063).

It is a remarkable fact that the researchers at ICRF have relentlessly searched for cancer treatments which have a cure rate of 90%—and they have been able to find a number of them!

Because the ICRF is an independent organization, what it says and does is not controlled by the

pharmaceutical industry or medical cartel.

Collectively, the five members of the ICRF *Board of Directors* have more than 50 years of cancer research experience—***which includes working directly with many thousands of cancer patients!***

The reason ICRF is so successful is that it is not led by businessmen, but by extremely dedicated cancer researchers, who, in the process of carrying on an ongoing study of natural cancer treatments, ***have made several very important discoveries in cancer research!***

One of its major discoveries is how microbes inside the cancer cells block the production of ATP energy in the Krebs Cycle (also known as the Citric Acid Cycle) and the Electron Transport Chain! ***This discovery has led to the development of more than a dozen cancer treatments which can revert cancer cells into normal cells!***

The members of the Board of Directors are not compensated for being on the Board of Directors or for time spent on ICRF business. ***All of the money the ICRF receives either goes for necessary operating expenses (some of which are paid by the board members), cancer research expenses or to pay for critical cancer treatments which cannot be afforded by a cancer patient or their family.***

Contact ICRF if you want guidance on any protocol. It can not only greatly help you (!), but it helps them refine the protocols with even more precision:

ICRF

Independent Cancer Research Foundation, Inc. P.O. 2074, Lees Summit, MO 64063
www.new-cancer-treatments.org,

Contributions to the ICRF are greatly appreciated and help cancer patients literally around the world.

A second, but smaller, independent natural cancer research organization is the **American Anti-Cancer Institute** in Washington State. It is also trying to carry on research work into natural remedies, and is located at 2525 Broadway No 2304, Everett, WA 98201-3020.

Yet another one that I learned about only recently is the **Syracuse Cancer Research Institute** Syracuse, New York. *Go to:*

<http://scri.ngen.com>

ALTERNATIVE CANCER RESEARCH COUNSELORS

Here are six cancer researchers on the board of ICRF who are well acquainted with the most important, alternative cancer proto-

cols, and are trying to improve them and locate still others. You can locate them through **The Independent Cancer Research Foundation, Inc. Linton, Utah** (P.O. 2074, Lees Summit, MO 64063).

Due to FDA regulations, such researchers cannot legally proactively seek cancer patients to volunteer to use any of these cancer treatments, however, **if a cancer patient does CHOOSE to use one or more of these treatments, the researchers at ICRF (those listed below) will be happy to work with the cancer patient and/or his caregiver.** There may be a charge for receiving the guidance of the one you select.

Gary Teal is an expert in acupuncture, electromedicine and general alternative cancer treatments. It was Gary who literally “wrote the book” on using Rife devices to treat cancer. He is also an expert in nutrition. Gary lives in Utah.

Mike Vrentas and his wife Cherie have been researching alternative treatments for cancer and chronic diseases since 2001. Mike has produced an Audio Book called “Collect/Budwig and More”. This protocol has been found to be very effective not only with all types of cancer, but most chronic and terminal diseases. Mike lives in Missouri and supports the protocol with consultations, anywhere in the world with the use of Skype.

Dr. William Wassell, M.D. is active in Vitamin C research (i.e. orthomolecular medicine) and provides technical support for alternative cancer researchers. Dr. Wassell lives in Louisiana. Dr. Wassell is the son of a famous medical doctor who was a hero during World War II. He disobeyed orders at great risk to his own life to save the lives of several of his wounded soldiers/patients. A movie was made about his heroics (“The Story of Dr. Wassell” starring Gary Cooper).

Webster Kehr is the author of the CancerTutor website. He lives in Kansas. Webster is the cancer researcher who, in 2004, developed the model of how microbes inside the cancer cells block the making of ATP molecules. Webster has developed about 20 highly effective cancer treatments which revert cancer cells into normal cells.

John Kasunic is a specialist in electromedicine, Lyme Disease and related conditions. Lyme Disease is far more pervasive and dangerous than most people realize. He and his wife are world-class experts in dealing with Lyme Disease patients.

Reggie Black is an expert in the immune system and general cancer theory. His research tends to focus on the immune system.

CANCER SUPPLEMENT VENDORS

In addition to the above researchers, there

are several vendors of supplements which can help you. The one you select may also charge for his guidance.

Mike Vrentas

Mike Vrentas, P.O. Box 2074 Lees Summit, Missouri 64063

Bill Henderson

beating-cancer-gently.com

Kelly Metabolic

themetabolicinstitute.com

SPECIAL SUBSTANCES AND THEIR SOURCES

Prices in mid-2014. (A duplicate list of these substances and sources is on page 67.)

Collect

Collect: Info@collect.org. Phone:

866-692-3553 30 servings

for \$100.00, plus cod liver oil caps.

Fax: 631-509-5317 Collect, P.O. Box 132, St. James, NY 11780-0132

For Mike Vrentas help:

collectbudwig.com

ASAP Plus, available many places, including Swanson's 800-824-4491

Viba by Eniva

eniva.com -or- Amazon: 32 oz. for \$49.95.

Eniva 866-999-9191

Cellfood

cellfoodusa.com

\$18.00 to \$22.00, plus variations, at Amazon

Essence-of-Life (Larry)

essence-of-life.com

800-760-4947

Colloidal Silver

ASAP Plus, which is 22 ppm silver

SilverSolUSA@Outlook.com \$21.95 pack

972-221-6161

Angstrom Silver by Rainbow Minerals

angstrom-mineral.com or Amazon: \$24.95

855-743-5485

Bearfoot Calcium

robert barefoot.com

800-510-4074

or: 240 capsules for \$31.00 from Amazon

Bob's Red Mill Aluminum-Free Baking Soda

Swanson's: 16 oz for \$2.09. 1-800-824-4491

Pure organic maple syrup

Swanson's also has 100% Pure Organic

Maple Syrup: 64 oz. \$34.99.

Organic Concord Grapes

Lembkefarm.com 716-672-2367

DMSO

DMSO Amazon: \$12.95 16 oz.

Chlorine Dioxide

Beckart Environmental Manufacturing & Corporate Headquarters, 6900 46th Street, Kenosha, WI 53144. Phone: 262-656-7680 / Fax: 262-656-7699

Aloe Arborescens Protocol

aloeproductscenter.com —or— aloedecaus.com
16 oz. \$69.99 for a 16 oz. bottle; larger amounts can be purchased for discounts.
aloe-arborescens.org/books for an ebook.

Organic sulfur (MSM)

Organic Sulphur Co. organic-sulphur.com
\$21.95 plus shipping; powder or crystals

Real Salt

realsalt.com Redmond Real Salt, \$11.30, 26 oz. Amazon. It comes from an ancient sea bed in Central Utah.

Lugal's Iodine

Lugol's Iodine Solution (2 oz.) Twin Pack (2 bot.) by J Crow, \$13:50 Amazon

LIPH

2 oz. \$27.99 Amazon
liph.com 866-431-6913

Barlean's Flaxseed Oil

Barlean's Organic Oils Lignan Flax Oil, 32 oz. \$32.49 (\$0.97/oz) from Amazon.
- or - for fresher product:

info@barleans.com • 800-445-3529
32 oz. 41.57

MSM

MSM, 1000 mg, 240 Capsules (by Now Foods) at Amazon: \$13.99 (\$0.06/count)

Limu juice

thelimucompany.com
Amazon has several options of Limu juice.

Cesium chloride - available many places.

Protocel

protocel.com and other places.

Laetrile - available many places.

Ginger - available many places.

Cinnamon - The best comes from Viet Nam, for they contain the highest percentage of cinnamon oil. Amazon has several brands of cinnamon from Viet Nam.

Cinnamon Bark, an essential oil from the *Young Living* company, is also recommended. (Amazon also has this; specify "Young Living Cinnamon Bark".) This product is measured in drops because it is concentrated.

Turmeric - Because **turmeric** is poorly absorbed by the body, the best brand is **Meriva** Turmeric, which is far better absorbed than most brands of turmeric. (Amazon also has Meriva Turmeric.)

CLINIC SOURCES

Everything is listed, by category, in the order in which it first appears in the book. Prices, when

listed, are as of August 2014, and will probably change later.

U.S. CLINICS

Beware! When initially contacting a clinic, find out whether they intend, in addition to alternative therapy, they wish to administer chemotherapy. You only have one body, and you do well not to weaken it with any poisons.

All of the clinics (U.S. and Tijuana) are supposed to be fully natural, but check ahead of time to be sure.

Vitamin C Intravenous Protocol

riordanclinic.org
Riordan Clinic, 3100 N Hillside Ave, Wichita, KS 67219. Phone: 316-682-3100

Insulin/DMSO Protocol

One source found in the U.S., *but the clinic gives it with chemotherapy!*

Ozone Intravenous Protocol

antiagingmedicine.com
Nevada Center of Alternative and Anti-Aging Medicine, 1231 Country Club Drive, Carson City, NV 89703. Phone: 775-884-3990

Another source:

Dr. Sean Ceaser, N.D.
578 Broadway, Winnipeg Manitoba R3C 0W5
Canada. Phone: 204-775-4539

Another source:

Cancer Treatment Centers of America
888-866-4012
cancercenter.com

TIJUANA CLINICS

Prices, when listed, are as of Summer 2014, and will probably change later.

Bio-Medical Center (Hoxsey)

info@hoxseybiomedical.com
Phone: 01-152-664-684-9011
3170 General Ferreira, Colonia Madero Sur
Tijuana, Baja California Mexico 22046

Gerson-Plus Therapy (Gerson-Hyperthermia)

Dan Rogers, M.D.
gerson.org / 800-838-2256 U.S. Only /
888-443-7766 U.S. and Canada / Mon-Fri:
9 am-11 am, 2 pm-4 pm (Pacific Time)
(For much more information, go to the Gerson book at the back of this book, pp. 183-228)

Hope 4 Cancer (Poly-MVA-Metabolic)

Tony Jimenez, M.D.
888-544-5993 (U.S.) / 619-669-6511
(International, to U.S.)

I notice that their list of healing methods includes “recall healing.” That may not be safe.

International BioCare (Multi-phasic)

Rodrigo Rodriguez, M.D.
doctor@biocarehospital.com / 800-701-7345

Oasis of Hope Hospital (Laetrile-Metabolic)

Francisco Contreras, M.D.
oasisofhope.com
619-690-8409

Rubio Cancer Center (Rife-Immune Vaccine)

Geronimo Rubio, M.D.
rubiocancercenter.com
+52-664-621-7603
Calle Granados 420, 22450, Tijuana

Stella Maris Clinic (Laetrile-Metabolic)

Gilberto Alvarez, M.D.
Stellamarisclinic.com (Roman Catholic)

SAFE CANCER TESTS

CANCER TESTS

AND HOW OFTEN TO TAKE ONE

There are four harmless and low-cost tests which you can use. (So you will know the difference, at the end of this section will also be mentioned the three **expensive** and **harmful** ones recommended by orthodox medicine.)

The first of the four good ones (**Nararro**) is a urine test, but a very adequate one. The next two (**Red Drop TK, CA Profile**) are blood tests and more accurate. the last one (also safe) tells you where the cancer is located! (**Infrared Thermographs**).

Regardless of which test you use **you should use the same test every time.** If the score goes up, change cancer protocols or talk to the consultant you are working with.

The four tests determine how much cancer you have. These tests are very, very important because by taking sequential tests (e.g. take a test NOW and, again every 2 or 3 months while you are on a cancer program), **you can tell if your cancer is getting worse or if the treatment is working!**

If your cancer is getting worse then CHANGE protocols or ADD additional supplements or protocols. It is important to take your chosen test NOW so that you have established a baseline for future comparisons. Check with the one you are consulting with!

1 - The Navarro Urine Test. This is a far better cancer test than those performed by hospitals; and it is simple and inexpensive. **It is a safe, cost-effective, non-invasive, non-radiation, ac-**

curate screening test for Cancer,

While the Navarro Urine test is not fully as accurate as the blood tests, it is very useful because it is so inexpensive. I find that the current cost of this test is only **\$55.00.**

navarromedicalclinic.com/preparation.php

The above website address tells exactly how to prepare and mail the urine sample.

(The CA (Cancer Antigen) 125, listed shortly below, is **\$45.00.**)

Human chorionic gonadotropin (HCG) is a hormone produced by the syncytiotrophoblast, a portion of the placenta, following implantation. Some cancerous tumors produce this hormone; therefore, elevated levels—measured when the patient is not pregnant—can lead to a cancer diagnosis.)

Urine, instead of blood or serum, is the preferred specimen for the test. In 1980, Papapetrou and co-authors reported the correctness of the urine specimen to be used in HCG Immunoassay. In 32 proven cancer cases, the immunoassay test gave 31 positive results using urine while only 12 positive results were reported using blood. HCG has been found to undergo glycosylation in the liver as it travels in the hepatic circulation. Thus, the HCG molecule cannot be detected. The molecule does not undergo this process in the kidney and therefore the molecule remains intact in the urine.

Perfected in the late 1950s, by the well-known oncologist, the late **Dr. Manuel D. Navarro, the test detects the presence of cancer cells even before signs or symptoms develop.** Dr. Navarro found HCG to be present in all types of cancers. A measure of the amount of HCG found in the blood or urine is also a measure of the degree of malignancy. The higher the number, the greater is the severity of cancer.

The test detects the presence of brain cancer as early as 29 months before symptoms appear; 27 months for fibro sarcoma of the abdomen; 24 months for skin cancer; 12 months for cancer of the bones (metastasis from the breast extirpated 2 years earlier).

The Navarro Medical Clinic has been performing the HCG test for cancer for many years and continues to offer this service under the direction of Dr. Efren Navarro, who is the son of the late Dr. Manuel D. Navarro.

Their website is:

www.navarromedicalclinic.com

Here is additional background on these researchers:

Dr. John Beard of Scotland (1858-1924) published a paper on *The Unitarian Trophoblastic*

Theory of cancer in 1902, later expanded in 1906. The trophoblast cells of pregnancy are typical cancer cells that eat into the uterine lining to prepare the nest. These cells are eventually turned off when the fetal pancreas begins functioning. In the absence or deficiency of pancreatic enzymes, cells elsewhere in the body begin to multiply and the result is cancer, the rapid, uncontrolled growth of undifferentiated cells

Later **Howard Beard** (no relation) devised the HCG "*Anthrone test*" to measure female hormone in the urine. The test is based upon the fact that trophoblast cells of pregnancy, like all cancer cells, excrete HCG. If the hormone shows in your urine, you are either pregnant or have cancer.

Dr. Manuel Navarro, former Professor of Medicine and Surgery at the University of Santo Tomas, Manila. Associate Member of the National Research Council of the Philippines. A Fellow of the Philippine College of Physicians, the Philippine Society of Endocrinology and Metabolism. A member of the Philippine Medical Association, the Philippine Cancer Society and many other medical groups.) Dr Navarro was an internationally recognised cancer researcher with over 100 major scientific papers to his credit, some read before the International Cancer Congress.

2 - The Red Drop TK Test (a blood test). Biovica's ultra-sensitive test, *DiviTum™*, is used to evaluate new candidate drugs to treat cancer. *DiviTum™* is a test for measuring cell division, proliferation rate and tumor growth and is carried out by analyzing a simple blood test.

Go to: reddrop.com/tag/tk-blood-test

What is TK? Thymidine Kinase (TK), is a protein found in cells of the body which are going through cell division. TK has two primary functions: 1) to duplicate DNA during cell division, and 2) to repair damaged DNA. **When healthy cells go through the process of cell division, the level of thymidine kinase is turned up to replicate the DNA in the cell.** After replication of DNA, the TK is broken down within the cell before division is completed, and therefore **when the cells finally divide, very little TK is released in the blood.**

The other function of TK is **DNA repair**. When cells are exposed to carcinogens, such as sunlight (UV), chemicals, alcohol, tobacco, viruses, pollution, etc., the DNA in the cell can be damaged or become mutated. When this happens, **TK gets turned up or "up-regulated" to repair the DNA.** Normally, if TK can repair the DNA, the cell resumes normal functioning. However, **if the DNA damage is too severe to repair, the TK will trigger "apoptosis"**

or cell death. TK is critical to the body to self-correct damage and maintain a healthy environment.

The first step in cancer formation occurs when there are DNA mutations which TK is not able to fix. When TK tries to signal for cell death, it doesn't work because the mutations have disabled apoptosis. TK will continue to function in order to repair the DNA through the cell division process. So in this case, when the cell divides, the mutated DNA is replicated with the daughter cells having the same mutations as the parent cell. **Because TK is up-regulated through all phases of cell division in this case, TK is released into the blood during this process.**

As these cells continue to divide and accumulate mutations, TK continues to actively fix the DNA damage. **So your TK levels in the blood indicate both the level of DNA damage in the cells and the pace of cell division going on in the body. Both of these facts are key attributes that correlate to cancer.**

The Red Drop TK test provides direct insight into cells function and the amount of TK activity present in the body. A low TK score would indicate healthy cell function as a minimal amount of TK is present during normal cell division, while **elevated scores indicate cell damage and potential cancer growth.**

Through a simple blood test we are now able to measure the rate of cell division in the whole body! This provides individuals with powerful information for preventative measures against cancer, practical application during cancer treatment, and peace of mind after treatment. Regularly tracking the increase or decrease in TK levels will be indicative of damaged cell division which has been shown through extensive research to correlate to the progression of cancer.

Much like a cholesterol test is used to monitor our heart health, the Red Drop TK Test is a general measure of rate of cell division and cell damage *that can be useful in four ways:*

Healthy individuals can establish a personal baseline of TK scores to give peace of mind that their bodies are functioning properly.

TK levels that show a sustained increase give you an early indication that lifestyle changes such as diet modification, weight management, exercise, etc. are necessary to return to your normal TK levels. Early testing is vital to cancer prevention. Early detection is crucial to longevity. Stop cancer before it starts or before it takes root.

For individuals in either orthodox or alternative cancer treatment, the TK Test allows you

to track the effectiveness of the assigned medical protocol or alternative regimen to ensure it's working. The TK Test will also give a clear indication of how aggressive the cancer is, which allows you to stop the cancer—*before it is unstoppable!*

For individuals in remission, many cancer survivors struggle with a perpetual and nagging fear of reoccurrence due to the grim statistics of metastatic disease upon return. **The Red Drop TK Test can give you peace of mind** by tracking your TK Scores at low levels. **If your TK levels start to rise, you will have time to deal with it for the best chance of survival.**

The Power of the Red Drop TK test TK levels that show a sustained increase **give you an early indication that lifestyle changes such as diet modification, weight management, exercise, etc. are necessary** to return to your normal TK levels.

Whatever your situation, whether it is for you or for your loved one, don't let cancer catch you unaware. *Consider taking the TK Test now.*

Go to reddrop.com

Still more on TK:

TK or thymidine kinase is a protein common to all cells in your body which go through cell division. TK is responsible for DNA duplication during cell division and DNA repair. **As cells become cancerous, multiply, and begin spreading, the levels of TK in your blood increase.** Regularly monitoring TK levels in your blood can indicate **when cancer is forming, early detection, whether your treatment is working, or give peace of mind** when things are normal.

TK or "thymidine kinase" is elevated in blood cells and increases significantly when cancer is present. For more than 30 years, scientists around the globe have studied TK and its connection to cancer, longing for a way to harness the information it provides.

TK is a blood test that can show a person's risk of: (A) Developing cancer, (B) Detecting cancer before tumor growth, (C) Determine the aggressiveness of the cancer, (D) Monitor the effectiveness of treatment, and (E) Identify the status of remission if you are post-treatment.

BIOVICA, a cell research company in Sweden, has obtained patents in 40 countries (US patent pending), received FDA approval in Europe, and has published 1,000 medical papers successfully relating TK with various types and stages of cancer. The Red Drop TK Test is now being made available to people internationally.

3 - The CA Profile. This blood and urine test

measures a combination of 6 biomarkers. a battery of blood tests **designed to predict your risk of developing cancer (CA) long before detectable symptoms may occur.** These tests have proven to be excellent for monitoring individuals receiving alternative non-toxic treatments, or orthodox toxic treatments. In order to be able to realize actual therapeutic progress, it is recommended that you perform the CA Profile before, during, and at the conclusion of a certain therapy. *Go to:*

HealthOneLabs.com -OR- PrivateMDLabs.com
703-534-6766

CA (Cancer Antigen) 125 - **\$45.00.**

4 - Infrared Thermographs. Infrared Thermographs are made by infrared cameras. This is a different kind of test: Instead of telling you whether you have cancer and the amount of it,—**this test tells you WHERE the cancer or tumors are located!**

Infrared cameras highlight the "hot spots" where cancer is located. In some cases you can find someone who has one or you can purchase one or you can rent one (www.flir.com). This option tells you where the cancer is. (FLIR's least expensive one is FLIR-E4 at \$995.00. *Go to:*

flir.com) Phone: 877-766-5412. You can also rent them from FLIR (866-477-3687), but the cost is high: \$595. for 7 days.

Infrared Thermography is perfectly safe. It is not emitting anything—no radiations of any kind. Instead, **it merely detects infrared emitted from an object** in a passive manner.

Definition of Infrared Thermography: Infrared thermography is a type of equipment which detects infrared energy emitted from object, converts it to temperature, and displays an image of temperature distribution. To be accurate, the equipment should be called an *infrared thermograph*, and the method *infrared thermography*.

Infrared Thermography equipment captures as a temperature distribution diagram on a surface, and in this way display it as visible information. Temperature can be measured from a distance without contacting an object.

If you cannot afford to buy an infrared camera, keep in mind that **you do not have to know where the cancer is in order to apply a natural protocol to it!** One of the other tests, taken from time to time, will tell you all whether the cancer is receding, is essentially gone, etc.

THREE ORTHODOX MEDICINE TESTS WHICH YOU DO BEST NOT TO TAKE

Here are the three tests recommended by

orthodox medicine. Unfortunately, the radiation from each of them is very dangerous when it penetrates the body. After pushing the button, the attendant always hides behind a lead wall or runs outside the room. He knows how dangerous is the deadly radiation in these scans.

1 - Orthodox radiation scans. How do you tell when your cancer is gone? You can use orthodox screening methods to detect any cancer, but do not use these orthodox methods more often than once every 20 weeks—because the radiation is dangerous to your body!! If X-Rays are involved, or invasive techniques, then I would not use the methods more often than once every 20 weeks. Some use orthodox PET scans to check on cancer. If you decide to have this screening, only take it when you are confident that your cancer is gone and only use it once.

But since the Red Drop TK test, and the CA Profile are so accurate, why bother with dangerous radiation screening, which only weakens your body?

If you do not use orthodox methods to evaluate your treatment, then you need to gauge the success based on the energy level of the patient, how they are able to return to normal functions, how they feel, how their weight has increased, etc.

2 - PET Scan. This is an orthodox cancer test that you should avoid!! Here is what it is:

A *positron emission tomography* (PET) scan is an imaging test that uses a radioactive substance called a tracer to look for disease in the body. *It puts a lot of radiation into the body!*

A PET scan uses a small amount of radioactive material (tracer). The tracer is given through a vein (IV), most often on the inside of your elbow. The radioactive tracer travels through your blood and collects in organs and tissues. This helps the radiologist see certain areas of concern more clearly.

You will need to wait nearby as the tracer is absorbed by your body. This takes about one hour.

Then, you will lie on a narrow table that slides into a large tunnel-shaped scanner. The PET detects signals from the tracer. A computer changes the signals into 3-D pictures. The images are displayed on a monitor for your doctor to read.

You must lie still during test. Too much movement can blur images and cause errors.

How long the test takes depends on what part of the body is being scanned.

3 - PSA Test. This is the *Prostate-Specific Antigen Test* (PSA), and is recommended by the National Cancer Institute. But PSA tests have been shown over and over to be lesser value, yet ortho-

dox medicine continues to use them.

False high PSA rates have been a huge cash cow for the medical community. Since PSA testing became commonplace, more than a million men have been treated for prostate cancer—men who, if not for an elevated PSA test, would never have had surgery and/or radiation treatment. These treatments are not benign, and can result in impotency, incontinence, and in some cases death.

Multiple studies have shown that chemotherapy is not an effective treatment for prostate cancer and does not increase longevity. In addition, other conventional therapies such as removal of the prostate and radiation therapies can cause a large number of debilitating side-effects. Furthermore, rarely are any of these prostate cancer treatment options more effective than “watchful waiting.”

BOOKS

ON ALTERNATIVE CANCER THERAPIES

Here is a sampling of some good books on the cancer microbe, for further reading:

Four Women Against Cancer, by Alan Cantwell, M.D. (a superb history of the discovery of pleomorphic microbes)

The Cancer Microbe, by Alan Cantwell, M.D.

Sick and Tired?, by Robert O. Young, PhD (the most advanced of the books)

The Germ That Causes Cancer, by Doug A. Kaufmann

Cancer Cause, Cure and Cover-up, by Ron Gdanski

SPECIAL QUOTATIONS

HIPPOCRATES ON HOW TO HEAL THE SICK

Over 2300 years ago, the so-called “father of medicine” told the proper way to heal the sick.

Hippocrates (c.460 – c.370 BC), was an ancient Greek physician of the Age of Pericles (Classical Greece), and is considered one of the leading figures in the history of medicine. He is referred to as the father of western medicine.

In 424 B.C., he said: “Your food shall be your medicine,”

Here are other statements by Hippocrates:

“Primum non nocerum. (First do no harm)”

“Healing is a matter of time, but it is sometimes also a matter of opportunity.”

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

“Everything in excess Is opposed by nature.”

“Wherever the art of medicine is loved, there is also a love of humanity.”

“Whenever a doctor cannot do good, he must be kept from doing harm.”

Here is the Hippocratic Oath, which is taken by physicians when they graduate from medical school, so they will be careful how they care for their patients:

“I will prescribe regimens for the good of my patients according to my ability and my judgment and **never do harm to anyone**.

“I will give no deadly medicine to any one if asked, nor suggest any such counsel; and similarly **I will not give a woman a pessary to cause an abortion**.

But I will preserve the purity of my life and my arts.

In every house where I come I will enter only for the good of my patients, keeping myself far from all intentional ill-doing.

All that may come to my knowledge in the exercise of my profession or in daily commerce with men, which ought not to be spread abroad, I will keep secret and will never reveal.

If I keep this oath faithfully, may I enjoy my life and practice my art, respected by all humanity and in all times; but if I swerve from it or violate it, may the reverse be my life.”—*The Hippocratic Oath, taken by physicians when they graduate from medical school.*

OTHER QUOTATIONS

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; **or abridging the freedom of speech, or of the press**; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.”—*The First Amendment to the U.S. Constitution, adopted December 15, 1791, as one of the ten amendments that constitute the Bill of Rights.*

“No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws.”—*From the 14th Amendment of the U.S. Constitution, adopted July 9, 1868, as one of the Reconstruction Amendments.*

“If it looks like a duck, and quacks like a duck, we have at least to consider the possibility that we have a small aquatic bird of the family *anatidae* on

our hands.”—*Douglas Noel Adams.*

“Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so.”—*Douglas Noel Adams*

“What man has done to man is the saddest chapter in the history of the world. The story of the peoples of the earth is in large measure the tale of how the world whipped the nonconformist with its displeasure and visited upon him dishonor and ignominy, torture and death.”—*George K. Anderson.*

“Nothing doth more hurt in a State than that cunning men pass for wise.”—*Francis Bacon*

INGREDIENT WARNINGS

FOR PREGNANT WOMEN AND OTHERS

Some of the special warnings in this book:

DMSO is not recommended for pregnant women or women who might become pregnant.

Women who are pregnant, might be pregnant, might become pregnant, or are nursing, **should NOT take the DMSO/Vitamin C Protocol**. The effect on an unborn fetus could be fatal to the fetus due to the high doses of vitamin C combined with the extremely low weight of the fetus!! The concern is caused by the fact that a fetus has many undifferentiated cells and this treatment will **TARGET** cancer cells, which are also undifferentiated!! Thus, this treatment may inadvertently target undifferentiated fetal cells and cause death or birth defects to the fetus!! Take this warning very seriously!

Do not take Essiac If you are pregnant, nursing or trying to conceive. This tea contains constituents (chemicals) which may increase blood flow to the pelvic region and stimulate menses.

While taking a cancer therapy, pregnant and nursing women should eat **two eggs per day** because the choline is necessary for the baby’s brain development and the baby takes precedence since two eggs a day is not life-threatening to a cancer patient. (Research has found that egg yolk contains both cholesterol and lecithin, and therefore does not increase the cholesterol content in the body. But they should be hard-boiled for 15-20 minutes to kill the bacteria, including salmonella.)

Children under the age of 12 should not take Essiac tea. No studies have been done to determine the safety of the herbs in the young.

Do not take **Organic Sulfur** if you are taking high doses of aspirin or any type of blood thinner!

Do not microwave any foods during an anti-cancer diet (a diet while resting between protocols, or after they are finished; a diet which will not itself

increase the likelihood of cancer).

Those on blood thinners should not use the DMSO protocols, or the Inexpensive Stage IV Protocols. Instead, they should use either the Collect-Budwig Protocol or the Cesium Chloride Protocol as their major program.

Those desiring to take a high-alkaline protocol should contact a counselor or vendor to help them. There must be a balance between cesium, etc. and potassium. This warning does not apply to the Kelmun Protocol or Brandt Grape Protocol. Each one has a fixed amount of alkaline in it.

SIGNIFICANT FACTS ABOUT THE THREE METHODS OF HEALING

THE BIBLE PATTERN

Christ used simple, non-poisonous remedies: John 9:6-7. Ministry of Healing, 126-127, 231-233.

Christ taught those that He healed to obey God's laws, lest they become sick again: John 5:14. Ministry of Healing, 73, 91, 113.

Christ asked no charge from those He healed: Matt. 10:8; Luke 6:38; 12:33. Medical Ministry, 122-123.

Christ commissioned every follower to do the same work that He did: Mark 16:15-17; Matt. 28:18-20; 10:1, 7-8. Ministry of Healing, 104, 139-169, 226.

As a result, large numbers of people sought His help: Matt. 4:23-25; 8:16-17; 14:13-14; 15:30-31.

THE MEDICAL ROUTE

The Medical Route can be simply explained in a few words. (All sides should be able to agree on the following definitions.)

First, there is Chemotherapy. The plan here is to use powerful poisons to kill the cancer cells.

The first problem is that it consists of a combination of deadly poisons.

The second problem is that medical science is unable to place the chemo only inside cancer cells. As a result, surrounding cells are also killed or seriously damaged, and the poisons themselves, carried off by the bloodstream, greatly weaken the entire body and its immune system.

The third problem is that all drug medications must adhere to government standards in order to be patented and sold for a good profit. This requires complicated extractions of natural substances into unique compounds—which always have “contraindications”; a cover-up word meaning very dangerous effects on the body.

Second, there is Surgery. The plan here is to

cut out the general area which has cancer in it.

The major problem here is that as soon as a cancer cell is cut open, the cancer begins spreading, and often quite rapidly.

Third, there is Radiation. The plan here is to aim an astonishingly high-powered radiation gun toward the suspected cancer site, pull the trigger, and shoot a massive burst of intense radiation into the area.

The problems here are similar to those involving chemotherapy. First, a powerful poison (not of chemicals, but of radiation) is literally shot into, around, and in front of the cancer area. This intense beam of radiation operates much like a powerful bullet shot from a gun. This tears apart and kills entire tissues, thus enabling the cancer to spread. The anti-cancerous cells, the entire body, and the immune system are greatly weakened by the intense radiation.

The immune system is very important. The methods used by orthodox medicine **severely damage the immune system** through the use of chemotherapy, radiation, and surgery. **These things damage the immune system and do a very poor job of targeting the cancer cells, and do an even worse job of killing the microbes in the organs.**

Nothing in the Medical Route is natural or safe. Tragically, it has often been called the “poisoning, cutting, and burning” method.

Unfortunately, this situation is not going to change, for the following reason:

According to the U.S. Dept. of Commerce the average cancer patient generates \$375,000 in profit for the medical industry: surgery, chemo, radiology, hospital stays, office visits, etc.

Since 2001 the U.S. government has spent billions of tax dollars funding research on cures for AIDS, and the medical/pharmaceutical industry has made billions treating (not curing) AIDS patients.

Orthodox cancer treatments also **kill many healthy cells and can damage organs, the lymph system, etc.** Is it any wonder the cancer so frequently seems to “come back” after surgery or chemotherapy? This is called “regression.”

For example, how is cutting off a breast going to fix the immune system? It is unable to.

It should not, therefore, be surprising that **alternative cancer treatments, when administered by experts, have a massively higher “cure rate” than does orthodox medicine.** Most natural cancer treatments include both immune builders and things that kill cancer cells. Some protocols also include things to clean the blood of microbes, which will also supercharge the immune system.

Carefully consider the fact that **even when orthodox medicine puts someone into “remission”** (i.e. their cancer appears to be gone), **they have not fixed the “root cause” of the cancer**, so it is almost certain the cancer will come back—especially if that person remains on the kind of diet he was on before! That is why the true “five-year” cure rate of orthodox medicine is less than 3%.

Because the underlying cause of cancer is a weak immune system, you cannot cut out the cancer and solve the problem! You need to solve the real cause that got the cancer started in the first place!

But it should be remembered that, even following natural treatments, the cancer can return. Many natural cancer treatments, whether cancer treatments that kill the cancer cells or even revert the cancer cells into normal cells, can have significant regression rates. This is very often due to the fact that earlier chemotherapy and radiation greatly weakened the body, or not all the microbes in the organs and/or bloodstream were identified and destroyed by the alternative remedies. Or the person, treated with natural remedies, returned to his old diet and way of living.

THE MEDICAL CURE RATE

While the cure rate for some Stage IV treatments is much, much higher than 15%, a person might wonder what the *real cure rate* is for orthodox medicine.

When a person thinks of “curing” cancer they naturally think that the person who is “cured” of cancer will die of old age, but not from cancer. This is logical. One would expect that a person is “cured” of cancer if he is not ever going to die of cancer.

Or a person could say that a person is “cured” of cancer if he has a less than, or an equal, number of cancer cells than the average person.

But when orthodox medicine uses the term, “3% cure rate,” it is talking about the percent of cancer patients who live for 5 years after diagnosis. The reference to 5 years is the official standard of comparison. (Some medical doctors use a “six-month” cure rate statistic in order to make their treatments look far more effective than they really are.)

So using this definition, **what is the genuine “cure rate” for orthodox medicine? Less than 3%! Yet, when you go to the American Cancer Society web site you see cure rates of 45% or 55% or whatever. What is going on?**

An impractical “5-year cure rate” is being used. But many cancers are slow growing, thus they have a very high “5-year cure rate.” If a person lives five years after medical treatment for cancer, he is considered totally in perpetual remission. But this is

not true.

In 1910, the U.S. Congress enacted a law requiring all “medical schools” to teach prescription drugs (i.e. “modern medicine”) *exclusively* in their training of “medical doctors.” Because of this, tragically, today the average housewife knows far more about natural medicine than most medical doctors. They just were not taught it in medical school.

The *McGill Cancer Center* in Canada, (one of the biggest and most prestigious cancer treatment centers in the world), did a study of oncologists to determine how they would respond if they were to receive a diagnosis of cancer themselves. On the confidential questionnaire, 58 out of 79 doctors (73%) stated that chemotherapy programs were unacceptable for either them or their families. The main reason given for this position was that the drugs are ineffective and have an unacceptable degree of toxicity.

THE NATURAL ROUTE

In startlingly dramatic contrast, the Natural Route consists of simple food, fruit and vegetable juices, vitamins, minerals, and lots of pure water. Some might wish to laugh at such a way of life, but it was provided by our wise Creator, the God of heaven, who provided them to help us. These methods have helped thousands and have been shown to be far more effective and safe.

IN SUMMARY

Here are three facts about cancer you have probably never heard before:

1 - Cancer cells can be reverted into normal cells. (There are more than 20 treatments, described in this book, which can do this),

2 - Inexpensive, safe and gentle cancer treatments (with up to 90% recovery rates) **have existed and been successfully used for decades**, but very, very few people know that these treatments even exist.

3 - The fact that the wealthiest persons, most influential politicians, brightest Hollywood stars, highly educated persons, and skilled orthodox physicians are dying of metastatic malignancies should be suitable commentary as to the efficacy of conventional therapy.

SIGNIFICANT STATEMENTS ABOUT THE MEDICAL AND NATURAL ROUTES

“Medicine is now a high risk industry, like aviation. But, the chance of dying in an aviation accident is one in 2 million, while the risk of dying from a medical accident is one in 200!”—*Dr. Leape of the Harvard Medical School of Public Health.*

“If the United States is to be saved from catastrophic healthcare costs, it is time to take a good

look at the wisdom and cost-effectiveness of alternative medicine.”—*John R. Lee, M.D.*

“The solution to the health problems of the world today is to be found in natural remedies, not in poisoning the system with chemicals. Although they may appear to bring temporary relief, they add a debt of debilitating poison which will later result in serious problems.”—*John Harvey Kellogg, M.D.*

“For health-care reform to succeed at reducing costs . . . disease prevention must be the ultimate focus of the primary health-care system, rather than disease treatment.”—*National Institutes of Health, 1994 Report.*

“Pray for the sick, ministering to their necessities, not with drugs, but with nature's remedies, and teaching them how to regain health and avoid disease.”—*Desire of Ages, 824.*

“There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system.”—*5 Testimonies, 442.*

“Drug medication is to be discarded. On this point the conscience of the physician must ever be kept tender and true and clean. **The inclination to use poisonous drugs, which kill if they do not cure, needs to be guarded against.** Matters have been laid open before me in reference to the use of drugs. Many have been treated with drugs and the result has been death . . . **Experimenting in drugs is a very expensive business.** Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet [hydrotherapy], they would be alive today.

“Nothing should be put into the human system that will leave a baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, is the reason which has been given me for establishing sanitariums in various localities . . .

“The intricate names given medicines are

used to cover up the matter, so that none will know what is given them as remedies unless they consult a dictionary.”—*Medical Ministry, 227-228.*

“A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So **they resort to patent nostrums,** of whose real properties they know little, **or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthy habits.** If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues.

“People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. **Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease.** Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period.

“By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. **Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted** in her effort to expel impurities and to re-establish right conditions in the system.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Ev-

ery person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind."—*Ministry of Healing*, 126-127.

CONGRESS AND ALTERNATIVE REMEDIES

Later, in this book, you will read about a large number of alternative treatments for cancer. Over the years, the ongoing battle over them has sometimes led to congressional hearings. But one such case resulted in a law by the U.S. Congress, mandating that research studies be undertaken to verify existing alternative methods of treating cancer or produce new ones.

This law resulted from two facts which, in the course of years, had become very obvious:

First, the orthodox methods of treating cancer (surgery, chemotherapy, and radiation) rarely extend life more than one to three years.

Second, **when alternative methods have been proposed**, many of which seem to produce remarkable success, they have generally been hounded to death by the major cancer organizations.

Here is how the law came about:

In July 1985, the *National Cancer Institute* and certain other U.S. agencies managed to get the *Bahamian Health Department* to close Dr. Lawrence Burton's **Immuno-Augmentative Therapy (IAT) Centre**, located in Freeport, Grand Bahama Island.

When that happened, a large number of wealthy cancer victims, who had been receiving treatment at Burton's hospital, were aroused to a white-hot anger. They demanded that the U.S. Congress take action. Guy Molinari, a New York congressional representative, with the help of 38 other representatives, moved on Congress to request the *Office of Technology Assessment* (OTA) to investigate Burton's IAT.

Although the original request was for the testing of IAT, **it was later expanded into a full-scale**

evaluation of alternative cancer remedies. This investigation resulted in the longest, most expensive, and most controversial study that OTA ever produced.

John Gibbons, OTA director, summarized the reasons for the study in these words:

"To thousands of patients, mainstream medicine's role in cancer treatment is not sufficient . . . The attractiveness of unconventional cancer treatments may stem in part from the acknowledged inadequacies of current medically accepted treatments, and from the too frequent inattention of mainstream medical research and practice, to the wider dimensions of a cancer patient's concerns."—*Office of Technology Assessment, Congress of the United States, Unconventional Cancer Treatments, September 1990.*

In the request, **John Dingell**, chairman of the U.S. House of Representatives *Committee on Energy and Commerce*, **asked that the following points be covered in the OTA study:**

- The types of unconventional cancer treatments most available to Americans.
- How people gain access to unconventional therapies.
- Costs and means of payment.
- Profiles of typical users of unconventional treatments.
- Legal issues.
- The potential for increasing our knowledge about the efficiency and safety of these cancer treatments.

The OTA study began in 1986 and continued for four years. Throughout that entire time, charges of bias, conflicts of interest, and cover-ups were hurled back and forth by various interests.

Finally, in 1990, the 312-page report was released to Congress. The Associated Press headlined the story, "*Federal Study Urges Testing of Unconventional Cancer Treatments.*" But opponents denounced it as "bad science" and "biased research."

The OTA report called on Congress to provide funds for research into alternative cancer methods. Based on that report, the *National Cancer Institute*, which receives the largest portion of government funds, was told by Congress to begin such an investigation.

More than a year later, Congress learned that the NCI had ignored the directive. So, **on November 22, 1991, Congress passed a law creating the Office of Alternative Medicine** as a branch within the National Institutes of Health.

The budget set aside for the first year of the new

Office of Alternative Medicine was \$2 million. That was not large (the NIH receives over \$3 billion annually), but it clearly revealed the intent of Congress.

All this was the result of intense lobbying, by citizens, and hard work spearheaded by earnest, dedicated congressmen, led by Guy Molinari, John Dingell, and Tom Harkin.

Before concluding this brief chapter, it is well to note another significant event which occurred in Washington, D.C. in recent years.

For decades, thousands of Americans had to travel to foreign countries, to obtain alternative medical treatment or supplies for a variety of life-threatening diseases, including cancer.

Upon their return to America, their supplies, drugs, etc., were, if found, seized and confiscated. Shipments made through the mail were treated in the same manner.

But, when AIDS came along, **the gay community exerted tremendous political pressure—and succeeded in obtaining what no one else in America had been able to accomplish!** The homosexuals wanted to easily purchase AIDS drugs, not otherwise available in the U.S., by mail from overseas.

On July 20, 1988, during a speech at the Tenth National Lesbian and Gay Health Conference and AIDS Forum, Frank Young, the administrator of the Food and Drug Administration, announced a major change in FDA policy.

Henceforth, Americans could import small quantities of drugs and other alternative medical substances from foreign countries for personal use.

This was a major breakthrough. Individuals would be permitted to import through their personal baggage small quantities (up to a three-month's supply) of medicines they had purchased while traveling abroad. In addition, those persons who had serious medical conditions could import a three-month's supply of such items through the mails.

Young said **the new policy had been made specifically to help AIDS patients, but that it would apply to drugs and other substances sought by Americans with any disease.**

So it is now legal for cancer patients to import up to a three-month supply of any of the alternative cancer therapies from a foreign country.

THE FDA AND HERBAL REMEDIES

The FDA (Food and Drug Administration of the United States Government) regulates all pre-

scription and non-prescription drugs sold in the U.S.A.

For example, *phenylpropanolamine*, a common constituent of many over the counter cold medications, is no longer approved for use because it may cause toxicity to the heart. Within a few weeks after the FDA banned the use of phenylpropanolamine, all drug manufacturers withdrew cold medications containing phenylpropanolamine and replaced that active ingredient with a safer alternative.

Herbal remedies are sold under the 1994 Dietary Supplement Health and Education Act and are classified as food supplements. According to this law, food supplements, with their vitamins, minerals, amino acids, extracts, metabolites, etc. may be freely prepared and sold in the U.S.

Manufacturers of herbal remedies are not allowed by the law to claim any medical benefit from using their products, but at the same time, they are not under surveillance by the FDA. Therefore, **dietary supplements can be manufactured and sold without demonstrating safety and efficacy to the FDA as required for drugs.** For a new drug, the manufacturer must demonstrate the safety and efficacy to the FDA before the drug can be sold legally in the US. In contrast, for herbal remedies, the FDA has the burden to prove that a dietary supplement is unsafe and should be removed from the market.

Unfortunately, **even after the FDA recommends that a particular herbal supplement is not safe and should be withdrawn from the market, the FDA cannot legally force the manufacturer to stop producing or selling that particular product.** For example, in 2002 the FDA issued a warning regarding the safety of kava, an anti-anxiolytic herbal sedative. It was reported that prolonged use of kava can cause serious liver damage requiring liver transplant and death from using kava had been reported. However, even today, kava products are freely available in herbal food stores.

Canadian authority also issued warnings against use of kava, but two months after the advisory, 22 out of 34 stores surveyed in Toronto recommended the use of kava and only 9 mentioned any safety concerns. Thus we find that federal advisories may not affect the sales of unsafe products (*Mills E, Singh R, Ross C, Ernst E et al. Impact of federal safety advisories on health food store advice. J Gen Intern Med 2004; 19: 269-272*).

In other countries, herbal supplements are not well regulated.

But in **Germany**, herbal preparations can only be sold if officially approved. Currently, there is a

push for harmonization of the European market for herbal products, so such products can more easily be prohibited.

Then the *European Directive 2004/24/EC*, released in 2004 by the **European Parliament** and also by the *Council of Europe* now provides the basis of regulation of herbal supplements in the European market. This directive requires that herbal medicines released in the market require authorization by the national regulatory authorities of each European country and that these products must be safe.

In **Europe**, there will be two kinds of herbal supplements in the future; A) herbal supplements with well-established safety and efficacy, and B) traditional herbal supplements which do not have a recognized level of efficacy, but are relatively safe (*Calapai G. European legislation on herbal medicines: a look into the future. Drug Saf 2008; 31: 428-431*).

The **Australian Government** also initiated a *Complementary Medicine Evaluation Committee* in 1997 to address regulatory issues regarding herbal remedies.

In **Canada**, the Federal Government implemented a policy on January 1st, 2004 to regulate natural health products and naturopaths, traditional Chinese medicine practitioners. Homeopaths and Western herbalists in Canada are concerned that this policy will eventually affect their access to the products they need to practice effectively. (*BMC Complement Altern Med 2006; 10: 6:18*).

As a result of the 1994 law, the sale of herbal remedies and vitamin-mineral supplements in the United States has skyrocketed from \$200 million in 1988 to over \$3.3 billion in 1997. Within the European community, the sales of herbal remedies are also widespread with an estimated annual sale of US \$7 billion in 2001 (*Mahady GB. Global harmonization of herbal health claims. J Nutr 131; 1120S-1123S*). Sales of herbal supplements were estimated to be \$15.7 billion in 2000 and in 2003 it increased to an estimated \$18.8 billion (*Arch Intern Med 2005; 165: 281-286*). The popularity of using herbal supplements is steadily increasing among the general population in the US. It is estimated that roughly 20,000 herbal products are available in the US and in one survey, approximately 1 out of 5 adults reported using an herbal supplement within the past year. The ten most commonly used herbal supplements are echinacea, ginseng, ginkgo biloba, garlic, St. John's wort, peppermint, ginger, soy, chamomile and kava (*Bent S. Herbal medicine in the United States:*

review of efficacy, safety and regulation. J Gen Intern Med 2008; 23: 854-859).

CANCER BASICS

OVER A DOZEN NAMES FOR CANCER

Here is the meaning of most of these words.

In order to intelligently discuss any form of therapy, it is essential to know something about the nature of the disease. **Cancer** has been defined as a cellular tumor, the natural course of which is fatal. Another term for cancer is a **malignant neoplasm**. Neoplasm refers to a progressive, uncontrolled, new growth of tissue.

The term **tumor** may be correctly applied to any neoplasm, benign or malignant. A **benign tumor** is one that lacks the ability to invade other tissues and does not spread or metastasize, and for the most part can be surgically removed. A **malignant tumor** or cancer is characterized by its ability to invade tissue; that is, to **metastasize**. Cancer cells are less differentiated than normal cells. The process by which that happens is known as **anaplasia** in which the tumor cells do not resemble those of the parent tissue, and ultimately result in the death of the victim.

So the term **metastasis** also refers to the transfer or spread of the cancer from one part to another, or one organ to another not directly connected with it. Thus, tumor cells may originate in one part of the body (**primary tumor**) and suddenly appear in some other organ or distant part of the body (**secondary tumor**).

Metastases are a significant factor in bringing about the death of the patient. There are over 100 different **clinical types of cancers** which are frequently divided into the two broad categories of carcinomas and sarcomas. **Carcinomas** are malignant new growths of epithelial cells and may involve the breasts, digestive tract, uterus, skin, etc. **Sarcomas** are malignant new growths of connective tissue and involve such organs as bone, muscle, nerves, lymph glands, etc. Hodgkin's disease and melanomas are a type of sarcoma.

In general, **tumors** are classified according to the **cell type** involved, and occasionally they are of the **mixed type** containing both epithelial and connective elements.

The **leukemias** are another type of malignancy that involves a progressive proliferation in the blood-forming organs of the body. Leukemia is sometimes referred to as cancer of the blood.

FIVE MAIN TYPES OF CANCER

Although there are over a hundred differ-

ent types of cancer, all of them generally fall under just five categories:

1 - Carcinomas. These are the most common types of cancer. These are tumors which originate in body tissues and cover a surface or line internal organs. Such malignancies include skin, breast, lung, and intestinal cancers.

2 - Lymphomas. These are cancers of the lymph system, which consists of a series of glands which filter out impurities from the body. Lymph glands are found in the neck, armpits, spleen, and groin. In the United States, the most common forms are Hodgkin's disease and non-Hodgkin's lymphomas. In central Africa, Burkitt's lymphoma (rare in the U.S.) is common.

3 - Leukemias. These are cancers which originate in the bone marrow, spleen, and lymph nodes. They are not solid tumors, but produce an excess of white blood cells.

4 - Sarcomas. These originate in connective tissue and muscles; they attack bones, muscles, cartilage, or the lymph system. They are the rarest of the malignant tumors and also the most deadly.

5 - Myelomas. These are also rare tumors, and begin in the plasma cells in the bone marrow.

CANCER STATISTICS

The following statistics are for estimated new cases of cancer for all locations on the body, during the year 2013.

Estimated New Cases in 2013 (gender)

1,660,290 - Both men and women

854,790 - Male

805,500 - Female

That equals 4,549 new cases every day.

Estimated New Cases in 2013 (cancer type)

1,660,290 - All locations

238,590 - Prostate

232,340 - Female breast

228,190 - Lung and Bronchus

142,820 - Colorectum

76,690 - Melanoma of the skin

72,570 - Urinary bladder

69,740 - Non-Hodgkin lymphoma

49,560 - Uterine corpus

48,610 - Leukemia

12,340 - Uterine cervix

The lifetime probability of being diagnosed with an invasive cancer is higher for men (45%) than for women (38%). However, because of the earlier median age at diagnosis for breast cancer compared with other major cancers, women have a slightly higher probability of developing cancer before age 60 years. These estimates are based on the average experience of the general population and may

over- or underestimate individual risk because of differences in exposure (eg, smoking history) and/or genetic susceptibility.

Every day in the United States, 46 children are diagnosed with cancer. It is estimated that 1 in 300 children will develop cancer by the time they are 20 years old. *Cancer kills our kids today more than any other disease in the U.S!*

Most of these families went with conventional treatment: had the surgery, the chemotherapy and/or the radiation treatments – sometimes, many times over, even though the five year “cure-rate” for these treatments is under 5%.

Throughout the world, there are 12.7 million new cases of cancer. Cancers related to tobacco use, heavy use of alcohol, and obesity are especially preventable.

Cancer is a terrible disease. This year alone, over half a million Americans will die from it. One out of every three persons will develop cancer in their lifetime. Throughout the industrialized world, the figures are just as bleak.

Cancer is characterized by uncontrolled growth and spread of abnormal cells. If the spread is not controlled, it can result in death.

Every cell in the body is able to become cancerous; and, every day, many cells in your body do become cancerous. But normally, in a body strengthened by good nutrition and good living habits, your immune system is at work—and it overcomes those malignant cells and eliminates them.

You can only be certain of avoiding cancer by bringing your entire life into harmony with the laws of health, and this includes good nutrition, exercise in the open air, proper rest, and fresh air; and a kind, cheerful attitude.

Do not feel awed by the large amount of health information given below and elsewhere in this book. Read it carefully—and start making the changes that are needed. And keep making them!

CANCER INDICATORS

SIGNS OF CYSTS AND POLYPS

Here are several generalized signs of cysts and polyps. These, of course, are not definitive.

In the **nose**—Chronic difficulty in breathing through the nose.

In the **colon**—Bleeding or a mucous drainage from the rectum are common symptoms.

In the **bladder**—Blood in the urine.

In the **cervix**—A heavy watery, bloody, discharge from the vagina; bleeding may occur after intercourse, between periods, and after menopause.

SIGNS OF SKIN CANCER

Skin cancers are far more common. Everyone should be aware of the signs:

Look for **a tumor or lump under the skin, resembling a wart or an ulceration that never heals; moles that change color or size; flat sores; and lesions that look like moles.**

Here are the five official warning signs of skin cancer:

1. An **open sore** that bleeds, crusts over, and will not heal properly.
2. A **reddish, irritated spot** that is usually on the chest, shoulder, arm, or leg. It may itch, hurt, or cause no discomfort at all.
3. A **smooth growth** with an elevated border and a center indentation. As it becomes bigger, tiny blood vessels develop on the surface.
4. A **shiny scar-like area that may be white, yellow, or waxy** with a shiny, taut appearance.
5. An **enlarging, irregular, “angry” appearing lesion on the face, lips, or ears.**

Here is a description of one of the more common types of skin cancer: large flat, tan or brown, spots with a darker black or brown area dotted on its surface. The edges may, or may not, be clearly defined. The spot may appear mottled.

Moles should also be watched, especially those that change in size or color, are irregularly shaped, have ridges around the edges, widen, bleed, itch, or seem to be continually irritated by clothing.

Here are still more identifiers of skin cancer. This is the “A-B-C-D checklist”:

Asymmetry: Both sides of the mole should be shaped similarly. If the overall shape is irregular, then it might be skin cancer.

Border: The edges of moles should be smooth, not blurred or ragged.

Color: It should be tan, brown, and dark brown if it is normal. If it is red, white, blue, or black, it is not.

Diameter: Any mole that is larger than an inch in diameter, or whose diameter seems to be increasing, should be treated with suspicion.

Spots which are dry, red, and scaly (most frequently found on the face, neck, or backs of hands) may be actinic (solar) keratosis. These are lesions which result from years of overexposure to the sun. They can be precancerous. Later they may become hard to the touch and grayish or brown in color.

SIGNS OF BREAST CANCER

Here are special warning indications of breast cancer:

Lumps, thickening, and other physical changes in the breast; itching, redness, and/or soreness of the nipples not associated with breast-feeding.

The most common types—Lumps are firm, do not go away, and are generally pain free. Lumps which do not move around may be malignant or may not be.

Another type—There is itching, redness, and soreness of the nipple.

A third type—The breast becomes extremely tender and appears infected with something.

These three are explained in more detail below.

There are several different types of breast cancer. Most of them are similar, producing lumps described above. But a few are different:

Paget’s disease of the nipple, affects the nipple, and cannot be detected by a self-examination. Cancer cells have migrated to the nipple. The symptoms are itching, redness, and soreness of the nipple. This form of cancer only occurs when a different form of cancer is present elsewhere in breast tissue.

Inflammatory carcinoma—is a different type. The skin thickens and turns red. The breast becomes extremely tender and appears infected with something. The lymphatic, and blood, vessels have become clogged because of a tumor. This type of cancer spreads very rapidly. Professionals recommend a biopsy; but, if you choose not to do so, you must be planning to go on an intense natural remedies cleansing to eliminate the problem. Whatever you do, you had better set to work and do it.

Warning: “Biopsies” consist of cutting into the suspected area to see if it is cancerous. But **this cutting is dangerous in the extreme! For it causes the cancer to begin spreading!**

FACTS ABOUT MAMMOGRAMS

Identification of breast cancer is important. The best method of identification is personal breast examination. Here is why:

(1) **“Mammography” is an X-ray technique—and X-rays can cause cancer.** The breast is known to be highly sensitive to radiation.

(2) **Mammography provides false tumor reports** between 5-15% of the time (*A.B. Miller, “War on Breast Cancer Screening,” Cancer Forum, March 1988*). **False positive results cause women to be exposed to additional radiation, possibly leading to unnecessary surgery.**

(3) Mammography can fail to detect advanced cancers less than 2 cm in diameter. Yet a tumor can be felt manually when it reaches 1 cm (approximately 1/2-inch). With training, women (using self-examination) can detect even smaller tumors.

(4) Early detection, through self-examination, is the safest and best.

(5) A new method is *transillumination* via infrared light scanning. This method has no radiation, but it may not be available locally.

SIGNS OF OTHER CANCERS

Here are signs of thirteen other cancers:

Lung—A persistent cough, sputum with blood, chest pain.

Colon—Rectal bleeding, blood in the stool, and changes in bowel habits (such as persistent diarrhea and/or constipation).

Bladder and kidney—Blood in the urine, pain and burning with urination, increased frequency of urination.

Leukemia—Paleness, fatigue, weight loss, repeated infections, easy bruising, bone and joint pain, nosebleeds.

Mouth and throat—A chronic ulcer of the mouth, tongue, or throat that does not heal.

Stomach—Indigestion and pain after eating, weight loss.

Laryngeal—Persistent cough, hoarse throat.

Lymphoma—Enlarged, rubbery lymph nodes; itching; night sweats; unexplained fever and/or weight loss.

Prostate—Weak or interrupted urine flow; continuous pain in the lower back, pelvis, and/or upper back.

Cervical and uterine—Bleeding between menstrual periods, unusual discharge, painful menstrual periods, heavy periods.

Endometrial—Bleeding between periods, unusual discharge, painful menstrual periods, heavy periods.

Ovarian—Often no obvious symptoms until it is in its later stages of development.

Testicular—Lump(s), enlargement of a testicle, thickening of the scrotum, sudden collection of fluid in the scrotum, pain or discomfort in a testicle or in the scrotum, mild ache in the lower abdomen or groin, enlargement or tenderness of the breasts.

RISK FACTORS

FOR THE 15 TYPES OF CANCER

Here are the special risk factors for each of the fifteen main types of cancer:

Skin—Exposure to the sun, especially for those who have fair skin; history of moles (malignant or

otherwise); moles on the feet or in areas irritated by clothing; scars from severe burns and scars or sores that won't heal; family history of skin cancer.

Lung—Smoking; exposure to asbestos, chromates, nickel, or radioactive materials; history of tuberculosis; chronic bronchitis; exposure to certain chemicals, such as pesticides and herbicides.

Breast—First childbirth after age 35, having no children, family history of cancer, high alcohol and/or caffeine intake, high-fat diet, and diabetes. Estrogens and oral contraceptives have been linked to breast and uterine cancer. There appears to be a link between sugar intake in older women and breast cancer. An earlier abortion can also be a factor.

Stomach—Pernicious anemia; lack of hydrochloric acid and dietary fiber; high-fat diet; chronic gastritis; stomach polyps.

Colon—Lack of dietary fiber and calcium; polyps; family history of colon cancer; continued constipation and/or diarrhea; a buildup of toxins in the colon; a high-fat diet.

Leukemia—Hereditary factors, radiation exposure, chronic viral infections. (*See*

Cervical and uterine—More than 5 complete pregnancies, first intercourse before age 18, a history of gonorrhea or genital warts, multiple sex partners, and infertility.

Ovarian—Not having had children and high-fat diet.

Laryngeal—Heavy smoking and alcohol consumption.

Lymphoma—Hereditary factors and immune system dysfunction. Some cases are linked to a viral cause.

Mouth and throat—Use of chewing tobacco; smoking; irritants inside the mouth, such as a broken or sharp tooth, or ill-fitting or broken dentures; excessive alcohol intake.

Endometrial—Never having been pregnant, being past menopause, family history of cancer, diabetes, obesity, hypertension.

Bladder and kidney—Exposure to certain chemicals, such as benzidines, aniline dyes, naphthalenes; smoking; excessive consumption of caffeine and/or artificial sweeteners; history of schistosomiasis (a tropical disease); frequent urinary tract infections.

Testicular—Undescended testicle.

Prostate—Recurring prostate infection; history of venereal disease; diet high in animal fat; high intake of milk, meat, and/or coffee; use of male hormone (testosterone) in treatment of impotence; vasectomy; being over age 50.

PREVENTING CANCER

NEGATIVE RISK FACTORS

OVER 50 CAUSES LEADING TO CANCER

- **Venereal disease** can lead to breast, cervical, uterine, and prostate cancer.
- Avoid contact with **sick pets**.
- The following can also lead to cancer: too much **sunlight** (skin cancer); **mechanical, physical, or chemical irritation; prolonged irritation of warts, pimples, or sores** (skin cancer); and **radiation** (leukemia).
- The clothes should have **no constricting bands** and should **keep the neck, head, arms, legs, and feet warm. Clothe the extremities.** As many layers of clothing should be worn on them as are worn on the trunk. This is especially important in cancer of the breast or skin.
- **Beware of biopsies!** A biopsy is a thin slice of tissue, taken to examine it for possible carcinoma (cancer). But, when the slice is made, the cancer (if any) stored in that area, can immediately begin spreading throughout the body!
- **X-rays, radium,** and other forms of **radiation therapy,** along with **chemotherapy.** Any and all of these weaken the body, and intensify the toxicity and produce the weakened conditions initially producing the cancer. The cancer generally returns within 6 to 12 months in greatly strengthened form.
- *Here is a brief list of some of the significant factors leading to cancer:* **Chemical additives** in food, **refined and fragmented food,** use of **nicotine** and/or **alcohol,** a **heavy protein diet, excessive use of dairy products, commercial oils and fats** (especially when heated and reheated), all **grease, hydrogenated oil** (added to many foods), **diethylstilbestrol, hormones, contraceptives, nitrates** (often added to food), **medicinal drugs, hard drugs, monosodium glutamate** (in food and tobacco), **refined sugars, saccharin and other artificial sweeteners, biopsies and other forms of surgery, pollutants** (occupational and environmental), **X-rays and radium exposure, cosmetics, detergents and soaps, water** (chlorinated, fluoridated, or contaminated), and **aluminum.**
- **Continual overwork and exhaustion** can lay the groundwork for the development of cancer.
- **City living,** with its hurry, noise, confusion, and air and water pollution can also provide the inferior living conditions which lead to malignant

conditions.

MORE ON SORROW OF THE HEART

- As far back as the second century A.D., the Greek physician, Galen, noted that melancholic women were more likely than others to develop cancer.

- Today, the effect of emotions and stress (or rather the attitude toward stress) is recognized even more. Over the past 75 years a number of studies have linked stress to susceptibility to cancer (*R. Ader, Psychoneuroimmunology, 1981*). Strong stress in a child can also lead to it (*B.L. Bloom, et al., Psychological Bulletin, 85, No. 4, 1978*). Adults who had recently lost a loved one or were widowed, divorced, or separated have the highest cancer rates (*B.L. Ernster, Journal of the National Cancer Institute, 63, No. 3, 1979*).

- Ronald Grossarth-Maticek, M.D., a European researcher, spent 20 years working along a line of study which has been rejected by orthodox medicine. His concept is called Creative Novation Behavior Therapy, and it concerns people with certain personalities; that is, having certain mental-emotional attitudes of a person that is most likely to contract cancer. Grossarth-Maticek is a Yugoslavian oncologist (cancer specialist) who used mortality data in Heidelberg, Germany.

- People who view life in a certain way are more prone to develop cancer.

- **Type C** persons are unable to solve problems in relationships with other persons, situations, and goals. When relationships are crushed, circumstances go sour, or goals become unachievable, these people react by sinking into a depression, characterized as feelings of helplessness and hopelessness. **Type C people are highly prone to cancer.**

- **Type H** persons also have the same difficulties named above, but they react quite differently to such problems. Instead of feeling hopeless and helpless, they become angry and frustrated. **Type H people tend to develop heart disease.**

- **Type F** persons learn how to roll with the punches. **They are free of fears and worries, for they give them into God's hands to care for.** Although they encounter problems as others do, they trust in God, recognize their own limitations and, when difficulties arise, keep moving forward cheerfully. This type tends to die of other causes, such as accidents. **They tend not to die of cancer, or heart or circulatory problems.**

These people are not living under stress, with aroused hormonal flow, such as types C and H personalities have. They are at peace with life. They

accept what has to be, change whatever they can change; and, with God's help, they keep cheerfully on their way, helping others as they go.

- *More about Type C:* Still other researchers have found other aspects of this Type C (cancer-prone) personality.

The main aspect they have noted is **loss**, either loss of a loved one or loss of hope. Many cancer patients feel a profound sense of **helplessness** and despair, particularly about the meaning of their existence. Frequently, they need peace with God.

- A second characteristic is the **suppression, or repression, of emotions**.

- The third factor is **loneliness**. Such people tend not to have close friends (*H. Dreher, Your Defense Against Cancer, 1988, pp. 246-247*).

- All three factors could be nicely resolved if such individuals would come to God and find in Him the encouragement, the forgiveness, and strength they need to meet life's difficulties.

WORRY, DEPRESSION, AND STRESS

- Stress is also considered a significant factor.

- Two Soviet researchers (Serov and Troskin) demonstrated that negative emotions reduce the white blood count in an alarming manner, hindering a major body defense against disease.

- Researchers at the *Rochester Medical Center* in New York have found that people are more likely to contract cancer if, more than others, they have a harder time dealing with severe emotional conflicts and stresses; have uncontrolled anxieties and worries; experience traumatic emotional experiences or losses; and have strong feelings of loneliness, inadequacy, hopelessness, and desperation. It may not be that such negative attitudes cause the cancer, but they keep the person from resisting and conquering it.

- **Maintain a strong sense of purpose. Find something to do** to help others. In one church which the author once pastored, a woman bedridden for years before her death would phone people at random, encourage and pray with them. Between calls, she would pray for them. She was a radiant sunbeam.

- **A strong trust in God and peace in Him** is the solution. Man innately knows that he cannot solve his own problems; he needs God! Only in Him can we find the strength and courage to press forward. Only then can we be genuinely happy amid life's problems.

- **Read God's Inspired Word—the Bible**—every day, and **be happy, contented, thankful, and helpful to others**. This is a powerful inducer to healthful conditions in the body.

DEPRESSION AS A CAUSE OF CANCER

Research evidence has shown that negative emotions, primarily anger, hate, resentment and grief, result in some people in a build-up of chronic psycho-emotional stress, causing normal cells to mutate into cancer cells.

This occurs over six specific and interrelated phases. In phase 1 of cancer, he experiences an acute psycho-emotional conflict or what is called, an "inescapable shock" 18-24 months prior to diagnosis, causing stress hormone cortisol levels to skyrocket. In phase 2, adrenaline is pumped out of the body during prolonged chronic stress, and then depleted over time, breaking the cell's oxygen Krebs' Cycle, causing the cell to ferment glucose as an alternate means to obtain energy. In phase 3, the cancer-fungus evolves to ferment glucose in cells, releasing acidic waste products called "mycotoxins" and migrating to the cell nucleus causing cell mutations. In phase 4, chronic stress causes a niacin (Vitamin B3) deficiency, which also breaks the cell's oxygen Krebs' Cycle, causing the cell to ferment glucose to obtain energy. In phase 5, chronic stress depletes vitamin C reserves, which are essential for preventing cell mutations in the mitochondria of the cell. In phase 6, chronic stress shuts down and suppresses the immune system.

Over the past decades, a number of licensed medical practitioners working in the field of oncology have discovered **cancer is preceded by a specific emotional trauma, occurring approximately 2 years prior to the diagnosis of cancer**. Two of these practitioners include Dr W Douglas Brodie, founder of the Reno Integrative Medical Center in Nevada, USA and Dr Ryke Geerd Hamer, a former German physician and founder of German New Medicine. Both of these practitioners claim to have examined thousands of cancer patients in reaching this conclusion

Research revealed that the persons experience inescapable shock and feel trapped and unable to escape from the painful feelings [of anger, hate, resentment and/or grief] associated with the traumatic experience. Stress hormone cortisol levels skyrocket and remain at high levels. High stress levels generally mean a person cannot sleep well and cannot produce enough melatonin which is produced during deep sleep usually between the hours of 1am and 3am in the morning. Melatonin is the primary hormone responsible for regulating the immune system, and when there is not enough melatonin, production of IL-1 (Interleukin 1) and IL-2 (Interleukin 2) is diminished. Interleukin 1 protects against in-

fection and Interleukin 2 regulates the activities of white blood cells (including T cells, B cells, neutrophils, macrophages and natural killer cells) responsible for immunity. When there is insufficient levels of Interleukin 2, stress-induced viral-bacterial-yeast-like-fungus that have pleomorphised in the body [in Phase 3 of Cancer: The Cancer Fungus] are now free to invade normal cells; damaging cell DNA through the release of “mycotoxins” within the cell nucleus, causing proto-oncogenes to mutate into oncogenes, and inhibiting tumor suppressor genes which results in normal cells mutating into cancer cells.

The University of Helsinki, Finland conducted a study of 10,808 women to discover whether stressful life events preceded the onset of cancer. “Independently of total life events,—divorce/separation, death of a husband, and death of a close relative or friend were all associated with increased risk of breast cancer. The findings suggest a role for life events in breast cancer etiology through hormonal or other mechanisms.”

Retired Clinical Professor of Surgery at Yale Medical School, Dr Bernie Siegel: “**I have collected 57 extremely well documented so-called cancer miracles. At a certain particular moment in time they decided that the anger and the depression were probably not the best way to go, since they had such little time left. And so they went from that to being loving, caring, no longer angry, no longer depressed, and able to talk to the people they loved.** These 57 people had the same pattern. They gave up, totally, their anger, and they gave up, totally, their depression, by specifically a decision to do so. And **at that point the tumors started to shrink.**”

CHEMICAL FOOD ADDITIVES

- **Coal tar dyes** are highly carcinogenic. **All artificial colors, flavors, and odors** are made from coal tar. You will find them in all **soft drinks, cosmetics, and many medicines. Foods which have bright colors, strong flavors, or odors** often have coal tar in them. (The FDA lists thousands of approved food additives. The more natural and unprocessed the food is, the less likely it is to have additives. Junk foods are the worst.)

- Research has shown that **cyclamates**, an artificial sweetener, will in later years cause cancer of the stomach and other digestive organs. Ditto for saccharin.

- **Food additives like MSG, BHT, BHA, DES,** and others are poisons. Read the labels carefully. Keep in mind that many harmful food additives are not listed on the labels because the FDA considers

them to be “Generally Regarded as Safe” Those chemicals you will find in the FDA GRAS List. But that does not mean *they are safe!*

- **Diethylstilbestrol** (Des) has been shown by the FDA to cause cancer of the uterus, breast, and other reproductive organs. This is an artificial sex hormone widely used in food production. Dangerous residues of stilbestrol are in 85% of all the meat sold in the United States. This is the main reason why 15 countries around the world now refuse to import American meat; 21 nations have a total ban on the use of stilbestrol in food production or processing.

- **Nitrosamines** cause cancer of the liver, stomach, brain, bladder, kidneys, and several other organs. Dr. William Lijinski, of the University of Nebraska, says they are “perfect carcinogens.” When chemical preservatives and color enhancers are ingested, they cause the body to produce nitrosamines. Another source is nitrates and nitrites, which are heavily added to meat during processing. Runoff of nitrates and nitrites, from fields sprayed with chemical fertilizers, get into aquifers and wells; and, when people drink the water, it can lead to cancer.

- Yes, **aluminum cookware** is a type of “food additive!” Throw it all away. It is poisonous to your body. It is outlawed in Sweden; *outlaw it in your kitchen.* Aluminum is a poison, and also a relatively soft metal. Particles of it gradually melt into the food you are cooking. That is why it remains so shiny inside!

Use only stainless steel or glassware for cooking.

- Be very careful that you rinse all the **soap** off your dishes and pots, or you will have added an additional chemical “food additive” in your next meal.

OTHER CHEMICALS

- Avoid chemicals such as **hair sprays, all other aerosol products, fresh paints, garden pesticides, cleaning compounds and waxes, insecticide strips, mothballs and crystals,** etc. Anything unnatural.

- Dr. Max Gerson would not allow his cancer patients to **dye their hair** while recovering from cancer.

- Old-fashioned soap is all you need to disinfect, but when **hexachlorophene** is added to that soap, the soap becomes more deadly. Widely used in maternity and other hospital wards, as well as in cosmetics and deodorants, “hex” is a powerful cancer producer.

- **Chemicals** encourage the formation of free radicals in the body, which may lead to cancer. Do

not be around, or use, chemicals. The body has to work to throw off the chemicals, when it should be attacking the cancer cells.

- Exposure to certain chemicals, such as **benzidines, aniline dyes, and naphthalenes**, tends to promote development of bladder and kidney cancer.

- Exposure to **asbestos, nickel, chromate, pesticides, herbicides, and radioactive materials** induces lung cancer.

- **Aflatoxins** (found especially in **peanuts and soy sauce**) must be avoided.

- Avoid **amines** (which are in **cheese, meat, and unrefrigerated foods**).

- **Antibiotics** predispose to cancer. This would include tetracycline, penicillin, aspirin, diuretics, immunosuppressants, Azolid, Butazolidin, Presamine, Tofranil, Sk-Promine, Tapazole, Meth-otrexate, antihistamines, amphetamines, Atro-mids, etc.

- **Aspirin** inhibits lymphocytes (white blood cells) which are crucially needed in immunological defenses.

- No **poisonous drugs** ever healed anything; it is nature which heals. Medical drugs are given to shock the body into healing itself. A poison is introduced, and this rouses the body to a supreme effort to throw off the poison. The result is generally a weakening of body organs, a transfer of the site of disease to a different location, and sometimes a smothering of symptoms—till a later, more deadly, form emerges.

- The taking of **birth control pills, estrogen, and other female hormones** is damaging to the body. A later result can be cancer. Max Gerson found that the only cancer patients he could not recover with natural remedies were those who were taking hormones or had damaged livers.

- The Cleveland *Plain Dealer* reported (May 1972) that pregnant women who take **hormones** can result in cancer in their daughters when they enter their teens. The rate of leukemia is highest in affluent areas, where medical help can be afforded and lowest among poorer people.

- **City living** is depressing. It is also unhealthy. The **carbon monoxide, nitrogen dioxide, ozone, and other photochemical pollutants** in city smog definitely cause cancer of the lungs. Smog is somewhat present in rural areas, but the thickest in the cities where it is especially produced.

- **Automobile exhausts and phosphate fertilizers** produce **cadmium**. This trace mineral is very toxic in larger amounts and produces various diseases, including cancer. Cadmium is concentrated in animal livers and shellfish. Avoid both

of them.

RADIATION

- **Radiation** is a cause of leukemia.

- You may be thin and need an **electric blanket**. But avoid them if you can. There is the possibility that they might impose an electrical current on the body. That can happen more easily if your skin is sweaty and directly next to the blanket. Research also indicates that it is change in the currents from blankets which may be the most deleterious.

- **X-rays**, even diagnostic ones (the types used by dentists and physicians), can lead to later leukemia or other cancers.

- **Strontium 90 and Iodine 131** are radioactive element fallouts from distant nuclear bomb tests. Both are especially found in milk products. The first causes bone cancer and leukemia; the second causes thyroid cancer.

- Stay eight or more feet from **television sets** which radiate X-rays.

Because of possible leakage, do not use **microwave ovens** for the same reason.

MEAT

- Avoid **meat in all forms**. It is dead matter; low in minerals; and produces uric acid in excess, which is a waste product. The incidence of cancer is in direct proportion to the amount of animal proteins, particularly meat, in the diet.

- However it is true that **devitalized, processed, and sugared food** can also cause cancer—even in vegetarians. But far more often, when cancer strikes, those eating the junk foods are also eating meat.

- Nations and groups which consume less meat have less cancer. Hospital records show that Seventh-day Adventists, who eat little or no meat, suffer far less from cancer than the average meat-eating American. Dr. Willard J. Visek, research scientist at Cornell University, stated that the high-protein diet of Americans is linked to the high incidence of cancer in the U.S.

- Another cancer physician, who also worked with hundreds of cancer patients, said that anyone who does not eat **meat**, eats only good food, and does all he can to protect his **liver**, may never get cancer.

- Cancer is less a disease than a condition existing in the whole body. Cancer would be almost unheard of if no devitalized food or meats were eaten. Cancer cannot exist where there is a pure bloodstream.

DAIRY PRODUCTS

- Do not eat animal protein. Never eat luncheon

meats, hot dogs, or smoked or cured meats. Restrict consumption of **dairy products**.

- **Milk and milk products** are harmful, so they should be avoided. Milk contains a growth hormone for growing calves large in a few weeks and months. It will stimulate tumor growth. The pasteurization of milk destroys the phosphatase enzyme needed for assimilation, and many allergies and digestive problems result. Calves fed on pasteurized milk die of heart attacks in 8 months; yet we still give it to our children.

- The **synthetic vitamin D** added to milk is one of the most toxic food additives known. Some of it unites with undigested calcium, forming calcified deposits which can be focal points for developing tumors. (But taking supplementary **Vitamin D3** is extremely important to a good, cancer-free diet!)

- Those with cancer should not use milk, with the possible exception of two tablespoons of yogurt daily.

- Eggs can cause cancer. Many chickens die of carcinoma (cancer). It is known that the cancer germ can pass from the chicken into the egg. (If eggs are eaten, they should be boiled for 15 minutes. This will kill the cancer germs.)

FATS AND RANCID OIL

- Keep the **weight** down. Obesity is another factor linked to cancer, especially in women. Overweight women more frequently have cancer of the uterus, and do not recover as easily from breast cancer.

- **Accumulated fatty tissue** in the body affects female hormones. The more that is present, the more estrogen is produced and converted into a special type of endocrine substance which stimulates cells to divide in the breast and reproductive system. Overweight men and women are more likely to develop cancer.

- A **high-fat diet** dramatically increases the occurrence of colon, breast, endometrial, and ovarian cancer, as compared with a low-fat diet. Eating a lot of fat encourages the development of cancer in both men and women. Colon cancer is more likely to occur in men.

- Those who eat the most saturated fat are twice as likely to develop polyps.

- Dr. Ott Warburg made that discovery in the 1920s. He demonstrated that the metabolism of cancerous tissue differs radically from that of normal tissue. A regular cell is nourished by oxygen which it uses to break down nutrients; without oxygen it dies. But a cancer cell lives by using chemicals to break down nutrients—not oxygen—and needs little or no oxygen to exist. The tumor, being a parasite, has a restricted circulation of blood,

sometimes as low as 2% of normal, hence it lives on fermentation of sugar, like a plant or fungus, instead of oxygen. Later experiments by Warburg revealed that **normal living tissue will become cancerous, if deprived of oxygen**. It was this research which brought Warburg the Nobel Prize.

- Since the blood provides the cells with oxygen, Dr. Otto Warburg concluded that the **condition of the bloodstream** played an important part in the development of cancer. This is substantiated by the fact that malignant tumors are frequently found near scars, at the sides of ulcers, in atrophied organs, or wherever the blood supply is poor.

- **Rancid oils and heavy protein diets** thicken the blood, and weaken its ability to transport food and oxygen to the cells.

- Unlike other cells, cancer cells do not need oxygen. **Rancid oils and fats** are dangerous, for they decrease oxygenation and weaken normal cells while strengthening cancerous ones.

- **Rancid food and oils** are unsafe and can produce cancer. Even health foods which have been on the shelf (not refrigerated) for too long can be rancid. Try to make sure that the **wheat germ, wheat germ oil, sunflower seeds, sesame seeds, flaxseed oil, and whole-wheat flour** are fresh. Natural, unprocessed foods are extremely perishable. Refrigerate as soon as possible after purchasing them. **Wheat germ** is a special problem; it turns rancid a week after it is made. Vitamins E, A, and K are totally destroyed in rancid foods. During the process of turning rancid, very harmful chemicals, such as peroxides, are produced. Because they are strong chemical irritants, after being ingested they can cause cancer. Research on this was done in Germany by Dr. H. Anemuller and, in the University of Pennsylvania, by Drs. Rownee and Barrett.

- **Heated fats (animal or vegetable)**, when heated to a high temperature, become carcinogenic. Never fry food; never eat **fried food**. Instead **add no oil to your cooking**, but place measured amounts on your food after it is served at the table. In this way, you will be better able to control your oil intake.

- Oil in the **coffee** bean turns rancid when heated; do not drink coffee because of that and several other reasons. Coffee has been shown to produce cancer of the bladder.

PRO AND CON FACTORS

Some of the items listed below can be favorable or unfavorable to cancer growth.

WHAT ABOUT SUNLIGHT?

- Nearly all physicians and nutritionists agree

today that sunlight is harmful, even dangerous. But is this really true?

- It is not easy to arrive at clear-cut answers in this debate, but certain facts should be mentioned:

- First, some sunlight on your skin is extremely important as a purifying agent. An entire book has been written about the physical benefits of obtaining some sunlight on your body.

- Second, you need some sunlight in order to obtain enough vitamin D for your bones. The oils just below the surface layers of skin are irradiated by sunlight, and vitamin D is produced.

- Third, the author of that special book, *Sunlight*, by Zane Kime, M.D., is the recognized world authority on the subject. In a special section on cancer, he provides 25 pages of detailed information about suntans in relation to skin cancer.

Kime declares that sunlight does not cause skin cancer, if the diet is correct! Here, briefly, are several of his points:

- Sunlight can change cholesterol near the skin surface into free radicals, which can cause cancer. But a good diet will eliminate the free radicals.

- A high-fat diet increases the likelihood of skin cancer. This includes too much oil of any kind in the diet—grease, hydrogenated oil, trans-fat, and vegetable oil.

- Trans-fat (fat which is not polyunsaturated) stops oxygen utilization by the cell, and leads to cancer. Liquid vegetable oil can be up to 6% trans-fat, margarines up to 54%, and solid shortening up to 58%.

- If you are on a low-fat diet, sunlight hitting your skin actually inhibits cancer.

PROS AND CONS ON PROTEIN

- Our actual daily **protein** requirement is 20-30 grams a day, but many eat over 100 a day. A good protein source for those recovering from cancer is **almonds**, well-chewed. **Brewer's yeast** is also.

- Proteins should be in the form of **seeds and nuts**. Almonds are excellent, so are **sesame** and **sunflower seeds**. Chew them well. Eat 10 raw almonds daily. They are high in laetrile, an anti-cancer agent (although not as high as **apricot seeds**).

- Do not eat **peanuts**. Limit, but do not eliminate **soybean products**. Soybeans contain enzyme inhibitors, so are not the best until you are well.

- Eat all **concentrated protein** at only two meals (breakfast and lunch or lunch and dinner}. Do not eat them at the third meal. In this way there are no proteins being digested for a 15-hour period, and the pancreatic enzymes are able to focus their attention on digesting cancer cells present in

everyone.

- **Overeating on protein** leaves no extra pancreatic enzymes to digest cancer cells throughout the body.

- Make sure you have enough **hydrochloric acid**, so the protein you do eat is being properly absorbed.

PROBLEM FOODS

- Eliminate **fats; fried foods; smoked foods; pickles; soft drinks; caffeine; alcohol; chocolate; and all processed, fried, and junk foods** from the diet.

- A high **alcohol** and/or **caffeine** intake is a cause of breast cancer. The use of **alcohol** or **tobacco** leads to cancer of the larynx. **Smokeless tobacco** produces cancer of the lip, mouth, tongue, and throat. Smoking **cigarettes or cigars** produces lung cancer and is a factor in bladder and kidney cancer.

- Do not eat too much **salt**. Research in Japan disclosed that the frequency of stomach cancer is definitely related to the quantity of salt eaten. Do not eat foods already salted. Only add a little yourself at the table, so you know how much you are getting.

- **Caffeine** also interferes with production of those enzymes.

- Cancerous **tumors require sugar** in order to grow. Older women who use generous amounts of sugar are much more likely to contract breast cancer. Do not use any **cane sugar products, such as cake, pie, jelly, ice cream, candy**, etc.

- In animal studies, progressive increase in **sucrose** in the diet leads to a dose-dependent decline in antibody production.

- An epidemiological study of 21 countries revealed that **high-sugar intake** is a major risk factor toward breast cancer.

- **Artificial sweeteners** are cancer-causing drugs.

- Do not use **China tea** (the regular tea you buy in the grocery store); it contains tannic acid. Only use herbal teas.

- Some natural-remedy cancer therapists say never use **tomatoes** at all, if you have cancer. There is something about tomatoes that tend to aggravate the situation for those with active cancer.

- Others say that those with cancer can eat **tomatoes** by themselves, not with other foods. Some say it is all right to make a meal of them if you wish-eaten alone. Some say they can be eaten with freshly baked zwieback (bread which has then been toasted in the oven until it is hard and chewy). Probably the best decision is avoid tomatoes entirely if

you have a malignancy.

- Do not take supplemental **iron tablets**. The body tries to withhold iron from cancer cells, because the inorganic iron helps the cancer grow. People with excess iron levels in the blood tend to have an increased risk of developing cancer, according to the *New England Journal of Medicine*. Excess iron suppresses the cancer-killing function of the macrophages and interferes with T- and B-cell activity. The richest source of good iron is blackstrap molasses.

- Cancer thrives on **glucose**. They produce a 3- to 5-fold increase in glucose uptake compared to healthy cells. Studies of cancer patients revealed that they tended to eat more **sugar** than healthy people. It was also found that high sugar intake increases the likelihood of breast cancer.

- **Simple sugars** (glucose, fructose, sucrose [white sugar]) honey, and orange juice significantly impaired the capacity of *neutrophils* to engulf bacteria, but starch ingestion did not have this effect.

However, you still need simple sugars, so eat them in moderation.

CANCER AND FASTING

Warning: Do not go on water fasts if you have cancer! Vegetable and fruit juice “fasts” for a time will help you, but at other times, eat moderately of good food. The good cells are starving for nutrition which are being robbed either by the cancer cells, or the nearly worthless junk food and fast food diet you have been living on!

You should be aware of the fact that, **by the time symptoms of pain accompany cancer**, it is in the advanced stages. At that point, the body urgently needs good nourishment, as well as cleansing; it should not be given water fasts (nothing but water for several days).

But, as a cancer *preventive*, occasional fasting is helpful.

- **Fasts on fruit and vegetable juices** of 1 to 3 days can be taken. If under the care of someone who knows what to do, and you are not thin, a longer fast may be undertaken.

- Go on a **fresh fruit diet** for several days. If the patient is thin, after a few days of fruit diet, give him an alkaline nourishing diet. This would consist of **vegetable broth** (simmer thick potato peelings, carrots, and beets; strain; drink the water on top), **mashed half-inch thick potato peelings, brown rice, carrots, greens of all kinds, red cabbage, parsley, and other vegetables**.

- Eating **good food** treats malnutrition, and many people develop cancer because of a lack of the protective, nourishing food needed to resist it.

- There is a theory that you can starve cancer to death. This has been proven untrue. Cancer does better in a malnourished body. One study revealed that malnutrition (cachexia) is responsible for at least 22% and up to 50% of all cancer deaths.

POSITIVE SAFETY FACTORS

TWELVE KEYS TO PREVENTING CANCER

Now is the time to change your diet and way of life. It is the substances and activities listed below, that will help you avoid it.

It is so much easier to prevent cancer than to treat it, once it takes hold. Right living eliminates cancer before it arrives!

But even if cancer develops later, your chances of recovery will be very great if you follow these twelve steps:

Food Preparation: Eat at least **one-third of your food raw**. *Do not fry or charbroil food; boil, poach or steam your foods* instead. Consider adding cancer-fighting **whole foods, herbs, spices and supplements** to your diet, such as **broccoli, curcumin and resveratrol**. To learn more about how these anti-angiogenetic foods fight cancer, please see our previous article: “Dramatically Effective New Natural Way to Starve Cancer and Obesity.”

Carbohydrates and Sugar: Reduce or *eliminate processed foods, sugar/fructose and grain-based foods* from your diet. *Unprocessed organic grains* tend to rapidly break down and drive up your insulin level. (But *whole grains, well-baked* are good.) The evidence is quite clear that if you want to avoid cancer, or you currently have cancer, you absolutely **MUST avoid all forms of sugar, especially fructose**, which feeds cancer cells and promotes their growth. Make sure your total fructose intake is around 25 grams daily, including fruit.

Protein and Fat: Consider **reducing your protein levels to one gram per kilogram of lean body weight**. It would be unusual for most adults to need more than 100 grams of protein and most likely close to half of that amount. Replace excess protein with high-quality fats, such as **organic eggs** (hard-boiled for 15 minutes) **from pastured hens, avocados, and coconut oil**.

GMOs: *Avoid genetically engineered (GMO) foods* as they are typically treated with herbicides such as *Roundup* (glyphosate), and likely to be carcinogenic. A French research team that has extensively studied Roundup, concluded it’s toxic to human cells, and likely carcinogenic to humans.

Choose **fresh, organic, preferably locally grown** foods.

Vegetable-based Omega-3 oils: Normalize your ratio of **omega-3** to omega-6 factors by eating **flaxseed and flaxseed oil** with your meals.

Natural Probiotics: Optimizing your gut flora by taking a **probiotics supplement** daily. This will reduce inflammation and strengthen your immune response. Researchers have found a microbe-dependent mechanism through which some cancers mount an inflammatory response that fuels their development and growth. They suggest that inhibiting inflammatory cytokines might slow cancer progression and improve the response to chemotherapy.

Exercise: Exercise lowers insulin levels, which creates a low sugar environment that discourages the growth and spread of cancer cells. In a three-month study, exercise was found to alter immune cells into a more potent disease-fighting form in cancer survivors who had just completed chemotherapy.

Researchers increasingly recommend making regular exercise a priority in order to reduce your risk of cancer, and help improve cancer outcomes. Research has also found evidence suggesting **exercise can help trigger apoptosis** (cell death) in cancer cells. Ideally, your exercise program should include **balance, strength, flexibility, high intensity interval training** (HIIT). For help getting started, refer to my Peak Fitness Program.

Vitamin D3: There is scientific evidence you can *decrease your risk of cancer by more than half* simply by optimizing your vitamin D levels with appropriate **sun exposure**. Your serum level should hold steady at 50-70 ng/ml, but if you are being treated for cancer, it should be closer to 80-90 ng/ml for optimal benefit.

If you take oral vitamin D3 and have cancer, it would be very prudent to monitor your vitamin D3 blood levels regularly, as well as supplementing your vitamin K2, as **K2 deficiency is actually what produces the symptoms of vitamin D toxicity**.

Sleep: Make sure you are **getting enough restorative sleep**. Poor sleep can interfere with your melatonin production, which is associated with an increased risk of insulin resistance and weight gain, both of which contribute to cancer's virility.

Exposure to Toxins: Reduce your exposure to *environmental toxins like pesticides, herbicides, household chemical cleaners, synthetic air fresheners and toxic cosmetics*.

Exposure to Radiation: Limit your exposure and *protect yourself from radiation produced by*

cell phones, towers, base stations, and Wi-Fi stations, as well as minimizing your exposure from radiation-based medical scans, including dental x-rays, CT scans, and mammograms.

Stress Management: Stress from all causes is a major contributor to disease. Even the CDC states that 85 percent of disease is driven by emotional factors. Stress and unresolved emotional issues are also important. *The following section is able to provide you with outstanding help.*

PREVENTING CANCER AND LIVING LONGER

A researcher in Germany discovered that how you deal with problems can affect how long you will live and, to some extent, how you may die!

In this life, each individual is continually confronted by problems—difficulties in relation to persons, situations, and goals. Some of these problems can be quite large. Yet the attitude the person takes toward his problems can, literally, finish him off.

What you are about to read can affect your entire life, so you will want to consider it carefully; recognize it as good advice and, not only start doing it, but also sharing it with your friends and loved ones.

Ronald Grossarth-Maticek, a Yugoslavian oncologist, and his students were given access to mortality data in Heidelberg, Germany. They carefully studied thousands of deaths, read through autopsy reports, and interviewed relative of the deceased. He discovered that a person's attitude greatly affects his life span—and in special ways.

There are four methods of dealing with problems. The European researcher dealt with the first three. Other research studies reveal there is also a fourth. Here they are:

Type 1 - *The first way of dealing with a problem is to let it get you down.* The key words are **"hopeless/helpless."** This person is unable to solve problems relating to others, situations, or goals. If relationships are sour, circumstances unfavorable, and goals seemingly unachievable, he sinks into a depression, characterized by feelings of helplessness and hopelessness. This person seems unable to change his negative view of life. He consistently holds on to depression as a habit to run into and hide.

The coronary reports revealed the fact that **the person choosing this type of behavior is highly prone to cancer.**

Type 2 - *The second way of dealing with a problem is to blow up.* The key words are **"frus-**

trated/angry.” This person also seems unable to deal with problems in a positive way. Instead, he becomes disgusted or loses his temper.

The person choosing this type of behavior is highly prone to heart disease.

Type 3 - The third way of dealing with a problem is to remain positive, and turn one’s attention to finding a new way—a different way—to tackle the problem and resolve it. The key words are “cheerful/positive.” The significant factor, of course, is the continued positive outlook.

The individual selecting this type of response to problems—tends not to get sick! That is what the interviews and coronary reports revealed. **These people have the lowest incidence of disease.** In fact, they have the lowest incidence of death due to all causes, including accidents.

Here we have two major killers, and many smaller ones. The solution to forestalling many of them is a change in outlook and thinking, a change in behavior.

Type 4 - There is also a fourth way of dealing with problems, which other studies have repeatedly shown to be highly beneficial to both mind and body. **This method increases the positive outlook of Type 3 living, intensifies the healthful results, and makes it easier to switch from Type 1 and Type 2 to Type 3 behavior.**

The fourth manner of dealing with a problem is to take your problems to God in prayer. Here we find a person who has chosen to accept Christ as his Saviour. He has dedicated his life to Him and, by enabling grace, seeks to obey His Written Word each day.

Then when a problem arises, he asks God to help him. Those who do this have found that it produces wonderful results! In some cases, a beautiful solution appears all by itself. At other times, the person will arise from prayer, greatly encouraged to press forward in a Type 3 approach: With a positive outlook, he will try a new way to solve the problem. Solutions will seem to work out. However, there are at times difficulties which, unfortunately, cannot easily be solved. They could hang on, year after year. **Only Type 4 living can deal effectively with such problems.**

A Christian can face problems more positively than others. He can cheerfully live with problems which would crush others.

Yet there is something else about Type 4 living which is special: The person who puts God first in his life—will spend much of his thought and energy trying to make the lives of others happier. **The person who is busy helping others will always seem**

to have fewer problems. His entire body seems more energized in the happiness of helping others. He is too busy being a blessing to others to give them much attention.

What have we learned from these four types?

When you have a problem, do this: (1) Take the problem to God in prayer. Make sure you are obeying the Ten Commandments and all that He commands in His Inspired Writings. (2) Keep positive and cheerful. It is because you have a daily, personal relationship with God, reading the Bible, trusting in Him, that you will be able to do this. You believe that He will work it all out for the best. (3) Change your behavior in such a way that conditions around you can more easily be changed for the better. Obedience to God’s laws will greatly strengthen you for the duties and problems of life.

When you walk up to a wall of difficulty, you will be able to go through it, go around it, or go over it. Sometimes, with God’s help, the wall just disappears as you walk toward it.

Here are several additional pointers:

Just what is the problem? What new, alternative activities would produce more positive results? The way you approach problems, the way you deal with problem people. Think it through, and then, prayerfully, steadily make the changes. Always stay on the positive. Failure should not be regarded as a reason for not trying out new types of behavior and activity. *Discouragement or anger accomplish nothing.* Take it to the Lord in prayer, and arise ready to move forward positively again.

Some problems cannot be solved. Sometimes you live with them. This is when Type 4 living—walking hand-in-hand with God—can provide wonderful solutions, even if unfortunately circumstances do not seem to change as quickly as they might. It can also help you live in environments which would crush others.

I recall the little mother who lived in one room with two others. Needing a place to pray, she angled a dresser bureau in the corner of the room. Every so often, she crawled behind it and pled with God for help. She would come out from it with renewed strength for the day.

Choose the sunshine side of life, be kind to everyone, and problems about you will tend to solve themselves. The Christian has heaven coming; he can afford to wait patiently through the days that are dark. For him, the future is bright.

May God bless and keep you, as you try to live longer. Remember to use your longer, healthier life to help and bless others. That is why you were born into this world. Spend your time making others

happy.

THIS DO AND LIVE

CONDITIONS FAVORING GOOD HEALTH

• Jethro Kloss said that his cancer treatment consisted of **correct food, herbs, water, fresh air, massage, sunshine, exercise, and rest**. Yet some famous medical dictionaries say nothing about diet in cancer treatment, except to keep the diet under 2,000 calories. The truth is that **there is a close relationship between the food we eat and what happens in our bodies**.

• Meals, bedtime, periods of study, etc. should be according to a **regular schedule**. **Avoid noise, smog, television, worry, stress, and confusion**. Do some reading everyday. **Reading in God's Word, accompanied by simple trustful prayer brings healing** to heart, soul, and body.

• Dr. Josef Isseis' cancer clinic, in Germany, is an example of a well-rounded program. In addition to other things mentioned in this book, he prescribes **plenty of rest, complete freedom from worries and mental stress, and plenty of fresh, pure air day and night**. To the degree the patient is strong enough for it, and as he improves, there is lots of **exercise and walking**.

• Some, in a position to do so, may wish to **move to a warm, unpolluted climate where fresh air and sunshine is continually available**. Build up the system with **good food, exercise, and rest**.

DEEP BREATHING AND EXERCISE

• Cancer is less prevalent in physically active people; so **exercise** is important.

• Obtain plenty of **exercise**. **Fresh air** has remarkable healing, strengthening properties. God gave it to us for a purpose. Let it cleanse the lungs, purify your blood, and tone up your organs.

• Do **deep breathing exercises**. Take 20 deep breaths, hold each one for several seconds, and then slowly exhale. Exhale to full compression, and then inhale again. Do this several times a day—always outdoors. This, along with **outdoor walking**, will help clean the lungs.

• Soviet scientists demonstrated that a complex link exists between cancer and not breathing deeply enough or breathing stale air too much. One researcher in the Western world said that forced deep breathing, out of doors, at least 3 times a day to the point of dizziness, will help furnish an ample supply of oxygen.

• It is well known that cancer cannot live in an oxygen-rich environment.

• Many researchers seem not to be aware of the

negative ion factor. Breathing deeply out-of-doors supplies both oxygen and **negative ions** to the body. Negative ions provide a much-needed electric charge to the nerves.

• If at all possible, **sleep in a room that receives sunlight during the day**. It has been scientifically proven that patients' rooms on the north side of a building have more disease germs on the floor and furnishings.

• The bedroom should be **properly ventilated** at all times.

ORGANS OF ELIMINATION

• **Keep the eliminative organs active**. The five primary ones are the **lungs, the skin, the liver, the kidneys, and the bowels**. Add to this a sixth: the **lymphatic system**. Add to that a seventh: the **immune system**, working together with the white blood cells, the T-cells, and vitamin C. (Vitamin E also purifies and detoxifies, but it carries on this function in the liver.)

• The first step is to cleanse the blood by relieving **constipation**, making all the organs of elimination active, and keeping them active. Take **herbal laxatives or enemas**.

• A **daily bowel movement** is essential, even if an enema or colonic is required. All foods which ferment in the bowel should be avoided. Absolutely **no meat or fish!**

• Bowel movements need to be **complete evacuations**, even if enemas are necessary. The cleansing program is releasing so many toxins, it is important that they be flushed out. Enough **water must be drunk** everyday. A gallon a day of pure water is ideal.

• If necessary, keep the bowels clean with **herbal laxatives or enemas**. When the body is toxic, the bowels become sluggish; waste matter is reabsorbed by the blood and lymphatic system, which is circulated throughout the body and stored in tumors or other trash sites. It is best that you not use either laxatives or enemas over a long period of time.

• Many aspects of cancer therapy, including chemo and radiation therapy, pain killers, and sedatives, reduce muscular contractions in the intestines, resulting in constipation. Sometimes physical assistance is needed. Using the flat side of your fist, gently massage with rocking motions, pushing about 1-2 inches. Be gentle and slow! This not only helps reduce constipation, but increases muscle tone.

DIET AND NUTRITION

• Researchers in Sweden estimate that 40% of cancer in males and 60% in females is caused by **dietary deficiencies and wrong eating**.

- **Chew your food** four times as long, thus making it four times as digestible. Cancer is often caused by mineral deficiencies. How can you get enough, if you are not chewing your food properly? When you chew your food well, you do not need to eat as much to satisfy both hunger and body needs.

- As noted elsewhere, **do not use dairy products, fried foods, heavy starches, or high protein foods. Keep the diet simple and use cleansing foods.**

- Rats fed simple, natural food were far less likely to develop cancer than rats fed "purified" foods (processed foods).

- Do not eat **tainted or partly spoiled food:** fruits, vegetables, grains, etc. Definitely do not eat spoiled protein foods (such as nuts)!

COOKING

- **Modern food processing, canning, and cooking** destroys enzymes vital to digestion and body needs. When food is heated to 106° F., some of these enzymes are damaged; many are destroyed when 120° F. is reached. Try to keep foods, which have been subjected to heat, to below 25% of the diet. Too much **cooked foods** throw an extra burden on the pancreas. It must try to produce additional enzymes to detoxify that cooked food, which tries to produce a normal output of the same enzymes used throughout the body to destroy cancer cells.

- When you do cook, **measure the water and keep track of the time** needed to cook the food so that you will know exactly when to turn off the fire, and there is only a very small amount of **water** remaining in the pot. Then be sure and drink that water.

- It has been reported that cancer, which has been controlled, starts returning **if over 25% of the food is cooked and processed.** This is probably due to the extra demand on the pancreas to replace enzymes destroyed by heat. *This paragraph is worth remembering later on.*

- Cook all **sprouts** slightly to eliminate a certain enzyme. But do not heat **alfalfa sprouts**; eat them raw.

OVER 60 GOOD FOODS

- The average Westerner eats 1,500 pounds of food per year. The food we eat is an important factor in health or degeneration. **Only nutritious foods should be eaten, and in moderation.**

- **Overeating** is associated in 35% of all cancers.

- One group of mice were allowed to eat as much as they wanted (about 3 g per day); the other was restricted to 2 g. Over half the mice on the unrestricted diet developed cancer within 90 weeks.

Later experiments repeated this result, producing all types of tumors (lung, liver, skin, etc.). In every experiment, the more the diet is restricted in calories, the less incidence of cancerous growths.

- **Carotenoids** and **bioflavonoids** are both free-radical protectors. Both stimulate the immune system while there is evidence that carotenoids may be directly toxic to tumor cells. Carotenoids are the yellow coloring matter in green and yellow vegetables. Deep green leafy vegetables and fresh carrot juice are the best sources. Bioflavonoids are found in citrus, whole grains, honey, and other plant foods.

- Animals fed **cruciferous vegetables** had a markedly lower cancer-rate than had matched controls. This family of vegetables includes **broccoli, brussels sprouts, cabbage, and cauliflower.** Of them, **broccoli** has been found to be the best. Since that 1970 discovery of the University of Minnesota, the active ingredient, called *indoles*, which has been isolated from the vegetables, provides unusual protection against cancer. Scientists at Johns Hopkins found that lab animals fed cruciferous vegetables, and then exposed to the deadly carcinogen aflatoxin, had a 90 percent reduction in cancer rates.

- **Greens and the green foods** have every known vitamin, except Vitamin D,

- In addition, they have high levels of beta-carotene, potassium, glutathione (an amino acid), and other crucial nutrients which reduce tumor growth.

- A diet high in carotenes, especially beta-carotene, has been found to protect against cancer (*International Journal of Cancer, September 1984*).

- **Green powders**, such as Greenlife, Barley Green, etc., are invaluable. Eat a spoonful with your food or in juice.

- Emphasize **raw food** to the degree you are able to do so. It is best that most of the food be raw, especially **fruits and green leafy vegetables.**

- **Phytosterols** are natural chemicals in plants which reduce the risk of colon cancer.

- **Absciscic acid** is a plant dormancy hormone and vitamin A analog found in plants; it has profound anti-cancer activity. Absciscic acid is a carotenoid factor and is especially found in green leafy vegetables.

- While cleaning the body (such as during a fast), breakfast can consist of fresh fruit and fruit juices. **Use lemon, orange, grape, carrot, beet, and apple juice daily.** All juices should be fresh, with no sugar added.

- But in other foods, a small amount of **blackstrap molasses, pure maple syrup, or honey**

can act as a natural sweetener in place of sugar.

- Use **whole wheat or rye** in place of **white flour**. **Whole-grain products, well-baked**, are good. Do not use **sourdough bread, sugared bread, or fruit breads**. They are too indigestible.

- **Raw fruit and vegetables** are best; **lightly cooked or steamed**, they are second best. **Salt-free frozen** are next. Then comes salt-free canned; but such food should only be used if the first three choices are not available.

- **Raw fruit and vegetable juices** are needed to clean the system and help rebuild it. Use **red beet juice (from roots and very little, if any, from tops) and juice from carrots, celery, grapes, and other darker vegetables and fruits, such as black cherries, black currants**, etc.

- Fruit juices are best taken in the morning and vegetable juices in the afternoon and evening.

- Drink **spring or steam-distilled water** only!

- Dr. Hans Nieper, a cancer researcher, uses **fresh raw cabbage and carrot juice** with excellent results.

- Some recommend four 8-ounce glasses of freshly squeezed juice daily. Max Gerson, M.D., prescribed 13 glassfuls a day. Along with a scientific program of other remedies, that juice pattern is still followed today at the Gerson Institute in northern Mexico.

- **Never mix fruit and vegetable juices** in the same meal. It is all right to mix vegetable juices together, but **do not mix acid** (grapefruit, pineapple, lemon, etc.) **and alkaline** (grape, berry, etc.) **fruit juices**. Some (including the Gerson Institute) recommend a combination of **carrot and apple juice** (both of which are alkaline).

- Fresh **lemon juice** should be squeezed on all greens, salads, or lettuce that is eaten. This enables the calcium and minerals to be better absorbed by the system. **Dark green vegetables** are better than light-colored lettuce.

- **Lecithin** should be included in the diet, to keep cholesterol in the blood stream emulsified (so it does not harden on the walls). This will improve blood circulation to the site of the tumor.

Lecithin helps regulate metabolism, break down fat and cholesterol, and prevent malignancies.

- **Wheat germ oil** is an extremely rich source of vitamin E, and should be taken daily. **Only use cold-pressed Viobin**, and keep it refrigerated until you are ready to use it during the meal.

- **Omega-3 fatty acids** may inhibit cancers, especially breast cancer (*Cancer, October 1986*). **Flaxseed oil** is, by far, the best source!

- According to a 1988 medical article (*British*

Journal of Surgery), eating an adequate amount of **essential fatty acids** helps protect the body against skin cancer. It even helps eliminate them, once they form.

- Take a teaspoon of **blackstrap molasses** at the end of the vegetable meal. This will provide additional amounts of iron, calcium, and important B vitamins.

- Never eat fruit and vegetables at the same meals. Exception: **lemon juice can be squeezed over greens** to help you better absorb calcium and minerals in those greens.

- Use plenty of **soaked figs, prunes, and raisins**.

- Eat **garlic** daily. Studies done in Japan suggest that taking garlic supplements may help reduce the size of tumors. It has been used for medicinal purposes for 4,000 years.

- **Garlic** is a faithful standby, and protects against cancer in general (*Acta Unio. Intern. Contra Cancrum, 20, No. 3, 1964*). Cut a thin slice of garlic and carefully tape it over, what you consider might be, a skin cancer. Try to avoid contact of the garlic on otherwise good skin. (If it does, the skin will redden and burn somewhat.) Russian research, from back in the 1950s, revealed that **garlic is more powerful than antibiotics in destroying bacteria. It also causes moles and skin cancers to fall off**.

Put the garlic on in the morning, take it off, and carefully wash the area in the evening before bedtime. Put on a new application. Remove it in the morning, and repeat the process. Do this for about 3 days. The mole or ulcer will dissolve and slough off. Let the area heal. If part of it remains, repeat the process at a later time.

If you keep applying the garlic for more than 4 days, it will begin burning deeper into the skin (you will know, because the area will become very painful.) Such deep burning is not necessary to slough off the cancer, and could be harmful.

- Be sure to incorporate **dietary fiber** in each regular meal.

- **Fiber** in the diet helps maintain regularity and avoid colon cancer. But it also helps the colon absorb toxins and carry it out of the body. This is important. Be sure to eat at least a small amount of bran at each regular meal. *Red Mill brand is a good, non-sugar source*.

- Try to have a **vegetable, fruit, and berry garden** of your own, using natural fertilizers, seaweed, etc. You are what you eat. Purchase food where organically grown food is sold.

- We do not generally think of mushrooms as

the best food, for they are in the fungus family. But it has been found that three types (**Reishi, Shiitake, and Maitake mushrooms**) have decided anti-cancer factors. Oral extract of Maitake provided complete elimination of tumors in 40% of test animals while the remaining 60% had a 90% of their cancers eliminated. Maitake contains a polysaccharide, called *beta-glucan*, which stimulates the immune system and even lowers blood pressure.

- **Legumes and seed foods** (such as soybeans) have **protease inhibitors** (PI). These tend to protect the seeds from being digested. As such, they were thought to be a problem. But recently it has been discovered that they tend to reduce tumor growth. The National Cancer Institute think that some of these substances (*isoflavones* and *phytoestrogens*) have potent anti-cancer properties. However, eating a lot of beans is not some thing you will want to do at home! Too much protein helps feed the cancer cells.

- Certain other foods show an ability to slow tumor growth in some way. This includes **apples, apricots, barley, citrus fruit, cranberries, fiber, figs, ginger, spinach, and seaweed.**

- There are a variety of **digestive enzymes.**

Take them with a meal, to improve digestion, or on an empty stomach, if the need is to help fight cancer (first thing in the morning; an hour before breakfast; or the last thing at night, at least two hours after supper.)

- **Rice bran**, pressure cooked, is rich in tocotrienols (2-3 tablespoons a day).

- **Aloe vera** extract (or, better, fresh aloe vera leaves) contains the active immune stimulant, *ace mannan*.

- Scientists have found that the active culture of **bacteria in yogurt (lactobacillus)** can fortify the immune system. In both humans and animals, yogurt in the diet tripled the internal production of interferon, a powerful chemical compound used by the immune system against cancer cells. It also slows the level of natural killer cells. Yogurt slows the growth of tumor cells in the gastro-intestinal tract while improving the ability of the immune system to destroy active tumor cells. It also helps block the production of carcinogenic agents in the colon. Women eating yogurt were found to have less breast cancer. It is well-known that **milk is one of the worst allergenic foods**, and can carry disease germs from the cows. So you would do well to obtain *lactobacillus* cultures from health-food stores rather than eating yogurt.

- Other **intestinal microflora products** can be used instead of yogurt (which can be allergenic and

contain cow diseases). Some broad spectrum products contain *lactobacillus, bifidus, streptococcus jaecium*. Others contain only *lactobacillus*, which is milk- and yogurt-free.

VITAMINS

Important points: Dosage amounts are always for “per day”.

“g” = grams. “mg” = milligrams. IU = International Units.

Fish oils have also been recommended in the literature as possible anticancer agents. But we do not list them here for three reasons: Large amounts must be consumed to be beneficial. Fish oil has a known history of damaging the muscle of the heart. Some forms inhibit blood clotting.

Take the supplements which seem distasteful and hard to swallow; and put them in fruit or other drink, and swallow them all together. If necessary, briefly whiz the mixture in a blender.

When possible, chew the tablets. Break open the capsules and pour the powder onto your food or into a spoon. Crack liquid capsules in your mouth and spit out the capsule. Be cautious when taking Vitamin C; the acidity can hurt your teeth. Just swallow it whole.

- It is well-known, by biochemists, that most cancer victims have a **deficiency of not only all vitamins, but also hydrochloric acid, potassium, magnesium, iodine, and many trace elements.**

- **Vitamins** are very important. Do not trust yourself to the official standardized amounts of needed vitamins and minerals. The actual nutritional requirements are much higher. In addition, living in our chemicalized, polluted age destroys a number of vitamins and minerals.

- For example, **vitamin C** is destroyed in its effort to combat auto-exhaust fumes and mercury in the food. **Vitamin E** destroys itself in the process of detoxifying cadmium (which nonsmokers breathe when they are in the same room as smokers). The list goes on and on. The world is not as safe now as it used to be. We can be thankful that we are aware of vitamins and minerals and how to obtain them in sufficient quantities.

[Special note: The following data on vitamin A was compiled from information gleaned from sources which had not yet discovered that **beta-carotene (pro-vitamin A)** was the more active agency in cancer prevention, and far more powerful than vitamin A.]

- Vitamin A is crucial in cancer therapy, but can you get too much of this oil-soluble vitamin? High doses of **vitamin A** (500,000 IU) can have acute

reversible effects. Toxicity may start as low as 25,000 IU in those with impaired liver function (caused by drugs, hepatitis, or protein malnutrition). Otherwise, it begins at several hundred thousand IU.

- Toxicity of **vitamin A** can be reduced by taking vitamin E at the same time. This mitigates the effects of lipid peroxide.

- Toxicity of beta-carotene (**pre-vitamin A**, as found in greens and carrot juice) has never been found. One 15-year study involved immense beta-carotene intake.

- Experiment after experiment has revealed that when **vitamin A** is missing, cancer can be started in animals; but, when it is present in abundance, not even fast growing implanted cancers will survive in test animals. Vitamin A inhibits the induction, and retards the growth of both malignant and non-malignant tumors. Taken over a short period (only a few weeks), vitamin A can greatly aid in the recovery of cancer. Take large doses (up to 150,000 units per day or you may wish to remain with smaller doses: 50,000 units, twice a day). Later you can reduce this to a smaller amount.

- Take **vitamin A** in emulsified form, to minimize liver involvement. Alternate, taking it 2 weeks on and 1 week off. Blurred vision and a soapy feeling in the mouth are signs that the body has too much A. (Vitamins A and D, which are oil soluble, can be taken in excessive amounts, so one must always be careful. Never take large amounts of either for too long a time.)

- In some instances, a person needs to take as much as 300,000 IU of vitamin A. When this must be done, taking 3200 IU of vitamin E will help reduce the risk of vitamin A toxicity.

- **Vitamin A derivatives (retinoids)** reverse bronchial metaplasia.

- **Vitamins A, C, E, and beta-carotene** reduce the risk of cancer by radiation and chemical carcinogen exposure. **Vitamins A,D, and E** inhibit oncogene activity.

- Varying amounts of **Vitamin A** were given to different patients with bladder cancer. Those receiving the smallest dosages of Vitamin A were the most likely to be susceptible to cancer and/or have increased tumor size. In another experiment, animals fortified with the B vitamins, and then injected with melanoma (skin) cancer cells showed a greater resistance to this deadly form of cancer. Studies on humans revealed similar results.

- Less than 500 mg of **vitamin B6** in humans appears to be safe.

- Vitamin **B12** dramatically increases the tumor killing power of vitamin C.

- A combination of **folate** (folic acid, a B vitamin) and **B12** has been found to reverse bronchial metaplasia (pre-malignant lesions). Folic acid protects against cervical cancer (*American Journal of Clinical Nutrition, January 1982*).

- **Pangamic acid is vitamin B15**. Many scientists (*Warburg, Goldblatt, etc.*) believe that **chronic oxygen deficiency in cells leads to cancer cell formation**. Pangamic acid increases the body's resistance to oxygen deficiency. Remember that **cancer cells do not use oxygen and that poorly oxygenated cells are the most likely to become malignant**.

- **Laetrile (also called amygdalin, nitrilosides, or vitamin B 17)** helps avoid recurring cancers. Take two 500 mg tablets of laetrile 3 times a day. It is also found in all fruit kernels, except those of citrus. Other food sources, which contain lesser amounts, include lima beans, lentils, mung beans, crab apples, peaches, plums, apricots, cherries, cranberries, sprouted seeds, and apples (chew up the seeds as well as the apple).

- The **B-complex vitamins** help prevent cirrhosis of the liver. This is important because a damaged liver has a 60% greater chance of becoming malignant. Dr. Max Gerson found that to be consistently true. Take a B-complex supplement. Also take **3-4 tablespoons of brewer's yeast** each day. Do not eat baker's yeast; it contains live yeast and is not good for you.

- Dr. Otto Warburg, Nobel Prize winner and director of the Max Plank Institute in Berlin, declared that there is a lack of one or more of three B vitamins (**riboflavin, niacin, and pantothenic acid**) in tissue which becomes cancerous.

- In various countries, nearly 200 scientists have reported on the importance of **niacin (vitamin B 3)** in preventing and treating cancer. Two grams of **Niacin (B3)** daily is recommended as an anti-cancer factor.

- **Niacin** has been recommended by the NIH in amounts up to 3000-6000 mg, for lowering cholesterol. But time-release niacin is more suspect of causing liver damage; amounts which might do this were not given to eliminate cancer. It is derived from apricot pits (seeds).

- Several **apricot kernels** (*i.e.*, apricots seeds or pits) should be eaten at each protein meal. Six per day may be sufficient. They should be eaten with food or, better yet, with fresh, frozen, or dried apricots. The slightly bitter ones contain more **laetrile (also called nitriloside or amygdalin)**, and are better for you than are the sweet ones. Do not mix the sweet and bitter varieties; there may be an

interaction. If available, **100 mg of oral amygdalin** may be substituted.

- If people regularly ate the seeds when they eat apples, peaches, and apricots, they would get enough **laetrile**. Starting to do this earlier will help prevent cancer from forming later on. (Or, instead, purchase and eat a few raw apricot seeds each day.)

- But when cancer is already developing, **500-590 mg of amygdalin**, in solid tablet form, will greatly help.

- **Vitamin B 6** (pyridoxine) swallowed at the two larger meals is helpful in reducing damage from radiation therapy and slowing cancer growth from polyamine synthesis. It should not be taken on an empty stomach. Mice deficient in Vitamin B 6 exhibited an increased tendency to develop tumors.

- **Vitamin C** is a powerful aid in resisting cancer and other diseases. Swedish studies, at six Carolinska and Umea Hospitals, revealed that Vitamin C applied to surface melanoma tumors, helps prevent respiratory and cervical cancer (*Nutrition and Cancer, June 1984*).

- When cancer occurs, Vitamin C in large doses (5,000 to 10,000 mg. per day) can be an effective agent in fighting it.

- **Vitamin C** blocks the carcinogenic effects of most poisons, including nitrates. Vitamin C can be taken to bowel tolerance. This means you can take as much as you can, until you begin to have diarrhea. When the body tissues reach saturation on C. the remainder of this water-soluble vitamin is sent into the bowel, which reacts to the acidity by somewhat runny bowels till the C is gone. Take large doses of 5,000 mg or more a day. It is the most powerful antitoxin known, and can neutralize or minimize the damaging effect of most chemical carcinogens entering your body from the air, water, or food.

- Cancer of the bladder can occur when the amino acid, tryptophan, is not properly metabolized, resulting in oxidation of its metabolites.

Vitamin C prevents that oxidation process, and thus blocks cancer development. It is a preventative agent against a variety of cancers (*Journal of the National Cancer Institute, 73, 1984*).

- **Vitamin C** is such a potent cancer fighter, that it is well to provide additional information: Deficiency symptoms include slow wound healing, pain in joints, immune suppression, bleeding gums, irritability, and increased risk of cancer. If you take too much at a time, it will cause mild diarrhea within 30 minutes. Intake: RDA: 60 mg. Usual U.S.: 114 mg. Prophylactic: 500-2000 mg. Therapeutic: 500-100,000 mg.

- Taken in larger doses, **Vitamins A and C** inhibit *hyaluronidase*, an enzyme found in cancerous tissues.

- **Vitamins A, C, and E** are antioxidants. When accompanied by the minerals, selenium and zinc, they help protect against malignancies.

- Low serum levels of **Vitamins A and E** were common in patients receiving, and responding poorly to, chemotherapy. The great danger in using chemotherapy and radiation is the damage, introduction of poisonous conditions, and destruction of anti-cancer vitamins.

- **Vitamin C and beta-carotene** (pro-vitamin A) have been found to be effective in reversing cervical dysplasia and oral leukoplakia in humans.

- **Vitamins C and K** separately showed anti-tumor activity against human cancer cells in vitro, but became synergistically effective at even 2% of the regular dosage when they are used together.

- A substance in **vitamin D**, known as *dihydroxycholecalciferol* has been discovered to be an anti-cancer factor. Take 2,000 IU of vitamin D3 daily. Sunshine is the best source. (Fish oils can cause heart trouble.)

- **Vitamin E, working with Vitamin C**, inhibits the activity of a growth substance (catalyst) found in cancerous tissue. Take up to 1,000 units a day. Vitamins C and E help the body inhibit the activity of the enzyme, *hyaluronidase*, found in cancerous tissue.

- A lack of **beta-carotene (pro-vitamin A), vitamin E, and B complex** in lung tissue may be related to lung cancer.

- Injections of **vitamin E, beta-carotene, canthaxanthin (a carotenoid), and algae extract** dramatically bolstered levels of tumor necrosis factor alpha, and reversed hamster buccal pouch tumors.

- Human prostatic cancer cells in vitro were markedly reduced when **vitamin E** was added. It helps protect against bowel cancer (*Journal of the National Cancer Institute, 73, 1984*).

- **Vitamin F is the essential fatty acid**. Add 1 tablespoon of cold-pressed vegetable oil to each food meal (not juice-only meals). Wheat germ oil and flaxseed oil are the best. Corn oil and soy oil are second best. Safflower oil is not so good. Make sure the oil is fresh and kept refrigerated when not in use. Never use cottonseed oil (it can cause blindness), hydrogenated oils, lard, greases, or animal products. The oil in the nuts is good, if the nuts are fresh.

- **Vitamin K** helps protect the body against certain cancer-causing substances. Take it with vi-

tamin C, to increase its cancer-reducing strength.

- **Quercetin** (one of the bioflavonoids which, together, are called **vitamin P**) increased the cell kill rate in cancer cells which were exposed to hyperthermia (heat therapy) with no negative effect on normal healthy cells. **Quercetin** reduced cancers in animals exposed to two carcinogens.

MINERALS

- Beware of taking much, if any, of iron supplements.

- A Cancer Control Convention, meeting in Japan, reported that the trace mineral, **germanium**, in the diet is a significant factor in preventing and eliminating cancer.

- One cancer researcher, who studied in-depth into cancer remedies over the past 150 years, declared that every effective anti-cancer formula (Glyoxylide, which is the Koch treatment; the Hoxsey herbs; Hypotonic therapy; laetrile; the Gerson method; Krebiozen; and Carcalon) involves extra amounts of **potassium**. This is very important.

- Be sure to include a significantly higher intake of **potassium**. Potassium deficiency is considered by Gerson, Scott, and others as a primary contributing cause of cancer.

- **Potassium foods** include almonds, apples, dried apricots, bananas, beans, beets, broccoli, carrots, dulse, grapes, kale, olives, pecans, rice bran, sunflower seeds, wheat bran and germ. These foods help the body resist and overcome tumors, cysts, and malignancies.

- Center your diet around potassium foods.

Here are more of them:

- Dried apricots, asparagus, pearled barley, dried navy beans, fresh lima beans, raw beets, sprouted bread with no salt, Brussels sprouts, cabbage, cantaloupe, caraway seed, cauliflower, celery seed, small leaves of chard, dark raw cherries, dandelion greens, dill seed, endive, unsulphurated figs (dried or raw), garlic, concord or emperor grapes, grapefruit, fresh horseradish, fresh lemons, lentils, fresh limes, nectarines, okra, onions, oranges, fresh parsley, dried or raw peaches, Bartlett pears, dry or fresh peas, persimmons, raw pineapple (never canned), raw plums, dried or raw prunes, raw quinces, raisins, wild or brown rice, sage, rolled oats, spinach, squash (acorn, Hubbard, yellow summer), tangerines, raw tapioca, raw turnip leaves, and watermelon.

- Drink **potassium broths** daily. Prepare them from half-inch thick potato peelings, which are then cooked. Draw off the water and drink it.

- You want foods which are **high in iodine and potassium, low in sodium, protein, and fat**.

- **Potassium ascorbate** (12-20 g) can be taken as a partial potassium supplement. This product includes vitamin C.

- **Potassium and magnesium** are among the more crucial minerals for cancer recovery. Magnesium helps to stabilize cell membranes and elevate immune activity while potassium plays a critical role in membrane permeability. (Magnesium, 400-800 mg daily from aspartate, citrate, or orotate.)

- **Magnesium** protects against cancer in general (*Medical Hypotheses, August 1980*).

- **Calcium and magnesium** have a beneficial effect in helping the body resist colon cancer. **Natural iron** supplements help prevent thyroid cancer. (But many iron supplements are dangerous! Take blackstrap molasses instead of iron pills.)

- The *New England Journal of Medicine* reported that **calcium** may prevent precancerous cells from becoming cancerous. Calcium protects against colon cancer (*American Journal of Epidemiology, September 1988*).

- **Calcium** supplements (2000 mg) provide a marked suppression of rectal cancer proliferation. It inhibits early stages of colon cancer in genetically vulnerable individuals.

- **Iodine and trace minerals** are crucial. You can obtain them by each day eating some Nova Scotia dulse or Norwegian kelp. Both are special seaweeds which have a wide spectrum of trace minerals. Food grown on the continents does not have all those trace minerals; rainwater has gradually depleted the soils.

- **Iodine** protects against breast cancer (*Lancet, April 1976*).

- It is very important to keep the **iodine** level of the blood normal, so both the thyroid and body tissues will have proper cell oxidation. Eat a sufficient amount of dulse or kelp each day. (Do not use California kelp.)

- People with **myxedema, or underactive thyroids**, are more prone to developing cancer. So keep your thyroid in good condition with seaweed.

- Japan and Iceland both have low goiter and breast cancer rates. This may be because their diets are rich in **iodine and selenium**. Breast cancer has been linked to an iodine deficiency. Japanese women have almost no breast cancer. Colon cancer rates in Japan are also low.

- Studies at the University of Zurich and in London Polytechnic reveal that **brewer's, or food, yeast** provides improved resistance against cancer development. Brewer's yeast is one of the best sources of **selenium, an** important anti-cancer mineral.

- **Selenium** made the headlines, at the end of

1996, as a special trace mineral which could dramatically reduce cancer in the human body. It completely inhibited tumor growth in mice inoculated with tumor cells.

- **Selenium** helps eliminate cancer in five ways: It improves detoxification, bolsters immune function, directly toxic to tumor cells, and is a valuable anti-proliferative factor (*Lancet, July 1983*). Selenium intake should normally not exceed 2500 meg (2.5 mg) per day.

- But, after a tumor begins growing, research studies showed that high doses of **selenium** (equivalent to 54 mg in humans) resulted in 83-90% reduction in rate of tumor growth in mice.

- When using **selenium** as a sole therapy, there was a 38.8% favorable response rate in patients with oral cancer. (But, of course, you do not want to rely just on selenium to eliminate carcinoma.)

- Long-term usage of 5000 meg of **selenium** may result in fingernail changes and hair loss. Selenite is more toxic than selenium bound to amino acids (i.e., selenomethionine). Ingestion of 1-5 mg/kg body weight of selenite will produce toxic side effects. This is equivalent to 65,000 meg in a 65 kg adult.

- **Chromium** as picolinate is very helpful in working with carcinoma. (400-800 meg.)

- **Zinc** as zinc picolinate (30-100 mg) is also a significant help. It protects against prostate cancer (*British Journal of Urology, October 1983*).

- **Cesium** is essential in several cancer protocols. This is because it is the most alkaline of any mineral for cancer reduction.

OTHER NUTRIENTS

- **Chlorophyll** is an anti-cancer agent which slows the growth of cancerous tumors. It creates an environment unfavorable to bacterial growth.

- A diet rich in chlorophyll is therapeutically effective for both external and internal infections, including malignancies.

- **Blue-green algae and chlorophyll** clean and protect the blood

- **CoQ10 (co-enzyme Q10) and germanium** provide oxygen to the cells. So does **vitamin E**, working in the liver. (Cancer does not use oxygen in the cells.)

- **CoQ10** increases aerobic (oxygen) metabolism and immune function. Cancer cells thrive where there is a lack of oxygen.

- **CoQ10** sometimes reduces hair loss in those who choose to take chemotherapy.

- Scientists, at UCLA, have found that **sodium linoleate, which contains linoleic acid** (an essential fatty acid) has the ability to fight cancer

cells. **Lecithin** is a good source.

- **Gamma linolenic acid (GLA)** can be taken as oil of borage, evening primrose, or black currant seed. In purified form, up to 1.5 grams per day can be taken.

- **Alpha linolenic acid (ALA)** from flaxseed oil (1-2 teaspoons daily). Make sure that it was stored in the refrigerator at the health food store you purchase it from. Flaxseed oil becomes rancid very quickly, so purchase small bottles.

AMINO ACIDS

- **Glutathione** (200 grams) functions in the body as an antioxidant and helps destroy free radicals and the toxicity remaining if you already have received radiation treatments and chemotherapy. **Cruciferous vegetables (broccoli, especially)** increases the body's own production of glutathione peroxidase (GSH).

- **Cysteine (N-acetylcysteine)** (1-2 grams) is an amino acid which enters into various detoxification systems in the body, helps bolster glutathione peroxidase activity, and can be converted in the body to glutathione, which may become GSH, a potent broad spectrum antioxidant enzyme system. Cysteine supplementation promotes glutathione synthesis.

- Although safe up to 10 g, the nauseating taste and smell of **cysteine** can cause vomiting.

- Several studies confirm that **arginine** reduces tumors and tumor formation. It increases T-cell function, stimulates the thymus and thyroid, and enhances activity of killer cells, as well as interleukin-2 receptors and general immune improvements.

- At therapeutic levels (above 5 g) of **arginine**, growth of certain viruses may be activated.

- **Methionine** reduces the intake of mercury, which is a cancer-causing agent.

- Malnourished cancer patients improve when **branched chain amino acids (leucine, isoleucine, and valine)** are given. Protein and albumin synthesis are heightened.

WHAT WILL YOU DO

WITH WHAT YOU HAVE JUST LEARNED?

While the information in this section is primarily for medical researchers, it is also invaluable for those who want to prevent cancer from gaining a foothold in their bodies.

Because of modern nutritional, environmental, and living conditions, cancer rates are rapidly increasing. You are learning a number of things which can help prevent the occurrence of cancer.

You have been gradually becoming a toxic waste site! And now, before the cancer has a

chance to start, you must begin waste disposal operations. With prayer, diligent work, and the blessing of God, you can have success.

While some are concerned with treating symptoms, you must be concerned with getting at the causes of cancer and eliminating them. Only then can the problem be permanently solved.

What you have just read may seem like a lot of work. But, since cancer will generally mean the end of you, are you sure you do not want to improve your lifestyle?

It is extremely important that you care for and rebuild the liver, kidneys, lungs, skin, bowels, and other organs. Dr. Max Gerson maintained that he could eliminate cancer in anyone if the liver was in good condition. Take care of your liver.

Do not fear. Trust your life to God; obey the Ten Commandments by faith in Christ; and step forward, living your best and doing your best. Entrust the outcome to God.

America alone spends \$800 billion yearly on physicians and hospitals, yet it is 23rd in the world in level of health, vitality, and longevity. Surely, it is time that we start thinking for ourselves.

CLAIMING BIBLE PROMISES

Claiming the promises in God's Holy Bible is a definite part of preventive medicine, one which is open to us all. Come, read these promises and make them your own.

"I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? . . . Wherefore, if God so clothe the grass of the field, which to-day is, and to-morrow is cast into the oven, shall He not much more clothe you, O ye of little faith? . . . For your heavenly Father knoweth that ye have need of all these things."—*Matthew 6:25, 30, 32.*

"That thou mightest fear the Lord thy God, to keep all His statutes and His commandments, which I command thee, thou, and thy son, and thy son's son, all the days of thy life; and that thy days may be prolonged."—*Deuteronomy 6:2.*

"Thou shalt come to thy grave in a full age, like as a shock of corn cometh in his season."—*Job 5:26.*

"What man is he that desireth life, and loveth many days, that he may see good? Keep thy tongue from evil, and thy lips from speaking guile. Depart from evil, and do good; seek peace, and pursue it."—*Psalm 34:12-13.*

"With long life will I satisfy him, and show him My salvation."—*Psalm 91:16.*

"Length of days, and long life, and peace, shall they add to thee . . . Length of days is in her [Wisdom's] right hand."—*Proverbs 3:2, 16.*

"By Me thy days shall be multiplied, and the years of thy life shall be increased."—*Proverbs 9:11.*

"The fear of the Lord prolongeth days."—*Proverbs 10:27.*

"Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; . . . Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's."—*Psalms 103:3-5.*

"Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones."—*Proverbs 3:7-8.*

"They are life unto those that find them, and health to all their flesh."—*Proverbs 4:22.*

"The beloved of the Lord shall dwell in safety by Him; and the Lord shall cover him all the day long."—*Deuteronomy 33:12.*

"I have set the Lord always before me; because He is at my right hand, I shall not be moved."—*Psalms 16:8.*

"He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord."—*Psalms 112:7.*

"I will both lay me down in peace and sleep: for thou, Lord, only makest me dwell in safety."—*Psalms 4:8.*

"He giveth His beloved sleep."—*Psalms 127:2.* "When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet."—*Proverbs 3:24.*

"He will keep the feet of His saints, and the wicked shall be silent in darkness; for by strength shall no man prevail."—*1 Samuel 2:9.*

"The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?"—*Psalms 27:1.*

"He keepeth all his bones, not one of them is broken."—*Psalms 34:20.*

"He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust . . . He shall cover thee with His feathers, and under His wings shalt thou trust; His truth shall be thy shield and buckler . . . There shall no evil befall thee, neither shall any plague come nigh thy dwelling."—*Psalms 91:1, 2, 4, 10.*

"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth . . . Behold, He that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper: the Lord is thy shade upon

thy right hand. The sun shall not smite thee by day, nor the moon by night. The Lord shall preserve thy soul. The Lord shall preserve thee from all evil; He shall preserve thy soul. The Lord shall preserve thy going out and thy coming in, for this time forth, and even for evermore.”—*Psalm 121:1, 2, 4-8*.

“Our help is in the name of the Lord, who made heaven and earth.”—*Psalm 124:8*.

“As the mountains are round about Jerusalem, so the Lord is round about His people, from henceforth even forever.”—*Psalm 125:2*.

“Then shalt thou walk in thy way safely, and thy foot shall not stumble.”—*Proverbs 3:23*.

“But whoso hearkeneth unto Me shall dwell safely, and shall be quiet from fear of evil.”—*Proverbs 1:33*.

“And the Lord will create upon every dwelling place of mount Zion, and upon her assemblies, a cloud and smoke by day, and the shining of a flaming fire by night: for upon all the glory shall be a defence. And there shall be a tabernacle for a shadow in the daytime from the heat, and for a place of refuge, and for a covert from storm and from rain.”—*Isaiah 4:5-6*.

“He shall dwell on high: his place of defence shall be the munitions of rocks.”—*Isaiah 33:16*.

“When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour.”—*Isaiah 43:2-3*.

“I the Lord do keep it; I will water it every moment: lest any hurt it, I will keep it night and day.”—*Isaiah 27:3*.

“For I, saith the Lord, will be unto her a wall of fire round about, and will be the glory in the midst of her.”—*Zechariah 2:5*.

“And I will give peace in the land, and ye shall lie down, and none shall make you afraid: and I will rid evil beasts out of the land, neither shall the sword go through your land.”—*Leviticus 26:6*.

“The Lord will give strength unto His people; the Lord will bless His people with peace.”—*Psalm 29:11*.

“Peace shall be upon Israel.”—*Psalm 125:5*.

“Great peace have they which love Thy law, and nothing shall offend them.”—*Psalm 119:165*.

“He maketh peace in thy borders.”—*Psalm 147:14*.

“Lord, thou wilt ordain peace for us: for thou also hast wrought all our works in us.”—*Isaiah 26:12*.

“My people shall dwell in a peaceable habita-

tion, and in sure dwellings, and in quiet resting places.”—*Isaiah 32:18*.

“The steps of a good man are ordered by the Lord: and He delighteth in his way.”—*Psalm 37:23*.

“He will be our guide, even unto death.”—*Psalm 48:14*.

“Thou shalt guide me with Thy counsel, and afterward receive me to glory.”—*Psalm 73:24*.

“In all thy ways acknowledge Him, and He shall direct thy paths.”—*Proverbs 3:6*.

“A man’s heart deviseth his way: but the Lord directeth his steps.”—*Proverbs 16:9*.

“His God doth instruct him to discretion, and doth teach him.”—*Isaiah 28:26*.

“And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known. I will make darkness light before them, and crooked things straight. Those things will I do unto them, and not forsake them.”—*Isaiah 42:16*.

“And the Lord shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if that thou hearken unto the commandments of the Lord thy God, which I command thee this day, to observe and do them.”—*Deuteronomy 28:13*.

“Surely he shall not be moved forever: the righteous shall be in everlasting remembrance. . . His horn shall be exalted with honour.”—*Psalm 112:6, 9*.

“For them that honour Me, I will honour.”—*1 Samuel 2:30*.

“By humility and the fear of the Lord are riches, and honour, and life.”—*Proverbs 22:4*.

“Length of days is in her right hand; and in her left hand riches and honor.”—*Proverbs 3:16*.

“Wisdom . . . exalt her, and she shall promote thee: she shall bring thee to honour when thou dost embrace her.”—*Proverbs 4:8*.

BASIC FACTS ABOUT CANCER

FOUR THINGS WHICH DAMAGE CELL WALLS

A “carcinogen” is anything that weakens or damages cell walls, allowing microbes to enter those cells. Here are four of the many things that can do this:

1 - Numerous chemicals and processed substances are breathed or swallowed, It is best to try to avoid very smoky, dirty environments.

2 - A very acidic diet, which allows the microbes to change forms, proliferate and become

more aggressive.

3 - **Leaky gut syndrome, which allows unprocessed food and other substances to get into the blood stream directly from the intestines.**

Leaky gut syndrome has symptoms including bloating, gas, cramps, food sensitivities, and aches and pains. (For example, humans should not eat meat, for they cannot digest it quickly enough before it begins to rot in the intestines.) This irritation or inflammation results in foreign substances being absorbed into the bloodstream thus causing symptoms and other health problems. Large spaces are formed between the cells of the intestinal wall allowing penetration of bacteria, toxins and food. This is a very serious condition because the gut is the largest immune system organ in the body. Our immune system is tasked with fighting foreign agents in the blood and preventing them from causing harm. If the immune system is impaired in any way, the body will be in trouble.

A perfectly functioning small intestine will filter all the harmful substances and won't let them pass through but if it is permeable, these substances are basically given a free pass to wreak havoc in our body.)

4 - **A substance that cuts internal tissue,** forming a small pool of blood in the tissue, which allows the microbes to concentrate and weakens cell membranes (over 90% of all cancers start in tissue), etc.

5 - **Trans-fatty-acids** are very rigid molecules. When eaten, they attach to cell walls and block "ports" that normally allow glucose to get into the cell, causing type 2 diabetes. But these fats can also cause weaknesses or gaps in the cell walls allowing microbes to enter.

CANCER AT THE SYSTEMIC AND CELLULAR LEVEL

Tragically, so many patients have gone through three stages: *First*, the patient had chemotherapy, radiation and surgery. *Second*, he was told he was "cancer free". *Third*, months later the cancer "came back," which is called "regression."

This section will explain what went wrong and how to prevent the cancer from coming back.

When talking about what causes cancer we need to understand three aspects of it:

First: We need to consider cancer at the *systemic* level; These are **the conditions in the body that allowed the cancer to grow** out of control and **what we should do to solve the problem.**

Second: We need to understand what causes cancer at the *cellular* level. In other words, **what is**

it that causes a healthy cell to become cancerous. We need to know **why the immune system was weak.**

Third: We need to learn **how to revert, or change cancer cells back into normal cells,** which is one of several ways to treat cancer.

That which causes cancer at the cellular level is a totally different subject than that which causes cancer at the systemic level.

In many cases the immune system can get rid of these microbes. In fact, **some types of tapeworms, flukes and fungus, etc. cannot be killed by the immune system** for one reason or another. That is, the microbes are not accessible to the immune system.

Liver flushes and special nutrients may be required to deal with these microbes and parasites. However, many natural cancer treatments do very well without dealing with these special microbes. Yet the patient should be aware of these issues.

By getting rid of the microbes in the organs, plus doing the normal cancer treatments, a good balance (a strong immune system and a low number of cancer cells) is restored enough to keep the cancer from coming back. The patient will be healed because his immune system has been restored to normal, and the number of cancer cells (by using special treatment protocols) has been very heavily reduced. **The cancer will not come back as long as the patient watches his diet. Diet is always, always very important!**

CANCER AT THE SYSTEMIC LEVEL

As a result of bad living and eating, everyone has cancer cells in his body. There may be few of these tiny cells. But why does one person never get diagnosed with cancer and another person is diagnosed with cancer?

Cancer is almost always caused by the same seven-step sequence of events.

First, **microbes and parasites get inside of the organs and make their homes there. These microbes generally come from meat** that was not adequately cooked, but they can come from other sources in the food, the water, the air, etc.

Second, **these microbes intercept glucose** which was headed for the cells in the organs. Eating it, they multiply.

Third, **these microbes excrete as waste products, substances called mycotoxins,** which are highly acid and totally worthless to the cells.

Fourth, because the good cells in the various body tissues and organs are not receiving the food they need (because it has been intercepted and

taken by the cancer cells), and because they have been invaded by the mycotoxins (which are a type of filth) **the good cells become weak.**

Fifth, organs are made entirely of cells. In other words, if you took all of the cells out of an organ, there would be no organ. Thus, **because the cells in one or more organs have become weakened, those organs are enfeebled.**

Sixth, because one or more major organs are frail, **the immune system becomes enfeebled.** Actually, the microbes weaken the immune system both *directly* and *indirectly*.

Seventh, **because it has become enfeebled, the immune system cannot kill enough cancer cells and the cancer cells begin multiplying.**

Thus, in summary, a basic cause of cancer is microbes and parasites that are in the organs or colon (or bloodstream), which weakens the immune system. But a **poor diet**, inadequate or **unclean water**, **polluted air** can help the microbes increase.

A **vaccination** can weaken the immune system due to mercury and/or toxins in the vaccine. **Decaying matter in the colon** can also lead to a weak immune system (*see the book: "Fire in the Belly" by Dr. Keith Scott-Mumby, MD.*):

But there is more: Cancer patients who have microbes in the organs also have microbes in the bloodstream. Which caused which will vary among cancer patients. But microbes which originate in the organs will spread the microbes to the bloodstream, and vice versa. Exactly how much the microbes in the organs weaken the immune system, vs. how much the microbes in the bloodstream weaken the immune system varies in different individuals, but parasites would likely be found in the organs.

CANCER AT THE CELLULAR LEVEL

So far we have only talked about what causes cancer at the systemic level. What then causes an individual cell to become cancerous? Many cancer cells form by a prior cancer cell dividing and creating two cancer cells. **But how does a normal cell, which is not cancerous, become cancerous?**

In a normal cell, **molecules called (adenosine triphosphate) provide the energy that powers the cell.** ATP molecules are created inside the mitochondria which are inside of every human cell. In fact, there are thousands of mitochondria inside every human cell.

The very definition of a cancer cell is low ATP energy!

Here is a highly simplified explanation of how ATP molecules are produced inside a cell:

- 1 - Glucose enters the cell from the bloodstream.
- 2 - Some of this glucose is converted into pyru-

vate (which involves a ten-step process).

3 - Pyruvate then enters the mitochondria.

4 - Once inside the mitochondria, that pyruvate starts two sequential chemical reactions (first, the *Citric Acid Cycle* or *Krebs Cycle*, and second, the *Electron Transport Chain* which spins-off about half-way through the *Citric Acid Cycle*). It is these two cycles which create most of the ATP molecules in the cell. (*A complete diagram of how this is done will be found on page 309 of my 992-page Evolution Handbook, which clearly shows that it is God that made the world!*)

But when a cell becomes cancerous, the production of ATP nearly stops!

Cancer cells consume 15 times more glucose than a normal cell. So we would expect that a cancer cell would make 15 times more ATP molecules than a normal cell.

But in reality, **cancer cells produce virtually zero ATP molecules!** Because the ATP molecules in cancer cells are starved, those cells have to revert to fermentation to create what little ATP molecules they have.

But why do cancer cells consume 15 times more glucose—and yet not be able to create a significant amount of ATP molecules?

That which is blocking the production of ATP molecules in the cell is a very special pleomorphic bacteria inside cancer cells!

The *Independent Cancer Research Foundation*, and others, believe the microbe is *Helicobacter Pylori* or *H. pylori*. In some cases *Fusobacterium* may be involved as well, as it is also known to get inside of cells.

While everyone has *H. pylori* bacteria in their body (generally in their digestive tract), how does *H. pylori* get inside a healthy cell? It usually is not able to.

But in some cases, **eating an acidic diet can make this bacteria highly aggressive** and it can literally drill itself inside a normal cell to get away from the acidity in the blood. This was discovered by Robert O. Young, Ph.D.

Another way microbes can get inside of cells is because asbestos or the chemicals in tobacco cut the cell membrane. This lets microbes invade the cells.

But remember that even though we all have a few cancer cells; we also have an immune system to resist them and keep them in check—as long as we live right and eat right.

HOW A CELL TURNS CANCEROUS

How then does a bacteria block the production of ATP molecules and thus turn a cell can-

cerous after it has gotten inside the cell?

In 2004, the *Independent Cancer Research Foundation* developed the model which still stands today.

A bacteria is roughly the same size as a mitochondria. **The bacteria blocks ATP production in two different ways:**

First, **the bacteria eat glucose** as it increases in number inside the cell. Gradually, they eat more and more glucose. **This means less and less pyruvate is made** (because there is less glucose to be converted into pyruvate), and less ATP is being made.

Second, **microbes excrete mycotoxins**, a waste product, which are highly acidic and totally worthless molecules.

As one ICRF (Independent Cancer Research Foundation) researcher put it: the mitochondria, instead of “swimming” in a sea of pyruvate are swimming in a sea of mycotoxin waste.

Both factors contribute to the mitochondria not obtaining enough pyruvate and **this hinders both the Citric Acid Cycle and the Electron Transport Chain and thus the production of an adequate amount of ATP in the mitochondria is blocked.**

This microbe can vary in size and shape. Some are smaller than a virus. It goes through 16 phases in the process of reaching its full size. Many people think it is a virus or fungus that causes cancer, but it is actually this bacteria.

In one of its smaller states this bacteria is the size of a virus and can enter inside of the cell nucleus. **Like a virus which gets inside of the nucleus, the DNA of the cancer microbe is able to interact with the DNA inside the cell nucleus and change the DNA structure of the cell!**

“More importantly, the Dillers [who were part of the Dr. Virginia Livingston team] showed that **cancer germs** [i.e. microbes] **were able to gain entrance not only into the [anti-cancerous] cell** (intra-cellular), **but also into the nucleus of that cell.** This intra-nuclear invasion meant that **cancer microbes could gain access to the genes** contained within the nucleus itself.”—*Four Women Against Cancer*, by Dr. Alan Cantwell, M.D, p. 47

Many scientists recognize the DNA damage caused by these microbes and mistakenly claim that it is DNA damage which causes cancer. But this is like saying that smoke is the cause of fires. It is a good guess, but it is false. The effect was DNA damage; the cause was cell penetration by microbes.

The DNA damage of a cancer cell is caused by the DNA of the same highly size-changing bacteria

that blocked the production of ATP molecules. This same bacteria also shields cancer cells from being repaired by the immune system, and ultimately it spreads cancer to other parts of the body!

Thus, the claim by cancer researchers (who are funded by the pharmaceutical industry) that DNA damage causes cancer is incorrect, and convenient. It enables them to turn away from the alternative remedies which alone can solve the problem.

In any case, due to the lack of energy in cancer cells **because of the lack of ATP molecules, cancer cells are very weak.** We could call them sickly. But **because cancer cells steal glucose from the body,—the anti-cancerous cells receive less glucose and also become more feeble.**

(They are sick for other reasons as well. One is the *cachexia cycle* (pronounced *ka-kek-see-ah*) produced as the cancer cells excrete lactic acid.)

Beginning over 100 years ago **in the 1890s, many cancer researchers have isolated the cause of cancer to be microbes at the cellular level.** But until more recently, they have not understood the mechanism inside the cell which caused a microbe to make a cell cancerous.

In 1890 the pathologist William Russell (1852-1940) first reported “cancer parasites” in cancer tissue that was specially stained with *carbol fuchsin*, a red dye. The so-called “parasite” was found inside and outside the cells. The smallest forms were barely visible microscopically; and the largest parasites were as large as red blood cells. Russell also found “parasites” in tuberculosis, syphilis and skin ulcers.

Keep in mind that **the cancer microbe has been found both inside and outside of the cancer cells.** One method that cancer cells use to spread quickly (at least in some kinds of cancer) is this: **Excess cancer microbes leave the cancer cell, travel through the blood and create a new “colony”** of cancer cells far from the original colony. Squamous Cell Carcinoma, melanomas, sarcomas and uterine cancer have all been identified by ICRF researchers as being spread in this way!

But this is just the beginning. There is more that these tiny cancer microbes do. **They excrete enzymes that coat the outside of the cancer cells—to block the immune system from identifying the cancer cells as being malignant!**

In the 1950s, it was discovered that **natural pancreatic enzymes, made in the pancreas, could dissolve this protein coating so the immune system could identify and thus kill the cancer cells.**

This discovery in turn led to the advice that

natural cancer treatments should **prohibit the cancer patient from eating meats or dairy products** which the pancreatic enzymes have to cut apart. In other words, these foods “use up” the pancreatic enzymes while in the stomach so less of them are available to expose cancer cells to the immune system.

For this and other reasons, **no cancer patient should eat meat products.** Also, for several reasons, **they should also not eat or drink any dairy products or sugar.**

The spreading tactics of those microbes is remarkable. Dr. Matthias Rath discovered that **these microbes excrete enzymes that “cut a path” along tissue so the cancer can spread more easily** along those tissues!

It has been found that **cancer at the systemic level is caused by an imbalance between the strength of the immune system and the number of cancer cells.** At the systemic level many, many things can cause cancer, especially things that weaken the immune system. The immune system is usually weakened by microbes and parasites which are inside the organs, but are not necessarily inside the cancer cells.

But cancer at the cellular level is caused by microbes inside the cancer cells.

THE LACTIC ACID CYCLE

As mentioned earlier, **these cancer cells produce and excrete large amounts of lactic acid, because the large amounts of glucose which they require are processed inefficiently.** This lactic acid goes into the bloodstream and gets to the liver, where it is converted back into glucose. This back-and-forth “ping pong ball” cycle, by which the cancer cells convert glucose into lactic acid and the liver converts lactic acid into glucose—is called the **“lactic acid cycle”** or “cachexia cycle.”

This lactic acid cycle is the process that kills about half of all cancer patients because so much energy is consumed at both ends of the cycle. The patient becomes very weak and simply dies.

This lactic acid also blocks many key nutrients from getting to the cells. This is another problem, since the nutrients strengthen the good cells and weaken the cancerous ones. (Fortunately, Vitamin C goes past the lactic acid blockade.)

Dealing with the lactic-acid cycle is frequently a major effort of a cancer treatment. It may involve using hydrazine sulphate (HS), Methyl-Sulphonal-Methane (MSM)—*which helps flush the lactic acid out*, D-Ribose—*which helps get energy to the anti-cancerous cells*, plus the help of Vita-

min C and other factors.

To summarize this: Cancer is a systemic disease. It is caused by microbes (1) in the organs (which weaken the immune system), (2) microbes inside the cancer cells (which block the production of ATP energy), and (3) microbes in the bloodstream (which block the immune system). And there is more.

RESULT OF LOWERED ATP PRODUCTION

It was earlier mentioned that **when microbes lower ATP production and the energy it provides the cell, the result is a cancer cell.** The very definition of a cancer cell is that microbes in a cell lower its ATP energy.

But there are other things that can reduce ATP energy, causing the cell to become cancerous.

One is **certain chemicals or asbestos.** How can they do this? If these chemicals or asbestos get inside the cell, they can damage or destroy many of the mitochondria. And there may be other ways they can damage the production of ATP, such as chemically interfering with the intricate chain reactions that result in ATP (either outside or inside the mitochondria).

In some instances, **damage to the DNA itself** causes cancer cells. For example, take the BRCA2 gene. Let us suppose that in a cell the BRCA2 gene is damaged by **chemicals, GMO foods**, or any number of other causes. As the cell with this DNA damage divides, all of the “daughter” cells will have this genetic damage.

But how does a bad gene create a cancer cell? In a cell, genes are the patterns used to make enzymes or proteins. **If a gene is damaged then the enzymes or proteins made by this gene will be defective.**

Everything that goes on in a cell is controlled by proteins. There are worker proteins, supervisor proteins, etc. **If any of the proteins in the cell are damaged then one or more of the large number of chemical chain reactions they guide may fail.** This can lead to ATP damage.

If a significant amount of ATP energy production is blocked inside the cell, then by definition the cell is cancerous. But ATP production cannot be completely blocked or the cell would fall apart. From this we know that it is a partial interference.

AN EIGHT-STEP CHAIN REACTION LEADING TO CANCER

So what is it that causes the cancer? Is it the bad food and drink that people ingest, or the many things that damage cell walls and allow microbes to enter in, or the microbes themselves which cause

the cells to become anaerobic? The answer, of course, is all three.

Very briefly, cancer is caused by the following chain reaction:

1 - **Farming practices** (which also indirectly affect both dairy and meat) have **virtually eliminated trace minerals** from our diet and have **introduced many very bad things** into our bodies. Our **food is more acidic, fungus grows in foods** it never used to grow in, etc. The **nutrients in the foods of today are but a shadow of the nutrients in the same foods of 60 years ago.**

2 - **The way food is processed** is an abomination. **Numerous substances are added to food for appearance or flavor (trans-fatty acids, food dyes, etc.); enzymes are killed** by cooking; **salt is virtually always added; aspartame is added** to drinks to make them sweet; **MSG (monosodium glutamate** which is hidden in more than 30 different food additives) is added. Virtually every processed food in America has MSG in it but you rarely see it on the label - and **numerous other chemicals**, are added for a variety of reasons, etc.

(Monosodium glutamate is a food additive that enhances the flavor of savory foods. It's added to a wide variety of foods. Symptoms may include chest pains, headache, sweating, flushing, numbness or a burning sensation around the mouth, and pressure on your face or the feeling of facial swelling.

Researchers conducted a study in fibromyalgia patients who also had irritable bowel syndrome. Patients were put on a diet that excluded MSG. Removing MSG significantly improve fibromyalgia symptoms. On a challenge diet, re-introducing MSG caused a return of symptoms with increased severity. The study was published in the November 2012 issue of the journal *Clinical and Experimental Rheumatology*. Fibromyalgia is a disorder that causes widespread pain.)

3 - Most people have horrible "Western diets" composed of **too much meat, too much dairy products, too much salt, too much processed foods**, etc. etc. Even people who claim to "eat healthy foods" have poor diets, from a cancer perspective.

4 - The net result of all three of the above items is that **our bodies are filled with yeast and fungus, which thrive on these kinds of foods. They love the acidic nature of the foods we eat.** The attempt of our body to maintain a constant pH also causes a multitude of health problems. It turns out that the cancer microbe has several different forms: a subvirus (e.g. a "somatid," though it is known by different names), a virus, a yeast, a fungus, a mold and a bacteria (and the bacteria can become as large

as an amoeba). This is not to say that all bacteria are *pleomorphic* (changable), but at least one of them is—and it is the one that is most often associated with cancer. It should be mentioned that the official category of the cancer microbe is a "highly pleomorphic cell-wall deficient bacteria." Many diseases are caused by this category of microbes!

It is these pleomorphic microbes that may explain why so many live viruses end up in vaccines.

5 - **When a carcinogen is introduced** into the body (and one such carcinogen is caused by leaky gut syndrome), **it changes the cell membranes or blocks ports in the cell wall.** In other words, individual cells suddenly become vulnerable to the entry of the microbes (e.g. fungus, mould, bacteria, etc.) into normal cells.

6 - **Once the microbes enter into the normal cells, the cells become anaerobic** (which literally means "living without air," as opposed to aerobic). Microbes are sometimes referred to as scavengers, but regardless of what they normally do, when they get inside a cancer cell it causes the cell to become anaerobic.

7 - According to *Cancer: Cause, Cure and Cover-up*, by Ron Gdanski, another thing happens when these microbes are inside the cancer cell. **As the cancer cells divide, the cell walls of the new cells are hardened by DNA corruption (via the fungal DNA) and this allows far less oxygen to get into the cell.** This may be one reason why the presence of the microbe causes the cell to become anaerobic. His book is also a superb introduction to why so many cancers form in tissue, mentioned above.

8 - In any case, it is known that when a cell becomes anaerobic (i.e. glucose fermentation), **a dense layer of enzymes coat the outside of the cell wall**, causing the cell wall to become thicker. This also inhibits oxygen from getting into the cell. Over the past several decades, beginning even before Royal Rife in the 1930s, an absolute consensus has developed among the top alternative cancer researchers (most of whom were M.D.s or PhDs) which makes it perfectly clear that the cancer microbe is the final cause of cancer.

The definition of an anaerobic cell is a "cancerous" cell, hence the end result of this chain of events is cancer.

Why is it important to know what causes cancer and what causes a cancer cell to remain cancerous? Because **by knowing what causes cancer we can better understand why some treatments work and others do not. Even more important, we can design treatments that will kill the very**

healthy microbe(s) that are inside of the very sick human cell that is cancerous. It cannot be emphasized enough how important it is to understand exactly what is going on inside a cancer cell.

It is also possible that the number and type of microbe(s) inside of cancer cells determine how fast the cancer cells divide, meaning how fast the cancer spreads.

HOW AND WHY CANCER SPREADS

It should be mentioned here that, in biology, **“tissue” is a cellular level intermediate between cells and a complete organ.** A tissue is an ensemble of similar cells from the same origin that together carry out a specific function. “Organs” are then formed by the functional grouping together of multiple tissues.

Initially, a carcinogen makes a cut in tissue (over 90% of all cancers originate in tissue layers). This cut causes a small pool of blood to form in the tissue. This small pool of blood is a safe haven for microbes because it is not part of the bloodstream.

In this pool of blood, microbes, especially fungus, grow and thrive. This pool of blood also weakens the cell membranes of the cells surrounding the pool. **The combination of a weakened cell membrane, and many highly active microbes, allows some of the microbes to get inside the cells surrounding the pool of blood, thus causing cancer cells to form.**

The question is, **why does cancer spread?** Is it because of colonies of microbes which are NOT inside the cancer cells, but are ready to get inside of healthy cells? Or is it because cancerous cells divide normally?

Both of these theories are probably correct. However, there is a third theory to consider. As the microbes inside the cancer cells divide, there may be pressure on the cell to divide more quickly than it normally would divide. In other words, the growth of the microbe population inside the cancer cells may force cells to divide quickly. At the current time this is only a theory.

For two types of cancer (Squamous Cell Carcinoma and Melanoma), and probably other types, it is strongly theorized that **microbes inside the cancer cells leave the cells, travel through the bloodstream, then drill their way into normal cells,** perhaps a great distance from where they left their prior host cell, thus causing normal cells to become cancerous and causing cancer to suddenly show up long distances from where the cancer was before. What is known is that **the new sections of cancer did not form due to cell division and all**

the evidence points to microbes as the culprit.

The bottom line is that it is clear that **cancer spreads for several different reasons.**

PASTEUR VS. BECHAMP: TWO VIEWS ON THE CAUSE OF DISEASE: GERMS OR BAD LIVING

Who was right: Louis Pasteur or Antoine Béchamp? They were the two leading French researchers of their time:

Louis Pasteur (1822-1895) was a French chemist and microbiologist famous for his discoveries of the principles of vaccination, microbial fermentation, and pasteurization. He is remembered for his remarkable breakthroughs in the causes and preventions of diseases.

Antoine Béchamp (1816-1908) was a French chemist and biologist. Initially, their rivalry centered on credit for discovery of **fermentation** and later grew to encompass competing ideas on microbiology, pathogenesis, and **germ theory**. **Béchamp believed that living entities called “microzymes” created bacteria in response to host and environmental factors; he did not believe that bacteria could invade a healthy host and create disease on their own.** Pasteur’s competing vision became widely accepted by scientists, and Béchamp sank into obscurity, although his beliefs have been continuously promoted by a small fringe of dedicated advocates. (Also see Claude Bernard, Günther Enderlein, Virginia Livingston, and others who researched into this.)

Mainstream medicine believes that virtually all illness is caused by germs or genetic hereditary weakness, as well as deformities and trauma injuries. Their solution and strategy is to have us believe that there are over 10,000 different diseases and that each of these diseases requires outside intervention from drugs and surgery. The truth is that most illness is due to cellular malfunction, caused by cellular toxicities and cellular malnutrition; both of which can be avoided and overcome naturally.

It was Louis Pasteur, the so-called “father of modern germ theory” so widely revered by mainstream medicine, who was largely responsible for germ theory being a primary precept of today’s medical practice. Few people are aware of the controversy which surrounded Pasteur in his early days, or of the work of a more esteemed contemporary whose works Pasteur plagiarized and distorted. That contemporary was fellow French Academy of Sciences member Antoine Béchamp, one of France’s most prominent and active researchers and biologists whose theories and research results stood in

stark opposition to Pasteur’s germ theory.

Pasteur essentially dug up the germ theory of disease and put his name on it. It wasn’t a new idea. The concept, which theorizes that many diseases are caused by germs, had actually been outlined by other people many years before. **Pasteur nevertheless claimed to have “discovered” germs. Béchamp, on the other hand, proved through original research that most diseases are the result of diseased tissue and that bacteria and viruses are largely after-effects instead of causes of disease.**

Antoine Béchamp was able to scientifically prove that germs are the chemical by-products and constituents of pleomorphic microorganisms enacting upon the unbalanced, malfunctioning cell metabolism and dead tissue that actually produces disease. Béchamp found that the diseased, acidic, low-oxygen cellular environment is created by a toxic/nutrient deficient diet, toxic emotions, and a toxic lifestyle. **His findings demonstrate how cancer develops through the morbid changes of**

germs to bacteria, bacteria to viruses, viruses to fungal forms and fungal forms to cancer cells.

After some initial controversy, **Pasteur’s germ theory ended up winning the day with mainstream medicine,—primarily owing, in large part, to the fact that the theory enabled mainstream medicine to hugely profit from the patented drugs and treatments for fighting germs.** After all, had Béchamp’s discoveries been incorporated into current medical curriculum, it would likely have meant far better treatments for disease and the end of the pharmaceutical industry.

The germ theory of medicine stands in stark contrast to thousands of years of man looking to nature to nourish and heal the body, dating back to ancient Chinese medicine which treated the whole body instead of the symptoms of illness. As Hippocrates, “the father of medicine” observed 2400 years ago, “Nature is the physician of man.” Hippocrates also advised, “Leave your drugs in the chemist’s pots if you can cure your patient with food.”

VITAMIN C CONTENT OF DIFFERENT FOODS

In milligrams per 3½-oz (300 g per serving)

Acerola 1300	Persimmons 66	Tangerines 31
Peppers, red chili 369	Cabbage, red 61	New Zealand spinach 30
Guavas 242	Strawberries 59	Black-eyed peas 29
Peppers, red sweet 190	Papayas 56	Soybeans 29
Kale leaves 186	Spinach 51	Lima Beans, young 28
Parsley 172	Oranges and juice 50	Green peas 27
Collard leaves 152	Cabbage 47	Radishes 26
Turnip greens 139	Lemon juice 46	Raspberries 25
Peppers, green sweet 128	Grapefruit and juice 38	Chinese cabbage 25
Broccoli 113	Elderberries 36	Yellow summer squash 25
Brussels sprouts 102	Turnips 36	Loganberries 24
Mustard greens 97	Mangoes 35	Honeydew melons 23
Watercress 79	Asparagus 33	Tomatoes 23
Cauliflower 78	Cantaloupe 33	
	Swiss chard 32	
	Green onions 32	
	Okra 31	

PART TWO - ALTERNATIVE CARE AND BEYOND**INTRODUCTION TO
TREATING CANCER****RELATIONSHIP BETWEEN
ROOT CANALS AND CANCER****WHAT ARE ROOT CANALS?**

When a person in the United States has a toothache, due to an infection in the tooth, instead of eliminating the infection with 3% food grade hydrogen peroxide, dentists almost always kill the tooth. They will kill the nerve, drill out the inside of the tooth, and fill the tooth with amalgam or metal rods.

This is called a “root canal.” Root canals are a safe haven for microbes. Because no blood reaches the inside of the tooth, the immune system cannot kill any microbes inside the dead tooth.

“I don’t feel comfortable using a substance [mercury the major constituent in the dental filling, amalgam] designated by the Environmental Protection Agency to be a waste disposal hazard. I can’t throw it in the trash, bury it in the ground, or put it in a landfill, but they say it is okay to put it in people’s mouths where, over the years, it will continually leak into their mouths and be swallowed. That doesn’t make sense.” —Richard D. Fisher, D.D.S.

“Mercury vapors from tooth fillings damage both brain and body.” —Kendrick J. Wellington, D.D.S.

Microbes do not originate in the root canals, rather they originate elsewhere in the body (the same pattern followed in how they entered cancer cells). The microbes thrive and some of them hide from the immune system inside the root canals.

These microbes, and other toxins from inside the tooth, periodically come out of the tooth and cause reinfections.

It is impossible to eliminate more than 200 diseases unless all of the root canal teeth are removed properly! This is because even if you killed the microbes of the disease, microbes hiding in the root canals can come out and reinfect the person!

All of these things have been known for decades by the *American Dental Association*.

**ROOT CANALS
A MAJOR SOURCE OF CANCER**

Root canals are a major cause of the immune system being suppressed and they are a major cause of cancer. Read this!

Dr. Thomas Rau, who runs the Paracelsus Clinic in Switzerland (a cancer clinic operating since 1958) recently checked **the records of the last 150 breast cancer patients treated in his clinic. He found that 147 of them (98%) had one or more root canal teeth on the same meridian as the original breast cancer tumor.**

His clinic has a biological dentist section where all cancer patients, on reporting in, have their mouth cleaned up first—especially with the removal of all root canal teeth!

There are about 24 million root canals done in the U.S. alone every year. They were proven

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These alternate methods are not approved by the National Institutes of Health. This book has been prepared for medical researchers and students of medical history. It should not be used as a self-help guide to cancer therapy. Consult your health-care provider. The author and publisher assume no responsibility if the reader prescribes for himself without his doctor’s approval.

deadly disease agents in 1925 in a study by Dr. Weston Price and 60 prominent researchers. That study has been suppressed ever since by the American Dental Association (ADA) and the American Association of Endodontists (AAE).

(*Endodontists* perform a variety of procedures including endodontic therapy (commonly known as “root canal therapy”), endodontic retreatment, surgery, treating cracked teeth, and treating dental trauma. Root canal therapy is one of the most common procedures that they perform.)

Read the book *Root Canal Cover-Up* by George Meinig, D.D.S., F.A.C.D. for the full story. **Dr. Meinig was an endodontist for 50 years.** He helped found the AAE in 1943. His book is, frankly, an apology to the thousands of patients whose health he ruined doing root canal fillings. He discovered the Weston Price research only after he retired in 1993. His book was published first in 1994 and he has lectured widely since then trying to alert people to this danger to their health.

Careful analysis has disclosed that breast cancer cannot form without the assistance of the metals (especially mercury) and microbes coming out of the root canals.

It is a major research effort of the *Independent Cancer Research Foundation, Inc.* to identify other types of cancer which may be caused by root canals.

Root canals are a type of time bomb, which will later bring any person down. Their existence in the mouth may help explain why so many cancer patients are able to eliminate their cancer with alternative cancer treatments,—yet the cancer comes back again and again.

RELATIONSHIP BETWEEN ROOT CANALS AND CANCER REGRESSION

When the symptoms of cancer are gone, the patient is said to be in “remission.” **With Stage IV cancer treatments, it is required that the patient be on a potent alternative cancer treatment for at least a year.** This means that the patient will almost always be on a potent cancer treatment after he goes into remission.

When a cancer patient gets cancer after he has have gone into remission, it is called “regression.”

There are three main reasons a cancer patient can go into regression.

First, he quit his alternative cancer treatment before his cancer was completely eliminated. For example, he may have felt good and his tumors may be gone, so he quit his treatment. This is the main reason a Stage IV treatment is required

to last at least one year.

Second, he returned to his old way of life and got cancer again. This is a common problem. Staying on a Stage IV treatment for a year won't help these people. When a person is completely done with his year long treatment, he needs to stick to at least 80% of his diet. And the other 20% should not be chocolate ice cream and chocolate cake.

But the third reason a person goes into regression is the root canals still in his mouth.

Cancer, some cases of type 1 diabetes, and a host of other diseases, are caused by a microbe. Viruses, yeast, fungus, mold, and bacteria cause a host of diseases. To eliminate these diseases the microbes must be killed throughout the body so the immune system can restore the body to its normal state.

When a person gets a root canal he provides a perfect breeding ground for microbes. On one hand, there is nothing in the immune system that gets inside a root canal. But, on the other, viruses, yeast, mold, fungus, bacteria, etc. can easily get inside the root canal and set up a safe and comfortable home where they can reproduce in number.

After they breed inside the root canal they can then spread out into the body of the host any time they want. Microbes, when they live in a colony, are actually quite smart, as research has shown.

If you kill the microbes everywhere in the body, except the root canal teeth, it is inevitable that the microbes will spread out from their safe haven in the root canal teeth and the disease will return.

RESEARCH BY WESTON A. PRICE, D.D.S.

Weston Andrew Price (1870-1948) was a dentist known primarily for his theories on the relationship between nutrition, dental health, and physical health. He founded the research institute *National Dental Association*, which became the research section of the *American Dental Association*. he was the NDA's chairman from 1914 to 1928.

Price initially did dental research on the relationship between endodontic therapy and pulpless teeth and broader systemic disease, known as focal infection theory

Dr. Weston A. Price's experiments were at first praised by the *American Dental Association*, but later were suppressed.

Dr. Price removed a tooth, which had had a root canal, from a person who was suffering from a disease, and then surgically inserted the tooth in a rabbit. The rabbit then developed this same disease and in many cases, the human patient

was quickly healed.

This technique worked with heart disease, cancer, arthritis and many other diseases.

Dr. Price's research was followed-up by Dr. George E. Meinig, (mentioned earlier) who also wrote a book on the subject.

WHAT MUST BE DONE

While it might be thought that this is an issue to be dealt with *after* the cancer treatment. But that is not true! **It is a matter that must be solved during treatment—because the microbes are constantly being released from the one-or-more root canal teeth—and will continue to be released afterward.**

NO cancer remedy will kill the microbes inside a tooth that has had a root canal!

The ideal solution is to have the root canals and all dental amalgam removed from the body, followed instantly by heavy chelation therapy (e.g. chlorella, zeolites, etc.) to eliminate the mercury and other heavy metals in the body. But don't go to your local dentist to have this done or things might get worse. For example, the infection may have spread to the jawbone, adding a great deal of complication to the situation.

In other words, **if the root canal is not done by the right kind of dentist, the net result may be that nothing is accomplished or things have been made worse.**

There is a specialized type of dentist called a "biological dentist" or a "holistic dentist." These dentists are sometimes persecuted by the *American Dental Association*, so do not expect to find one in the local telephone book. They can be hard to find locally. Internet search engines may be the best way to find a local holistic or biological dentist. *Search on the internet for*

"biological dentist" or a "holistic dentist"

So what about those cancer patients who cannot find a biological dentist or cannot afford one? All you can do is deal with the cancer and hope to be able to keep the cancer from returning.

One problem with a simple solution is due to dental amalgam. **If you use electromedicine to kill the microbes inside the root canals, you may release mercury from the dental amalgam,** which may make matters worse because mercury damages the brain and the immune system.

Baking Soda (Sodium Bicarbonate, NaHCO₃, Sodium Hydrogen Carbonate, and Bicarbonate of Soda), and/or 3% *food grade* hydrogen peroxide mouthwash might be able to kill the microbes, by passing through the teeth, but most root canals have "caps" on them, thus even these ideas may

not work. Just do the best you can do under the circumstances.

THE FOUR WAYS TO TREAT CANCER

Researchers since the 1930s have discovered not only more information about the nature of the "cancer microbe," but also why the microbe causes cancer.

With these things in mind, **there are four ways to eliminate cancer:**

- 1 - By **killing the cancer cells,**
- 2 - By **killing the microbe(s)** inside the cancer cells,
- 3 - By **building the immune system** and letting the immune system remove the cancer,
- 4 - By **reverting the microbes inside the cancer cells into a microbe "in hibernation,"** also called a somatid or microzyma.

Here are each of these four ways:

The first way: Killing the cancer cells.

Most of the 300+ alternative cancer treatments work by killing the cancer cells. For example, **cesium chloride, Protocol, graviola, Paw Paw, laetrile** (i.e. Vitamin B17) and many other cancer treatments work by killing the cancer cells. **They target the cancer cells, but do no harm to anti-cancerous cells.**

While treatments that kill cancer cells are very helpful, they do have one drawback. Since most of these treatments (the main exception being laetrile) kill the cancer cells in steps, the immune system gets in the act and can cause inflammation and swelling as the cancer cells are dying. This can be as dangerous as the cancer itself.

When laetrile kills a cancer cell, it kills it immediately. The problem with laetrile is that with advanced cancer patients, it works best by I.V., but the FDA and AMA (American Medical Association) have shut down all laetrile I.V. clinics in the United States. The *Oasis of Hope Clinic* in Mexico is probably the closest excellent laetrile clinic.

While orthodox medicine (i.e. chemotherapy and radiation) claims to work by killing cancer cells, in fact **chemotherapy and radiation do not target cancer cells, nor do they "do no harm" to anti-cancerous cells.** In fact, chemotherapy and radiation kill far more anti-cancerous cells than they do cancer cells.

The second way: Killing the microbes inside the cell. You can safely and gently kill the microbes which are inside the cancer cells with **honey**, plus **DMSO** or **MSM** as Trojan Horses to help get it into the cancer cell.

If **colloidal silver** is mixed in with **grape juice** the grape juice will “carry” (Trojan Horse) the colloidal silver into the cancer cells. Then the colloidal silver works to kill the microbes inside the cancer cells, thus allowing the cancer cells to revert back into normal cells.

From “Other Honey Protocols,” here is the pattern for using honey and turmeric, ginger, and cinnamon:

1 - **Honey and turmeric** (every other day, alternate with ginger) (anti-tumor),

2 - **Honey and ginger** (every other day, alternate with turmeric) (anti-tumor),

3 - **Honey and cinnamon** (every day).

Note that “Honey and turmeric” and “honey and ginger” are taken on alternating days.

—*Those are some of the methods which kill the microbes in the cancer cell. You will find each of these described later in this book.*

The third way: Building the immune system. This usually consists of **adding special diets and taking special supplements.** These methods greatly help strengthen those parts of the immune system that deal with cancer. Then the immune system takes care of the cancer. **With special diets, what you don’t eat is just as important as what you do eat.**

Raw foods have far more critical enzymes than cooked foods (cooking kills the enzymes), and the trend in alternative cancer treatments is clearly towards **raw, organic food diets—that totally exclude dairy products, meat, etc.** For those who have been sent home to die by orthodox medicine this item is far less important in the short run. This is because their immune system is so destroyed by orthodox medicine that even tripling their immune system elements will still not have an immediate effect. Nevertheless, it can still have a long term effect.

For more, see “*Special Immune Foods.*”

The fourth way: Getting the microbes to hibernate. Some microbes can take different forms, called pleomorphism. Orthodox medicine knows, for example, that some bacteria can morph into a different kind of bacteria. But it goes much deeper than that.

Some cancer microbes, meaning a single microbe, can morph from a virus to a yeast to a fungus to a mold (i.e. mould) to a bacteria and to a large bacteria. These microbes can also go back from a large bacteria to a virus. This is all the same microbe morphing!

But it gets even more interesting. These same microbes can also morph into a sub-virus, called a somatid or microzyma. This stage of a pleomorphic

microbe is sometimes called: “a microbe in hibernation.” While in a sub-virus state, meaning while in hibernation, the microbe does not eat and does not excrete mycotoxins. Thus it is harmless to the cancer cell. However, while in this state it is virtually indestructible and cannot be killed as far as we know (though apparently Bob Beck was able to do it).

THE FIFTEEN POSSIBLE ATTACK METHODS AGAINST CANCER

Here are fifteen different factors used in applying alternative remedies to cancer patients. Not all are needed for each individual case:

1 - Safely **target and kill cancer cells,**

2 - Safely **target and kill the microbes** inside the cancer cells, thus reverting the cancer cells into normal cells.

3 - **Kill the microbes and parasites in the organs** which build the immune system,

4 - **Take immune building supplements.**

5 - **Deal with Herxheimers** (“Herx” is weakness from too many cancer cells dying at once). It and other problems must be dealt with.

6 - Learn and **use the “anti-cancer diet”** so the patient, is being treated for cancer, is not feeding the cancer at his regular meals. The details of this diet are explained in various places elsewhere in this book.

7 - **Use alkalinity to slow down strength, growth, and spread of cancer** so the patient will have more time to treat the cancer,

8 - **Kill microbes in the bloodstream** to help build the immune system,

9 - Use techniques to **shrink tumors** (in some cases tumors are in dangerous locations, pressing on delicate areas in organs or the brain),

10 - **Deal with inflammation and swelling,**

11 - **Deal with damage earlier done** by chemotherapy and radiation,

12 - **Deal with the pain** caused by the cancer, chemotherapy, or radiation,

13 - **Dealing with psychological issues,** such as the will to live and fight the cancer.

In most cases, the multiple needs listed above are combined into a treatment.

Most of the cancer patients who seek out alternative cancer treatments have already had significant orthodox cancer treatments (e.g. chemotherapy, radiation, surgery, etc.) and have either been sent home to die or have quit their orthodox treatment prematurely. **These cancer patients are by definition: advanced cancer patients.**

Also, cancer patients who have certain types of cancer (even if they are newly diagnosed), should always be considered to be advanced cancer patients. Examples of these would be pancreatic cancer, brain stem cancer, glioblastoma, etc.

SINGLE TREATMENTS VS. PROTOCOLS

Some people use a single treatment, such as carrot juice, laetrile, or enzymes, etc.

Many natural substances can eliminate slow-growing cancers which have not spread very much and the patient is newly diagnosed and the patient has never had any chemotherapy, radiation or major surgery.

But this is not generally the case. **Most cancer patients today, who turn to natural methods, have had extensive chemotherapy and radiation (and may still be using them) and have probably had some major surgery.**

This is because their cancer has already spread significantly—and it is spreading rapidly! Their immune system has been destroyed by the chemotherapy and radiation. They have large amounts of lactic acid in their bloodstream (which is one of many things that can make a cancer patient weak). Their liver and bloodstream are full of microbes. Unfortunately, their digestive tract can barely extract nutrients from any food because of damage by chemotherapy.

The fact is that **many simple cancer remedies will not eliminate the cancer from the body.** Examples would include carrot juice, by itself, or laetrile or hydrogen peroxide by themselves. **Picking a single cancer treatment, any single treatment, is the most common mistake** made by cancer patients who are new to alternative remedies! They do not understand that **the power and speed of the overall program of care (the protocol) must be greater than the power and the speed of the cancer.**

That is why a person must know, at the beginning of their treatment, the “power and the speed” of the protocol they intend to use. **The best are called “Stage IV Protocols.”**

The fact is that **many alternative cancer treatments can be combined.** Several alternative cancer treatments need to be combined in order to best treat the cancer. **They are combined either because they accomplish their purpose by working closely together, and/or because each of them does different things needed in the body.**

(A “treatment” is a single treatment, such as laetrile or enzyme therapy or carrot juice, etc. A “pro-

ocol” is a combination of several “treatments.”)

A “protocol” is needed because an advanced cancer patient needs help in several different areas. Some of the individual treatments in the protocol should have a reputation of curing cancer by itself.

Another principle is that **if someone has a fast-spreading cancer he will need a highly alkaline protocol. But he should generally not use more than one highly alkaline protocol at a time**, except at the beginning of his treatment for a short time). Also **he should not use more than one potent oxygen protocols. The purpose of highly alkaline and/or oxygen protocols is to slow down the spreading of the cancer so the treatment will have more time to work.**

SIX BASIC CANCER ATTACK METHODS

It is critical to know exactly how various treatment plans work in order to pick the right treatment plan for a given situation. The first thing needed to be discussed is that **most, but not all, alternative treatment plans fall into several main categories of items which kill cancer cells:**

1 - Get more oxygen to the cancer cells—If cancer cells are deprived of oxygen they thrive. Without oxygen, the cancer will spread like a fire. As the cancer cells get more and more oxygen the cancer will spread slower and slower. When they get enough oxygen, they will die. Several of the better treatment plans are designed to **get oxygen to the cancer cells!** There are some creative ways of doing this. For example, **antioxidants** generally fall into this category because they free up oxygen molecules already in the body. **Hydrogen peroxide**, on the other hand, brings new oxygen molecules into the body.

2 - Get more alkaline foods, vitamins and minerals to the cancer cell—Cancer cells are very acidic and if their alkaline level gets too high (8.0 or above, inside the cancer cell) they will die. Note again that it is the *cancer cells, not the rest of the body*, which can achieve a pH of 8.0. There are several ways to get the cancer cells to that alkaline level, but using **cesium chloride is by far the most proven way of alkalizing the cancer cells!** This is because it is the most alkaline of all alkaline substances. **Cesium chloride not only (1) kills cancer cells, it also (2) stops the spread of cancer immediately, and it (3) stops the pain of cancer within one or two days in many cases.**

3 - Kill the cancer cells directly through

nutrition—(instead of with oxygen). There are many, many nutrients that kill cancer cells. **Purple grapes, with their seeds, have over a dozen cancer-killing nutrients.** The problem is getting enough of these nutrients to the cancer cells. One of the problems is getting the nutrients past the digestive system. This is where cleansing the colon and **avoiding chlorine** become particularly important.

Most of the 300+ alternative cancer treatments work by killing the cancer cells. For example, **cesium chloride, Protocel, graviola, Paw Paw, laetrile** (i.e. Vitamin B17) and many other cancer treatments work by killing the cancer cells. **They target the cancer cells, but do no harm to anti-cancerous cells.**

There are also ways to trick the cancer cells into ingesting cancer-killing nutrients.

One is **Short fasts** (12 to 24 hours) without food. These are the best way of doing this. The hungry cancer cells, in constant need of glucose, grab whatever arrives afterwards, if it has glucose (such as grapes).

Another are ways to **“bind” molecules together, so that one molecule easily gets into the cancer cell**, carrying the other molecule with it—and **the second molecule kills the cancer cell.** (*DMSO, MSM and honey all help get microbe-killing substances inside of cancer cells.*)

4 - Stop the cancer from spreading—One way is by increasing the amount of **Oxygen** in the body. Taking hydrogen peroxide helps to do that. Outdoor exercise and deep breathing also helps.

Other ways involve the **collagen** that is between the cancer cells, or **inhibiting glucose** from getting to the cancer cells. The theory is that **if the cancer cannot spread, then when the existing cancer cells die—so will the cancer.** So far, the recovery rates for the methods that use these approaches have not been proven to be as high as the recovery rates for some others. **The direct methods of attack, such as the water fast, back and forth with the Brandt Grape diet, are the best!** Methods that directly kill the cancer cells are what is most needed.

5 - Build the immune system—This usually consists of **adding special diets and taking special supplements.** These methods greatly help strengthen those parts of the immune system that deal with cancer. Then the immune system takes care of the cancer. **With special diets, what you don't eat is just as important as what you do eat.** But such treatment plans (e.g. macrobiotic, raw food, Jon Barron, etc.), focusing mainly on food and

supplements, do not work as fast as other treatment plans. **Those individuals who are in the later stages of cancer need methods that are more powerful and faster in killing cancer cells!**

Raw foods have far more critical enzymes than cooked foods (cooking kills the enzymes), and the trend in alternative cancer treatments is clearly towards **raw, organic food diets—that totally exclude dairy products, meat, etc.** For those who have been sent home to die by orthodox medicine this item is far less important in the short run. This is because their immune system is so destroyed by orthodox medicine that even tripling their immune system elements will still not have an immediate effect. Nevertheless, it can still have a long term effect.

6 - Starve the cancer cells to death—This is best done **by giving them less glucose.** Cancer cells require massive amounts of glucose and other sugars to survive. Normal cells require far less glucose and other sugars. The **Breuss diet** is a 42-day “fast,” where **the only foods that are allowed contain very low levels of glucose and other sugars** (actually it is a little more complicated than that). The cancer cells literally starve to death, but normal cells can survive such a “fast.” *But a weak person in the later stages of cancer, or after having received chemotherapy, is best helped with quicker, less exhausting methods.*

More about “fasts”—When talking about “fasts”, any long term “fast” includes food, but **the types of food allowed are very restricted.** Also on “fasts” **an unlimited amount of natural water or distilled water [for detox reasons] are generally allowed.**

The above are not the only ways alternative treatments deal with cancer, but most of the more proven treatment plans fall into these categories.

Fortunately, *cancer cells are not only very different than healthy cells, they are very fragile and easy to safely kill.*

7 - Deal with the lactic acid cycle—Dealing with the lactic-acid cycle is frequently a major effort of a cancer treatment. It may involve using hydrazine sulphate (HS), **Methyl-Sulphonate-Methane (MSM)**—which helps flush the lactic acid out of the system, **D-Ribose**—which helps get energy to the anti-cancerous cells, plus the help of **Vitamin C** and other factors.

These cancer cells produce and excrete large amounts of lactic acid, because the massive amounts of glucose which they require are processed inefficiently. This lactic acid goes into the bloodstream and gets to the liver, where it is converted back into glucose. This back-and-forth “ping

pong ball” cycle, by which the cancer cells convert glucose into lactic acid and the liver converts lactic acid into glucose—is called **the “lactic acid cycle”** or “cachexia cycle.”

This lactic acid cycle is the process that kills about half of all cancer patients because so much energy is consumed at both ends of the cycle. The patient becomes very weak and simply dies.

THREE SPECIAL TYPES OF CANCER: BRAIN, BONE AND MARROW, LEUKEMIA

Virtually all types of cancer can be treated identically. But there are three exceptions: (1) **brain cancer**, because of the “blood brain barrier;” (2) **bone and bone marrow cancer**, because there are no blood vessels that directly get to the cancer cells; and (3) **leukemia**, which originates in the bone marrow. These, and several other types of cancer, require special consideration.

Special mention of treatments for these three will be given near the back of this book.

The speed of the treatment: What you really need to know is how fast the treatments for such conditions need to work. For example, **a person with less than 4 months to live should use a Stage IV treatment (best done with the help of special supplements)**. A person in such an advanced stage of cancer should not use laetrile or metabolic therapy because those treatments do not work fast enough.

At such a late stage, it is too late to depend on the immune system being built up fast enough to help. There is nothing wrong with doing that, at a later time, but it will not be built up fast enough to help within those crucial four months.

DO'S AND DON'T'S OF THE ANTI-CANCER DIET

The “anti-cancer diet” (often called the “cancer diet”) is what is eaten when you are not on a protocol, or resting for a time before going back on one.

You will not accomplish much if you try to kill the cancer cells (or the microbes inside the cancer cells),—while at the same time you are feeding the microbes the things they love to eat!!

The Anti-cancer diet must aid the cancer treatment, not sabotage it!

Here are several very important general rules:

Rule 1 - You must eat absolutely **no processed sugar**. Processed sugar is deeply craved by the microbes inside the cancer cells. Cancer cells have many more glucose receptors than healthy cells so they take in more sugar than healthy cells! **Sugar makes the cancer microbes more active. It helps**

them grow faster. It helps them spread more quickly.

Rule 2 - **No processed flour**. Eat as few foods as possible which have processed flour in them.

Rule 3 - Eat **no processed foods, junk foods, fast foods, soft drinks, meat, fish, milk, cheese, eggs**. (Exception, in the case of low weight or continuing weight loss, eat eggs which have been boiled 15-minute to kill the viruses, bacteria, and salmonella.)

Rule 4 - **No tobacco, alcohol, caffeine, or narcotics, and only the most necessary medical drugs.**

Rule 5 - A cancer patient **can eat any whole, natural food he want to, which agree with him; such as fruits, vegetables, and nuts**. But **do not eat very much at a time, and only three meals a day** at the most.

Rule 6 - **Eat foods high in oxalic acid**. As much of the “anti-cancer diet” as possible should consist of such foods. Most fruits and vegetables are rich in them. **Carrot juice and purple grape juice** are especially good, as these foods contain multiple molecules which can kill cancer cells.

Rule 7 - **Do not microwave** any foods during an anti-cancer diet.

In summary:

The anti-cancer diet should AVOID:

1 - Any **meat, tobacco, alcohol, narcotic, caffeine, and most medical drugs**.

2 - Any **dairy** product, (though the Budwig Diet can be taken, as will be explained later),

3 - Any **sugar**, soda pop, diet soda pop, etc.,

4 - Avoid **any other food or drink forbidden** on an anti-cancer diet.

Basically, the patient should live on **whole fruits, vegetables, nuts and grains**. Because this is a product which can create detoxification symptoms; plenty of **water** or other liquids (unprocessed fruit and vegetable juices) should be consumed.

For much more, go to the chapter on Anti-Cancer Diets: page 166 onward to 175.

THE PREFERRED TROJAN HORSES

Many protocols very effectively use a “Trojan Horse” to get a microbe-killing substance inside the cancer cells.

In the Trojan War, after a fruitless 10-year siege, the Greeks constructed a huge wooden horse, and hid a select force of men inside. The Greeks pretended to sail away, and the Trojans pulled the horse into their city as a victory trophy. That night the Greek soldiers crept out of the horse and opened the gates for the rest of the Greek army, which had

sailed back under cover of night. The Greeks entered and destroyed the city of Troy, decisively ending the war.

One kind of Trojan Horse is **honey, maple syrup, molasses**. This is because cancer cells love these items, due to the high number of glucose receptors in cancer cells. They carry the cancer-killing substances into the cells.

Another kind of Trojan Horse is **DMSO, and MSM**—because either one of them “opens” the ports of the cancer cells. You can safely and gently kill the microbes which are inside the cancer cells with honey and **DMSO** or **MSM** as Trojan Horses,

That which the Trojan Horse carries into the cancer cell is a cancer-fighting substance.

It is much easier to kill microbes which keep the cell cancerous, than to kill the cancer cell itself. But this requires getting the substance inside the cancer cells. DMSO, MSM and honey are all “Trojan Horses” to get microbe-killing substances inside of cancer cells:

Trojan horses: DMSO, MSM, honey, maple syrup, molasses. (Honey is easily-available and frequently used. Molasses is also often used.)

Microbe killers: baking soda, selenium, zinc, magnesium, malic acid, various herbs. (Baking soda is low cost and frequently used with maple syrup or molasses.)

The “Trojan Horses” target the cancer cells. They carry with them the microbe killers.

The above methods kill the microbes in the cancer cell, and also result in shrinking tumors.

A complete “liquid fast” can be custom-designed by the patient so that the person drinks and eats nothing but the items in this list for several days at a time. **By “drinking” nothing but things that kill the microbes inside the cancer cells, this special fast should revert massive numbers of cancer cells into normal cells.** However, the patient should be strong enough to endure a “water fast” for half of a 24-hour day, and a special target combination for the other half.

DMSO and Vitamin C: This is another combination. The DMSO increases the absorption of **Vitamin C** into the cells, so the Vitamin C can attack the cancer microbes. MSM is also used with Vitamin C for the same purpose.

Colloidal silver and grape juice: If colloidal silver is mixed in with the grape juice the grape juice will “carry” (Trojan Horse) the colloidal silver into the cancer cells. Then the colloidal silver helps to kill the microbes inside the cancer cells, thus allowing the cancer cells to revert back into normal cells.

(Two of the best brands of silver that can be

purchased online are: *MesoSilver* and *Angstrom Mineral-Silver*.)

MSM and Vitamin D3: This is another combination. The MSM helps the **Vitamin D3** attack the cancer in the cell.

DMSO and Chlorine Dioxide: This is the very best Trojan Horse/Microbe-Killing combination. Yet because the DMSO causes severe body odor, it is not used as much as it should be. —*But if you want powerful cancer-killing results, use this protocol! The odor will dissipate.*

Baking soda and maple syrup (or honey): This is the **Kelmun Protocol**. **But never use it without the baking soda! Why? Because then you would only be feeding the cancer! Yet when taken with the baking soda,—the baking soda (mixed with the syrup) attacks the cancer.** The syrup is a Trojan Horse for the baking soda. (Honey could be used in place of maple syrup.)

SPECIAL FOLLOW-UP PROGRAM AFTER COMPLETING A STAGE IV PROTOCOL

It cannot be repeated often enough—that a cancer patient would be strongly advised that **when he completes his main cancer treatment** (such as the *Brandt Grape Protocol* or the *Collect-Budwig Protocol* as examples) **he should wait three weeks and then go on the Inexpensive Stage IV Protocol for several months to “clean up” the cancer cells and continue to rebuild the immune system.**

After that, he should continue on a simple cancer-free diet for the rest of his life! (*The various foods included in this “anti-cancer diet” are listed later in this book.*)

THE FOUR CANCER STAGES

WHICH STAGE OF CANCER IS IT?

There are generally considered to be four levels, or degrees of severity of one’s cancer problem.

8 IDENTIFIERS TO THE MOST SEVERE LEVEL (STAGE IV)

In the **most advanced level (Stage IV)**, you fit into one of three categories:

1 - Orthodox medicine has **given you an estimated one year or less to live** (sometimes only three months), or

2 - You have **a very fast-growing cancer or**

fast-growing tumor, or

3 - You have a **high fatality cancer** (such as *Pancreatic cancer, lung cancer, multiple myeloma, squamous cell carcinoma, melanoma, etc.*),

4 - Any type of **bone cancer, or**

5 - You have a **cancer that has spread throughout your body** (e.g. *the cancer has spread to the bones, lungs, liver, pancreas or brain*), or

6 - A person has had **extensive chemotherapy and/or radiation therapy, or**

7 - **Any swelling or inflammation of a tumor that could cause a blockage of key fluids, or**

8 - Any other situation in which **orthodox medicine rates it as Stage IV.**

Tragically, half of the people sent home to die have problems, such as very serious chemotherapy multiple-cell poisoning, major organ damage (beyond repair), or severe radiation burns.

The further along the cancer has progressed, the faster it is spreading and the more dangerous it has become. Treating advanced cancer is like fighting a raging house fire—it is a race, a dangerous race.

Each of the Stage IV treatments that can be used at home (with telephone support) can require up to several weeks to start killing a significant number of cancer cells, it is recommended that **you must start with a treatment that begins working very quickly! This requires a medical clinic to start your treatment.**

The alternative cancer clinics are listed in the very next section. But if you cannot afford to go to a clinic for FASTER ACTION (all are somewhat expensive, each costing \$10,000 or more), then you can try caring for the problem at home, using one of the FAST ACTION protocols listed shortly after the clinics are listed.

RATING CANCER BY ITS STAGES (LEVELS)

Cancers are rated as Stage I, Stage II, Stage III, and Stage IV. According to orthodox medicine, there are many different kinds of cancer, and many different ways to define these stages,

But using alternative cancer treatments, the ratings for Stage I, Stage II, Stage III, and Stage IV are quite different than those used by orthodox medicine.

So, **in determining the effectiveness (speed and efficiency) of alternative cancer treatments, we will rate them as a Stage IV Protocols, Stage III Protocols, and Lesser Protocols.**

Stage IV protocols work the fastest. Stage III protocols are slower and gentler. —*But you may not have time, for you need to work fast!*

Some of the Stage III protocols can be combined with Stage IV—for even faster results!

When in doubt, contact a vendor who, for a counseling fee of \$200, more or less, can guide you more effectively through a protocol which he may see is best for you. *Look for “Vendors” in the Table of Contents.*

For example, a **Stage III treatment**, by definition, is a treatment that can significantly contribute, as part of a complete treatment package,—resulting in a “cure rate” of 80% or above for either a Stage I or Stage II cancer. (But this assumes that you have had no chemotherapy, radiation, or operations.)

How does chemotherapy and radiation rate on this scale? Chemotherapy and radiation do not rate at all, not even for Stage I. Their combined “cure rate” is 3%, if you cut through all of the statistical devices used to prop up their value.

Instead of a fire extinguisher or fire wagons, chemotherapy is more like using a sledgehammer to put out the fire. Radiation is more like standing outside a house and shooting in with a rifle, in the hope of putting out the fire.

There are Stage III and lesser alternative cancer treatments (e.g. **Essiac Tea, Kelley Metabolic, carrot and beet juice, etc.**). *However, in practical use, several of these will be combined together in an actual treatment.*

But it is important to note that **not even several Stage III treatments, used together, will rarely eliminate a Stage IV cancer!** The problem is that *they are not powerful and fast enough.* It is like trying to put out a house fire, of Stage IV level, with several garden hoses. **It takes one or more Stage IV cancer treatments to accomplish the purpose** (a battery of fire hoses pouring water from a fire truck) to deal with a Stage IV cancer. It is for this reason that the power of alternative cancer treatments are rated. **Tragically, there have been too many failed attempts to eliminate a Stage IV cancer using several Stage III treatments!** *Please remember that fact.* The Stage IV treatments have to be both powerful and fast.

Just now, we will begin with Stage IV Protocols. After that, we will consider the less powerful, slower ones for Stage III and less.

STAGE IV PROTOCOLS FASTER ACTION (Clinics)

The treatments described in this chapter require going to an expensive cancer clinic—although never as expensive as what your

medical insurance (or you) will pay for orthodox treatments in a hospital.

If you are considering going to a clinic, phone ahead first and make sure they have no intention of giving you chemotherapy, in addition to natural remedies. Some clinics combine it with alternative methods. Adding poisons to your body at such a time as this, only makes your condition worse!

1 - Orthodox medicine has **given you an estimated one year or less to live** (sometimes only three months), and/or

2 - You have a **very fast-growing cancer or fast-growing tumor**, and/or

3 - You have a **high fatality cancer** (such as *Pancreatic cancer, lung cancer, multiple myeloma, squamous cell carcinoma, melanoma, etc.*).

FIRST - YOU MAY WANT TO GO TO ONE OF THE THREE TYPES OF CLINICS LISTED BELOW:

1 - **If there is time, send your urine or blood sample in for a low-cost cancer test, in order to find out your current condition.** (Cancer Tests are listed on pages 14-16.) Always retake the same test, so you can learn your exact progress.

(None of the following clinics are paid for by medical insurance, so if you cannot afford to go to a clinic which uses one of the following Stage IV treatments, then send off for that test and skip over to the next chapter on Stage IV Protocols - Slower Action. (Although they may be a little slower, but they are still very, very powerful!—and you can give them to yourself at home, often with low-cost materials.)

OZONE INTRAVENEOUS PROTOCOL (at a CLINIC)

“Ozone I.V.” Therapy is the medical use of liquid ozone for treating conditions including cancer. It is only given in a clinic (so can be expensive). Ozone has been found to be an extremely safe medical therapy, free from side effects. In a 1980 study done by the *German Medical Society for Ozone Therapy*, 644 therapists were polled regarding their 384,775 patients, comprising a total of 5,579,238 ozone treatments administered. There were only 40 cases of side effects noted out of this number which represents the incredibly low rate of .000007%, and only four fatalities. **Ozone has thus proven to be the safest medical therapy ever devised.** Considering that, at least 100,000 Americans a year die from drug reactions and in-

teractions, ozone therapy is remarkably safe.

For those in the U.S., Dr. Shallenberger, M.D., of *The Nevada Center of Alternative and Anti-Aging Medicine*, is the recommended source for fulfilling Step 1 of 3. **The cost of his treatments range from about \$1,500 to several thousand dollars and are generally not covered by health insurance** even though he is an M.D. Here is his website:

antiagingmedicine.com

Nevada Center of Alternative and Anti-Aging Medicine, 1231 Country Club Drive,

Carson City, NV 89703. Phone: 775-884-3990

Another source:

Dr. Sean Ceaser, N.D.

578 Broadway, Winnipeg Manitoba R3C 0W5

Canada. Phone: 204-775-4539

MORE ON OZONE THERAPY

Ozone therapy is an effective cancer treatment which is done in a clinic, not at home. It requires the cancer patient to have an injection of ozone gas into his arm. Do not worry, for doing it this way is perfectly safe.

This protocol was developed in a third-world country and **provides expert telephone support:**

Go to: ozoneuniversity.com

Cancer cells die when exposed to oxygen, because cancer cells are anaerobic; that is, they lack oxygen. There are many oxygen and ozone treatments, however, this article will discuss two of the best known and most effective: infusion bottle and ozone IV. *Both of these are only done in special clinics, not at home!*

HOW IT IS GIVEN

(1) Ozone therapy using an infusion bottle involves **removing part of the blood from the body, saturating this blood with oxygen** (i.e. ozone – O³), **then putting this oxygen rich blood back into the body.**

(2) **An ozone IV (intravenous injection) consists of a fluid saturated with ozone injected into the blood.** Both treatments work by getting oxygen into the body.

There are many different ways to get oxygen to the cancer cells using either Hydrogen Peroxide or Ozone. **The Ozone treatments discussed here must be administered by a medical practitioner.**

In infusion bottle therapy: “a pint of blood is drawn from the patient and placed in an infusion bottle. The ozone is then forced into the bottle and mixed in by shaking gently, whereupon the blood turns bright cardinal red. The treated blood is then given back to the patient.”

There are very few cancer cells in the blood, for

most types of cancer. In any case, it is the oxygen put back into the body that actually treats the cancer. It is very similar to an ozone IV except that the blood is being used as the fluid transport for the ozone. There are other benefits as well by using this treatment because of the high dose of ozone given to part of the blood.

Ozone treatments are generally given from twice a week to twice a day, depending on how advanced the disease is and other issues. **Treatments can last for weeks or months.**

Ozone IV is a similar treatment, except that no blood is extracted. An ozone saturated fluid is put into the bloodstream via IV.

PEOPLE WHO BREATHE THE MOST OZONE

The three people with the greatest longevity are the **Hunzas** in Northern Pakistan, and the **Abkhazians** in the Caucasian Mountains of Georgia near the Black Sea, and the **Native American Indians in Vilcabamba**, Ecuador. The first unusual ingredient of the environment of this longevity population is ozone.

Ozone is highly activated oxygen consisting of three atoms. This triatomic oxygen is the most powerful purifier of the Earth and of all living beings. In the simplest terms, ozone is capable of burning all poisonous substances at temperatures between 10 to 40 degrees Celsius (50 to 104 degrees Fahrenheit), as well as killing all bacteria, viruses, and other microorganisms that may contribute to cancers. **Ozone is produced by the action of ultraviolet sunlight on the oxygen in the air. The higher up we go, the more ultraviolet, and thus, the more ozone.**

Ozone stops the growth of any fast growing cancer. We know from the research of Prof. Dr. Otto von Warburg in the 1920s that the cancer cell acts like a plant cell and is dependent for its energy metabolism on lactic fermentation. Fermentation is 19 times less effective than oxidation, the normal energy metabolism of the entire animal kingdom. **Fermentation is very sensitive to minute amounts of ozone and there are virtually no cancers observed in people living in altitudes above 7000 ft. (2100 m.)**

VITAMIN C INTRAVENEUS PROTOCOL (at a CLINIC)

“Vitamin C I.V.” consists of massive doses of Vitamin C injected intravenously. This is powerful, safe, and always given only in a clinic.

The Riordan Clinic (an M.D. research clinic) is one of several clinics that uses this treatment:

riordanclinic.org

Riordan Clinic, 3100 N Hillside Ave, Wichita, KS 67219. Phone: 316-682-3100

The current Riordan Clinic facility was opened in July 1984 and features several geodesic dome structures and a single pyramid on a 90 acre property. **The clinic's medical staff of 40 employees provide a full range of diagnostic and treatment services for patients from all over the world** and holds a bi-annual symposium on the topic of intravenous vitamin C for which it is primarily known. The clinic primarily practices Orthomolecular medicine, which has its critics. (Orthomolecular medicine is a form of alternative medicine aimed at maintaining health through nutritional supplementation, rather than through AMA drug medication.)

MORE ON IV VITAMIN C STUDIES

Intravenous Vitamin C (Vitamin C by IV) is the only method used in some alternative clinics. It is never used at home. Large doses of IV Vitamin C (intravenous vitamin C) have the potential to boost every method of treating cancer—and powerfully!

Some natural remedy therapists have used Vitamin C by IV with astounding success in treating cancer.

As the following study reveals, it even has moderate success when used with chemotherapy:

Vitamin C delivered directly to human and mouse ovarian cancer cells helped kill off those cells while leaving normal cells unharmed, University of Kansas researchers report.

“In cell tissue and animal models of cancer, we saw when you add IV vitamin C it seems to augment the killing effect of chemotherapy drugs on cancer cells,” said study co-author Dr. Jeanne Drisko, director of integrative medicine at the University of Kansas Medical Center.

In follow-up human trials, a handful of cervical cancer patients given intravenous vitamin C along with their chemotherapy reported fewer toxic side effects from their cancer treatment, according to the study published in the Feb. 5, 2014 issue of *Science Translational Medicine*.

“In those patients, we didn't see any ill effects and we noticed they had fewer effects from the chemotherapy,” Drisko said. “It seemed to be protecting the healthy cells while killing the cancer cells.”

Intravenous vitamin C has been considered an integrative medical therapy for cancer since the 1970s, Drisko noted.

Finally, the team conducted a pilot phase clinical trial involving 27 patients with stage III or stage IV ovarian cancer.

The patients who received intravenous vitamin

C along with their chemotherapy reported less toxicity of the brain, bone marrow and major organs, the investigators found.

These patients also appeared to add nearly 8.75 months to the time before their disease relapsed and progressed, compared with people who only received chemotherapy.

But it has been hard to attract funding for further research. There is no reason for pharmaceutical companies to fund vitamin C research since they cannot turn it into a patented medicine that they can sell at a high price to physicians and hospitals.

RESEARCH STUDIES WITH IV VITAMIN C

Pharmacological doses of vitamin C administered intravenously (by IVs) are generally safe and well tolerated in cancer patients. The potential for intravenous ascorbic acid as an powerful aid in cancer therapies is currently under investigation in phase II clinical trials.

Studies in the 1970s and 1980s conducted by Linus Pauling, Ewan Cameron, and colleagues suggested that very large doses of vitamin C (10 grams/day infused **intravenously** for 10 days followed by at least 10 grams/day orally indefinitely) were helpful in increasing the survival time and improving the quality of life of terminal cancer patients. Controversy surrounding the efficacy of vitamin C in cancer treatment ensued, leading to the recognition that the route of vitamin C administration is critical. **Compared to orally administered vitamin C, intravenous vitamin C can result in 30 to 70-fold higher plasma levels of vitamin C.** The higher plasma levels achieved via intravenous ascorbic acid administration are comparable to those that **are toxic to cancer cells** in culture.

Currently, results from controlled clinical trials indicate that **intravenous vitamin C is generally safe and well tolerated in cancer patients.** Four phase I clinical trials in patients with advanced cancer found that intravenous administration of vitamin C at **doses up to 1.5 g/kg of body weight and 70-80 g/m² was well tolerated and safe** in pre-screened patients. A retrospective analysis of breast cancer patients reported that complementary intravenous ascorbic acid treatment reduced quality-of-life related side effects of chemotherapy.

In a pilot study performed in 15 patients with refractory myelodysplastic syndrome or acute myeloid **leukemia**, an alternating ascorbic acid depletion/intravenous repletion protocol was safe and elicited a clinical response in a subset of nine patients. Retrospective *in vitro* colony formation assays revealed that patient leukemic cells displayed variable sensitivity to ascorbic acid treatment: leu-

kemic cells from seven out of the nine patients who experienced a significant clinical benefit were sensitive to ascorbic acid. For information about the use of high-dose intravenous vitamin C as an adjunct in cancer treatment, visit the *University of Kansas Medical Center Program in Integrative Medicine* website.

DMSO and VITAMIN C-IV PROTOCOL (at a CLINIC)

This protocol uses DMSO and intravenous Vitamin C (I.V.), and requires going to a clinic.

This has been called a “Perfect Storm Protocol.” A perfect storm is a combination of events which are not individually dangerous, but occurring together produce a disastrous outcome.

This is a very high-powered cancer treatment that is based on the theory that if cancer cells have nothing to eat or drink—for an entire seven days,—that most or all of the cancer cells will be killed or reverted into normal cells by the end of that time.

Warning: Cancer patients who are on blood thinners cannot use this protocol because of the high doses of DMSO, MSM and other antioxidants which are an integral part of this protocol!

The Perfect Storm Protocol was developed by Webster Kehr, a research member of the *Independent Cancer Research Foundation*.

WHAT IT IS

Intravenous Vitamin C (Vitamin C by IV) is the only method used in some alternative clinics. It is never used at home. Large doses of IV Vitamin C (intravenous vitamin C) have the potential to boost every method of treating cancer—and powerfully!

Some natural remedy therapists have used Vitamin C by IV with remarkable success in treating cancer.

The patient is only allowed to eat very limited amounts of specific food and drink for several days

A cancer patient should be strong enough to go without food for several days, except that **he can drink purple grape juice (organic is preferred) in unlimited quantities.**

Each of the treatments in this protocol either targets and kills cancer cells or reverts cancer cells into normal cells. The grape juice alone actually has a dozen chemicals that are known to kill cancer cells.

As a result, within a few days every cancer cell in the body has hopefully been killed or has had the microbes inside of them killed, and the cancer cells are reverted into normal cells.

It is thus crucial that the cancer cells have noth-

ing to “eat” except things that kill them or kill the microbes inside the cancer cells. **Every item in this protocol is designed to kill the cancer cells or kill the microbes inside the cancer cells.**

Here is how it works:

This is a two week protocol. In the first week, as soon as he can, the patient is purchasing the supplies needed for this protocol, AND he is tapering off on eating foods for the 2 or 3 days before the treatment actually begins. The second week (or for several days) is the treatment itself.

During that week, the cancer patient should eat nothing else. This means that, during that time, the cancer cells will have nothing to eat except things that kill them or kill the microbes inside the cancer cells.

During this week, the patient can use any mix of the items below in any quantity. The one exception is the Kelmun Protocol. Only use the amounts explained under that protocol (listed under the Inexpensive Stage IV Protocols).

The following clinic uses the IV Vitamin C and DMSO. Check first to make sure they do not intend to also give you chemotherapy:

Camelot Cancer Control Center
9150 S. 102nd E. Ave, Tulsa, OK 74133
918-493-1011 / Fax: 918-493-6589

The CCC gives DMSO, high-dose Vitamin C and Vitamin B-17 (also known as Amygdalin or Laetrile) administered daily over a 20-day period. As you know, going to a clinic is expensive.

BEWARE: INSULIN/DMSO PROTOCOL (CLINIC)

This is called IPT (Insulin Potentiation Therapy), and is combined with DPT (DMSO Potentiation Therapy). These big names stand for the receiving Insulin and DMSO at a clinic. It is done so chemotherapy (!!) can get to the cancer cells. *This is both expensive and places a powerful poison into the body!*

This is essentially, a type of AMA-approved chemotherapy !! I mention it here to warn you. Even though DMSO and insulin are used, the objective is to inject chemotherapy into the body. It is true that it will be a lower dose of chemo, but it is a poison, none the less. (A safe use of DMSO/Insulin Protocol will be found on page 117.)

The DMSO binds to a lowered dose of chemotherapy, enabling it to better target the cancer cells. In addition, the insulin literally “opens” the cancer cells to receive the chemotherapy. Thus, it is a double-whammy treatment. Because the low dose of chemotherapy targets the cancer cells it is more effective than when used without the DMSO.

Later in this book, you will find DMSO protocols which help natural, non-poisonous substances to target the cancer cells! By so doing, no poisons are placed in the body or left there.

(We dare **not** use any method which includes any amount of chemotherapy, however small.)

SEVEN ALTERNATIVE CANCER CLINICS IN TIJUANA (CLINICS)

One other possibility would be to go as a patient to one of the cancer clinics in Tijuana, Mexico. All seven are listed below. A person who is in high-level Stage IV (with weakened body and increasing cancer spreading) needs rapid action. If that is you, your best course is to go to an alternative cancer clinic! But, of course, the Tijuana clinics will cost thousands of dollars and medical insurance will not cover them.

BIO-MEDICAL CENTER (Hoxsey)

info@hoxseybiomedical.com
Phone: 01-152-664-684-9011
3170 General Ferreira, Colonia Madero Sur
Tijuana, Baja California Mexico 22046

GERSON-PLUS THERAPY (Gerson-Hyperthermia)

Dan Rogers, M.D.
gerson.org / 800-838-2256 U.S. Only /
888-443-7766 U.S. and Canada / Mon-Fri:
8:15 am-12pm, 1pm-4:45 pm (Pacific Time)
(For much more information, see “The Gerson Protocol” / Also go to pp. 183-228)

HOPE 4 CANCER (Poly-MVA-Metabolic)

Tony Jimenez, M.D.
888-544-5993 (U.S.) / 619-669-6511
(International, to U.S.)

I notice that their list of healing methods includes “recall healing.” That may not be safe.

INTERNATIONAL BIO CARE (Multi-phasic)

Rodrigo Rodriguez, M.D.
doctor@biocarehospital.com / 800-701-7345

OASIS OF HOPE HOSPITAL (Laetrile-Metabolic)

Francisco Contreras, M.D.
oasisofhope.com
619-690-8409

RUBIO CANCER CENTER (Rife-Immune Vaccine)

Geronimo Rubio, M.D.

rubiocancercenter.com
+52-664-621-7603
Calle Granados 420, 22450, Tijuana

STELLA MARIAS CLINIC
[Laetrile-Metabolic]

Gilberto Alvarez, M.D. (Roman Catholic)
Stellamariasclinic.com

TIJUANA CLINICS TOUR

Conducted by Frank Cousineau (Tour Guide). He is president of the *Cancer Control Society*, which encourages alternative cancer therapies. Tours about twice a month, 7 A.M. to 9 P.M. \$100.00. Visit 5 clinics, and video of one other while on bus. This one-day tour can help you in your selection.

Cancer Control Society, P.O. Box 4651, Modesto, CA 95352 frankcousineau@yahoo.com

WHAT TO DO WHEN YOU HAVE COMPLETED GOING TO ONE OF THE ABOVE CLINICS (if you were able to afford it), your medical condition has been knocked down to a lower level.

1 - If you have not done so earlier, it is URGENT that you immediately send your urine or blood sample in for a low-cost cancer test. This will tell you in what condition you are in, how advanced the cancer is, whether it is less than earlier. (*The tests are listed on pages 14-16.*)

2 - If your level of cancer is now in a lower stage, now you would do well to take the Cesium Chloride Protocol. (*You will find the Cesium Chloride Protocol on pages 95-108, 135.*) This will help eliminate the traces of cancer in your body. These cancer tests, repeated from time to time, will reveal your present status, and amount of improvement.

3 - As an alternative, if your second test shows that you are now definitely at a safer level, use any one of the many simple protocols listed later in this book. If you are in remission, then just go on the "anti-cancer diet" (which keeps it from coming back).

But if you are NOT YET in safe territory—perhaps because you could not afford to go to an expensive clinic,—start on one of the Stage IV Protocols - Slower Action, which begins immediately in the next chapter!

**ADDITIONAL SUBSTANCES
MENTIONED
IN VARIOUS PROTOCOLS**

The following 25 or so substances are presented in this book as helping at different times

and in different ways to increase nutrition and help provide solutions. Prices, when listed, reflect current prices as of August 2014. (A duplicate list of these substances is on page 12.)

Collect

Collect: Info@collect.org. Phone: 866-692-3553 30 servings for \$100.00, plus cod liver oil caps. Fax: 631-509-5317 Collect, P.O. Box 132, St. James, NY 11780-0132

For Mike Vrentas help:

collectbudwig.com

ASAP Plus, available many places, including Swanson's 800-824-4491

Viba by Eniva

eniva.com -or- Amazon: 32 oz. for \$49.95.

Eniva 866-999-9191

Cellfood

cellfoodusa.com

\$18.00 to \$22.00, plus variations, at Amazon

Colloidal Silver

ASAP Plus, which is 22 ppm silver

SilverSolUSA@Outlook.com \$21.95 pack
972-221-6161

Angstrom Silver by Rainbow Minerals

angstrom-mineral.com or Amazon: \$24.95
855-743-5485

Bearfoot Calcium

robert barefoot.com

800-510-4074

or: 240 capsules for \$31.00 from Amazon

Bob's Red Mill Aluminum-Free Baking Soda

Swanson's: 16 oz for \$2.09. 1-800-824-4491

Pure organic maple syrup

Swanson's also has 100% Pure Organic

Maple Syrup: 64 oz. \$34.99.

Organic Concord Grapes

Lembkefarm.com 716-672-2367

DMSO

DMSO Amazon: \$12.95 16 oz.

Chlorine Dioxide

Beckart Environmental Manufacturing & Corporate Headquarters, 6900 46th Street, Kenosha, WI 53144. Phone: 262-656-7680 / Fax: 262-656-7699

Aloe Arborescense Protocol

aloeproductscenter.com —or— aloedecaus.com

16 oz. \$69.99 for a 16 oz. bottle; larger amounts can be purchased for discounts. aloearborescens.org/books for an ebook.

MSM

MSM, 1000 mg, 240 Capsules (by Now Foods) at Amazon: \$13.99 (\$0.06/count)

Organic sulfur (MSM)

Organic Sulphur Co. organic-sulphur.com \$21.95 plus shipping; powder or crystals

Real Salt

realsalt.com Redmond Real Salt, \$11.30, 26 oz.
Amazon. It comes from an ancient sea bed in
Central Utah.

Lugal's Iodine

Lugol's Iodine Solution (2 oz.) Twin Pack
(2 bot.) by J Crow, \$13:50 Amazon

LIPH

2 oz. \$27.99 Amazon

liph.com 866-431-6913

Barlean's Flaxseed Oil

Barlean's Organic Oils Lignan Flax Oil, 32 oz.
\$32.49 (\$0.97/oz) from Amazon.

- or - for fresher product:

info@barleans.com • 800-445-3529

32 oz. 41.57

Limu juice

thelimucompany.com

Amazon has several options of Limu juice.

In addition, there is also:

Cesium chloride - available many places.

Protocel

protocell.com and other places.

Laetrile - available many places.

Ginger - available many places.

Cinnamon - The best comes from Viet Nam (for
it contains the highest percentage of cinnamon oil).
Amazon has several brands of cinnamon from Viet
Nam.

Cinnamon Bark, an essential oil from the *Young
Living* company, is also recommended. (Amazon
also has this; specify "Young Living Cinnamon
Bark".) This product is measured in drops because
it is concentrated.

Turmeric - Because **turmeric** is poorly ab-
sorbed by the body, the best brand is **Meriva**
Turmeric, which is far better absorbed than most
brands of turmeric. (Amazon also has Meriva
Turmeric.)

STAGE IV PROTOCOLS FAST ACTION (Lowest cost)

**Each of the following protocols may be able
to deal with the higher Stage IV level of cancer.**
The situation becomes more difficult when: (1) the
patient has had chemotherapy, (2) may as a result
of that be very weak, (3) the cancer is in an organ,
or (4) the cancer is spreading fast.

For patients given up by orthodox medicine,
who have not gone to a expensive alternative clinic
somewhere, **there are only a very small number
of alternative cancer treatments, such as Brandt
Grape Protocol, Inexpensive Protocol, Collect-**
Budwig, and the liquid ionic cesium chloride

plus DMSO that they can do at home which have
any chance of alkalizing the body, killing/reverting
the cancer cells, and building the immune system
fast enough to save them from certain death!

*Here is a list of some of the most valuable pro-
tocols. The most powerful are in bold print:*

- 1 - **Kelmun Protocol** (page 69)
- 2 - **Brandt Grape Protocol** (page 71)
- 3 - Carrot-Beet Protocol (page 79)
- 4 - **Budwig-Flaxseed-Cottage Cheese
Protocol** (page 79)
- 5 - **Budwig-Flaxseed-Cottage Cheese-
Collect Protocol** (page 82)
- 6 - Three Honey Protocols (page 85)
- 7 - Asparagus Protocol (page 86)
- 8 - Aloe Arborescens Protocol (page 86)
- 9 - Gerson Protocol (page 87, 216-272)
- 10 - Essiac Protocol (page 87)
- 11 - Wheatgrass Protocol (page 92)
- 12 - **DMSO-Chlorine Dioxide Protocol** (p. 95)
- 13 - **Bill Henderson Protocol** (page 83)
- 14 - Cesium and DMSO Protocol (page 100)
- 15 - DMSO-Vitamin C Protocol (page 104)
- 16 - DMSO-Substance Protocol (page 105)
- 17 - MSM-Liph Protocol (page 105)
- 18 - Cesium-Aloe Vera-Potassium-Green
Tea Protocol (page 108)

MORE ON LOWEST-COST PROTOCOLS

**The protocols described here are not as fast
and powerful as going to a alternative clinic,
but this collection is still very powerful.**

***These are considered to be the least ex-
pensive protocols you can make use of—all of
which are very low in cost!***

First, **read this section through carefully and
thoughtfully.** If you see that it seems too compli-
cated, then **the second best program would be
the Kelmun Protocol**, which has no complexities,
and probably costs the least. The problem with the
Kelmun is that you cannot use it too long, before
switching to something else.

HOW TO USE THEM

**These several outstanding, self-contained
methods are best combined with one another.**
**But do not combine them with the Kelmun Pro-
tocol, which must be used alone.** In fact, these
protocols can be used every day, indefinitely, as de-
sired. But the Kelmun is different because it is so
high in alkalinity. You cannot continue on it for a
great length of time.

**You would do well to include Laetrile and
Coffee Enemas with these protocols.** The coffee

enemas provide a liver flush, by eliminating the dead cancer material sent to it as the cancer cells are attacked by the protocol. Almost immediately, each coffee enema takes away the pain—for it is the pieces of dead cancer in the bloodstream which cause that pain. (“Liver Flush”: go to pages 153, 243-244, 249 for more complete instructions on how to do this.)

Keep in mind that this larger protocol (composed of several smaller ones, which are best combined) is the lowest-cost Stage IV collection that you can find.

CAUTIONS AND WARNINGS

Only be on one highly alkaline protocol at a time. Do not use the **baking soda** on the same days as using any high alkaline substance, such as **Collect** (which contains cesium), **calcium, cesium**, high doses of **barley**, etc.

If all the components in this multiple protocol are used, it is a Stage IV Protocol, which is the highest rating! When using this protocol as the main cancer treatment, use at least 14 of the items in this protocol, including the Kelmun. (But do not use the Kelmun at the same time as the others!) **But use only one highly alkaline protocol at a time.** While this protocol CAN be used at the same time as other protocols, the alkalinity restriction needs to be dealt with.

For example, if you are currently using the Collect-Budwig or Cesium Chloride Protocol, etc. you can also use the various items in this Inexpensive Stage IV Protocol,—except that you must not also take the Kelmun baking soda/maple syrup and asparagus parts. (Because the baking soda and maple syrup do not contain enough nutrients, you can substitute wheatgrass for the baking soda and maple syrup and asparagus, because wheatgrass has nutrients not in the baking soda and maple syrup.)

Pregnant women should only use half the regular dose of the Kelmun, because of the large amount of baking soda in it. Everything else in the Lowest-cost Protocol can be used by them in full doses.

Children under 18 months old should not take honey. Because honey consists of about 50% of this product, no child under 18 months old should use any of these protocols which use honey. But they can have a small amount of maple syrup.

Cancer patients who are on blood thinners, or have bleeding problems, should not use this protocol as many of the items in this protocol are themselves blood thinners. **Those on blood thinners should use either the Collect-Budwig Protocol or the Cesium Chloride Protocol** as their

major protocol.

STAGE IV SUPPLEMENTS

Because there are several pages in this Low-Cost Stage IV Protocols, it is best to list here the vitamin-mineral supplements that can be used with them.

1 - Eniva Vibe is a good vitamin and mineral supplement to use as a basic nutrient supplement. It does that which **Collect** does, but without the cod liver oil and shark and bovine parts in it. (But Vibe does have a tiny amount of chocolate.)

32 oz. for \$49.95. Amazon lists several.

One of the things that key minerals can do is extend someone’s life (“buys time”), **so the patient has far more time to treat his cancer.** Eniva Vibe is known to have extended the lives of patients with only a few weeks to live!

2 - Collect. This is a multi-mineral, multi-amino acid, multi-vitamin supplement, with some anti-cancer products added. Collect (correct spelling) was designed by a biochemist. By itself, it has shown excellent results treating cancer. *Go to:*

Collect: Info@collect.org. Phone:

866-692-3553 30 servings

for \$100.00, plus cod liver oil caps.

Fax: 631-509-5317 Collect, P.O. Box 132,

St. James, NY 11780-0132

Included with the vitamins and minerals in Collect are Bovine Collagen, Shark Cartilage, L-Glycine USP, Bovine Colostrum (Pre-Milk), “A separate bottle of Cod Liver Oil gelcaps are included in each kit of Collect. Take 3 Cod Liver Oil gelcaps for each serving.” (This could be substituted by a capsule with 2000 IU of Vitamin D and 5000 IU of Vitamin A.) *So decide whether you want to take Collect.*

3 - Cellfood. A similar product is Cellfood. This is another vitamin-mineral supplement, used for the same purpose as Vibe. *Go to cellfoodusa.com* \$18.00 to \$22.00, plus variations, at Amazon

These products super-energize the very weak anti-cancerous cells. They are excellent supplements for cancer patients, when you must work quickly to improve their situation.

Cancer cells, by definition, are weak cells. Because they are weak, they steal energy from healthy cells. A good vitamin-mineral supplement provides key nutrients to all the cells—cancerous and healthy.

THE KELMUN PROTOCOL

WHY IT IS SPECIAL

This is definitely the simplest and lowest-cost, with ingredients which are the easiest

to obtain and use all year long!

But you must not combine it with other low-cost protocols. This is because of its very high alkaline content. It is exactly perfect in every way for what it needs to do! (As mentioned earlier, due to its high alkalinity, you cannot continue on it for a great length of time.)

WHERE IT CAME FROM

Jim Kelmun, a former truck driver, got into the news at the age of 75 because he was healing folk here and there of deadly cancers—with a recipe of **baking soda and maple syrup**. His loyal patients, all over North and South Carolina, called him “Dr. Jim.”

“‘Dr. Jim cured me of lung cancer,’ declared farmer Ian Rodhouse, 64. ‘Those other doctors told me I was a goner and had less than six months to live. But the doc put me on his mixture—and in a couple of months, the cancer was gone. It didn’t even show up on X-rays!’” —*from the Weekly World News, published sometime in the late 1970s.*

It was in the mid-1970s that Jim discovered that this simple formula got rid of cancer. In the providence of God, he learned it from a woman whose breast cancer had disappeared. She told him that, at about the time she contracted breast cancer, she decided to forget her troubles by indulging herself in a favorite food—baking soda and maple syrup. What she did not know was that it was a perfect formula for attacking cancer!

Since then, **Kelmun gave it to over 200 folk with cancer. Of the total, 185 lived at least 15 more years, and nearly half had a complete remission** of cancer! The police threatened to arrest him, *but he was helping so many people, they did not dare do it!* (Something similar happened in Canada to Rene Caisse. She was healing so many people with Essiac that while the government threatened her for decades, they never arrested her. *More on her story later in this book: page 87.*)

WHAT IT IS

All it is is maple syrup and baking soda. The program cannot be simpler. However, you would do well to add certain items in order for a more complete removal of the cancer.

HOW IT WORKS

Every natural cancer treatment for advanced cancer patients needs to be based on one highly

Encouragement —

“The Lord God is a sun and shield: the Lord will give grace and glory: no good thing will He withhold from them that walk uprightly.” —*Psalm 84:11*

alkaline protocol! Alkalinity slows down the spreading of the cancer (it actually slows down the ability of the cancer microbes to replicate quickly). This is the key alkaline protocol for this treatment.

The Kelmun Protocol is a combination of baking soda and maple syrup (or baking soda with molasses or honey). It is a superb cancer treatment by itself and **it is very good at shrinking tumors quickly.**

The importance of the Kelmun protocol is its alkalinity. The maple syrup (or honey) is a Trojan Horse which is designed to get the baking soda inside the cancer cells to slow down the spreading of the cancer by killing some of the microbes which are causing the cancer. So **the maple syrup or honey is the “Trojan Horse” to get the baking soda inside the cancer cells.**

BASICS THAT YOU NEED

Do not use baking soda which has had aluminum added to it, such as Arm and Hammer. Buy a product which specifically states it does not include aluminum or other chemicals. This will probably have to be purchased at a health food store or online (e.g. Bob’s Red Mill, Aluminum-Free, Baking Soda).

Maple Syrup. Organic maple syrup is best, but this is less crucial than using the best quality baking soda.

Checking, I found this brand listed several places. For example, at this time:

Swanson’s: 16 oz for \$2.09. 1-800-824-4491

Swanson’s also has 100% Pure Organic

Maple Syrup: 64 oz. \$34.99.

The above two items provide you with your basic needs for this protocol! Frankly, it is a lot easier than trying to purchase organic concord grapes at any time in the year, except fall when they are harvested! (for the Brandt Grape Diet).

CAUTIONS AND WARNINGS

Never use maple syrup without baking soda! Maple syrup feeds cancer cells, but when used with baking soda it helps the baking soda get inside the cancer cells. **DO NOT** use baking soda with aluminum added to it! (Arm and Hammer, etc.) Product must state that it does not have aluminum.

Pregnant women should only use half the regular dose of the Kelmun, because of the large amount of baking soda in it..

HOW TO PREPARE IT

This treatment is a combination of **pure, 100% maple syrup and baking soda. When mixed and heated together, the maple syrup and baking soda bind together.** The maple syrup targets can-

cer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline, removes the microbe inside the cancer cell.

Here is how to do it:

Mix **one part baking soda with three parts (pure, 100%) maple syrup** in a small saucepan.

Stir briskly

Heat the mixture for 5 minutes.

Take 1 to 4 teaspoons of the mixture daily, as needed.

HOW TO TAKE IT

Because the mixture is 3/4th maple syrup and 1/4th baking soda, this means the “dose” is **4 TEAspoons of the combined mixture each day**. Four TEAspoons of the mixture each day, equates to one TEAspoon of pure baking soda each day.

Do not use more than 1 TEAspoon of baking soda a day (pure baking soda) for the 4-6 weeks the patient is on the maple syrup/baking soda program, except for short periods of time when you go off the program for a brief rest.

Advanced cancer patients can take up to 16 TEAspoons of the MIXTURE a day, but they should only do this for a maximum of one week! Then they should drop down to 4 TEAspoons of the MIXTURE a day for the rest of the six weeks.

It is very important to calculate how much baking soda a day you are taking. **After the first week a cancer patient should only be using ONE TEAspoon of baking soda a day!**

OTHER THINGS YOU COULD ADD TO IT

Do NOT add any calcium or cesium to this protocol—because the baking soda provides the maximum safe dose of alkalinity. **Lemon juice can be added**, but it will not create too much alkalinity. **LIPH** can also be added. It is slightly alkaline, but it is so diluted it is not considered an alkaline protocol! (LIPH is the name of an “Alkaline Liquid Silica Mineral Super Concentrate” by *Liph Solutions*. This concentrate is somewhat expensive: \$28.00 for 2 oz.; or 1 oz. dropper for \$18.00.)

Take asparagus with it—This provides the basic nutrition on those days when you are on the Kelmun Protocol. *Here is the formula:*

Asparagus has been shown over and over to be an excellent cancer treatment by itself. To use as-

Encouragement —

“Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.”
—2 Corinthians 13:11

paragus as a cancer treatment do the following:

1 - **Cook** the asparagus,

2 - **Puree** the asparagus,

On days when you take the maple syrup and baking soda, take only 1/2 cup of asparagus, in this way: Take **four TABLEspoons, TWICE** on each of those days.

On days when not on maple syrup and baking soda, take 16 tablespoons (i.e. one cup) during the entire day. To say it again: **On any days that 1 cup of asparagus is taken, do not take any baking soda or maple syrup** as that might be too much alkalinity for that day.

WHAT CAN BE ADDED BETWEEN SESSIONS

After 6 weeks on the Kelmun, the patient should do one or the other of the following:

(1) **After 6 weeks** on the maple syrup/baking soda, **switch over to the Barefoot Calcium protocol indefinitely** (2 pills a day). This product has a perfect calcium to magnesium balance with a 2:1 ratio. He now calls his product **Coral Calcium Supreme**.

robert barefoot.com

800-510-4074

or: 240 capsules for \$31.00 from Amazon

—or—

(2) **Use the Kelmun protocol for six weeks, then go on two (regular) calcium pills daily for three weeks. Go back-and-forth, indefinitely.** (This is because the Kelmun is so high in alkalinity that you cannot continue on it for a great length of time.)

Did you know that the *average* orthodox cancer treatment costs \$350,000? These simple home treatments cost a few dollars, or as much as a meal, and in most cases is far more effective,

BRANDT GRAPE PROTOCOL

WHY IT IS SPECIAL

This is the best, single, and one of the fastest Stage IV protocols! It is solid and remarkably effective. But it is slightly more expensive than the Inexpensive Stage IV Protocol (presented just after this one). This is primarily due to the cost of grapes.

Special note: When it is not fall, you may have difficulty obtaining organic concord grapes. At such times, you may have to rely on other red or dark grapes.

As explained later in this section, for those who cannot obtain the proper grapes, **a vegetable juice containing carrot juice and some beet juice can**

be substituted.

WHAT IT DOES NOT DO

But please know that **the Grape Diet is NOT recommended for fast-growing cancers, such as pancreatic cancer! In addition, this treatment should not be used for any type of brain cancer.** For these situations, please use the information given elsewhere in this book.

A **diabetic** may have to resort to the carrot juice/beet juice program.

WHAT IT IS

Brandt Grape Diet uses red, purple, or black grapes. The best are the **purple Concords**. This alternative cancer treatment dates back to the 1920s and was developed by a South African cancer patient. It consists of nothing but grapes for several weeks, (*More on the exact program later in this chapter.*)

HOW IT WORKS

Cancer cells thrive on an excessive amount of sugar (more than regular cells do), and grape juice has lots of glucose and other sugars. The water fast makes the cells hungry and when the grape juice becomes available, the cancer cells gobble up the sugar in the grapes or grape juice. But as the cells are ingesting the juice they are also consuming things that are poisonous to them.

Cancer cells eat many times more of the glucose and other sugars than a regular cell does, plus they eat far more minerals and some other nutrients than do a regular cell. Thus, **the combination of consuming far more glucose, minerals and other nutrients, plus the (water) fasting, makes the purple grapes an exceptional cancer-fighting food.**

The water fast is absolutely crucial to this treatment, and should not be taken lightly. In fact, the great secret to the grape diet is that cancer cells are very inefficient at processing glucose and other sugars. **Cancer cells consume about 15 times more glucose and other sugars than regular cells.** The 1931 Nobel Prize in medicine given to Dr. Otto Heinrich Warburg (1883-1970) was awarded for this discovery. This means a grape diet can get several times more of certain cancer-killing nutrients into the cancer cells than normal cells.

Most alternative cancer treatments evenly distribute their nutrients between cancerous and normal cells. *But not this treatment.* To insure the pa-

tient gets all of the main killer nutrients, the grape juice should include crushed seeds and nutrients from the purple skins (to get the critical resveratrol). The purple color, such as in concord purple grapes, has a critical cancer killing nutrient not found in other grapes. The darker the grapes are in color the better.

RECENT IMPROVEMENTS IN THE BRANDT GRAPE DIET

The Brandt Grape Diet was developed in the 1920s. Many things have happened since then, including the development of many new alternative cancer treatments.

While the Brandt Grape Diet of today can certainly be supercharged in its effectiveness by adding newer protocols, many people will use this protocol because they cannot financially afford to add the newer protocols. That is fine, **this protocol will do quite well for cancer patients by itself—without any additions to it!**

But for those who can afford to add other protocols the Brandt Grape Diet can be made even more effective against cancer. There are several options described here which will supercharge this protocol; some of which are very inexpensive.

WHAT CAN BE USED WITH IT

The Brandt Grape Protocol can be combined with excellent supplements, such as **Collect** and a colloidal silver product (to increase amount of oxygen in the cells) called **ASAP Plus**. **Both can be mixed in with the grape juice and greatly increase the effectiveness of this treatment!** An adult can safely add 12 tablespoons of ASAP Plus a day into their grape mush. —**But do not combine the grape diet with any other food!** (*More on this later.*)

Collect: Info@collect.org. Phone: 866-My-Collect (1-866-692-3553), Fax: 631-509-5317 Collect, P.O. Box 132, St. James, NY 11780-0132

ASAP Plus, available many places, including Swanson's 800-824-4491

Cellfood. A similar product is Cellfood. This is another vitamin-mineral supplement, used for the same purpose as Vibe. *Apparently, Cellfood contains no animal products, as does Collect.*

"Cellfood is the world's #1 selling oxygen + nutrient supplement. For more than 45 years, NuScience Corporation has manufactured Everett Storey's original Cellfood formula containing 78 minerals, 34 enzymes, and 17 amino acids. Cellfood utilizes a proprietary water-splitting technology that provides a powerful stream of bio-available oxygen plus 129 nutrients directly to the

Encouragement —

"The Lord preserveth the simple: I was brought low, and He helped me." —Psalm 116:6

cells. Cellfood is made from the finest all-natural, plant-based organic substances.”

cellfoodusa.com

\$18.00 to \$22.00, plus variations, at Amazon

TWO OTHER SUPPLEMENTS THAT CAN BE USED WITH IT

The Brandt Grape Protocol can also be used as the basis for two important supplements which are added to it. Doing this creates two super protocols without creating a conflict (normally it is not good to use two super protocols together because too many cancer cells will be killed too fast, but in this case it is a good idea). The important point is that **no other foods** are eaten at the same time as the grapes. The other alternate cancer treatments are used.

No other foods (other than the grapes) can be added during each four week grape diet. But certain supplements can be added while eating grapes.

Powdered and liquid supplements are allowed under the condition that they do not add too much “bulk” to the protocol. In other words, the total amount of powder and/or pills taken must be less than 5% of the bulk of the grapes and grape mush. Any such powder and pills should be designed to build the immune system, kill microbes, kill cancer cells and/or provide a high level of energy.

Colloidal Silver is important, for it kills cancer microbes. Mix it in with the grape juice/mash.

ASAP Plus, which is 22 ppm silver

SilverSolUSA@Outlook.com \$21.95 pack

972-221-6161

To use this addition to the grape diet, **mix 8 TABLEspoons of the silver in with the grape mush you make for a day’s use.** Eight tablespoons is equal to 4 ounces, so *make sure you buy enough bottles to last you for the treatment.* **Start at one tablespoon and then build-up**, by one tablespoon a day, until you get to 8 tablespoons (on the eighth day).

Vibe by Eniva. One acceptable supplement is an excellent liquid multi-vitamin and multi-mineral supplement: Vibe by Eniva. *Eniva Vibe* is a line of liquid vitamins and other nutrients. It is available from many sources.

eniva.com -or- Amazon: 32 oz. for \$49.95.

Eniva 866-999-9191

More on supplements later in this article.

Encouragement —

“They cry unto the Lord in their trouble, and He saveth them out of their distresses.”

—Psalm 107:19

THE BASICS THAT YOU NEED

The grapes—Purple (Concord) grapes (with their skin and seeds), contain several nutrients that are known to kill cancer cells. (To a lesser extent, **red grapes and black grapes** have these same powerful cancer-fighting nutrients.)

The **darker** the purple grapes the better. (Note: Because purple grapes and red grapes are so frequently confused with each other, it is not clear exactly how good red grapes are. This is why you should **look for the word “Concord”** on the package, although there are purple grapes other than concord grapes that may be just as good.)

Go on the internet and **search for “Organic Concord Grapes.”** You want the *actual grapes, not oils or liquids*, for they may be preprocessed in some way which removed important nutrients, or chloride may have been added. *I only found one:*

Source of grapes—Lembke Farm, located in Western New York State's Chautauqua County, grows organic concord grapes. In the fall, they will ship them refrigerated to you.

Lembkefarm.com 716-672-2367

If you cannot find organic concord grapes, use other organic dark grapes. If you cannot locate them either, then substitute with carrots and beets. *More on that elsewhere under “Carrot-Beet Protocol.”*

THE ORIGINAL BRANDT DIET

The *original* Brandt Grape Diet, developed by Johanna Brandt (1876-1964) in the 1920's, involves 12 hours of fasting every day (including no liquids of any kind), followed by 12 hours where you consume absolutely nothing except grapes (and/or grape juice). *But the modified, improved diet has this: No food except water for 12 hours. Grapes plus water for the second 12 hours.*

Back when Brandt wrote her book, in the 1920s, the advantage of **purple grapes** was also not known. In addition, if you eat or process whole grapes, you should buy **grapes with the seeds** (if you can get them), *not seedless grapes*. This is another thing that Johanna Brandt could not have known in the 1920s.

HOW TO PREPARE AND TAKE IT

The grape/water fast—These kinds of grapes contain nutrients to stop the spread of cancer. They also help detoxify the body. **The consumption of the grapes is to be spread out over a 12 hour period—**not just at meal times. In other words, they are consumed slowly over many hours, not quickly over two or three short bursts. *This is important.*

The first fast is the water fast, which is for 12 hours a day. During that time, (before bed, and

when you wake up at night) drink all the water you want during that time. But this must only be “natural water” and/or “ionized water,” and/or distilled water. Chlorine, found in tap water, is especially bad for this diet! (*There is a special section later in the book about water.*)

The water fasting is used to “trick” the cancer cells into consuming the first thing that comes along. The grapes become a great “transport agent” for getting the nutrients (which are poisonous to cancer cells) into the cancer cells. Cancer cells regularly “steal” nutrients from normal cells—but this time, that which they receive kills them.

The second “fast” (the other 12 hours) **also includes water**, plus the **grapes and/or grape mush**. The water fasting makes the cancer cells “hungry,” and when the cancer cells do get food, what they get is this grape juice—which contains several major cancer killing nutrients, including these:

- 1 - ellagic acid
- 2 - catechin
- 3 - quercetin
- 4 - oligomeric proanthocyanidins (OPC) or procyanidolic oligomers (PCO), originally called pycnogenol (seeds)
- 5 - resveratrol (skin coloring of purple grapes)
- 6 - pterostilbene
- 7 - selenium
- 8 - lycopene
- 9 - lutein
- 10 - laetrile (amygdalin or Vitamin B17) (seeds)
- 11 - beta-carotene
- 12 - caffeic acid [not caffeine] and/or ferulic acid (working together, they kill cancer cells)
- 13 - gallic acid

To insure the patient gets all of the main killer nutrients, the **grape juice and mush** should include **crushed seeds** (in order to get the OPCs) and the nutrients from the **purple skins** (to get the critical resveratrol). The purple color, such as in concord purple grapes, has a critical cancer killing nutrient not found in other grapes.

Cancer cells thrive on a excessive amount of sugar (more than regular cells do), and grape juice has lots of glucose and other sugars. The water fast makes the cells hungry and when the grape juice becomes available, the cancer cells gobble up the sugar in the grapes or grape juice. But as the cells

are ingesting the juice they are also consuming things that are poisonous to them.

Cancer cells eat many times more of the glucose and other sugars than a regular cell does, plus they eat far more minerals and some other nutrients than do a regular cell. Thus, **the combination of consuming far more glucose, minerals and other nutrients, plus the (water) fasting, makes the purple grapes an exceptional cancer-fighting food.**

The water fast is absolutely crucial to this treatment, and should not be taken lightly.

NO OTHER FOOD DURING THE GRAPE DIET

In general, **the grape diet cannot be mixed with other alternative cancer foods or diets!** For some reason, when cancer cells have access to a wide variety of foods they do not consume nearly as many of the cancer-killing nutrients in the grapes. **This cancer treatment does not include ANY OTHER FOODS.** There is no other “anti-cancer diet” with this treatment because you are not allowed to eat any other foods. The supplements and alternative cancer treatments that are combined with this treatment have been carefully chosen not to interfere with the consumption by the cancer cells of the cancer-killing nutrients!

In addition to this comment, much has changed since Johanna Brandt developed her grape diet. Unfortunately, one of those things is the way water is processed and another of those things is the way food is processed.

NO PROCESSED GRAPE JUICE

Here is another special word of warning about chlorine. **Do not buy premixed grape juice.** (If you did, you would need to make sure it did not have any tap water mixed in with it. Since you cannot know for sure, just don't buy such products to be used with the Grape Protocol. Even though the chlorine may be dissolved by the time you buy it, the fact that the chlorine existed when the grape juice was mixed with the water, would have caused severe damage to the nutrients at that time. This damage cannot be reversed.

Another problem with mixed grape juice (even organic) is that it is generally required to be pasteurized. **Pasteurization destroys all enzymes and it destroys an unknown number of nutrients** in the grape juice and could neutralize a significant portion of the nutrients in the grape juice. So avoid premixed grape juice.

Do not buy frozen grape juice. Unfortunately, most, if not all, are also pasteurized. It may also have a small amount of tap water added to it. Some organic grape juices are processed with spring wa-

Encouragement —

“I will look unto the Lord, I will wait for the God of my salvation; my God will hear me. —*Micah 7:7*”

ter, but even these may be pasteurized. But if frozen grape juice is all you can find, mix it with clean water.

ONLY FRESH, WHOLE PURPLE GRAPES

This discussion on food processing, which largely applies to organic foods also, leads to the conclusion that **only fresh whole purple grapes, totally unprocessed, qualify for this diet.** But even doing this does not avoid the problem of *pesticides*, and a lot of grapes and grape juice have them. However, since a cancer patient is only on this diet for several weeks, pesticides can be safely ignored. To eliminate some of the pesticides, **the grapes should be soaked in warm water before using.** Best soak them in distilled water or ionized water.

“Organic” should mean there are no pesticides and that there are far more trace elements and other nutrients from the soil.

The only way to guarantee you are getting *all of the nutrients* in the grapes is to **make your own “grape mush”** by using organic whole purple grapes (use organic when possible) and by processing them yourself into grape mush. **Use a food processor or a juicer without using a filter** (you want the entire grape, including the skin and seeds to be in the mush).

Special notice: If you cannot obtain fresh, organic, Concord grapes (because it is not summer or fall),—**you may have to use other dark grapes. Try to get organic ones.**

WHAT CAN BE ADDED TO THE GRAPE DIET

Many of the grapes grown today do not have the same amount of minerals and other nutrients that grapes of several decades ago had (in the days of Johanna Brandt). This is due to over-farming the same land. This possibility has led researchers into ways to overcome this problem.

In determining what can be added to this protocol, **first make sure that it is not a food.** Foods are not dense enough with minerals and other nutrients to avoid interfering with this protocol. Anything that is added to this protocol must be processed so that it is small in size compared to the grape mush.

No other foods (other than the grapes) can be added during each four week grape diet. But certain supplements can be added while eating grapes.

Powdered and liquid supplements are allowed under the condition that they do not add too much “bulk” to the protocol. In other words, the total amount of powder and/or pills taken must be less than 5% of the bulk of the grapes and grape mush. Any such powder and pills should be designed to build the immune system, kill microbes, kill cancer cells and/or provide a high level of energy.

When possible, **these supplements should be purchased as a powder, crystal or in liquid form and taken between noon and 8:00 P.M.** This means there is always at least four hours a day (between 8:00 A.M. and noon), where only grape mush or grapes are consumed, on any of these diets. Here are the nutrients:

First, a second cancer-killer (in addition to the grapes):

Colloidal Silver is important, for it kills cancer microbes. Mix it in with the grape juice/mash.

ASAP Plus, which is 22 ppm silver
SilverSolUSA@Outlook.com \$21.95 pack
972-221-6161

To use this addition to the grape diet, **mix 8 TABLESPOONS of the silver in with the grape mush you make for a day’s use.** Eight tablespoons is equal to 4 ounces, so *make sure you buy enough bottles to last you for the treatment.* **Start at one tablespoon and then build-up**, by one tablespoon a day, until you get to 8 tablespoons (on the eighth day).

Second, a good vitamin-mineral supplement:

Vibe by Eniva. One acceptable supplement is an excellent liquid multi-vitamin and multi-mineral supplement: Vibe by Eniva. *Eniva Vibe* is a line of liquid vitamins and other nutrients. It is available from many sources.

eniva.com -or- Amazon: 32 oz. for \$49.95.

Eniva 866-999-9191

Third, a seed/skin extract which can add to the power of the crushed grape seeds:

(1) **Grape seed extract**, check ingredients to get the most OPCs or PCOs (Do not take if you have a blood clotting disorder). *Checking, I found several sources on the internet for Grape Seed Extract. Amazon sells several.*

(2) **Grape skin extract** (check ingredients to get the most resveratrol, quercetin, and Vitamin C.)
(3) 12-15 grams of **Vitamin C** spread out during the day (build up to this amount over two weeks, start at only 3 grams a day).
(4) **Cayenne** pepper (the hotter the better) and/or **niacin** (one gram of niacin) *I found no sources for Grape Skin Extract, but Grape Extract combined with Grape Seed*

Encouragement —

“My grace is sufficient for thee: for My strength is made perfect in weakness.” —2 Corinthians 12:9

Extract is available.

Fourth, two items which will increase blood flow:

Both cayenne pepper and niacin increase blood flow; both of which will help in getting the grape juice to the cancer cells. Cancer cells frequently thrive in areas where circulation is poor. During the first week you may need to gradually build up to the recommended dosage of niacin.

Fifth, special nutrients which will greatly help:

Finally, five more items would be extremely helpful: (Alpha) **Lipoic Acid, Vitamin E** (1,000 I.U.), **Vitamin A, Selenium, and Zinc.**

In each case take the dosage mentioned above or the maximum dosage stated on the bottle, whichever is greater.

Sixth, you would do well to add coffee enemas to flush out the liver:

As the cancer dissolves, it is sent through the bloodstream to the liver, which can become overwhelmed and produce hepatic coma. The coffee enemas are a "liver flush" which triggers the liver and its gall bladder to release those poisons quickly into the bowel. This immediately eliminates the pain caused by those poisons. The result is a more peaceful, and relatively pain-free experience of getting rid of the cancer in your body. (*Go to "Liver Flush" in this book for details how to do it.*) You can do this once a day, or more if you wish.

Seventh, if you have any concerns about heart disease, while you are on this diet, then you need to add three more nutrients:

L-Lysine (3 grams a day),

L-Proline (1.5 grams a day – 1,500 mg),

L-Arginine (2 grams a day)

WHAT CANNOT BE ADDED

Do not use these—The Brandt Grape Diet, by itself, is an alkaline diet. Thus, you certainly **do not want to eat or drink ACIDIC substances such as soda pops, diet soda pops,** etc. even if they are calorie free and glucose free.

Do not add Cesium chloride. The cesium chloride treatment should NOT be used with the Brandt Grape Diet. The reason is that cesium chloride blocks glucose from getting into the cancer cells and the Brandt Grape Diet uses the glucose as a transport for its cancer killing nutrients. (*Cesium: 100-101*)

Do not add rubidium and germanium for the

same reason.

PREPARING FOR THE SIX-WEEK CYCLE

Here are additional details of the Johanna Brandt Grape Diet treatment for cancer, as modified for newer discoveries:

Johanna Brandt designed a cancer treatment in four phases. Her first phase lasted until the cancer patient stopped losing weight or felt a lot better.

But the problem here is that the patient will very likely begin feeling somewhat better as soon as he begins the grape diet. This is because his weakened and starved good cells are now also getting some nourishment from those grapes.

So it is better to use a fixed length treatment which may be repeated. If the person feels good after several weeks, that is a far better indication the cancer is actually losing the battle.

Keep in mind that this protocol was developed two decades prior to the development of chemotherapy. **Cancer patients who have been on chemotherapy** may have even more spectacular symptoms, so they **may want to spend a few days transitioning from their normal diet to a pure grape diet.** These transition days do not count towards the protocol.

If you want to start this diet immediately, yet it will be a few days before you can get the grapes, then **until you can get the whole grapes use store bought FROZEN purple grape juice** that clearly states: "100% Grape Juice." It is best to buy this at a health food store. Make sure it is "100%" Grape Juice."

Some people may wonder whether a person can survive on grapes and nothing else, for 35 days. Many, many people have survived on wine for more than 35 days. Another cancer protocol (the "Breuss Total Cancer Treatment") is almost a starvation diet for 42 days and many people have safely used that protocol.

This Brandt grape protocol allows a great deal of food, but all of that food needs to be grapes. Some powder or liquid supplements can be taken during this protocol, such as "Vibe" by Eniva or "Live" by Nuriche or Cellfood. (*More about this below.*)

There will be a **six week cycle** on this treatment. The **first five weeks** are the pure Brandt Grape Protocol (i.e. **35 days**)—with 12 hours on water and 12 hours on grapes (ideally, **grape mash, with the grape seeds smashed and mixed into it**).

The sixth week, you will begin certain other foods to be eaten, which will continue for at least a month. This complete, six-week cycle will be repeated as necessary but there should be at

Encouragement —

"Because he hath set his love upon Me, therefore will I deliver him."
—Psalm 91:14

least a month, while you are on a regular diet of good food, before starting each new six week cycle.

FIRST 5 WEEKS OF THE 6-WEEK CYCLE

Starting THE DAY AFTER YOU GET THE GRAPES (unless you want to transition), **take absolutely nothing into your body that is not specifically mentioned** in this plan. *Nothing*. No smoking, no drinking alcohol, no coffee, no French fries – *Nothing*. There is no supplementary “anti-cancer diet” during this grape diet. There are *no* foods, *no* drinks that are allowed. **Only good water.**

THE WATER YOU DRINK

Between 8:00 PM and 8:00 AM (or pick your own 12 hours) **is the evening and overnight “water fast.”**

Eat absolutely nothing. **You may drink “natural water,” meaning of course pure spring water, pure artesian well water, or ionized/alkaline water or even purified water.** Make sure your spring water, purified water, or artesian well water is not treated with chlorine or fluoride. The ozone treatment or ionized water is the preferred treatment for natural water. *(The best water to use is explained later in this book.)*

Over the entire 24 hours, try to drink at least 1 gallon of natural or ionized water each day.

Be careful to read the ingredients (i.e. do NOT buy filtered water unless it is done by reverse osmosis) and do not rely on the name of the product or the name of the company.

This 12-hour water fast is absolutely critical to the grape diet. **It is crucial that your cancer cells get “hungry” and prepare themselves to consume the next thing that comes along.**

THE GRAPE 12 HOURS

Between 8:00 AM and 8:00 PM (or your own set 12 hours) **is the daytime “water and grape mush fast.”**

During these twelve hours you should eat between two and four quarts of pure “grape mush.” If you do not have, or cannot obtain, a food processor, then you can grind the purple grape seeds with an inexpensive hand-cranked wheat grinder and eat the rest of the whole purple grapes.

For those who cannot swallow the grape mush (due to the grape skins), **they can juice and filter the grapes** to a level of consistency they can drink.

Encouragement —

“They cry unto the Lord in their trouble, and He saveth them out of their distresses.”

—Psalm 107:19

The grape mush should be eaten *slowly*. Whether you eat it or sip it, *do it slowly*. **Divide the grape mush you intend to eat into several equal portions, and then eat it several different times** during the next 12 hours. *This is essential in order to avoid nausea.*

It is also necessary to **drink a lot of water about the same time you are taking the grape mush.** This will also help avoid nausea. Nausea is frequently a major problem with this diet. So is diarrhea or constipation.

The nausea may be caused by the stomach or by Herxheimer Reaction (“Herx”) which is a phenomenon many people get when a large number of microbes in the body are killed in a short period of time.

“Thousands of former cancer victims have testified as to the effectiveness of her [the Brandt] method. Because it is now so difficult to obtain unsprayed grapes, commercially sprayed grapes have sometimes been used after thorough washing in warm soapy water and careful rinsing.”—*Walter Last, Australia.*

Of course organic grapes are best.

SIXTH WEEK OF THE SIX-WEEK CYCLE

The grape diet ended at the end of the fifth week. **The last week of the six week cycle can consist of any uncooked, raw, whole vegetables and fruits** you wish. This week is designed to give you a break, provide needed proteins, provide other nutrients that are not in the grapes, and to give your body and mind a brief change. The **supplements** should be continued during this week.

REPEATING THE CYCLE

This six week cycle can be repeated as many times as needed in order to eliminate your cancer, but **there should be a month between each cycle.**

During this four weeks, you eat whatever you want that is in the “anti-cancer diet.” *(See Anti-cancer diet for details.)*

TESTING FOR CANCER

If it is feasible, it is best that you take the cancer test before you begin the Brandt diet. Then, after you have gone through a six-week cycle of water and grapes, **you would like to know how much cancer, if any, remains in your body. You can find out!** One of the best methods is the Navarro Urine Test. It is accurate, non-radiative, and inexpensive. *(Go to the section on Cancer Tests, to find out where you can obtain them at relatively low cost.)*

HOW THE GRAPE DIET WORKS

Cancer is actually caused by a microbe (a pleo-

morphic “cell wall deficient” bacteria to be exact). Once inside a normal cell the microbe blocks the mitochondria from being able to make ATP molecules and the cell must revert to fermentation to create energy (i.e. to create ATP molecules).

Thus, **a very efficient way to eliminate cancer is to kill the microbes which are hiding inside of all cancer cells.** If these microbes are killed, it is a known fact that the cancer cells will be able to revert back into normal cells and normal cell metabolism (meaning the cells will be healthy again).

The grape diet works by getting inside the cancer cells (which it is known to do) **and kills the microbes which are inside the cancer cells**, thus allowing some or all of the cancer cells to revert into normal cells. A microbe cannot survive for more than a few seconds in pure grape juice. This may account for why **the grape diet does not create any swelling or inflammation—because no cancer cells are actually killed by the protocol, only the cancer microbes within them.**

Exercise is crucial for cancer patients. It puts a stress on the heart and pumps the blood faster. But perhaps more importantly, it pumps the lymph system and is needed to help get toxins out of the body. The lymph system has no pump (such as the heart pumps the circulatory system), only muscles can pump the lymph system. (Moving your arms is important in helping the flow of lymph.)

Obviously, many people with advanced cancer cannot go for a walk. If going on a walk is not advisable or possible, you should lift a book or something else and do exercises two or three times a day for 10 minutes total each time.

UNEXPECTED ODORS AND WEIGHT-LOSS

“It is safe to say that the first seven to ten days on grapes only would be required to clear the stomach and bowels of their ancient accumulations. And it is during this period that distressing symptoms often appear. Nature works thoroughly. She does not build on a rotten foundation. The purification of every part of the body must be complete before new tissue can be built.”—*Johanna Brandt, The Grape Cure*, p. 47.

Odors: In other words, a person on the Brandt Grape Diet can expect some awful smelling stuff coming out of a lot of different parts of his body!

Some weight loss: In addition, a person on the Brandt diet will probably lose significant weight

during the first few weeks. A person who begins this diet at 120 pounds or less, will get concerned when he starts losing weight. This is to be expected.

Because of the weeks that a person can only eat grape mush, a great deal of family support will be needed for anyone on this diet. It may be necessary for someone to call the person on this diet every hour or so, especially at the beginning of the diet. Remember also that there will be “distressing symptoms” of a person going on this diet. *This diet is an incredible detoxifier and the toxins have to exit the body somewhere.* This will also require support from family and friends.

For support:

Because the **Independent Cancer Research Foundation, Inc.** provides free support for this protocol, if you are on this treatment, and have questions or comments, feel free to contact the ICRF. *Write and ask for their email address:*

Independent Cancer Research Foundation, Inc.
P.O. 2074, Lees Summit, MO 64063 new-cancer-treatments.org,

Warning about the Wortman Grape Diet: A man named Fred Wortman designed a modified version of the Brandt Grape Diet that allowed a person to eat anything they wanted for 8 hours of the day. Feedback received from multiple cancer patients indicate this cancer treatment DOES NOT WORK! The Wortman Grape Diet DOES interfere with the “juice fast” concept of the Brandt Grape Diet and is not an acceptable treatment.

THE STORY OF JOHANNA BRANDT

Johanna Brandt (1876-1964) was a South African of German descent,

At the start of the Second Boer War in 1899, Johanna volunteered along with three of her brothers. She served as a nurse until the British captured Pretoria, the capital of the Transvaal. The Boers did not immediately surrender, however, and a long guerrilla war began.

It was during this second phase of the Boer War that Brandt, who was living in Pretoria, became active for the Boer cause. She organized women to spy on British officers and hid prisoners who were on the run. It was her actions that led to W.T. Stead running an article in the *Review of Reviews* about the appalling conditions in the Irene Concentration Camp, which contributed to a decline in British public support for the war.

Living close to the highest-ranking British officers, Johanna and her mother were able to collect information on the movements of soldiers and ammunition, and they smuggled this information out using letters written in invisible ink made from lemon

Encouragement —

“This God is our God for ever and ever; He will be our guide even unto death.” —*Psalms 48:14*

juice.

In 1902 Johanna married a minister, Louis Ernst Brandt. She had become so well known that messages of congratulations came to her from the leaders of nations. Brandt later came to America.

Brandt published about twenty pamphlets on the subject of natural remedies for health problems. Her best-known publications are *The Grape Cure* and *Fasting Book*. This book was written after Brandt cured herself of stomach cancer.

CARROT-BEET PROTOCOL

For those who cannot obtain the proper grapes, a vegetable juice containing carrot juice and some beet juice can be *substituted* for the grape juice in this article. One “unit” of this vegetable juice contains one quart of carrot juice and some beet juice. The general number of “units” that should be consumed in one day is between 2 and 4 quarts of juice.

While there are no medical reasons why a person cannot exceed 4 quarts if he want to, it is best that **no more than 4 quarts of carrot/beet juice be taken each day**. This is because the patient would be so “well fed” by the excess juice, that the cancer cells would not become hungry enough at the end of each 12 hour fast of water. For the program must remain **12 hours of water and then 12 hours of juice**, alternating with one another.

Beet juice should not be taken by itself, but should always be combined with carrot juice. **Do NOT COMBINE the grape diet and the carrot/beet juice programs.** You should be on one or the other, NEVER on both.

A **diabetic** may have to resort to the carrot juice/beet juice protocol.

It is far better if you can combine the Carrot-Beet Protocol with one or more of the Stage IV supplements (listed on page 68).

ASK GOD TO HELP YOU!

He is a Friend that you can always go to with your problems! In the name of Jesus Christ, who died to save you and empower you to live a clean, godly life,—come to God and ask for Him to help you carry this program through to success. Or if your situation is too far advanced, to accept the results,—and cling closely to Jesus and prepare your life for heaven!

Encouragement —

“Fear thou not, for I am with thee.”

—Isaiah 41:10

BUDWIG FLAXEED-COTTAGE CHEESE PROTOCOL

This is the first of two variations of the Budwig Protocols. Both are good. the second is best, but somewhat more expense.

Either one can be used together with other Inexpensive Stage IV Protocols.

WHY THIS PROTOCOL IS SPECIAL

This is one of the few Stage IV protocols, so it is very important!

But whether you use this one, or the variation (just following) which includes the nutritional product, Collect, (thus making it even more effective), this protocol is significantly more expensive—but far less than going to a clinic.

Important: Those on blood thinners should use either the Collect-Budwig Protocol or the Cesium Chloride Protocol as their major program.

However, some may not want to use it because it does require eating cottage cheese. That is a decision you will have to make for yourself. (It is a technical fact that fresh cottage cheese is not partly rotted [“aged” they call them], as are most of the other cheeses.) *Read the following and make your decision:* Keep in mind that **this is one of most powerful of the protocols for later stages of cancer. Note that Collect is not included in this protocol, but in the one that follows it in this book.**

WHERE IT CAME FROM

Dr. Albert Szent-Gyorgyi, Ph.D., a Hungarian scientist, won the Nobel Prize in 1937 for discovering that **essential fatty acids combined with sulphur-rich proteins (such as those found in diary products) increases oxygenation within the body.**

Dr. Johanna Budwig applied that discovery in clinical trials by feeding cancer patients a mixture of **3-6 Tbsps. flaxseed oil and 4 oz. (1/2 cup) low-fat cottage cheese daily.** The mixture is most effective if **the flaxseed oil and low-fat cottage cheese are thoroughly mixed or blended. You can add pineapple or other fruit to improve the taste.**”

WHY FLAXSEED OIL IS COMBINED WITH COTTAGE CHEESE

Flaxseed oil is the richest plant-based source of Omega 3 and Omega 6 oils. Indeed, it is richer in both than are the various fish oils! **Omega 3 and Omega 6 fatty acids are urgently needed by can-**

cer patients!

Cottage cheese is an excellent, complete protein, that is also rich in organic sulfur.

When the two are combined and eaten, they provide cancer patients with an outstanding food to feed good cells and kill bad ones.

Or you can use the second Budwig formula (listed just after this one), which also includes Collect, an outstanding nutritional supplement.

As mentioned below, two other helpful additions to either Budwig protocol is (1) MSM and (2) purple (Concord), black, or red grapes. *More details below.*

A problem for some—As mentioned earlier, some may not want to use the Budwig Protocol because it does require eating **cottage cheese**. That is a decision you will have to make for yourself.

Keep three facts in mind: (1) This is one of most powerful of the protocols for later stages of cancer, and one of the least expensive. (2) Cottage cheese is not “aged” (rotten) as are most cheeses. (3) Cancer is your real problem, not cottage cheese.

THE BUDWIG FORMULA AND HOW IT IS USED

Johanna Budwig (1908–May 2003) was a German biochemist and author who lived to be 95 and was nominated for 7 Nobel Peace Prizes for her work. Dr. Budwig had a Ph.D. in Natural Science. She had also been trained in physics, biology, botany and pharmaceutical science. Doctor Budwig found that without exception, **all cancer patients had a common deficiency. This deficiency was Omega 3 and Omega 6 fatty acids** (EFAs which are oxygen magnets). Now, a lot of doctors had tried to treat patients by giving them Omega 3 sources, but none had been consistent.

Dr Budwig found that **the best way for these fatty acids to be fully available to the body, is to tie them to a sulfur based protein.** And the best that she found was cottage cheese. She developed a diet protocol based on this and she claims to have had a success rate of over 90%. **She would have her patients take 3 to 6 tablespoons of flaxseed oil per day along with 4 oz-1/2 cup of cottage cheese.** The medical establishment has refused to acknowledge her discovery, but many individuals are so very thankful that she discovered this process by which cancer could be treated so

Encouragement —

“Unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy.” —Jude 24

well.

The Budwig Diet is one of the best known and most established alternative treatments for cancer. **Two Nobel Prizes combined to create this treatment.** It can be classified as one of the oxygen treatment plans, though it is more than that. The result is a program which stops the spread of cancer and kills cancer cells. It places more oxygen in the body through protein compounds of sulphuric content, which make omega-3 oils water-soluble.

The flaxseed oil diet was originally proposed by Dr. Budwig, a German biochemist and expert on fats and oils, in 1951.

Dr. Budwig's flaxseed oil and cottage cheese formula has been used therapeutically in Europe for prevention of: cancer, arteriosclerosis, strokes, cardiac infarction, stomach ulcers (normalizes gastric juices), **Prostate** (hypertopic), **arthritis** (exerts a favorable influence), **eczema** (assists all skin diseases), and even **immune deficiencies.**

WHAT WERE THOSE TWO NOBLE PRIZES?

Early in this book, mention was made that **Albert Szent-Gyorgyi, Ph.D.** was given the Nobel Prize in 1937 for his discovery that **essential fatty acids combined with sulphur-rich proteins increases oxygenation within the body.** This became the basis for important later breakthroughs in treating cancer naturally.

Earlier, in 1931, **Dr. Otto Warburg, M.D.**, director of the *Max Plank Institute* in Berlin, won the Nobel Prize for showing that **cancer thrives in an aerobic (without oxygen), or acidic, environment.** (In total, he was nominated an unprecedented three times for the Nobel prize for three separate achievements.) He showed that cancer is caused by weakened cell respiration due to lack of oxygen at the cellular level. According to Warburg, damaged cell respiration causes fermentation, resulting in low pH (acidity) at the cellular level.

He also discovered that there is a lack of one or more of three B vitamins (**riboflavin, niacin, and pantothenic acid**) in tissue which becomes cancerous.

YOU MUST USE THE ENTIRE PROGRAM

However, **the effectiveness of this diet in the treatment of cancer is heavily dependent on using this entire Budwig Protocol**, including her diet and supplements.

It has been shown that **the oxygen levels in cancer cells largely determine how aggressively the cancer is spreading!** The less oxygen in the cancer cells, the more aggressive the cancer cells are at spreading. Of course, **if the amount of oxy-**

gen in the cancer cells reaches too high a level, the cancer cells die! So this treatment can not only lead to a slowing down or stopping of metastasis, but also to death of those bad cells.

The Budwig flaxseed diet is one of the oldest (dating back to the early 1950s) and most proven anti-cancer diets on earth. *The complete diet recommended by Johanna Budwig includes foods you must eat, food that you can eat, and foods you definitely should not eat.* It is best to go on her diet exactly as she tells it. Then, while on it, you can research the facts about omega-3 oil, trans-fat, hydrogenated oils, margarine, and all the rest. *It is best not to delay! Get started!*

THE BASICS THAT YOU NEED

Only use unrefined, cold-pressed oils with high linolic acid content, such as flaxseed, sunflower, soya, poppyseed, walnut, and linseed oils. Such oil should be consumed together with foods containing the right proteins [the cottage cheese part] otherwise the oils will have the OPPOSITE EFFECT, causing more harm than good." Obviously, **do not cook the flaxseed oil**, or buy cooked flaxseed oil].

The best oil is **Barleans Flaxseed Oil**. As soon as it arrives, put it in the freezer. Take it out, defrost it, fill a small jar with the oil to be kept in the frig when not used. Put the rest back in the freezer. Why? Because unlike the other vegetable oils, flaxseed oils perish much more quickly from heat and light. Some add fresh pineapple to flavor the mixture.

Barlean's Organic Oils Lignan Flax Oil, 32 oz.
\$32.49 (\$0.97/oz) from Amazon.

If you buy direct from Barlean's, you will receive fresher flaxseed oil that can be refrigerated more quickly. *Here is how to contact them:*

info@barleans.com • 800-445-3529
32 oz. 41.57

MSM (Methyl-Sulphonal-Methane), a sulphur compound, increases the sulphurized proteins of the Budwig treatment by softening the cancer cells so they better absorb the increased oxygen flow in the blood.

It is widely available:

MSM, 1000 mg, 240 Capsules (by Now Foods)
at Amazon: \$13.99 (\$0.06/count)

Grapes: Purple, red or black grapes are recommended as part of the Budwig Diet. (purple concord grapes are the best, but you may have to use the red

or black, when concord grapes are out of season.)

MORE ON JOHANNA BUDWIG'S WORK

Johanna Budwig (1908-2003) was a German biochemist and author. She was a pharmacist and held doctorate degrees in physics and chemistry.

She was a qualified pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert-consultant for drugs and fats at the former *Bundesanstalt für Fettforschung* (Federal Institute for Fats Research). **She discovered the powerfully healing nature of essential fatty acids on all manner of degenerative diseases and tumor activity.**

Budwig found that patients with degenerative diseases and tumor activity typically had an odd greenish-yellow substance in their blood, instead of normal amounts of hemoglobin. She realized that this discovery explained why patients are so often weak and suffering from anemia. Dr. Budwig also discovered that in general, **blood that comes from a healthy person contains far greater levels of Omega 3 essential fatty acids than blood samples taken from someone who is ill.** When she spoke of hydrogenated fats she was referring to the cooking oils sold in grocery stores. Most firms extract the oil from corn, sunflowers, plants, etc. by using extreme heat and chemicals. They are no longer alive, but dead oils that cause death to the user. These dead oils are also very tough oils in that they have a 20-year shelf life. **They get into our cell membranes (where cholesterol should be) and destroy the electrical charge.** Without this charge, our cells start to suffocate.

Budwig spoke sharply against the medical industry for their approach. She said, "It is not correct to regard the problem of tumors simply as a problem of too much growth and thereby to instigate all manners and means of growth inhibiting treatments."

Johanna Budwig gave numerous conferences and, as a result, the *Central Committee for Medical Research* in Germany was very angry about her fearless statements, and finally, determined to silence her, they initiated a lawsuit.

In court, the judge, after having reviewed the evidence from both sides, pulled the medical research people aside and told them not to take on this woman. The court records quote the presiding judge: "Doctor Budwig's documents and papers are conclusive. There would be a scandal in the scientific worlds because the public would certainly support Doctor Budwig."

Based on her research on fatty acids, she developed a diet that she believed was useful

Encouragement —

"The joy of the Lord is your strength."

—Nehemiah 8:10

in the treatment of cancer.

In 1952, Dr. Budwig wrote in a paper entitled, *On Fat Biology V. Paper Chromatography of Blood Lipoids, the Tumor Problem and Fat Research*: “It is basically proven that **highly unsaturated fatty acids** [flaxseed oil is the best!] are the heretofore undiscovered decisive factor in respiratory enzyme function”. **This insight constituted the second part of the “equation” that nobelist Otto Warburg had been unable to find.**

What sounds insignificant to the layman’s ears, is arguably *one of the greatest breakthroughs* in medicinal science: From that moment onward we have known that **the highly unsaturated fatty acids are the decisive factor achieving the desired effect of cellular respiratory stimulation!**

Working in conjunction with sulfurated amino acids (protein), the highly unsaturated fatty acid plays a part, even the critical part, in the “bridging” taking place between fats and protein, in the absorption AND utilization of oxygen, in all growth processes, in the formation of blood and in many other processes.

Working from this theory, Dr. Budwig was able to help a great many cancer patients with **the scientific oil-protein diet of flaxseed oil plus cottage cheese**, which she developed to kill cancer cells. It has since been called the “Budwig diet.”

This protocol was used by Dr. Budwig from the 1950s through 2002 in helping cancer patients to heal. **She was nominated seven times for a Nobel Prize!** Dr. Budwig worked energetically until just before her death in 2003. She died at the age of 95.

BUDWIG FLAXSEED- COTTAGE CHEESE-CELLECT PROTOCOL

WHY IT IS SPECIAL

This is one of the most potent, safe and highly effective alternative cancer treatments.

The key making this treatment so unusually effective is Collect, a multi-mineral, multi-amino acid, multi-vitamin supplement, with some anti-cancer products added. Collect was designed by a biochemist. By itself, it has shown excellent results treating cancer.

Mike Vrentas has added the **Budwig protocol**, plus **laetrile** (apricot seeds), **juicing**, etc. to the **Collect** foundation, making it a very potent proto-

col.

Two problems—As mentioned earlier, some may not want to use the Budwig Protocol because it does require eating **cottage cheese**. That is a decision you will have to make for yourself.

Keep three facts in mind: (1) This is one of most powerful of the protocols for later stages of cancer, and one of the least expensive. (2) Cottage cheese is not “aged” (rotten) as are most cheeses. (3) Cancer is your problem, not cottage cheese.

But there is also a second problem: The special powder to be used with this Budwig Diet is called **Collect**. Included with the vitamins and minerals, are Bovine Collagen, Shark Cartilage, L-Glycine USP, Bovine Colostrum (Pre-Milk), “A separate bottle of Cod Liver Oil gelcaps are included in each kit of Collect. Take 3 Cod Liver Oil gelcaps for each serving.” (This could be substituted by a capsule with 2000 IU of Vitamin D and 5000 IU of Vitamin A.) *So decide whether you want to take Collect.* If not, use only the Budwig-Flaxseed-Cottage Cheese Protocol alone, or look elsewhere for additional supplements (for example, the Inexpensive Stage IV Protocols).

Another possibility is adding **Cellfood**. You can find it at Amazon. This is another vitamin-mineral supplement, used for the same purpose as Vibe. *Go to cellfoodusa.com*

\$18.00 to \$22.00, plus variations, at Amazon

But you will need to use Collect in order to obtain the urgently needed help of Mike Vrentas.

These products super-energize the very weak anti-cancerous cells. They are excellent supplements for cancer patients, when they must work quickly to improve their situation.

THE REMARKABLE ADVANTAGES OF THIS PROTOCOL

The Budwig-Flaxseed-Cottage Cheese-Collect Protocol is powerful! Collect contains exactly the nutrients needed to help push the combined protocol through to even greater success. **Collect combined with Budwig is said to be the strongest and fastest-acting alternative cancer treatment which does not have any restrictions placed on its use. It does not cause any inflammation or swelling. It frequently shrinks tumors and reduces pain within a couple of weeks! It can be used by any advanced cancer patient dealing with any type of cancer.**

This treatment was specifically designed for very advanced cancer patients who need to have an extremely fast-acting protocol;—**an alternative cancer treatment which starts to become effective**

Encouragement —

“God is not ashamed to be called their God, for He hath prepared for them a city.” —*Hebrews 11:16*

within days, not weeks or months.

This protocol is based on a combination of two of the fastest acting alternative cancer treatments available. Both the Collect protocol and the Budwig protocol are known to become effective very quickly, plus they avoid creating inflammation and swelling.

Advanced cancer patients are strongly advised to work with an expert in their main treatment protocol. **This protocol has excellent support available from Mike Vrentas**, who has over 10 years of experience in alternative medicine and who designed this protocol. Not only did Mike develop a set of CDs with detailed information about the protocol but he also provides, as a very inexpensive option, telephone support for personal consultations.

MIKE VRENTAS' HELP

It is best that you not attempt this protocol without working with Mike Vrentas! There is no possible way you can otherwise know how to deal with all the different situations you might encounter when using this protocol! *Go to:*

collectbudwig.com

Support for the Collect-Budwig comes from ICRF cancer researcher, Mike Vrentas. The fee is very nominal and includes over five hours of lectures about natural medicine PLUS a two-hour custom telephone consultation with Mike Vrentas, frequently via Skype.

Mike Vrentas, P.O. Box 2074 Lees Summit,
Missouri 64063

Mike can help you with over 200 alternative cancer treatments, plus other information. The Collect-Budwig Protocol was designed by him.

Limu Juice can also be added to this protocol, but it is optional. The source is *limu moui*, a seaweed from the Tonga Islands. (*Limu juice is discussed later in this book.*)

thelimucompany.com

Amazon has several options of Limu juice.

CAUTIONS AND WARNINGS

Cautions about mixing Collect-Budwig Protocol with the Inexpensive Stage IV Protocols—

If you are on a blood thinner, use the Collect-Budwig by itself.

Do not include the Kelmun Protocol with Budwig (because Kelmun is so highly alkaline that Kelmun cannot be combined with other protocols). The Collect-Budwig contains the product Collect,

which contains both cesium and potassium. The Inexpensive Protocol includes the Kelmun Protocol which has baking soda. (While the Inexpensive Stage IV Protocols do contain other mildly alkaline products, they are not alkaline enough to worry about.)

Aside from those exceptions, the combination of the **Collect-Budwig (which kills cancer cells)** and the **Inexpensive Stage IV Protocols (which reverts cancer cells into normal cells)** is a potent combination. The rule is **only be on one highly alkaline protocol at a time.**

Because the Budwig Diet should not be used within 3 hours of any antioxidants, and because the Inexpensive Stage IV Protocol contains many antioxidants, **it is important that the Budwig Diet be used first thing in the morning. Three hours later you can use anything you want from either this protocol or that of the Inexpensive Stage IV Protocol.**

HOW COLLECT SHOULD BE TAKEN

Collect™ is a special blend, which should only be purchased in **an unflavored powder mix** formula. **One serving equals one level scoop and each bottle contains 30 servings.** A properly sized scoop is included in each bottle. A separate bottle of **Cod Liver Oil** gelcaps are included in each kit.

You are also supposed to take 3 Cod Liver Oil gelcaps (included) with each serving (which could be substituted by a capsule with 2000 IU of Vitamin D and 5000 IU of Vitamin A).

If you take this product, it is important that you **only purchase and use the Unflavored Powder Mix.** Do not use the powders which contain added flavors, or the pills.

To find all the contents of Collect, go to

Collect.Org and then click on "Supplemental Facts."

Vibe as an alternate: Checking further into this, I find that *Eniva Vibe* is another product used similarly to provide many of the same nutrients for those on a cancer program. But Vibe does not contain cod liver oil and bovine and shark parts. Yet it does contain a very small amount of **chocolate**. Go to:

eniva.com -or- Amazon: 32 oz. for \$49.95.

Eniva 866-999-9191

BILL HENDERSON PROTOCOL

WHY IT IS SPECIAL

Aside from the Kelmun protocol (which can only be used for a short time, **the Bill Henderson protocol is the least expensive of the high**

Encouragement —

"Whoso putteth his trust in the Lord shall be safe."
—Proverbs 29:25

potency protocols. If it is combined with a strong anti-cancer diet, **it is an exceptionally fast-working and highly effective alternative cancer treatment. It costs about \$200 a month.**

This protocol consists of enzymes, the Matthias Rath protocol, immune builders and other critical elements of a potent alternative cancer treatment. **It works fast enough even for pancreatic cancer! It does not cause any inflammation or swelling.**

This method of treatment can be used on any cancer patient with any type of cancer. However, **if the cancer is fast-spreading, has already spread significantly, or is a particularly dangerous type of cancer, it is necessary to sign-up for Bill Henderson's "coaching" service, which costs less than \$200.** Bill will help you "get it right the first time" (because you may not have a second chance later). He may also discuss whether infections and toxins caused by old dental work may be necessary to resolve in order to completely eliminate your cancer.

This treatment is a true "Stage IV" alternative cancer treatment, meaning it is able to give advanced cancer patients significant hope for survival. It is also one of the most inexpensive treatments available.

For those who buy Bill Henderson's book and work with Bill over the telephone, his protocol has some very sophisticated characteristics that make it one of the most potent cancer treatments available. **It is also one of the most "gentle" treatments.**

With this protocol the "anti-cancer diet" is critical and is an active part of the treatment. While you might think that "cheating" on your anti-cancer diet by 10% would only affect the effectiveness of your treatment by 10%, such is not the case with this protocol. The cancer patient must be fanatical about sticking to the diet, as it is an integral part of the treatment.

The purpose of the diet is to create a highly alkaline inner terrain in which microbes cannot thrive. Because microbes are an integral part of cancer, the anti-cancer diet is critical.

HOW IT WORKS

The Henderson method, using **his anti-cancer diet, a cold-processed barley product, and other**

Encouragement —

"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him."

—1 Corinthians 2:9

supplements—"buys time" for the patient. Even if he did nothing else, the patient would survive much longer than he otherwise would. This is important, because if the patient is able to survive longer, it allows more time for the cancer to be eliminated and thus it allows a "gentler" treatment to be used. **Because it is a gentler treatment, cancer cells are killed at a slower pace and thus there is less congestion for lung cancer patients, and less inflammation and swelling for brain cancer patients, etc.**

The Henderson Protocol also works closely with the Budwig Protocol. It is important that it does, for in this way the damaging effects of the cancer cells are negated, and the anti-cancerous cells are better protected.

FOR FURTHER INFORMATION

Bill Henderson's complete protocol can be found in chapter 5 of his book: *Cancer-Free – Your Guide to Gentle, Non-Toxic Healing.* The book can also be purchased on his website:

beating-cancer-gently.com

On Henderson's website, you will learn how to obtain his coaching help. Bill says, "I'm not asking for you to commit your life—just **six to eight weeks.** I've found that **within just a few days, 90% or more of the cancer patients who do this feel so much better that they continue with this regimen for life.** You see, I know it's not too difficult because I do it every day myself for prevention. I am 81 years old and in perfect health."

First, you buy his book. second, using the book, test the levels of cancer cells in your body. Next, you take the recommended regimen for 6-8 weeks. Then you take a second test. If you wish, at any time you can get him to coach you "for less than \$200." He seems like a very nice person.

THE BILL HENDERSON STORY

This is how Bill got into this.

On November 1, 1994, Bill Henderson lost his wife, Marge, to cancer. But Bill, a retired Air Force Colonel, knew that it was not cancer that killed her. Rather, she died from the poisonous effects of her cancer treatment; that is, the chemotherapy. The chemo destroyed her immune system, the only thing that could have overcome her cancer.

After Marge died, Bill embarked on a full-time research career to find an alternative method of healing cancer. He wanted to spare others from the nightmare he and his wife went through.

He spent countless hours poring over natural cancer cure studies, and he found thousands of sto-

ries of miraculous recoveries — even from people who'd been given no chance of survival by their doctors.

Bill's research led him to dozens of alternative treatments that have proven not only effective, but also safe and painless. The kind of treatment his wife never received. But the path to finding those treatments was extremely challenging.

It took years of sifting through a blizzard of scientific backlash, conflicting theories, pharmaceutical misinformation, and scams looking to profit from those in distress. Even well-intentioned advice on cancer and nutrition was contradictory and confusing. But Bill pressed on, and eventually he began reaching out to others with his findings.

Today, he's helped over 3,000 people from 74 countries—including those with terminal cancer—become cancer free. He believes he's found the best ways to heal cancer with gentle, non-toxic, and low-cost methods that involve **a simple diet and supplement regimen that's shown to reverse cancer in 6-8 weeks.**

The regimen costs only \$5.15 a day, and is based specifically on a simple oxygenating food combination with a **success rate of 90%**, according to the 7-time Nobel Prize nominee who discovered it.

In a typical day, 6 or 7 cancer patients phone Bill looking for cancer treatment options. He tells them that if he ever had cancer, he'd cure it at home using the gentle, non-toxic, low-cost methods that he's discovered. Why? Because he's seen these methods work while other methods fail. Bill is convinced his wife would still be alive if he knew then about this simple solution.

Bill has published 3 cancer cure books in the last 11 years, all of which have become very popular all over the world. Readers in 59 countries have used the information in those books to become cancer-free. Now, Bill has released a report titled *"How to Cure Almost Any Cancer At Home for \$5.15 a Day."* It's the basic essence of his entire body of research on curing cancer naturally at home distilled into a concise report that anyone can begin using.

Bill's report tells you where to get it, how to take it, and even how to get it at cost.

Bill's miracle food astonishes conventional doctors because this diet has been shown to get rid of "terminal" cases of not just lung cancer, but also

brain cancer, breast cancer, ovarian cancer, and colorectal cancer, and other types of cancer. According to Bill, this food has cured more Stage IV cancers than any other cure he has come across.

Go to: beating-cancer-gently.com

THREE HONEY PROTOCOLS

WHAT IS SPECIAL ABOUT HONEY

As mentioned earlier, cancer microbes are inside all cancer cells. **Honey is a special product (along with MSM), that can get microbe-killing nutrients inside of cancer cells, where they can target and kill the microbes.**

Honey is the Trojan Horse which gets these herbs and spice inside the cancer cells to kill the microbes.

Honey and turmeric, combined, have eliminated cancer by itself. Honey and ginger have also done it. Honey and cinnamon has done it,—**but honey is more powerful when used with turmeric and cinnamon together.**

HOW TO TAKE IT

Each day take up to 1 teaspoon a day of one of the following three spices (as explained below), **along with an equal amount of honey.** Or take a little more honey, but no more than two tablespoons a day of honey.

Start each of these protocols at a 1:1 ratio. There is plenty of room for taste adjustment:

1 - **Honey and turmeric** (every *other* day, alternate with ginger) (anti-tumor),

2 - **Honey and ginger** (every *other* day, alternate with turmeric) (anti-tumor),

3 - **Honey and cinnamon** (*every* day).

Note that "Honey and turmeric" and "honey and ginger" are taken on alternating days.

All three of these items can kill the microbes that cause cancer which exist inside of the cancer cells.

WHICH SOURCES ARE THE BEST

Important: The darker the honey, the better.

The best cinnamon comes from Viet Nam, where the highest percentage of cinnamon oil is found. (Amazon has several brands of cinnamon from Viet Nam.)

Cinnamon Bark, an essential oil from the bark, available from the *Young Living* company, is also recommended. (Amazon also has this; specify "Young Living Cinnamon Bark".) This product is measured in drops because it is concentrated.

Turmeric, which contains curcumin, an herbaceous plant in the ginger family, is a potent anti-cancer food. Because **turmeric** is poorly absorbed by the body, The one brand that is best absorbed

Encouragement —

"The meek shall inherit the earth, and shall delight themselves in the abundance of peace."

—Psalm 37:11

is **Meriva** Tumeric. (Amazon has Meriva Tumeric.)

While Meriva is far better absorbed than most brands, another good turmeric/curcumin is “Super Bio-Curcumin,” in 400 mg dose, from *Life Extension* (954-771-2308). Take 2 of these pills every day. 800 mg is the recommended daily dose. Turmeric curcumin is used extensively in medicine in India, and is also a popular culinary spice.

THE ASPARAGUS PROTOCOL

It is a remarkable fact that **asparagus, by itself, has been shown over and over to be an excellent cancer treatment.**

But it can also alternate with the Kelmun Protocol.

HOW TO PREPARE AND TAKE IT

To use asparagus as a cancer treatment do the following:

- 1 - **Cook** the asparagus,
- 2 - **Puree (blend)** the asparagus,
- 3 - **Take EIGHT TABLEspoons, TWICE a day.**

The patient will take 16 tablespoons (i.e. one cup) during the entire day.

On those days that 1 cup of asparagus is taken, do not take any baking soda or maple syrup, because that might be too much alkalinity for that day. But if baking soda and maple syrup are also used on a given day, take only 1/2 cup of asparagus that day.

ALOE ARBORESCENS PROTOCOL

WHY THIS IS SPECIAL

This is a Brazilian plant which, when discovered, was used for over a century in Brazil to treat cancer among poorer classes.

This protocol consists of honey, *aloe arborescens* (a type of aloe plant) and a very small amount of a substance to open the capillaries. The honey is a “Trojan Horse” to get microbe-killing Aloe Arborescens inside the cancer cells.

The protocol has been used for decades in Brazil and Europe, but it is grown and cultivated in South America. **By itself, *aloe arborescens* is an excellent cancer treatment.**

Romano Zago developed the protocol. His book, *Cancer Can Be Cured!* tells its history and how to

Encouragement —

“Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.” —2 Corinthians 13:11

use it, and includes a long list of impressive case studies for different kinds of cancer.

WHAT IT DOES

This treatment will clean (detox) your body. As with any protocol which releases toxins there may be some uncomfortable experiences. A wide range of detox symptoms may be experienced.

This protocol will apparently work on any type of cancer (a wide variety of cancer types are specifically mentioned in the book, such as bone cancer, brain cancer, etc.) and will even help with pain in many instances.

HOW TO TAKE IT

This protocol is rated as a “Stage IV Supplemental” treatment, which means **it should be added to the highly potent “Stage IV” protocols**, if it used with the others..

Buy the product, and follow the directions. You will be taking about one or two tablespoons every day. For the product, go to:

aloeproductscenter.com —or— aloedecaus.com

16 oz. \$69.99 for a 16 oz. bottle; larger amounts can be purchased for discounts.

aloearborescens.org/books for an ebook.

Possibly do not start aloe arborescens until 2 or 3 days before your next cancer test results. (*See Cancer Tests.*) This will allow you to know your score before your situation can become dangerous.

Here is another important point the book makes: **If after taking the protocol for 10 days on, 10 days off, for four times, and you have not achieved your objective, then double the dose until you meet your objective.**

This Brazilian recipe consists of whole leaf Aloe arborescens liquid, unheated raw honey, and 1% certified organic alcohol.

The *Aloe arborescens* provides gentle cleansing for the whole body. It contains a complete array of Aloe’s health promoting, active glucomannan polysaccharides 4% such as mannose (2ml per serving) to guarantee maximum effectiveness in immune support system. It is 200% higher in phytonutrient compounds than Aloe Vera.

The product should be kept in a special dark bottle: (It comes in one.) This is a 16 ounce dark, violet-colored HDPE “nontoxic” plastic or glass bottle. You can buy the container from a drug store or from a pharmacist. Shake the bottle very well just before pouring into a tablespoon. Generally it should be stored in a cool, dark place until opened, and refrigerated after it is opened.

WARNING

If you are taking blood thinners you should

be aware that any aloe plant is green and will have some vitamin K in it. You need to contact your doctor and notify him or her that you will be taking one or two tablespoons of an aloe plant every day.

THE GERSON PROTOCOL

Over the past 60 years, thousands of people have used the Gerson Therapy to recover from so-called “incurable” diseases, including:

- Cancer (including melanoma, breast cancer, prostate cancer, colon cancer, lymphoma, pancreatic cancer and many others)

- Diabetes • Heart disease • Arthritis

- Auto-immune disorders, and many others.

This protocol is excellent, consisting primarily of vegetable and fruit juices, plus important supplements. One of which is coffee enemas (liver flush).

As the cancer dissolves, it is sent through the bloodstream to the liver, which can become overwhelmed and produce hepatic coma. The coffee enemas trigger the liver and its gall bladder to release those poisons quickly into the bowel. This immediately eliminates the pain caused by those poisons. The result is a more peaceful, and relatively pain-free experience of getting rid of the cancer in your body. (*More on the liver flush: 150, 153, 160, 249. How to give the liver flush: 244-245.*)

If using the Gerson Protocol by itself, it may not be fully a Stage IV level, but if you add some items from chapter 8 (Stage IV Protocols: Fast (lowest cost), the Gerson becomes a Stage IV !!

Several years ago, the present author wrote a small book on the Gerson Therapy. Since it is full of information not included elsewhere in this book, **that book has been placed at the back of the book you now have in your hands.**

Some may wish to go to the Gerson Clinic:
Gerson-Plus Therapy (Gerson-Hyperthermia)
 Dan Rogers, M.D.

gerson.org / 800-838-2256 (U.S. only) /
 888-443-7766 (U.S. and Canada) / Mon-Fri:
 8:15 am-12pm, 1pm-4:45 pm (Pacific Time)

**FOR MUCH MORE ON GERSON THERAPY
 Go to pages 216-272 IN THIS BOOK.**

Encouragement —

“My God shall supply all your need according to His riches in glory by Christ Jesus.”

—Philippians 4:19

ESSIAC PROTOCOL

THE RENE CAISSE STORY

In 1922, Rene Caisse (1888-1978) was head nurse at a hospital in Haileybury, Ontario, Canada. She was 33 when one evening while going about her duties, she noticed an elderly woman patient who had a strangely scarred breast. **The thought came to mind to ask the woman what had happened. The answer was to change Caisse's life!**

Over 20 years earlier, about the turn of the century, the woman came from England to join her husband, who was working as prospector in Northern Ontario. Then she discovered a hardened mass on her breast. The area where they were camping was inhabited by Ojibwa Indians. Fortunately, they had helped an old Indian herbalist. He told her that it was nothing to worry about and that he could heal her with a remedy given him by his “grandfathers.”

The woman rejected the offer in favor of modern medicine. Journeying to Toronto, she was told there was no other remedy, the breast would have to be removed; the cancer was too far advanced. Recalling that old Indian, she decided to go back and let him help her.

The kindly Indian gave her a drink which was pleasant to the taste. He also gave her the formula for the herbs, and told her where to find them in the wild, so she could make it at home.

It was now twenty years later and Caisse examined the breast closely. Although scarred, there was no cancer. The woman gave Rene the recipe.

Two years after receiving the recipe, Caisse used it on her aunt Mireza, who had terminal cancer of the stomach and liver. As a skilled nurse, Rene well knew that hospital treatments would result in her aunt's horribly painful death within a few months. —But the pain disappeared and the aunt totally recovered, and lived another 20 years!

She then treated several others, and word of the marvelous recoveries soon spread. Soon other physicians were sending their hopeless cases to Caisse. *But then the medical establishment objected.*

Naming the herbal formula “Essiac” (her own name spelled backwards), Rene left the hospital in 1924 at the age of 35, and went to Bracebridge, Ontario, Canada where **she began administering Essiac to all who came to her. The majority of those whom she treated came on referral with letters from their physicians, certifying they had incurable or terminal forms of cancer** and that they had been given up by the medical profession as untreatable.

Rene began gathering the plants and preparing

the herbal remedy herself in her own kitchen, in a building lent her for her patients. She administered Essiac both orally and by injection. **In cases where there was severe damage to life support organs, her patients died—but they lived far longer than the medical profession had predicted, and, more significantly, they lived free of pain.**

Still others, listed as hopeless and terminal, but without severe damage to life support organs, were healed and lived 35-45 years.

The *Canadian Ministry of Health and Welfare* and the *Parliament* became involved. Friends, former patients, and grateful families petitioned Canadian officialdom for Rene Caisse's right to administer the remedy to anyone who asked for it without the threat of interference from authorities. **Fifty-five thousand signatures were collected on the petition.** In March 1938, Essiac came within three votes of being legalized by the Ontario government as a remedy for terminal cancer patients.

But, under intense pressure from the medical lobby, it was voted that Caisse must close her clinic. When she announced it, a massive number of complaints poured into the Ontario government. Under the intense public pressure, Premier Heburn and Health Minister Kirby told Rene to reopen her clinic, which she did.

For more than 50 years until her death in 1978 at the age of 90, she treated thousands of cancer patients, most of them written off by doctors as terminally ill, with this secret formula. Calling it Essiac (Caisse spelled backwards), she brewed the tea alone in her kitchen. Men and women, after recovering from cancer, told their friends and families, wrote letters to politicians, swore affidavits, testified before the Canadian Parliament and pled with Rene to supply them with more Essiac.

Her funeral in Bracebridge, about 106 miles north of Toronto, was attended by hundreds of people including former patients Rene had treated for terminal cancer as far back as the 1930s and who were still on their feet to bury her and tell their stories.

The controversy over Essiac has raged in Canada every few years since the 1920s, in the press, and in the highest medical, judicial and political circles in Canada. At one point, Essiac failed by just three votes of becoming legal in Canada.

Encouragement —

“In all thy ways acknowledge Him, and He shall direct thy paths.”
—Proverbs 3:6

But always that controversy centered on this one woman in the tiny village of Bracebridge, pop 15,000 at the present time. Rene Caisse was an unlikely public figure. She was a skilled nurse who didn't crave attention or money. “I never had \$100 I could call my own” she used to laugh. **She didn't charge a fee. She accepted only voluntary contributions** (fruits, vegetables or eggs, as often as not) from those who could afford them, and she didn't turn away people who couldn't make any payment at all.

She refused to reveal the formula to the Canadian government, the *Memorial Sloan-Kettering Cancer Center* in New York (the world's largest private cancer research center) and the *National Cancer Institute*, just to name some of the institutions that wanted the formula at one time or another. **She wouldn't give them the formula until they would admit that Essiac had merit as a treatment for cancer.** They refused to admit any merit until she gave them the formula.

Eventually, she met Dr. Charles Bruschi M.D. She soon realized that he was a man she could trust.

Dr. Charles Bruschi (personal physician earlier to J.F. Kennedy) invited Rene Caisse to the *Bruschi Medical Center* in Cambridge, Massachusetts, in an attempt to develop an oral formula that carried the same efficacy level as the injection.

Dr. Charles Bruschi and Rene Caisse began their work together in his research facility in 1959. He claimed that Caisse gave him the “true original” formula, which contained a total of eight herbs.

They experimented with the four herb formula for a brief period of time, but some say these were found to be inferior to an eight herb formula.

FOUR HERBS VS. EIGHT

Some websites promote the four herb formula as the best there is, or even the “only” real Essiac. Some believe that Caisse had a four herb formula to start with, others say it was eight. It appears that it was originally four and then, while working with Bruschi, it was enlarged to eight, which he said was better. The formula that resulted from the Bruschi medical trials was an eight herb formula.

The four herb formula is now in the public domain. *Later in this article, I will give it to you.*

Dr. Bruschi's eight-herb formula was marketed under the name, Flor•Essence, which you can purchase from Amazon and elsewhere.

Here is another firm with an eight-herb formula:

bulk-essiac-tea.com

Phone: 1-866-ESSIAC1

This firm also claims that it has the exact eight herb formula developed by Dr. Charles Bruschi and Rene Caisse. Whether that is true, I would not know.

The eight herbs—The eight herb formula Rene Caisse revealed to Dr. Charles Bruschi contained the “*Resperin formula*” four herbs of **Blessed Thistle, Watercress, Kelp, and Red Clover**, as well as **Burdock Root, Sheep Sorrel, Slippery Elm Bark, and Turkey Rhubarb Root**. All of these herbs had been included in Caisse’s original Essiac blend. Bruschi performed eight years of clinical research on this eight herb Essiac that was designed to be administered orally. He even took this formula himself when he fell ill with cancer. Bruschi said that Essiac alone healed his cancer.

The exact proportions of this eight herb oral Essiac formula has never been published.

During a variety of clinical trials, Dr. Bruschi and Rene Caisse tried administering capsules, tablets, tinctures, and other methods. Master herbalist Elmer Gove assisted Dr. Charles Bruschi and Rene Caisse in developing an ideal essiac formula. **The most successful method of administering Essiac was to keep the brewed Essiac in liquid form; that is, Essiac tea or Essiac juice.**

Rene Caisse passed away in 1978, Elmer Gove in 1987, and Dr. Charles Bruschi in 1993. There are only a handful of people today who know the ratios of this highly studied eight herb Essiac formula.

THE ESSIAC PROTOCOL

Essiac Tea is considered to be a “Phase III cancer treatment,” meaning it is not considered strong enough to be at the core of a “Stage IV” treatment. This does not mean, however, that it would not be an effective addition to a “Stage IV” treatment.

The value of Essiac Tea would be greatly enhanced by combining it with the Bill Henderson Protocol. The Bill Henderson Protocol, by itself, is a Stage IV treatment, and it includes the special diet that should be used when taking Essiac Tea. NO alternative cancer treatment should be used without a good “anti-cancer diet” which does not feed the cancer cells

This cancer protocol is rated ONLY as being effective on newly diagnosed cancer patients who do not have a fast-growing cancer and their cancer has

not spread significantly! Essiac Tea may also be useful in protecting the liver. **If you are an advanced cancer patient who has had a lot of chemotherapy, radiation or surgery or you have a potentially fast-growing cancer, do not use the Essiac herbs alone as your primary cancer protocol.**

While the basic components of Essiac are well known, **the exact proportions of the herbs in Essiac are the matter of much speculation. The cancer patient should be far more concerned with the quality of the herbs, and the quality of the processing, than with the exact formula.** Some brands have 4, 6 or 8 herbs (e.g. *Flor-Essence* has the 8 herbs). The extra herbs won’t hurt, and may be of some help. But again, the quality of the herbs, and the quality of the processing, is the most important issue.

When Rene Caisse was treating patients, **she would make her own tea and have it to her customers usually within 48 hours of making it.** However, when you order Essiac Tea by mail, it is may be several months old. The reason it is not a “Stage IV cancer treatment” is because of the way some of the Essiac Tea products have been dehydrated, processed and stored. This treatment would be higher rated if people grew their own herbs or knew someone who did grow their own herbs.

THE FOUR HERB FORMULA

The most common formula has four herbs in it. **Two of the herbs are used to kill cancer cells. The other two herbs are used to protect the liver from being overburdened by debris.**

Sheep Sorrel: It is the Sheep Sorrel that is the main cancer killing herb in Essiac. Caisse frequently said so. “The herb that will destroy cancer . . . is the dog-eared sheep sorrel, sometimes called sour grass,” she said several times. Sheep Sorrel has been known for over a hundred years as a cancer fighting herb. It is also said to relieve internal ulcers, black jaundice, most skin diseases, stop hemorrhages and heavy menstrual flow.

Burdock Root: This is a powerful blood purifier. In 1966, two Hungarian scientists reported “considerable antitumor activity” in purified fractions of burdock. It clears congestion in circulatory, lymphatic, respiratory and urinary systems. It stimulates the elimination of toxic waste through the bile to relieve the liver. That would also be important in treating cancer. It has also been used for arthritis, rheumatism and sciatica. *Inulin*, the principle ingredient helps regulate blood sugar metabolism, and has been used to eliminate the need for insulin in diabetes.

Encouragement —

“My grace is sufficient for thee: for My strength is made perfect in weakness.” —2 Corinthians 12:9

Slippery Elm Bark: An important healer for thousands of years, its principle component is mucilage (and is similar to that found in flaxseed). It lubricates, and carries off waste, helps urine flow, and does many other things.

Rhubarb Root: Used for centuries, it stimulates the gall bladder to expel toxic waste matter. This too is important.

As you can see, while the **Sheep Sorrel** kills the cancer, the waste passes into the blood which **Burdock Root** purifies. **Slippery Elm Bark** helps it pass on to the liver and out through the urine and bowels. The **Rhubarb Root** stimulates the gall bladder to send the waste from the liver out into the digestive tract where the **Slippery Elm Bark** can carry it away. The four herb formula, alone appears to be a perfect combination. But remember that the freshness of the herbs is more important than the exact amount of each. (But, as we will discover below, the formula primarily consists of Burdock Root and Sheep Sorrel, with a fourth as much of Slippery Elm Bark, and only a very small amount of Turkish Rhubarb Root.)

Here are the other four herbs in the eight-herb formula in Flor•Essence: Red Clover, Watercress, Blessed Thistle, and Kelp.

THE EIGHT HERB PROGRAM

Here is how to take it:

Shake the Flor•Essence liquid well, then:

Preventative: Measure out 1-2 oz (28-56 ml) once daily. Dilute with an equal or double amount of unfluoridated, boiled hot water (gets rid of the chlorine) and cooled. Sip slowly. Take on an empty stomach, either a.m. or p.m. before retiring.

Extra strength (Active illness): Same as above, but measure out 2 oz (56 ml) once or twice daily.

Maximum strength: As above, but 2 oz (56 ml) three times daily. When there is enough improvement that the cancer is becoming stabilized, cut back to twice daily.

For children: As above, but maximum daily amount is 1-1/2 oz to 2 oz (42-56 ml). Keep bottle out of their reach.

For infants: As above but maximum daily amount 1 oz. (28 ml).

Sip tea slowly over 3-4 minutes time.

Herbs vary in color according to source, harvest time, etc. If liquid thickens (because of glutin-

nous properties). add more freshly boiled water (after cooling!) to it. You will still be taking the same dosage. (You can avoid the residue on the bottom of the bottle or take it. No problem either way.)

If you buy Flor•Essence dry herbs (instead of in the liquid form), as with all dry herbs, do not put them in the refrigerator, but keep them in the heavy brown paper bag they came in, tightly-closed, in a cool, dry place.

SUMMARY TO THIS POINT

Rene Caisse originally had a four-herb formula, which a woman received from an Objibwa Indian. She gathered her own herbs, brewed them, and for years gave the liquid to others at no charge.

Then she met Dr. Charles Bruschi and together, **they developed an eight-herb formula**, which Bruschi later sold as a liquid, or dry herb mixture, under the name, Flor•Essence. He had claimed that her original formula consisted of eight, not four, herbs.

Now we will learn that there was a rediscovery of Caisse's original four-herb formula:

DISCOVERY OF THE FOUR-HERB FORMULA

When Caisse died, apparently her four-herb formula died with her. But she had two helpers who knew. And, in a few instances, Caisse gave her formula to a patient who lived at a distance.

Ten years after Caisse's death in 1978, Dr. Gary Glum purchased the Essiac four-herb tea formula (for \$120,000) from one of Rene's former patients and then gave the formula (free of charge) to anyone who asked him for it.

This is **Rene Caisse's formula that Dr. Gary Glum published for the first time in 1988:**

Burdock root (*arctium lappa*), powdered **Sheep Sorrel** (*rumex acetosella*), powdered **Slippery Elm bark** (*ulmus rubra/fulva*) and powdered **Turkey Rhubarb root** (*rheum palmatum*).

This formula was declared to be accurate when Mary McPherson published the Essiac formula and recipe in an affidavit in 1994. Mary McPherson was the only person that Rene Caisse trusted to make Essiac for her cancer patients.

Sheila Snow, who also helped Nurse Caisse, conducted many years of research and obtained documentation that revealed many of Rene Caisse's secrets. Rene Caisse experimented with various formulas but the main formula that she was using before she died was confirmed by her best friend, Mary McPherson, in her sworn affidavit, which was recorded in the Town of Bracebridge, Ontario, Canada.

—So now we know the original four-herb Essiac formula!

Encouragement —

“Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the holy city.”

—Revelation 22:14

Once you brew it a time or two, you will find that it is easy to do. You will also save money by brewing it yourself. Essiac tea is a decoction, which means that **you boil the herbs in water for ten minutes and then let it stand for about twelve hours.** Essiac is not a tincture (herbs in alcohol) and Rene Caisse never administered Essiac in capsules. (The reason herbs are sometimes prepared as a tincture is so they will store well at room temperature. But when you drink the mixture, you are also swallowing alcohol.)

PREPARING THE FOUR HERB FORMULA

If you do not want to purchase the liquid formula, and want to make it yourself, here is the four-herb formula:

The Essiac ingredients are available in proper quantities.

1 lb, 5oz – **Burdock Root** c/s (6 1/2 cups)

1 lb – **Sheep Sorrel Leaves**, Pwd

4 oz – **Slippery Elm Bark**, Pwd

1 oz – **Turkish Rhubarb Root**, Pwd

You will also need twelve 16 oz. Amber Glass bottles with caps. (The amber color helps keep out the light.) This will make 10 two-gallon batches.

How to prepare Essiac—First, carefully read the directions on the package when it arrives.

You will need the following supplies:

2-3 gallon stainless steel pots with lids

1 strainer

1 stainless or wooden spatula

1 funnel

1 timer (optional)

New amber glass bottles with caps.

1 8 oz Measuring cup, with which to measure Essiac from mixed materials.

2 gallons of distilled water.

Preparation—

1 - Mix the herb.

2 - Bring the water to where it is having a hard boil. The lid is on the pot all the time (Except while stirring).

3 - Then put in the Essiac herbs. Stir, bring to a boil again. Then boil it hard for 10 mins (adjust the flame as needed).

3 - Turn off the stove. Let it set for 6 hours. After 6 hours, stir thoroughly, let set for 6 more hours.

4 - After the last 6 hours, turn heat on and bring

to boil. When it reaches the boiling point, turn off the heat, strain into a second pot.

5 - Clean the first pot. Strain back into the first pot.

6 - Immediately pour into bottles (twelve 16 oz bottles) and put caps on them. They must be bottled hot. Store them in a dark cabinet, away from the light.

Avoid using plastic and aluminum while preparing the formula or storing it! If a green mold appears, discard the contents. Sunlight destroys aspects of the formula. Do not freeze.

TAKING ESSIAC

Here is how to take Essiac: Heat Four Tablespoons of distilled water. Heat the water. To the heated water add Four Tablespoons (2 oz) of the Essiac liquid you have prepared. Mix and drink.

When to take it—Take at bedtime **on an empty stomach.** Take at least 2 hours after eating. It can be taken in the morning on an empty stomach. If taken in the morning do not eat for at least 2 hours after taking.

Once a bottle is opened, keep it in the refrigerator until the bottle is empty.

WARNINGS - WHEN NOT TO TAKE IT

If you are **pregnant**, nursing or trying to conceive. This tea contains constituents (chemicals) which may increase blood flow to the pelvic region and stimulate menses. Safety of the herbs have not been determined for small children. Properties of this tea may pass through the mother's milk to the infant.

If you have **kidney disease**, are prone to kidney stones, or kidney infections. The varying amounts of oxalic acids in this tea are irritating to the kidneys. Drinking copious amounts of water (unless contraindicated by your doctor or condition) may help to reduce the effects of this.

If you have a **bowel obstruction** or **diarrhea**. Properties in this tea (specifically in the Turkey Rhubarb) promote peristalsis (the action by which the bowel moves its contents through). In the case of diarrhea, valuable fluids and electrolytes are lost through the rapid emptying of the intestines. Prolonged diarrhea can result in dehydration and electrolyte imbalance.

If you have **ulcers** or **colitis**. The Turkey Rhubarb has an action of being a laxative or cathartic (depending on how much you take). Some properties in this root can be highly irritating to ulcers and colitis, exacerbating (or worsening) these conditions.

Encouragement —

“Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because He trusteth in Thee.”
—Isaiah 26:3

If you have a history of **increased levels of iron** in your blood. This is usually related to the way your digestive tract absorbs nutrients. (It's a fairly complicated little arrangement.) The tea contains varying amounts of iron. If you have been advised not to take in foods/herbs that contain substantial amounts of iron, this tea should not be taken.

Children under the age of 12 should not take this tea. No studies have been done to determine the safety of the herbs in the young.

—*But there is an apparent discrepancy here:* Directions for home-made Essiac, given above, say not to give it to children because “no studies have been done on them.” But directions for Flor•Essence say something else:

“*For children:* Maximum daily amount is 1-1/2 oz to 2 oz (42-56 ml). Keep bottle out of their reach.

“*For infants:* As above but maximum daily amount 1 oz. (28 ml).”

IF TUMORS ON AN ORGAN OR IN BRAIN

If you have **tumors that are encroaching on a major blood supply or an area of an organ** where expansion of the tumor could have dire consequences, consult with your doctor to find out if this applies to you. In Rene's work, **she reportedly noticed that in the beginning phase of a person taking this tea, the tumor could appear to enlarge before it began to break down.** (This was one of the reasons she was adamant that everyone should only take very small doses.) If you notice any sudden pain or untoward symptoms after beginning this tea, stop taking it, and immediately consult your physician.

If you have a **brain tumor**. In Rene Caisse's work, she noticed that many times the tea seemed to make the tumor initially grow, then break down. This can be extremely detrimental in the brain tissue. Rapid or excess growth can put pressure on areas of the brain that affect body/mental function. If the tumor would break down, it can release pieces of the malignant tissue which could cause a stroke. Circulation in the brain is unlike the rest of the body.

Additional Cautions about Essiac—

Those who are taking **anticoagulant therapy or drugs**. This tea contains constituents which may affect blood clotting. Advise your physician.

Diabetics who are insulin dependant may need

to adjust their dosage – also those on anti-diabetes medications. Diabetics should monitor their blood sugar closely while on this tea. Some of the constituents in this tea can affect the way glucose and insulin are taken up in the cells and utilized. Many people find they need less medication while taking this tea, but this is not always the case.

Consult with your physician if you have had a **cholecystectomy** (removal of the gallbladder). This tea stimulates many of the digestive organs and processes.

Persons with **osteoporosis** should consult with their physician. Reports show that oxalic acid (present in the tea) can interfere with calcium metabolism.

If you are taking **cardiac glycosides** (such as Digoxin), ask your physician to monitor you closely for possible toxicity of the drug. Some constituents in this tea may assist the body to utilize the drugs more efficiently.

ANN WIGMORE WHEATGRASS PROTOCOL

Ann Wigmore (1909-1994) was a Lithuanian health practitioner, nutritionist, whole foods advocate, health educator, and author. She was the one who discovered that wheatgrass was a powerful answer to many health problems.

“Let me share my vision with you: I see the world without sickness, sorrow or mental disturbances in which we are living in perfect balance and abundant health and harmony.”—*Ann Wigmore*

Wheatgrass (meaning wheatgrass juice), like all green plants and leaves, has a **porphyrin** molecule in it (with magnesium at its center). It is the chlorophyll in wheatgrass which contains this molecule.

Dr. Birscher, a research scientist, called chlorophyll “concentrated sun power.” He said that **chlorophyll increases the function of the heart; and affects the vascular system, uterus, intestine and lungs.** According to Dr. Birscher, **nature uses chlorophyll as a body cleanser, rebuilder and neutralizer of toxins.**

Fresh, young wheatgrass is used. It contains chlorophyll, which has almost the same molecular structure as hemoglobin. **Chlorophyll increases hemoglobin production, meaning more oxygen gets to the cancer.** Selenium and laetrile are also in wheatgrass, both are anticancerous. Chlorophyll and selenium also help build the immune system. In addition, **wheatgrass is one of the most alkaline foods known** to mankind.

Wheatgrass contains at least 13 vitamins (sev-

Encouragement —

“The Lord is nigh unto them that are of a broken heart, and saveth such as be of a contrite spirit.”

—*Psalm 34:18*

eral are antioxidants), including B12, many minerals and trace elements, including selenium, and all 20 amino acids. It also contains the hormone **abscisic acid** (also called: dormin), the **antioxidant enzyme SOD (Superoxide Dismutase)** and over 30 other enzymes, the antioxidant enzyme cytochrome oxidase (see below), laetrile (*page 118*), plus still more.

Superoxide dismutase (SOD) converts two superoxide anions into a molecule of hydrogen peroxide and one of oxygen, —**What SOD does is to convert one of the most dangerous free radicals: Reactive Oxygen Species (ROS), into a hydrogen peroxide molecule** (which has an extra oxygen molecule to kill cancer cells).

As for **cytochrome oxidase**, in 1938, the cancer scientist and researcher Paul Gerhardt Seeger, M.D., revealed that **the true cause of the cancerous degeneration of a cell results from the destruction of a specific respiratory enzyme, cytochrome oxidase**. In other words, cancer in the cell is caused by disturbance of oxygen utilization, or cell respiration.

Then there is that abundance of **chlorophyll**. In a study reported in the journal *Mutation Research*, chlorophyll was found to have a better anticancer effect than beta-carotene, and vitamins A, C, and E. As you may know, **a molecule of chlorophyll is almost identical to one of oxygen**. The one has magnesium at the center, while the other has iron.

Where to get the supplies. You will find organic wheatgrass seed, starter kits, trays, plus more at Amazon. Just type in “wheatgrass.”

How to grow it. *Here are instructions, as given by an expert in growing and using it:*

You will need: Organic wheatgrass sprouting seeds. Use organic to ensure the best quality, taste and yield of your final sprouts.

Organic potting soil and fertilizer to ensure optimum vitamins and minerals in plant.

Plastic gardening tray with holes. Can be reused over and over again. A 21 x 11 x 2 inch tray will yield about 14-18 ounces of juices (and last approximately 2 weeks at 1 ounce a day).

Spray bottle. Essential to ensure that you do not overwater.

Step 1: Pre-sprout/Germinating

Organic wheatgrass seeds are recommended for sprouting to ensure the sweetness of your wheatgrass juice and that it will contain the optimum vitamins and minerals that will boost your health.

Pre-sprouting is important to ensure a good crop. Follow these steps to pre-sprout your wheatgrass seeds to ensure that your crop grows at a much faster rate.

Measure out a bowl of seeds. Amount: estimate enough to fill one layer of seeds on whatever the size of your tray.

Rinse the seeds in clean water, drain, then soak the seeds in a container with about 2-3 times of cool water.

Soak for about 8-10 hours.

After 8-10 hours, **drain the water**, then **soak them again** as in #2 above and **soak** for another 8 hours.

After the second set of 8-10 hours, **drain** the water, then **soak** them once more the same for another 8-10 hours.

Check if it has sprouted roots of at least 1/8 of an inch to 1/4 of an inch.

Step # 2: Preparing the Tray

Line the bottom of the tray with unbleached paper towels so that the roots do not protrude at the bottom through the holes in the tray.

Fill the tray with pre-moistened soil, compost or potting mix to about one and half inch of the tray depth. Ensure that your soil does not contain artificial fertilizers or chemicals. Always use organic.

Step # 3: Planting

Lay out the germinated seeds evenly and densely in one layer, on the damp soil in the tray. **Gently impress** the seeds into the soil.

Place your tray under indirect sunlight, probably inside your house, near a window and with proper ventilation. *Wheatgrass does not like hot direct sunlight.*

Step # 4: Watering

The young shoots need to be **watered at least twice a day** to keep them nice and moist. If the soil gets dry, the young shoots may die off before they root. To help prevent this, **put a sheet of damp newspaper over the tray to keep them moist** until they grow to about an inch high.

To water, use a **spray bottle, adjusting to light-medium**.

When the shoots are **above one inch**, probably about **day 5, reduce watering to once a day** in the morning. But always ensure that the water is just enough to keep the soil damp to the roots. Avoid

Encouragement —

“Blessed are the meek; for they shall inherit the earth.”
—Matthew 5:5

over-watering.

In warmer and humid climates, **mold may tend to grow** in your wheatgrass tray. This is a common problem but is harmless. When harvesting, just cut above the affected area, avoiding the mold. A blowing fan during humid days may help prevent mold-growth.

Step # 5: Harvesting

When your wheatgrass grows to **about 6 inches** (about **day 9 or 10**), it is **ready for harvesting**. Use a scissors and cut the wheatgrass just above the seeds.

If there is mold, avoid and cut above it. You need about a bunch of the grass to make about 1 ounce of shoots, which is enough to give you energy for a day. Cut just prior to juicing to ensure freshness.

A tray the size of 21 x 11 inches should be able to provide you enough wheatgrass for about 14-18 ounces of juice.

Note: **You may continue to water the crop to produce a second or third crop** though they may not be as tender nor grow as tall. But you get extra ounces from it. Otherwise, clean the tray and start a new crop.

Step # 6: Juice and Enjoy

To juice wheatgrass, you need a wheatgrass juicer or a gear juicer. A centrifugal juicer is not able to juice wheatgrass, and you may clog up the strainer in the process as it is very fibrous. The juice should be extracted by utilizing a slow action machine. Some manual juice extractors are very good for the purpose. The Handcrank juicer (rust proof stainless steel) specifically designed to get the maximum juice from leafy plants or grass.

Rinse your wheatgrass and juice.

Do not take more than one ounce a day if you are not familiar with drinking juices. Wheatgrass juice is such a powerful cleanser that it may cause you some healing reactions.

Chewing or juicing? Toxicity studies have shown that chlorophyll is absolutely non-toxic when administered orally or intravenously to animals and humans. **Grasses can be grown year round** in any apartment or house, city or country.

How to take it. Start with one ounce a day with a small amount of water. As you become accustomed, stop the water and work up to 6 ounces of wheatgrass juice a day. Your energy level

Encouragement —

“But whoso hearkeneth unto Me shall dwell safely, and shall be quiet from fear of evil.”

—Proverbs 1:33

will be very high. **Wheatgrass juice should be mixed thoroughly with your saliva before swallowing. Drink slowly one hour before meals.** Wheatgrass juice is a powerful cleanser and may cause nausea, through starting an immediate reaction with toxins and mucus in the stomach.

One person says: “To detoxify my blood and to maintain my excellent health and vitality I drink daily 6 to 8 ounces of freshly pressed mixture of wheatgrass, parsley, cilantro, bitter-melon-vine/leaf, dandelion, and other green leafy veggies. I mix in one tablespoon of bee pollen, one ounce of fulvic minerals, one ounce of marine phytoplankton, 2 ounces of Goji juice (rich in glyconutrients) and 1/4 teaspoon of shilajit. I also drink the VelociTea Detox Tea.”

How soon to take after cutting? How long should you wait after cutting it before you consume it? Ann Wigmore said to drink it immediately after cutting and juicing. However, the hormone *abscisic acid* (ABA) is 40 times more potent 4 hours after cutting the wheatgrass than it is at the time of cutting. So the question boils down to this: How important is ABA to treating cancer compared to the other anticancer substances in wheatgrass?

Healing Crisis: As with all true natural remedies, the road to better health may begin with a healing crisis. As you move toward better health with natural healing programs and better nutrition, healing begins to occur. As part of the healing process the body will begin to discard toxic residues which have built up in your body over the years. The healing process usually does not occur without repercussions. During the initial phase of healing, as your body begins to clean house, (detoxify) and your vital energy begins to repair and rebuild internal organs, you may experience headache, uneasiness, flu like symptoms and fatigue. This is called a healing crisis. You may feel worse before you feel better. As you continue to improve, you may begin a process called retracing. For example, if you used to get skin rashes, the rashes may reappear or get worse for a period of time as your body eliminates toxins through the skin. You may also experience an initial increase in urination, or you may feel more nervous. In actuality, you are not getting worse, you are actually getting better. Eventually you will reach a plateau of better health. During the healing crisis, it is important not to suppress these temporary symptoms with drugs or the healing process may become interrupted.

Recipes to try!

First: 4 carrots, 4 stalks of celery, 4 spinach

leaves, 2 apples and 3-4 inch round of wheatgrass - juice all.

Second: 2 oranges, 1 banana, 1 avocado (pitted), 1 lime and 3-4 inch round of wheatgrass - juice all.

Third: 3 kiwi fruits, 3 apricots, 2 cups of strawberries, 1 cup of pineapple pieces and 3-4 inch round of wheatgrass - juice all.

THE STORY OF ANN WIGMORE

Ann Wigmore (1909-1994), in poor health and suffering from colon cancer in 1950, began to incorporate the lessons she recalled learning as a child in Lithuania from her grandmother, the village doctor, who treated wounded soldiers with herbs during World War I. Living in Stoughton, a town about 10 miles south of Boston, she began using weeds and wheatgrass—and healed her body and reversed the cancer. Witnessing the powerful healing properties of wheatgrass juice and other vitamin and enzyme-rich foods first-hand inspired her to spend the next 35 years of her life studying and educating others about natural healing and optimum nutrition.

She started the “Red Schoolhouse,” at her farm in Stoneham in 1956. Dr. Paul Dudley White, a Harvard University-educated physician, member of the Harvard faculty, President Eisenhower’s personal physician, and a founder of the *American Heart Association*, was one of Ann’s biggest supporters. He ran an “Underground Railroad” of sorts by sending patients who could not be cured using modern medicine to Ann’s farm.

A fellow Lithuanian by the name of Viktoras Kluvinskas also became aware of Ann’s work through a *Boston Globe* article. A leading computer consultant in the U.S. at the time, Viktoras’ services were coveted by institutions including Harvard, Smithsonian, MIT and The Apollo Project. But he was sick and dying from an autoimmune collapse when he came to the Red Schoolhouse to recover. After three weeks, he experienced a personal revelation and so when Ann offered him the opportunity to stay, he gave up his high-profile career and joined her to become the science and the brains behind the operation which, together, they renamed and co-founded as Hippocrates Health Institute.

Initially, the diet at the Institute was vegetarian, which transitioned into vegan. But after noticing the positive changes that occurred from eating only liv-

ing foods, they began a permanent diet of raw, life-giving foods.

THE POWERFUL DMSO-CD-CESIUM-MSM PROTOCOLS

These protocols have a marvelous ability to accomplish things. Some are more powerful than others. (*What is Cesium?* pp. 100-101)

DMSO-CHLORINE DIOXIDE PROTOCOL

WHY IT IS SPECIAL

This is considered the most effective of the DMSO protocols. This treatment is also extremely inexpensive. Many people who have had extensive orthodox cancer treatments have virtually no money for alternative cancer treatments, and cannot afford any costly remedies. Therefore it is listed under the Inexpensive Stage IV Protocols.

This is one of the two best of the lowest-cost treatment methods. The Kelmun Protocol is the other. **If you want, take the Kelmun, then rest a week on the “Anti-cancer diet” (explained on pages xxx-xxx), then go on this DMSO/CD Protocol, and back and forth.** (DMSO is dimethyl sulfoxide. CD is chlorine dioxide.)

Special note: You will find that, although this is an ideal cancer protocol,—**yet it is somewhat complicated to prepare.** If you want to use this DMSO/CD Protocol, then **first carefully read everything in this section, so you clearly understand the details.**

Otherwise, you will find it much simpler to take the Kelmun (maple syrup and baking powder) Protocol, the Brandt Grape Protocol, or one of the two Budwig Protocols.

But do know that this DMSO/Chlorine Dioxide Protocol is considered one of the best and least expensive.

WHAT IS DMSO

Dimethyl sulfoxide (DMSO) is an organosulfur compound with the formula $(\text{CH}_3)_2\text{SO}$, which is derived from lignin, the binding substance of trees. This colorless liquid penetrates the skin very readily and has the unusual property that many individuals perceive as a garlic-like taste in the mouth after contact of DMSO with the skin.

Use of DMSO in medicine dates from around 1963, when an *Oregon Health & Science University Medical School* team, headed by Stanley Jacob, discovered it could penetrate the skin and other membranes without damaging them and could

Encouragement —

“Because he hath set his love upon Me, therefore will I deliver him.” —*Psalms 91:14*

carry other compounds into the body.

DMSO was later presented on a CBS-TV's *60 Minutes* broadcast as a medical breakthrough. Some arthritis sufferers testified that DMSO had provided relief. The *Arthritis Foundation* stated that DMSO can act as a liniment with a counter-irritating effect temporarily relieving pain. DMSO was approved by the FDA in 1978 for the treatment of a rare bladder disorder, interstitial cystitis.

DMSO **binds** to the chlorine dioxide, **targets** cancer cells, **opens** the ports leading to them, and **allows** chlorine dioxide to **get inside of the cancer cells so it can kill the microbes** which are inside the cancer cells. When the microbes inside the cancer cells are killed, the cells will revert back to being normal cells.

Instructions, given later in this section, have to be followed carefully, when preparing and using DMSO.

WHAT IS CHLORINE DIOXIDE

Chlorine Dioxide is prepared by oxidation of sodium chlorite.

"Miracle Mineral Supplement" (MMS) is sodium chlorite, which when made up according to instructions produces chlorine dioxide.

WHAT IS MMS

The book, *The Miracle Mineral Solution of the 21st Century*, by Jim Humble (\$22.46 Amazon) tells the story of MMS (sodium chlorite),—the discovery and development of a new mineral that cured many people of malaria in the jungle of South America. Later more than 75,000 cases of malaria were treated successfully in Africa. At the same time more than 388 cases of AIDS were successfully treated, and clinical trials were run with 100% success in the country of Malawi.

Since that time thousands of people have successfully used the solution that is described in Jim Humble's book. People have recovered from Hepatitis C, from diabetes, from cancer, TB, colds, flu, lupus, and many other diseases.

DMSO WORKING WITH CHLORINE DIOXIDE

The DMSO and chlorine dioxide actually bind together. Because of this, far more of the chlorine dioxide gets into cancer cells than a product which does not bind to DMSO. This is because, as mentioned earlier, DMSO enables a substance mixed with it to easily pass through the skin into the body.

DMSO enables the chlorine dioxide to

quickly get into the body, where it not only kills cancer microbes in malignant cells, but also kills any microbes in the blood and thus helps build the immune system.

CAUTIONS AND WARNINGS

(1) This protocol is somewhat more complicated to prepare. (2) It produces definite unpleasant odors on the body (only while on the program).

Fortunately, the *Independent Cancer Research Foundation* wants to provide you with some guidance in carrying out this program. They say there is no charge.

cancertutor@yahoo.com

After reading all about this, **if you definitely want to go on this protocol**, contact the ICRF. They want to help you as part of their ongoing research work..

Body odor—DMSO can cause severe body odor, so the patient needs someone who has not touched the DMSO to determine just how bad the body odor is. Anyone who touches it will not be able to smell it.

In many cancer treatments in which high doses of DMSO are taken, the person needs to stay out of the public after the first dose of DMSO. Oddly, some people will not produce any noticeable body odor (sulphur smell) from the very low doses in this protocol.

Bad breath—DMSO can cause bad breath. Therefore, it is recommended to take chlorine dioxide by itself in the morning and (because it does not matter when you add the DMSO, take chlorine dioxide with DMSO in the evening.

SPECIAL WARNINGS WHEN USING DMSO

1 - **Pregnant women**, women who may be pregnant, women who may become pregnant, **or women who are nursing**, should not use DMSO! Even though there is no evidence that DMSO causes birth defects, the similarity between early fetal cells and cancer cells is so great that it is better to err on the side of caution.

2 - **Protect your eyes:** Do NOT let DMSO come into contact with your eyes. Again, there is no evidence this will cause problems, but it is better to err on the side of caution.

3 - **Do not wear gloves:** Do NOT use plastic, latex or rubber gloves, or any other kind of gloves, when handling DMSO. The DMSO may bind to the gloves and take the substance into your cells *causing severe illness*. A technician who was working with the scientists who originally discovered DMSO became very sick from handling the newly discovered DMSO with lab gloves. While some surgical

Encouragement —

"The joy of the Lord is your strength."

—Nehemiah 8:10

gloves may be of such quality that they can be used to handle DMSO, if you use any type of gloves you *do so at your own risk.*

4 - **No DMSO contact with clothing, etc.:** Do NOT let the DMSO come into contact with any type of clothing or anything else.

5 - **Containers to use:** Rigid plastic containers are generally safe to use as well, such as spray bottles. In fact, spray bottles, of glass, rigid plastic or metal, are the preferred way of administering DMSO. Of course, it will still need to be spread by hand.

In short, **it should go straight from the bottle, into a mixing glass** (made of glass, wood, ceramic or metal) and then **the mixed product should be put on the skin, above (or on) where the cancer cells are located.**

Having said all of that, DMSO is a superb product and very safe to use if you take reasonable precautions.

(One individual who proof-read this book, wrote this note: "I totally cured my severe hemorrhoids with repeated applications of a mixture of colloidal silver (10 parts) to DMSO (1 part). It has been years since then and they have never returned.")

The DMSO can be purchased as a liquid, gel or cream. The rules are the same for each.

INGREDIENTS AND WHERE TO BUY THEM

The ingredients in the protocol consist of the following:

1 - DMSO - two 8 ounce bottles,

DMSO usually comes in the form of 99.9% pure DMSO, mixed with 30% water. This makes a 70/30 ratio. Do NOT use DMSO with less than 30% water. In other words, if you purchase 99.9% DMSO, then you must mix it with distilled water until it is a 70/30 ratio. You must use a 70/30 mixture so it will penetrate the skin properly. Here is one of many vendors of DMSO on the Internet where you can obtain 70/30 liquid DMSO:

herbspro.com 866-915-5300 On this website, search for DMSO, then go down to DMSO Liquid 70/30 glass 4 fl. oz. #33929, \$8.66. Just below it is:

DMSO Liquid 70/30 glass 8 fl. oz. #67295, \$11.84.

2 - MMS (Miracle Mineral Supplement is 28% sodium chlorite). Buy at least three bottles,

3 - 50% citric acid (which should come from the MMS vendor)

When activated with citric acid, MMS (sodium chlorite) produces a miracle mineral solution containing chlorine dioxide which is a strong water disinfectant and oxidant.

To buy MMS and citric acid, H2O Air Water Americas is a recommended vendor:

h2oairwateramericas.com (free shipping)

816-682-6425

MMS - Miracle Mineral Solution #SKU MMS041

4 fl. oz. by volume. 1 for \$25.00 / 2 for \$20.00 each / 4 for 17.50 each, etc.

Citric Acid one 4 oz Bottle \$17.00

The citric acid comes already mixed with water, thus you need to buy 1 bottle of 50% citric acid for each bottle of MMS,

Note: Because MMS is legally sold as a "water purifier" and because DMSO is legally sold as a "solvent" (due to potential FDA opposition) most health food stores will be reluctant to sell them.

More than 100,000 people in America have been treated with more than 11,000 bottles of the solution being sold each month as of March 2008. This miracle mineral solution creates an internal environment boosting the immune system so that disease borne pathogens cannot survive.

HOW TO MAKE CHLORINE DIOXIDE

This is how to mix the MMS and citric acid to make chlorine dioxide.

Warning: You must make the chlorine dioxide fresh every time you mix DMSO and chlorine dioxide. Chlorine dioxide is a GAS inside a liquid—and within one-half hour the gas will evaporate and be gone! So you need to prepare a NEW mixture of chlorine dioxide EVERY HOUR!

This section will give you the general principle of how to make chlorine dioxide from MMS (sodium chlorite) and citric acid.

1 - To make one drop of chlorine dioxide mix one drop of MMS (sodium chlorite) with one drop of 50% citric acid. (If, instead, you have 10% citric acid, then use five drops of 10% citric acid for each drop of MMS.)

2 - To make two drops of chlorine dioxide mix two drops of MMS (sodium chlorite) with two drops of 50% citric acid.

3 - To make three drops of chlorine dioxide mix three drops of MMS (sodium chlorite) with three drops of 50% citric acid.

You will not exceed three drops at one time. Basically, for EACH drop of MMS add one drop of 50% citric acid.

Here is how to safely build-up to the therapeutic doses of chlorine dioxide:

Note: Only use purified water or distilled water

Encouragement —

"To this man will I look, even to him that is poor, and of a contrite spirit, and trembleth at My Word."

—Isaiah 66:2

during this protocol, never tap water. (Also alkaline water or ozonated water may interfere with the chlorine dioxide chemically).

HOW IT WORKS

The key to this protocol is that **for twelve hours a day, beginning in the morning, all of the liquids your cancer cells have to “drink” include microbe killing chlorine dioxide!** This kills the cancer-causing microbes in the cells, but not the cells. Once the microbes inside the cancer cells are killed, the cancer cells will be able to revert into normal cells.

This treatment has two major advantages over many other alternative cancer treatments:

(1) This treatment was designed to revert cancer cells into normal cells, meaning if it is used properly **it should not cause any type of swelling or inflammation**, and (2) **This treatment can be taken either orally or transdermally (through the skin)**. This means those on a feeding tube or I.V. can use this treatment. It also means those who cannot digest foods can also use this protocol.

DMSO **binds** to the chlorine dioxide, **targets** cancer cells, **opens** the ports leading to them, and **allows** chlorine dioxide to **get inside of the cancer cells so it can kill the microbes** which are inside the cancer cells.

HOW TO APPLY DMSO

To repeat it again, DMSO usually comes in the form of 99.9% pure DMSO, mixed with 30% water. This makes a 70/30 ratio. Do NOT use DMSO with less than 30% water. In other words, if you purchase 99.9% DMSO, then you must mix it with distilled water until it is a 70/30 ratio. **You must only use a 70/30 mixture so it will penetrate the skin properly.** Therefore, only buy a 70/30 DMSO mixture.

This is a DMSO/chlorine dioxide protocol, so you must **mix DMSO with chlorine dioxide and rub it on the skin on or above the tumor or cancer cells. The DMSO will drag the chlorine dioxide not only through the skin, but also inside the cancer cells!** *Actually, it does not really matter where you rub the DMSO and chlorine dioxide,—for the DMSO will find the cancer cells!*

When the DMSO gets to the cancer cells, the chlorine dioxide will kill the microbes inside the cancer cells and the cancer cells will revert into

normal cells.

Here is a summary of the sequence for adding DMSO:

1 - Add 5 parts of the Miracle Mineral Supplement (MMS) to one part of the activator,—which is the fresh squeezed lemon juice, lime juice, or powdered citric acid.

2 - Wait **three minutes** for the MMS to chemically react to create chlorine dioxide,

3 - Then add DMSO. The number of drops of DMSO should be equal to the total number of drops of MMS and the activator. Because the size of drops varies so widely between eyedroppers, use the same eyedropper for all three measurements.

4 - Wait an **additional three minutes** for the DMSO to bind to the chlorine dioxide. (Six minutes total for two different chemical reactions.)

5 - After waiting the total of six minutes (3 minutes twice) you can add the mixture to the grape juice or distilled water

Applying the mixture to the skin:

6 - **The DMSO/CD should be put on the skin directly on or above the cancer or tumor.** However, if a skin rash develops then you may need to move it to a different location on the skin, but as close as possible to the cancer or tumor.

For most situations, the chlorine dioxide / DMSO protocol will be in two phases:

Phase one is to use 12 to 15 drops twice a day (separated by roughly twelve hours), for 10 days. Add the DMSO to the evening dose.

For example, a person may take 15 drops at 8:00 am (i.e. 0800) and 8:00 pm (i.e. 2000). This would be done for 10 straight days. Add the DMSO only to the night dose.

(Discrepancy: The above directions say to apply the mixture twice a day. But another source says to use “low doses of chlorine dioxide/chlorine dioxide repeated twelve times each day. In other words, instead of using high doses once or twice a day, it uses low doses several times a day.” Both practitioners use their methods regularly with good success.)

The person taking the DMSO will not smell the DMSO and any person who gets it on their hands (in order to administer it to someone else), may not be able to smell the “DMSO breath.”

More on the procedure:

This protocol takes twelve hours each day, but it is a simple and easy protocol. It will not interfere with your day's activity very much at all (unless it produces body odor, keeping you from the public).

The theory of this protocol is that **for twelve hours the cancer cells have nothing to “drink”**

Encouragement —

“And whatsoever we ask, we receive of Him, because we keep His commandments, and do those things that are pleasing in His sight.” —1 John 3:22

except liquids which contain chlorine dioxide. Essentially, **starting first thing in the morning, before the patient drinks any liquids, he starts taking very small doses of DMSO and chlorine dioxide.**

Rule 1: During the twelve hours of the treatment he should **drink as little of non-mixture fluids as possible.** This does not mean the patient cannot drink anything (in addition to DMSO and chlorine dioxide), but only that he should drink as little as possible!

The exception would be when a person needs liquids to stay awake while driving or for some other valid reason. (In this way, **most of the liquids the person takes for twelve hours includes chlorine dioxide.** Since cancer cells consume liquids continuously, a great deal of chlorine dioxide will get inside of all cancer cells, killing many of them.)

Rule 2: **Food (selected from “the anti-cancer diet”) is allowed** during the twelve hours, but also as little as possible. Again, food is not prohibited, **just take as little as possible.**

Rule 3: **One hour after the last application of DMSO and chlorine dioxide he can drink or eat anything** in the “anti-cancer diet” for the rest of the day.

The cancer diet—Without limiting food intake to the special “cancer diet” there is no way this cancer protocol, or any other cancer protocol, is going to be effective! This special dietary selection is also the best way to stop the cancer from spreading. *Briefly, this alkaline (not acid) diet which avoids cancer can be summarized thus:*

No sugar, white flour, soda pops, diet sodas, meat, fish, dairy products, fast foods, processed foods.

That which is left over is basically **whole foods, whole fruits, vegetable drinks and other healthy foods and drinks.**

WARNINGS WHEN USING THIS MIXTURE

1 - **Children under the age of 12 should not use this treatment.** The doses in this treatment are designed for a person who weighs 130 pounds or above. If you weigh less than 130 pounds, then take proportionately lower doses every hour.

2 - **Antioxidants should not be used with it.** This protocol should NOT be used with: **multi-vitamin supplements, Vitamin C, Vitamin E, se-**

lenium, immune builders, or any other supplement which contains anti-oxidants. Also **lemon juice** (which contains the antioxidant Vitamin C). Chlorine dioxide is an oxidant and can neutralize these anti-oxidants.

To avoid any problems of anti-oxidants being neutralized (chlorine dioxide will be unaffected) do not take any anti-oxidant within one hour BEFORE the chlorine dioxide and one hour AFTER the chlorine dioxide

3 - The DMSO in this treatment may enhance the effectiveness of prescription drugs, thus the cancer patient may effectively overdose on their **prescription drugs.** Use this treatment with prescription drugs with caution and close observation. Try to take all prescription drugs at least one hour *after the end* of the daily twelve hour protocol.

4 - Do not use this protocol with **aspirin** or any other **blood thinner!**

5 - As mentioned earlier, **Chlorine Dioxide must be made FRESH every time it is used!** Chlorine dioxide is a gas, not a liquid, and it will evaporate within a half-hour of making it. Also **DMSO should never touch cloth or plastic** (except for the plastic bottle it came in, if it came in a plastic bottle). Pay close attention to the safety rules.

6 - This treatment is not designed to shrink tumors, so **if any tumors are in dangerous locations** (such as they are pressing on the bile duct) do not use this treatment. Seek medical help and **instead, use one of the treatments which shrinks tumors, such as the Collect-Budwig protocol.**

HOW LONG SHOULD THIS BE TAKEN?

How long should this protocol be taken?—Theoretically, this treatment could be taken indefinitely without causing harm, but **normally it will only be taken for 4 or 5 weeks.**

CANCER TESTS MUST BE TAKEN

Two months after starting this treatment, and for each two months the patient is on this treatment, the patient should take the *CA Profile test* or the *Red Drop Test*. This is imperative so progress can be determined.

Red Drop TK Test:

reddrop.com/tag/tk-blood-test

CA Profile:

HealthOneLabs.com -OR- PrivateMDLabs.com
703-534-6766

CA (Cancer Antigen) 125 - \$45.00.

If the CA Profile (or Red Drop Test) number does not increase each time it is taken (showing that the cancer is not getting worse), **continue with this treatment as long as you wish.**

If the test numbers increase, discontinue this

Encouragement —

“A little that a righteous man hath is better than the riches of many wicked.”

—Psalm 37:16

treatment and use a more proven alternative cancer treatment, such as the Collect-Budwig protocol (see the "Cancer Tutor" website).

Either way, please notify the ICRF every time you take a CA Profile or Red Drop test and provide a short description of your case history. If the treatment is not working, we will be happy to recommend a stronger treatment for your situation.

Independent Cancer Research Foundation,
Inc. P.O. 2074, Lees Summit, MO 64063
new-cancer-treatments.org,

Then, 3 or 4 weeks AFTER the treatment is finished, please take another of these tests (CA Profile or Red Drop test) and let us know the results.

The cancer cells will soon revert into normal cells, which is the goal of this protocol. As long as the person is not on a bad diet which will allow the microbes to breed faster than they should, this protocol should be very effective.

Note about tumor shrinkage: A tumor is only 1% cancer cells, the rest of the tumor is tissue which is trying to encapsulate the cancer cells. So **this protocol will not necessarily shrink tumors quickly**, but it will get rid of the microbes in the cancer cells.

CESIUM-DMSO-MSM PROTOCOLS

Several protocols focus on cesium and/or DMSO. They are listed below. Here is what they are, how each one works, how to combine some of them, and when not to combine them.

MSM can be substituted for DMSO. Although not as powerful, MSM is easier to prepare and lacks the odor produced by DMSO.

Do not use DMSO without first reading the section on warnings, and how to prepare and take DMSO, in the previous section on the "DMSO and Chlorine Dioxide Protocol"! (95-100)

Note: Those using Cesium Chloride must supplement with additional Potassium.

CESIUM-DMSO PROTOCOL

WHY THIS IS SPECIAL

When Cesium Chloride is combined with

Encouragement —

"In God I will praise His Word . . . in God I have put my trust; I will not fear what man can do unto me."
—Psalm 56:10-11

DMSO (Dimethylsulfoxide), it becomes a Stage IV protocol. These two powerful substances nicely work together.

This protocol has been one of the most potent alternative cancer treatments for more than 30 years. One of the unique things about this protocol is that the necessary parts of this treatment can be taken totally transdermally (though the skin), meaning it is effective for all cancer patients, even those being fed through an I.V. or a feeding tube.

Its only weakness is that **it can, in some cases, create swelling and inflammation—because the body is having to deal with so much dead cancer cells.** Therefore, lower than normal doses may be needed for certain situations, such as some brain cancer or lung cancer cases.

WHAT IS CESIUM?

Note: Those using Cesium Chloride must supplement with additional potassium.

By the late 1970's mass spectrographic and isotope studies had shown that **tumor cells exhibit a preference for the uptake of certain alkaline minerals; Potassium, Rubidium, and especially Cesium (Cs).** Further, specific antioxidants i.e. **Vitamin C, and Zinc were shown to enhance the uptake of these alkaline minerals by the cancer cell.**

A normal cell is surrounded by a membrane, which selectively allows materials to flow in and out. Oxygen and nutrients, such as glucose, flow in and the waste products of cellular chemistry flow out. When environmental toxins (carcinogens) overwhelm the immune system the entire program is compromised. **The cell membrane is affected first, losing its ability to exchange oxygen (respiration); the cell then reverts to a primitive survival mechanism, which is fermentation.** The newly formed (anaerobic) cancer cell cannot be repaired (because fermentation is not reversible) the cell is now out of control and must be destroyed as rapidly as possible.

To say it another way: **Cesium selectively targets tumor cells because many or most types are anaerobic (do not want much oxygen). Anaerobic cells need many times more glucose than normal cells.**

In order to get more glucose into the cancer cells, the sodium-potassium (Na-K) pumps on the cell wall must run 20 times faster, pumping more sodium out and more potassium in. Cesium acts like potassium so the Na-K pump brings lots of it into the cells. However once in the cell, cesium cannot get out, because the cell

blocks the potassium channels through which potassium usually leaves. **Cesium buildup then kills the cell.**

In addition, cesium also limits the cellular uptake of glucose, and this starves the cancer cell and reduces fermentation. It raises the cell pH to approximately 8.0. This high pH neutralizes the weak lactic acid and stops pain within 12 to 24 hours. A pH range of 8.0 is a deadly environment for the cancer cell, which dies within a few days and is absorbed and eliminated by the body.

Data indicates that cesium is equally effective on every type of cancer.

MORE ON CESIUM

Cesium is one of the most alkaline of the elements. Otto Warburg won a Nobel Prize for first showing that **cancer thrives in an anaerobic (without oxygen), or acidic, conditions.** Keith Brewer, PhD and H.E. Satori also were first to show that **raising the pH, or oxygen content, range of a cell to pH 8.0 creates a deadly environment for cancer.** (The pH scale ranges from 0 to 14, with numbers below 7 representing an acidic condition and above 7 representing an alkaline, or oxygenated, condition.)

As mentioned earlier, the result is that when cesium is taken up by cancer cells, it raises the pH, or oxygen content, of those cells. The cells that die are absorbed and eliminated by the body.

Cesium has been used to raise the pH of the body as an alternative cancer treatment of therapy for the following cancers:

Breast cancer, lung cancer, prostate cancer, colon cancer, pancreatic cancer, liver cancer, skin cancer, ovarian cancer, stomach cancer, cervical cancer, brain cancer, kidney cancer, testicular cancer, bone cancer, throat cancer, thyroid cancer, gastrointestinal cancer, cancers of the bladder and gallbladder, metastatic melanoma,—and cancers in animals including feline, canine, and equine (cat, dog, and horse) cancer.

More on Warburg's discovery:

In 1931, Otto Warburg was awarded the Nobel prize in Physiology for his theories that **cancer is**

caused by weakened cell respiration due to lack of oxygen at the cellular level. According to Warburg, damaged cell respiration causes fermentation, resulting in low pH (acidity) at the cellular level.

Dr. Warburg, in his Nobel Prize winning paper, illustrated the environment of the cancer cell. **A normal healthy cell undergoes an adverse change when it can no longer take in oxygen to convert glucose into energy. In the absence of oxygen, the cell reverts to a primal nutritional program to nourish itself by converting glucose through the process of fermentation. The lactic acid produced by fermentation lowers the cell pH** (acid/alkaline balance) and destroys the ability of DNA and RNA to control cell division. **The cancer cells then begin to multiply. The lactic acid simultaneously causes severe local pain as it destroys cell enzymes.** the cancer appears as a rapidly growing external cell covering with a core of dead cells.

FIRST USE OF CESIUM FOR CANCER

The first documented use of cesium for cancer patients was in 1984, when Keith Brewer, PhD (Physics) and H. E. Satori treated 30 patients with various forms of cancer, using cesium chloride (CsCl). All 30 patients survived.

WHO WAS KEITH BREWER?

Aubrey Keith Brewer, Ph.D. (1893-1986), the founder of the *Brewer International Science Library*, had a lifelong desire to understand the processes going on in the living cell. He was convinced that the tools and methods he used in the laboratory as a physicist could be applied to such phenomena as cancer, the aging process and mutations.

The development of his theory of the *High pH Cancer Therapy*, keyed to cesium, grew out of his understanding of the physics of the cell membrane. Dr. Brewer funded animal research studies undertaken by Dr. Marilyn Tufte of the *Department of Biology at the University of Wisconsin* at Platteville, which demonstrated confirmation of his theory on the uptake of cesium by cancer cells.

A FIFTY-PATIENT STUDY

Here is a fifty-patient study with cesium chloride, plus other supplements:

Cesium chloride treatment, combined with other alternative treatments, was performed on 50 patients at Life Science Universal Medical Center Clinics in Rockville, MD and in Washington, DC.

From April 1981 to February 1984, 50 cancer patients were treated with Cesium chloride and

Encouragement —

“God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be anymore pain; for the former things are past away.”

—Revelation 21:4

given a special diet. **All of the patients were terminal (very advance levels of cancer) with generalized metastatic (spreading to other cells and organs) disease.** 47 of the 50 patients had received maximum surgery, radiation, and chemotherapy before the metabolic regime was started. 3 patients were comatose. 14 patients were unresponsive from previous treatment attempts and their cancer complications.

WHAT THE DIET CONSISTED OF

The diet during the above treatment consisted mainly of **whole grains, vegetables, linoleic acid rich oils (linseed, walnut, soy, wheat germ) and other supplemental food.** According to individual cases, **Cesium chloride was given at daily dosages of 6 to 9 g** (this is now considered unnecessarily high). in three equally divided doses.

Also given to all the patients were the following nutritional supplements:

Vitamin A-emulsion (100,000 to 300,000 U)

Vitamin C (4 to 30g)

Zinc (80 to 100 mg)

Chelating agent EDTA

Dimethylsulfoxide (DMSO)

Selenium (600 to 1,200 mcg)

Laetrile (1500 mg)

Vitamin K

Mg salts

Other supplements were also given, according to specific patient needs.

As you can see, all these additional treatments and supplements probably significantly helped the outcome of this study, but could not have succeeded without the cesium. Vitamin A and C are significant cancer treatments. **It should be pointed out that 1500 mg of Laetrile is very little, the recommended therapeutic dosage is 6,000 mg (intravenous).**

RESULTS OF THAT SPECIAL DIET

Keep in mind that all of the patients were terminal, with very advanced levels of cancer; and in every case, the cancer was already spreading to other cells and organs.

Each patient showed a reduction in the tumor mass after only forty-eight hours. Of the 17 comatose and moribund patients, 12 died from complications of their cancers, but especially the consequences of that earlier chemotherapy and radiation. One comatose breast cancer patient recov-

ered so rapidly that after five days she attempted to leave her bed.

Of a series of the first 50 patients with a variety of terminal cancers, as of July 1, 1984 the survival time of the 25 survivors, all of them expected to die not later than 2 weeks to 3 months after the treatment was started,—but they survived at least 8 months and up to 3 years and 3 months.

One of the most striking effects of the treatment was the disappearance of pain in all patients within one to three days after initiating cesium therapy. The results demonstrate the rate of effectiveness of CsCl in cancer therapy. (All of the above patients were terminal, and supposed to be dead in a few weeks.)

SOMEONE WHO CAN HELP YOU

Cesium Chloride and DMSO Protocol requires expert telephone support, but that is a good thing because expert telephone support is always very helpful.

You may wish to contact Larry, at Essence of Life (spelling is correct). **He has by far the most experience with this protocol. Contact him at: Essence of Life. If you are going to use high alkalinity as a treatment for cancer you need to work with an expert! Cesium Chloride is supported by Larry of Essence-of-Life.**

essence-of-life.com

800-760-4947

WHAT IS DMSO?

Do not use DMSO without first reading the section on warnings, and how to prepare and take DMSO, in the previous section on the DMSO and Chlorine Dioxide Protocol! (Page 95)

Dimethyl sulfoxide (DMSO) is a common organosulfur compound (a wood byproduct) with the formula (CH₃)₂SO. **It penetrates the skin very readily** and has the unusual property that many individuals perceive a garlic-like taste in the mouth after contact of DMSO with the skin. **DMSO is a very powerful additive to some chemicals because it has the ability to deliver various chemicals directly through the dermis.** It can be used intravenously, orally or topically. **It has the ability to absorb quickly into the skin, and can be used to “carry” other substances into the cells.**

It has been widely used for pulled muscles, laminitis, head and spinal injuries and arthritis. It also traps free radicals, thus increasing healing time. Free radicals are found when tissue is damaged, and they slow down the healing process

WHAT IS MSM?

MSM is not quite as powerful as DMSO,

Encouragement —

“Fear thou not, for I am with thee.”

—Isaiah 41:10

but it is a good substitute if you do not want the body odors produced by DMSO.

MSM (Methylsulfonylmethane) is a safe and naturally occurring nutrient found in the normal diets of humans and almost all other animals. MSM is made up of **34% sulfur**, the fourth most abundant mineral in the human body.

MSM is a chemical found in plants, animals, and humans. It can also be made in a laboratory. People use it as a medicine. **MSM is used for chronic pain**, osteoarthritis, joint inflammation, rheumatoid arthritis, osteoporosis, bursitis, tendonitis, tenosynovitis, musculoskeletal pain, muscle cramps, scleroderma, scar tissue, stretch marks, hair loss, wrinkles, protection against sun/wind burn, eye inflammation, oral hygiene, periodontal disease, wounds, cuts, and abrasions/accelerated wound healing. It is either taken by mouth or applied to the skin for these uses

MSM does not cause some of the unpleasant side effects associated with DMSO treatment, such as body odor and bad breath. In addition, as a natural substance found in food, MSM would be expected to have a good safety profile. **It occurs naturally in cow's milk, meat, seafood, vegetables, and fruits. MSM, unlike DMSO, is not absorbed through the skin.**

MSM is also used for many problems: Relief of allergies, chronic constipation, "sour stomach," ulcers, a bowel disease called diverticulosis, premenstrual syndrome (PMS), mood elevation, obesity, poor circulation, high blood pressure, and high cholesterol. It is also used for type 2 diabetes, liver problems, Alzheimer's disease, lung disorders including emphysema and pneumonia, chronic fatigue syndrome, autoimmune disorders (systemic lupus erythematosus), **HIV infection and AIDS, and cancer (breast cancer and colon cancer).**

Other uses of MSM include eye inflammation, mucous membrane inflammation, temporomandibular joint (TMJ) problems, leg cramps, migraine, headaches, hangover, parasitic infections of the intestinal and urogenital tracts including *Trichomonas vaginalis* and *Giardia*, yeast infections, insect bites, radiation poisoning, and to boost the immune system.

The DMSO Protocols are more powerful than the MSM protocols, but DMSO frequently causes severe body odor which the patient cannot smell.

In contrast, the MSM protocols only cause bad breathe, so some patients prefer using MSM. But DMSO is far more powerful in working on cancer.

Honey can be used as a Trojan Horse for just about anything that kills microbes, such as: baking soda, selenium, zinc, magnesium, malic acid, various herbs, etc.

A complete "liquid fast" can be custom-designed by the patient so that the person drinks and eats nothing but the items in this list for several days at a time. **By "drinking" nothing but things that kill the microbes inside the cancer cells, this special fast should revert massive numbers of cancer cells into normal cells.** However, the patient should be strong enough to endure a "water fast."

MORE ON MSM AND DMSO

What MSM protocols do—The primary task of MSM (Methyl-Sulphonal-Methane) is to clean the bloodstream of lactic acid. Lactic acid is in the bloodstream because cancer cells create lactic acid from glucose and shove the lactic acid into the bloodstream.

The lactic acid travels from the cancer cells, through the bloodstream to the liver. The liver converts lactic acid into glucose. The glucose then travels back to the cancer cells, where the cancer cells again create lactic acid from glucose.

This "cycle" (cancer cells convert glucose to lactic acid and the liver converts lactic acid into glucose) is called the "*cachexia cycle*" or "lactic acid cycle." **The cachexia cycle kills about 40% or more of all cancer patients, depending on how you count what kills cancer patients.** Their bodies become totally exhausted - and they die.

The main reason cancer patients become so weak is because the lactic acid, poured into the bloodstream by the cancer cells, keeps the nutrients they take from getting to the cells!

Because MSM can help flush lactic acid out of the bloodstream, MSM essentially blocks the lactic acid from getting to the liver. Thus, to the degree that it is used, MSM is able to partially or totally stop the cachexia cycle.

But also remember that lactic acid blocks key nutrients from getting to the cells. **So MSM also allows nutrients to get to all the cells.**

A product used by body builders, D-Ribose, is also highly recommended for cancer patients because D-Ribose (and Vitamin C) can get past the lactic acid blockade and get inside the healthy cells to give them energy. This happens immediately, whereas MSM takes time.

Encouragement —

"This God is our God for ever and ever; He will be our guide even unto death." —*Psalm 48:14*

But this is only one purpose for taking MSM.

A second purpose is to get “microbe-killing” substances inside the cancer cells. MSM should always be combined with a microbe killing substance, such as Vitamin C and MSM is used to get this microbe-killing substance inside the cancer cells.

MSM (or DMSO because some MSM converts into DMSO in the bloodstream) essentially “opens the ports” on the cancer cells so **microbe killing substances (such as Vitamin C, colloidal silver, chlorine dioxide, etc.)** can more easily get inside the cancer cells to kill the microbes.

DMSO - VITAMIN C PROTOCOL

This is a nice, simple protocol that is highly efficient in destroying cancer cells.

WHY IT IS SPECIAL

DMSO enables you to place a substance right through the skin. DMSO, mixed with Vitamin C, quickly moves that important vitamin quickly into the body.

When DMSO is applied on the skin or taken orally, about 15% of it breaks down in the body to form MSM.

When Vitamin C gets into a cancer cell, like little hand grenades, it explodes the cancer molecules. This is because **Vitamin C is so close in molecular structure to sugar, that the cancer cells see it and gobble it up. DMSO simply assists in the delivery system to make sure that the vitamin C gets to the cancer cells** due to the *solvent effect* of DMSO. (*More on Vitamin C: 142; chart: 53.*)

PREPARING IT

Here is a simple formula:

7 drops of DMSO

2 teaspoons of Vitamin C powder

1/2 cup of distilled water.

Take this twice a day.

Here is how one person applied DMSO, mixed with Vitamin C, into Aloe Vera gel over an organ that she wanted the DMSO and Vitamin C to go into:

“She worked up to a capful of DMSO taken with Aloe Vera gel. Then she cleaned the area. Next, applying the Aloe Vera gel, she gently rubbed it onto the area. This kept the DMSO from irritating the

skin. Diluting the DMSO and Vitamin C 50% with distilled water, she mixed both together. She then gently patted the mixture onto the area with a sponge. To avoid irritation, she did not rub the mixture into the area; just laid it on. Doing this frequently, day after day, for a week, the end of the week saw excellent results.”

BOWEL TOLERANCE

Vitamin C dosage (amount a person should take) depends on an individual's “bowel tolerance” and the manufacturer's recommendation. Different types of vitamin C can be tolerated differently. **Sodium ascorbate can be taken in larger quantities than regular ascorbic acid, yet with the same powerful effects!** So a person should take as much as his stomach will tolerate, without any unpleasant side effects (stomach ache and/or diarrhea).

One person is able to use one to two heaping teaspoons of whole food, buffered (**sodium ascorbate**) vitamin C. Another person who uses only **ascorbic acid** will use less (before diarrhea occurs and the Vitamin C is expelled through the bowel). Many can tolerate over 10 grams a day. Start with 1 gram (1,000 mg) and work up till side effects appear.

Tablet and capsule sizes range from 25 mg to 1500 mg. Vitamin C (as ascorbic acid) crystals are typically available in bottles containing 300 g to 1 kg of powder (a 5 ml teaspoon of vitamin C crystals equals 5,000 mg). **The bottles are usually airtight and brown or opaque** in order to prevent oxidation, in which case the vitamin C would become useless, if not damaging. So do not store Vitamin C in clear glass bottles!

WARNINGS

Women who are pregnant, might be pregnant, might become pregnant, or are nursing, should NOT take this treatment. The effect on an unborn fetus could be fatal to the fetus due to the high doses of vitamin C combined with the extremely low weight of the fetus!! The concern is caused by the fact that a fetus has many undifferentiated cells and this treatment will **TARGET** cancer cells, which are also undifferentiated!! Thus, this treatment may inadvertently target undifferentiated fetal cells and cause death or birth defects to the fetus!! Take this warning very seriously!

This treatment is not designed to shrink tumors, so if any tumors are in dangerous locations (such as those pressing on the bile duct), do not use this treatment. Instead, use one of the treatments which shrinks tumors, such as the Collect-Budwig protocol.

Encouragement —

“The Lord God is a sun and shield: the Lord will give grace and glory: no good thing will He withhold from them that walk uprightly.” —*Psalm 84:11*

If the patient has a swelling in his brain, or any other dangerous condition, seek medical help immediately.

Because the vitamin C in this protocol would neutralize the following protocols, do not take it with any of them. *Here they are:*

1 - *Do not* take this protocol if you are on the Budwig Diet.

2 - *Do not* take this protocol if you are taking Protocol(R), Entlev(R), Paw Paw, or graviola (including Amazon Factor Protocol).

3 - *Do not* take this protocol with any treatment which uses Miracle Mineral Supplement (MMS) or chlorine dioxide. That includes not taking this protocol with the DMSO-Chlorine Dioxide Protocol.

Elsewhere in this book, you will find the Intravenous Vitamin C Protocol.

DMSO-SUBSTANCE PROTOCOL

Do not use DMSO without first reading the section on warnings, and how to prepare and take DMSO, in the previous section on the "DMSO and Chlorine Dioxide Protocol"!! (p. 95)

This is sometimes called the **DMSO Potentiation Therapy (DPT)**. This protocol uses **DMSO (Dimethylsulfoxide)** to allow other substances (cesium chloride, Protocol, graviola, Paw Paw, laetrile, etc.) to "target" cancer cells (by opening the ports of the cancer cells). Sometimes **insulin is included to heighten the entrance into the cancer cells. DMSO is a highly non-toxic, 100% natural product** that comes from the wood industry. It can bind to adriamycin, vinblastine, 5-fluorouracil (i.e. 5-Fu) and cisplatin.

DMSO Potentiation Therapy (DPT) is generally not used by itself. When it is used, **it is generally used in combination with Insulin Potentiation Therapy (IPT)**. These two treatments are very synergistic because **the DMSO binds to laetrile and the insulin opens up the membranes of the cancer cells.**

The result of combining these two treatments is a double effect on the laetrile targeting the cancer cells and getting inside the cancer cells.

DMSO helps cesium chloride get inside of cancer cells, though cesium chloride is perfectly

capable of doing this by itself. What DMSO is really used for is to get the cesium chloride through the skin, into the blood stream. Neither cesium chloride nor DMSO should be taken orally, thus it is a perfect marriage to mix the two together and let the DMSO carry the cesium chloride through the skin.

DMSO is especially effective with brain cancer patients because of how quickly it gets past the blood-brain barrier, but it can be used productively with any type of cancer.

In a case study, one brain cancer patient had a tumor in his brain pressing against one of his optic nerves. When DMSO was mixed with the cesium chloride he could literally feel the cesium chloride and DMSO getting into his tumor within 15 minutes. He could feel it because his tumor had been pressing hard against an optic nerve.

DMSO is usually used as a topical application to the skin. **DMSO will penetrate the skin and help get the cesium chloride, and many other alternative cancer treatments, into the cancer cells.**

If you use DMSO you may get a rash. Just spray some water on the rash and it will go away. The rash is caused by the DMSO dehydrating the skin.

DMSO should not be taken orally unless it is mixed with at least 8 ounces (i.e. 1 cup) of water or some type of juice. Even seventy percent DMSO (actually it is 99.9% pure DMSO, mixed with 30% distilled water) could cause dehydration in the digestive tract unless it is mixed with enough water or juice!

DMSO should never be taken orally for more than a short time. Even when taken with enough liquids it will cause stomach problems!

It is highly advised that the Cesium Chloride / DMSO Protocol be used under the direction of an expert, either by telephone or in a clinic setting. For all practical purposes, the FDA and AMA have shut down the use of cesium chloride and DMSO in a clinic setting inside the U.S. Thus, in the U.S. there is no choice but to use a vendor who is an expert in safely using the protocol.

MSM-LIPH PROTOCOL

WHY IT IS SPECIAL

MSM (Methyl-Sulfonyl-Methane) used with LIPH (a brand name product of concentrated vitamins and minerals) is considered to be a Stage IV protocol.

The purpose of this protocol is to get massive amounts of oxygen and other microbe-killing substances inside the cancer cells. By doing

Encouragement —

"Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you."
—2 Corinthians 13:11

this the cells are reverted into normal cells. In addition, all cells benefit from this protocol as they are provided with oxygen to make them healthy.

This protocol can supplement all other natural medicine treatments and in many cases it can be used by itself. But other treatments may provide specific functions for specific situations, when needed.

WHAT IS MSM

Methyl sulfonyl methane (MSM) is an organosulfur compound with the formula (CH₃)₂SO₂. **MSM occurs naturally in some plants, is present in small amounts in many foods and beverages. It is organic sulphur.**

MSM is often sold in combination with glucosamine and/or chondroitin for helping to treat or prevent osteoarthritis.

The biological effects of dimethyl sulfoxide (DMSO) and MSM differ, yet those of DMSO may be partly substituted by MSM. **But DMSO enables “skin permeation”, that is, enabling a substance to pass directly through the skin. MSM cannot do that.**

The average diet is deficient in MSM because it is readily lost during conventional food processing, such as frying, dehydrating, dilution with synthetic fillers and other harmful nutritional additives, cooking, radiation or pasteurizing, and long-term storage.

WHAT IS LIPH

As mentioned earlier, while organic sulfur is a superb cancer treatment by itself, **adding LIPH to the MSM—greatly increases its strength!** (See below for source.)

LIPH (a brand product, pronounced “Life”; also written as LipH) is added because of its success in several areas of research and actual use. **LIPH is combined with well-known methods to get LIPH inside of cancer cells where it can kill microbes.**

LipH™ has a very high antimicrobial effect and **can reduce the risk of infections and poisoning** associated with several different types of germs in both humans and animals.

More on LIPH later in this section.

WHAT IS MSM

MSM (Methyl-Sulphonal-Methane), a sulphur compound, **increases the sulpherized proteins of any cancer protocol by softening the cancer cells so they better absorb the increased oxy-**

gen flow in the blood.

It is an odorless, essentially tasteless, white crystalline substance, which is actually a breakdown product of DMSO, but without the foul odor. A minimum concentration in the body is critical to maintain normal function and structure.

MSM is a natural component of many fresh fruits, vegetables, seafood and meat. Cow's milk is a particularly rich source of MSM. However, heat and processing can reduce the MSM quantity in foods.

MSM is available in the form of capsules, dissolvable crystals or powder. The powder is usually put in juice, and many say it has absolutely no taste. MSM is relatively inexpensive and is found in products for arthritis, both rheumatoid and osteo, for joint support, and anywhere sulfur compounds would be of benefit.

It is widely available:

MSM, 1000 mg, 240 Capsules (by Now Foods)
at Amazon: \$13.99 (\$0.06/count)

HOW MSM WORKS

Air is 21% oxygen. Water is 89% oxygen. The oxygen from air gets to the lungs, heart and muscles. However, it is the oxygen from water that needs to get inside the cells both to make the cells healthy, to give them energy and to kill microbes inside the cells. **True organic sulfur grabs the oxygen from the water and transports it into the cells.** This produces a surge of oxygen into the cancer cells.

This organic sulfur can deal with pain (because it gets oxygen inside the cells) and it can deal with inflammation for the same reason. But **this oxygen also kills the microbes inside the cancer cells** which in turn can revert the cancer cells into normal cells.

In addition, **it can take the toxic matter out of the cell every 12 hours. This includes heavy metals**, which is important for many cancer patients and most patients with brain disorders. This also means that cancer patients with brain fog may benefit from this treatment, depending on what is causing the brain fog.

WARNINGS

Do not take Organic Sulfur if you are taking high doses of aspirin or any type of blood thinner!

If you are on prescription drugs, do NOT use MSM until after you talk to your pharmacist and physician about using high doses of MSM (40 to 70 grams a day) with your prescription drugs.

This protocol is synergistic with chemotherapy and makes chemotherapy more effective and less damaging! However, if you are on any other type of

Encouragement —

“The Lord preserveth the simple: I was brought low, and He helped me.” —Psalm 116:6

prescription drug, do NOT use Organic Sulfur until after you talk to your pharmacist and physician about using high doses of Organic Sulfur (2 or 3 TABLEspoons of the crystals a day) with your prescription drugs.

Do not drink any form of tap water with this protocol, as tap water contains chlorine which can neutralize MSM. Use the hot water faucet if you are going to drink tap water or if you are going to use cold water, make sure it sets for at least an hour in an open pan before using. (*See section on Water for more information.*)

LIPH and Vitamin D3 are restricted in their safe dosages so there is NOT a proportional benefit in using high doses of MSM with these two products, though it could be done safely.

WHERE TO OBTAIN MSM

Organic sulfur IS MSM, but most MSM is not necessarily organic sulfur. So **do not buy just any “MSM” or a “Methyl-Sulfonal-Methane” products,—because they are probably not pure organic sulfur. Organic sulfur must be purchased from an reputable vendor** to make sure it is authentic.

Where to buy organic sulphur:

Organic Sulphur Co. organic-sulphur.com

\$21.95 plus shipping; powder or crystals

What is the difference between powder and crystals? Some prefer powder, because it dissolves more quickly. It is identical to the crystals except that the powder is ground finer. Because the powder eventually clumps, if you will store it for a time, crystals (also called flakes) are better, but they take a little longer to dissolve.

The difference between true “organic sulfur” brands of MSM, and inferior MSM, is so important it could mean the difference between life and death when using this protocol! So be sure to purchase from a good source!

HOW TO PREPARE IT

“Organic Sulfur Water” is made this way: **Put 12 TABLEspoons of true organic sulfur into a gallon jug of purified water** (which has ZERO chlorine in it).

If you use tap water, either use the tap water from the “hot” faucet (and let it cool off) or let the water sit for at least an hour before putting any organic sulfur in it!

HOW TO TAKE IT

The dose of organic sulfur (without water) is 1 TABLEspoon, 2 times a day. However, if you make a gallon jug of “Organic Sulfur Water,” and put 12 TABLEspoons of Organic Sulfur in the bottle, then the patient must take **1/6th of the entire gallon every day** to have the equivalent of 2 TABLEspoons of pure organic sulfur.

In other words, the patient should take **12 ounces of “Organic Sulfur Water,” twice a day**, to have the equivalent of 2 TABLEspoons of pure organic sulfur.

However, **for those who have had chemotherapy**, or are currently on chemotherapy, they need to take 1 TABLEspoon, 3 times day.

DRINK GOOD WATER

There are several ways to insure you are not taking chlorinated water into your body: First, drink your water solely from the “hot water” side of your faucet, even if the water is cold. **The water that comes from the hot water tank, even if it is cold, has had its chlorine dissolved.** It is also important to not take the water from the “hot water” side of the faucet until it has run for a few seconds to make sure no cold water is still in the pipes.

A second way to get rid of chlorine is to **squeeze the juice from one or two lemons into the tap water and let it sit for at least 20 minutes!** This will also make sure the chlorine is dissolved.

Other ways to drink good water include: **ionized water, filtered water, distilled water.**

For each kilogram of body weight take 30 ml. of non-chlorinated water. For example, if the patient weighs 50kgs., he should drink additionally at least 1.5 liters of non-chlorinated water to aid this protocol.

On average, **drink 1 gallon of good water each 24 hours.** Drinking this water should be spread out during the day.

OTHER HELPFUL AIDS

Get Out in the sun for 30 minutes a day. Ultraviolet light from the sun is important for this protocol. As a minimum the face and bare arms should be in the sunlight for half-an-hour each day between 6-7 a.m.

Take 1/2 TEAspoon of “Real Salt” daily. “Real Salt” is a specific brand of salt and it is loaded with a vast number of natural minerals which are important for oxygen transports and many other purposes.

realsalt.com Redmond Real Salt, \$11.30, 26 oz.

Amazon. It comes from an ancient sea bed in Central Utah.

One or two drops of 5% Lugal Iodine daily.

Encouragement —

“I will look unto the Lord, I will wait for the God of my salvation; my God will hear me. —*Micah 7:7*”

The dose is one or two drops a day. Put it in a small glass of purified water.

Lugol's Iodine Solution (2 oz.) Twin Pack (2 bot.) by J Crow, \$13:50 Amazon

Take an Epsom Salt (Magnesium Sulfate) Bath Every Other Day. Epsom salt contains magnesium. This is important for all cancer patients, but is especially important for this protocol. Put one cup of Epsom Salt in bath water and take a hot bath. This bath is taken on alternative days.

Take a Baking Soda Bath Every Other Day. Baking soda is alkalizing. Put one cup of Baking Soda in bath water and take a hot bath. This bath is taken on alternative days.

If you have a bath tub, **take each of the above two baths every time for a full half hour**, immersing the body up to the neck.

ADD LIPH TO THIS PROTOCOL

As mentioned earlier, while organic sulfur is a superb cancer treatment by itself, **adding LIPH to the MSM—greatly increases its strength!** (*See below for source.*)

LIPH (a brand product, pronounced “Life”; also written as LipH) is added because of its success in several areas of research and actual use. **LIPH is combined with well-known methods to get LIPH inside of cancer cells where it can kill microbes.**

LIPH has cured MRSA, which is one of the most dangerous bacterial diseases on earth. Thus, there is no reason to doubt that it will kill the microbes which are inside of cancer cells and allow the cancer cells to revert into normal cells.

There are also very impressive testimonials of people who were advanced cancer patients who used no alternative medicine protocol other than LIPH (even without MSM).

The name of the product is “Alkaline Mineral Supplement Concentrate” or “Alkaline Concentrate” or “Liph Immune Boosting Concentrate.”

2 oz. \$27.99 Amazon
liph.com 866-431-6913

LipH™ is a modified value-added Silicon-based solution that is a high alkaline supplement. (Therefore, **do NOT use it with the Kelmun Protocol**—which uses baking powder.)

Recent research with this compound has shown that LipH has several remarkable health enhancing effects on humans and animals. LipH has gone through some testing from several reputable orga-

nization and the results have been favorable and extremely promising.

LipH™ has a very high antimicrobial effect and **can reduce the risk of infections and poisoning** associated with several different types of germs in both humans and animals. This proprietary compound has also been shown to be extremely effective in bone remodeling and joint health.

CESIUM-ALOE VERA- POTASSIUM-GREEN TEA PROTOCOL

One biochemist eliminated his prostate cancer in a short time by taking one gram of **cesium in aloe vera** concentrate with each meal. He now recommends adding potassium. (**Potassium** can be bought at any health food store. Crush the tablets so the body will assimilate the powder.) Another physician/scientist recommends adding **green tea**. There are reports of victims taking from 7-10 grams a day. The only reported side effects are a harmless tingling of the lips.

The cesium is very concentrated so the most convenient method is to dissolve the 30 grams in just less than a quart (30 ounces) of liquid. One ounce will contain a gram. Refrigerate after mixing.

OTHER STRONG PROTOCOLS

THE KELLEY METABOLIC PROTOCOL

When Dr. William Donald Kelley, D.D.S., (1925-2005) was a dentist in Grapevine, Texas who, at the age of 37, developed pancreatic cancer in 1962, he was given less than a 4 weeks to live by the physicians of his day. Facing imminent death, Dr. Kelley chose to follow the theories of Dr. John Beard, M.D., (1858-1924).

John Beard had earlier proposed that cancer cells act similarly to trophoblastic (placental) cells—cells whose growth is stopped by endogenous pancreatic enzymes from the mother and baby. Beard's theory is known as the “trophoblastic theory of cancer.” Employing this theory, **Dr. Kelley used pancreatic enzymes, raw juices, and coffee enemas** to improve his overall quality and length of life. Dr. Kelley lived another 40 years and died at the age of 80. (*Go to “Liver Flush” to learn how to use coffee enemas to eliminate cancer poisons and reduce cancer pains.*)

Dr. Kelley developed what he later described

Encouragement —

“My grace is sufficient for thee: for My strength is made perfect in weakness.” —2 Corinthians 12:9

as the metabolic protocol for cancer. He was so successful at improving his own quality of life that other cancer patients came for nutritional advice.

In 1981, Nicholas Gonzalez, a third year medical student at Cornell University did a summer project documenting Dr. Kelley's work. In a retrospective study of 1300 patients, **Dr. Gonzalez was so impressed that, upon graduating, he devoted his life's work to perfecting Dr. Kelley's work.** Dr. Gonzalez was, in fact, awarded a 1.4 million dollar grant in 1999 by the *National Cancer Institute* and the *National Center for Alternative and Complimentary Medicine* to compare the efficacy of his enzyme protocol to that of chemotherapy for pancreatic cancer patients.

(Gonzalez' work has been published in the journal *Nutrition and Cancer*. Gonzalez NJ, Isaacs LL (1999). "Evaluation of pancreatic proteolytic enzyme treatment of adenocarcinoma of the pancreas, with nutrition and detoxification support". *Nutr Cancer* 33 (2): 117-24.)

Dr. John Hughes, D.O. was introduced to Dr. Nicholas Gonzalez in 1991. Dr. Gonzalez' work inspired Dr. Hughes that he later did a senior thesis and lecture at Furman University in 1997. Dr. Hughes learned about Kelley's work with one of Dr. Kelley's last students, Pamela McDougle. The Kelley Protocol shared by Dr. Hughes has been adapted from the direct teachings of Dr. Gonzalez and Ms. McDougle. Dr. Hughes currently lectures at *Envita Medical Center* in Scottsdale, Arizona about the Kelley Protocol. He has patients from Colorado and Arizona that use the Kelley Protocol on a regular basis.

The Kelley Protocol has been around for many years, but newer versions of this protocol have improved on the original formula. However, **at about \$400, this protocol may be out of reach of many cancer patients**, who would prefer one of the inexpensive protocols. But for those who can afford it, it is a complete cancer treatment. **The support for this protocol is excellent** and it can be determined which other protocols will be the most effective for the patient.

For information and help, go to:
themetabolicinstitute.com/Order.htm

The Kelley Metabolic Protocol does not need to be used with the Collect-Budwig Protocol, as the Collect-Budwig as that protocol adequately deals with cancer in a different way.

CHAPARRAL PROTOCOL

Chaparral and Pau D'Arco Protocols are very similar in their powerful effects, but Pau D'Arco is gentler and easier to use (111). You may do better to use it rather than Chaparral.

Chaparral (the scientific name is *Larrea tridentata* or *Larrea diver-icata*) grows from four to eight feet tall, and has small, dark green leaves and brittle stems. Commonly referred to as the **creosote bush**, it covers hundreds of square miles in the desert plains and slopes of southern California and Arizona, up to an elevation of five thousand feet. (Common names in Spanish are Gobernadora, Guamis, Hediondilla, and Jarilla.)

Creosote bush is one of the plants that reputedly possess the most diverse curative properties in Mexican traditional medicine. Similar uses are made in South America of a very closely related species, *Larrea divaricata Cav*, which inhabits the cold desert region of Argentina (González, 1998).

The Cahuilla Indians of the Palm Springs, California, area make a general-health tonic tea from its leaves, which they sweeten with honey. They take chaparral tea to prevent and treat a wide variety of diseases, including cancer. Current research seems to provide support for that practice.

The medicinal tea is used for many different diseases, from colds to intestinal complaints and cancer. In 1942 scientists at the University of Minnesota isolated *nordihydroguaiaretic acid* (NDGA) as the most significant chemical component of chaparral. NDGA was used to preserve butter in the tropics during World War II, and is used to preserve other fats and oils, because **it is a very powerful antioxidant**. Dr. Mora, at the University of Auburn in Auburn, Alabama, found that **NDGA attacks** bacteria, yeast, viruses, fungi, and **cancer cells. He noted that it did not produce the side effects of other chemotherapeutic agents.**

But attention was especially called to this lowly bush by the dramatic case of **an eighty-five year old man who had undergone four operations for malignant melanoma of the right cheek.** The cancer reappeared after each operation, and had spread to his neck. When he saw Dr. Charles Smart at the University of Utah, the lesion measured 3 by 4 centimeters. In light of the poor results from the operations, the patient decided to avoid further surgery and returned home. **The patient began taking chaparral tea in November 1967, and three months later, in February 1968, the facial lesion had decreased to the size of a dime, and**

Encouragement —

"Because he hath set his love upon Me, therefore will I deliver him."
 —Psalm 91:14

the neck mass had disappeared. In September 1968 he returned to be examined, and by that time the lesion had shrunk to only 2-3 millimeters, and there were no masses in his neck. He looked much better and had gained twenty-five pounds.

Based on this experience, Dr. Smart and his colleagues carried out a study with fifty-nine cancer patients who took chaparral tea. Of these, forty-five completed the study, and four showed significant tumor regressions. Two others showed striking regression of their cancers but were not included in the final tally. Some of the patients showed apparent increase in tumor activity. This is not surprising, since **the effects of administering NDGA have been shown to be highly dose dependent; it is important to take large doses.** At low doses it can stimulate tumor growth, and at higher doses it begins to produce tumor regression.

NDGA was shown by S. Birkenfeld to **reduce the occurrence of colon cancer** in rats, fed a chemical that induced that cancer (*Cancer Confidential Keith Scott-Mumby MD, MBChB, PhD, p. 71*).

D.K. Shalini demonstrated NDGA's ability to **protect genes against carcinogens** and published this experiment in 1990 in *Molecular Cell Biochemistry*.

The **breast cancer preventive effect** of NDGA was demonstrated by D.L. McCormick and A.M. Spicer in their book, *Cancer Left., 1987*.

Leukemia cell cultures were inhibited by NDGA (A.M. Miller, *Journal of Laboratory Clinical Medicine, 1989*). **Human brain cancer cell growth was likewise stopped** by NDGA (D.E. Wilson, *Journal of Neurosurgery, 1989*).

Cancer cell inhibition was intensively explored by J. Zemora in his doctorate thesis (*Auburn University, 1984*) **Regression of the deadly melanoma and treatment of choriocarcinoma and lymphosarcoma** have been researched by C.R. Smart in *Cancer Chemotherapy Reports, 1969*, and in the *American Cancer Society Report, 1971*.

D. Vanden Berghe demonstrated the **anti-cancer** and anti-viral activity of other chaparral extracts and P. Train wrote of use as an anti-bacterial.

One group of researchers applied benzoyl peroxide (BPO), a potent carcinogen, to the skin of mice that are prone to developing cancer. They found that NDGA was **very effective in preventing the development of abnormal cells.** It appears that in

this case. since BPO may produce tumors by generating free radicals, **the antioxidant action of NDGA stops the tumors from forming.**

Another investigation, on human gastric cells (9), found that **NDGA inhibited cancerous growth** and concluded that it might be useful in the treatment of certain gastrointestinal cancers.

The eighty-five year-old man, described above who experienced such dramatic tumor regression brewed his tea by adding 7 to 8 grams of chaparral leaves to a quart of hot water. He drank 2 to 3 cups per day. In the follow-up study patients were given 2 to 3 8-ounce glasses of chaparral tea per day. Others took 250 to 3,000 milligrams of the ground leaves orally per day. About a fifth of the patients experienced side effects.

While chaparral and NDGA show considerable promise as anticancer agents, dosage level is very important in producing the desired results.

Chaparral is not as simple to work with as are nearly all the other protocols in this book. It can produce negative effects, some of them serious, if not carefully taken.

For many years, reports citing the hepatotoxicity (liver) and nephrotoxicity (kidney) of herbal products (especially if taken as concentrated pill or tablet forms) containing creosote bush have aroused concern, both in the public, as well as in the scientific community (*Mc Cann, 2003; Skidmore-Roth, 2003; Mahady et al., 2001*).

Creosote bush teas have a very bitter and disagreeable taste, which may also account for the fact that large quantities of the tea are unlikely to be consumed at a given instance, as the person drinking the infusion would presumably become nauseated (*McCann, 2003*).

However, few of the 18 reports of liver damage in people employing creosote bush were related to the use of the plant as an infusion (tea), which is the traditional method of application (*Castleman, 2001*). In a clinical trial, 10% extracts made from this plant did not present toxicity when taken internally, even during prolonged periods of time (*Heron and Yarnell, 2001*).

It should not be taken internally, regardless of how it is given, in patients with liver cirrhosis or hepatitis, as large doses may cause liver necrosis (*Brinker 2001; Heron and Yarnell, 2001; Barnes et al. 2002; González 1998*)

External application or contact with the plant may cause allergy (contact dermatitis) in susceptible persons (*González 1998; Leonforte, 1986; Shasky, 1986*).

Encouragement —

“They cry unto the Lord in their trouble, and He saveth them out of their distresses.”

—Psalm 107:19

PAU D'ARCO PROTOCOL

Pau D'Arco (also called **Taheebo** and **Lapacho**) is a South American tree (*pau d'arco roxo*, also called *Tabebuia avellanedae*). **Pau D'Arco** has many of the healing properties of **chaparral**, but without the bitter taste and the occasional liver damage from overdoses of **chaparral**.

WHAT IT IS

Taheebo is by far one of the most valuable medicinal herbs to have in your herbal apothecary and should be utilized regularly.

Taheebo, or Pau d'Arco, is the common name for the inner bark of the Red Lapacho tree. This hardy, deciduous tree grows high in the Andes of the South American rainforest. A Red Lapacho tree can reach heights of more than 90 feet while withstanding severe winds and weather due to its deep roots. In the rainforest many trees surrounding the Red Lapacho are covered with spores leading to a fungal disease that eventually kills them. **These fungal spores are never found on Red Lapacho trees. This anti-fungal property carries over into the use of taheebo for various problems:** candidiasis, pyorrhea, athlete's foot, herpes and a variety of fungal and viral infections. Many people have used taheebo along with black walnut in the successful treatment of these conditions.

HOW IT HAS HELPED PEOPLE

The Red Lapacho's purple-colored inner bark was one of the main medicines used by the Incas and has been used for over 1,000 years by the Callaway tribe, descendants of the Incas. These native tribes use taheebo externally as a poultice or decoction (concentrated tea) for treating a variety of skin diseases including eczema, psoriasis, fungal infections and skin cancers. In fact, **it is taheebo's anti-cancer properties that has led to its popularity in the treatment of leukemia, Hodgkin's disease and a wide variety of cancers and tumors.**

So many had been healed of cancer by taking taheebo tea at the *Santo Andre Municipal Hospital* in Brazil, that one doctor decided not to adhere to the orthodox procedures in the case of his dying brother. Instead, **he took the bark, boiled it in grape juice, mixed the still hot brew with orange juice and let his brother drink the con-**

coction on an empty stomach. As if by a miracle, **the pain totally disappeared**, and he was able to sleep soundly. After a month of uninterrupted treatment with the brew, he was discharged from the hospital. **A thorough examination had found no trace of cancer remaining in his body.**

After this startling development, the physicians at the Municipal Hospital of Santo Andre, Brazil, decided to break the rules for the benefit of other cancer patients, beginning with those of the "terminal" list. This happened near the end of 1960. Since then, the physicians at the small provincial town hospital have noticed that **the pain suffered by patients with leukemia or other cancers disappeared within hours** after they received the brew made from the inner bark of *pau d'arco roxo*. They also found that, **within 30 days of treatment with this medicine, most patients no longer showed symptoms of the dread disease.** They also noticed that **many afflictions from which some cancer patients suffered—such as diabetes—would disappear even more quickly than the cancer.** The physicians were amazed.

Since the early 1960s, the bark has been used regularly at the Municipal Hospital of Santo Andre to treat leukemia as well as numerous diseases where viruses were suspected as the cause. Both the herb stores and the "legitimate" pharmacies in Brazil now carry this bark.

Every day now, a long line, mostly women, wait to receive **small packages of the bark in powdered form** and a leaflet explaining how to prepare and administer it. The people standing in line were not local residents and thus were not entitled to treatment, or "free" medicine at the municipal hospital. The local doctors, however, were paying for the medicine out of their own pockets, with two nurses donating their time to hand it out.

Santo Andre is a city of 250,000 on the outskirts of the city of Sao Paulo, the largest city in Brazil with a population of 11.8 million.

HOW TO PREPARE TAHEEBO TEA

Add **loose tea** (1 to 2 teaspoons per cup, 250ml) to a teapot. Pour very **hot water** (not boiling) over the tea and let it **infuse** for to 3 to 5 minutes. Use a glass or stainless steel teapot, not one of aluminum, tin, or other type. **Strain** loose tea from the teapot. Add **honey** or a slice of **lemon** to taste.

For maximum benefit, **take the whole substance, rather than the active ingredient separately. Lapachol, the active ingredient in lapacho, when used alone, was found to precipitate severe side reactions. When the whole herb was given, it produced clinical anticancer**

Encouragement —

"This God is our God for ever and ever; He will be our guide even unto death." —*Psalm 48:14*

effects without the toxic side effects (*Linardi, M.C.F., et. al., J. Med. Chem., 18, 1159, 1975; Hartwell, J.L., et. al., Adv. Pharmacol. Chemother., 7, 170, 1969*).

CAUTIONS

Drinking Taheebo tea a few times a week is a great way to minimize any infection in the body. But you must also be aware that **it can be dangerous if you consume too much of this herb, so it is important not to drink more than 3 cups per day.**

Most of the observed side effects of taking Pau d'arco were observed when only isolated lapacho constituents were administered. These are: nausea and anticoagulant effects in very high doses, a tendency to loosen the bowels, and diarrhea in very high doses. **No such side effects were detected when the whole herb was consumed** at the recommended doses. The FDA gave lapacho a clean bill of health in 1981.

Observed side-effects are anti-vitamin K effect, anemia, and significant rises of metabolic and protein toxins in the bloodstream. These, however, diminish with time. Scientists think that **lapacho initiates an immediate cleaning up effect on the body's cells. Once the cells are cleaned, the signs of toxicity disappear.** Many herbal tonics show this behavior in cleaning our bodies of excess toxins.

Lapacho is believed to stimulate the production of red blood cells in bone marrow. This improves the oxygen-carrying capacity of the blood. This, in turn, has important implications for the health of tissues throughout the body. **It is very helpful in treating leukemia.**

In some instances, taheebo tea drinkers have developed a stomach ache, diarrhea and nausea. Another possible side effect is mild dizziness, and taheebo can turn urine pink. It can also thin the blood.

WORKS AGAINST VIRUS, ETC.

Lapacho constituents produce definite inhibition of free radicals and inflammatory *leukotrienes*. **This property might underlie the effectiveness of lapacho against skin cancer, and its observed anti-aging effects.**

One of the strongest actions of lapacho is against viruses. The range of viruses inactivated

by lapacho extends from those that cause the common cold to those that are responsible for AIDS. Pau d'arco has been shown to actively inhibit, kill or stunt the growth of several dangerous viruses and bacteria. (*Lagrota, M. et al. Antiviral activity of lapachol. Rev. Microbiol., 14, 21-26, 1983; Gilber, B., de Souza, J.P., Fascio, M. et al. Schistosomiasis. Protection against infection by terpenoids. An. Acad. Brasil Cienc., 42(suppl), 397-400, 1970; Schaffner-Sabba, K. et al. B-lapachone: synthesis of derivatives and activities in tumor models. J. Medicinal Chem., 27, 990-994, 1984.*)

Lapacho is **highly toxic to many kinds of cancer cells, viruses, bacteria, fungi, parasites** and other kinds of microorganisms. However, it appears to be without any kind of significant toxicity to healthy human cells.

WHERE TO BUY IT

By one or more of its names (Taheebo, Lapacho, or Pau d'Arco), **you will find it available from Amazon** and other sources.

Here is another source where you can purchase Teehebo bark to make the tea:

818-610-8088. taheeboteaclub.com.

They sell it because the father in the family, John Vukovic, was diagnosed with colon cancer in 1998 at the age of 66. He was taken to the Houston Medical Center in Texas where surgery was performed. The surgeon however could only remove half of the cancerous mass since the cancer cells had already spread through the colon wall and into the pancreas. They gave him eight months to live and said they could do no more till the wound healed. But it did not heal.

When the families came to say goodbye to him, one brought Pau D'Arco Taheebo Tea with them. So Vukovic's family cooked the tea—and found that it tasted great. **Vukovic figured he had to drink something anyway, so he started drinking the tea. Two months later, the wound had healed, but when he went back to the hospital they gave him two CT scans—and found there was no cancer!**

Vukovic is now 81 and very active in the garden and around the house, with no cancer.

MELANOMA PROTOCOLS (BLACK SALVE, ETC.)

There are several types of skin cancer. **One approach is a topical (surface) application of one or more of several herbs, mixed together in what is called "black salve."** The best herbs for this purpose are **Bloodroot, Chaparral, Paw 'd Arco, Sheep Sorrel, Echinacea Root, Red Clover.** Other helpful herbs are Gravidia,

Encouragement —

"Fear thou not, for I am with thee."

—Isaiah 41:10

Galangal, Cats Claw, Dalangal Root, Astragalus, Burdock Root, and Buckthorn, To this mixture may be added Zinc Chloride and DMSO. The salve will always be in a base of Coconut Oil. It is well to take large enough Vitamin C, while avoiding diarrhea.

Sources include: (Amazon) Bloodroot Drawing Salve/Balm (only this item) / 305-851-2308 (Cansema) / 800-656-6756 (bloodrootproducts.com) / 888-320-5021 (bestearthproducts.com) / 800-977-00874 / etc.

A different product which is said to be more effective than black salves against some types of melanomas, is called Renew 28 Redox Signaling Molecules. This promotes healing naturally and is said to work on all cancers. This is listed on the internet.

HIGH RF FREQUENCY GENERATOR PROTOCOL

This protocol can be effectively used with any Stage IV cancer therapy.

But some may not wish to use it because “magnetic healers” are mentioned negatively in several Spirit of Prophecy passages. The following two quotations include all comments on this subject:

“The apostles of nearly all forms of spiritism claim to have power to heal. They attribute this power to electricity, magnetism, the so-called ‘sympathetic remedies,’ or to latent forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified physicians. The mother, watching by the sickbed of her child, exclaims, ‘I can do no more. Is there no physician who has power to restore my child?’ She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hand of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power which it seems impossible to break.”—*Prophets and Kings*, 211.

“Angels of God will preserve His people while they walk in the path of duty; but there is no assurance of such protection for those who deliberately venture upon Satan’s ground. An agent of the great deceiver will say and do anything to gain his object. It matters little whether he calls himself a spiritualist, an ‘electric physician,’ or a ‘magnetic healer.’ By specious pretenses he wins the confidence of the unwary. He pretends to read the

life-history and to understand all the difficulties and afflictions of those who resort to him”—*Evangelism*, 607.

How does the above type of magnetic healing work? It is done by the hands. **“Magnetic healers” place their hands on people and supposedly send something into their bodies.** But that which enters is a demon. Pages 123-130 in my 432-page book, *Occult Invasion of America*, covers this in detail. It is now called **Reiki** or *Eastern Healing*. *Here are a few excerpts from those eight pages:*

“This is a Hindu/Buddhist method of applying miraculous healing. Reiki (pronounced *ray-key*) came to America from Japan in the mid-1970s. It is claimed that, within 15 years, the number of Reiki practitioners was about 500,000 . . . Reiki is a Japanese word which means ‘universal god energy.’ . . . In her book, *Hands of Light*, Barbara Ann Brennan explains **how to become possessed by a spirit for these healings** . . . From time to time, Brennan has conversations with one of her guides. He has told her that his name is Heyoan, and that he comes from the ‘cosmic forces.’ . . .

“It is said that the healing is done by **placing the hands on the recipient and then activating the energy to flow through the practitioner and into the recipient** . . . ‘By becoming part of this group, you will also be receiving help from the Reiki guides and other spiritual beings who are also working toward these goals’ (*William Rand, Reiki: The Healing Touch*, p. 48).

“Obviously, we have here but another form of demonic witchcraft. It is as much a spiritistic séance, as is regular yoga spirit contact . . . Significantly, **Reiki practitioners have no control over when it starts and stops flowing as they touch the patient. It is clear that an outside intelligence is doing this** . . .

“ ‘Nurses and massage therapists who have been attuned to Reiki may never disclose when Reiki starts flowing from their palms as they handle their patients.’ (*Phylameana lila Désy, The Everything Reiki Book*, p. 270) . . . ‘Therapeutic Touch’ is widely practiced by nurses in clinics and hospitals as a healing addition to standard nursing care . . . A primary reason for the popularity of Reiki is the pleasurable sensations that the patient experiences . . .

“The channeler of Reiki can do, what is called, *absentee healing*, in which the energy is sent over long distances! **‘Just by having a name or an object of the person or perhaps even a picture in your hand, you can send Reiki to them wherever they are in the world’** (*Vincent J.*

Encouragement —

“The joy of the Lord is your strength.”

—*Nehemiah 8:10*

Barra, "Psychic Healer Transmits Reiki Energy," *Meditation magazine*, Summer 1991, p. 31).

That is a significant statement; it clearly shows that the entire thing is demonic . . . In Japan, the word, **Reiki, is the standard term for 'ghost [spirit] energy.'** It is ghost energy because, when Reiki is practiced, contact is made with 'spirit guides.' "—Vance Ferrell, *Occult Invasion of America*, pp. 123-130.

Read the following and if, after prayer, you have any question about using the following device, then don't:

Royal Raymond Rife (1888-1971) was an American inventor and early exponent of high-magnification time-lapse cine-micrography. His associates and colleagues knew him as **Roy Rife**.

Rife left the United States after his medical education and trained for six years at the Carl Zeiss Optical Company in Germany. The unique and complex microscope he created used different mediums for bending light than normal optics used prior to his ultimate invention, which he called the Universal Microscope. That achievement alone brought him deep respect in the inner circles of the scientific community.

Henry Timken, Jr., the wealthy owner of Timken Roller Bearing Company became Rife's patron, enabling Roy Rife to maintain independent research without interruption. Out of gratitude for a Rife invention that had reduced his production costs, Timken established a laboratory on his estate in San Diego, CA for Rife to research as he desired with the best equipment available. It was a state of the art lab.

In the 1930s, Rife designed an optical microscope that could observe microbes which were too small to visualize with previously existing technology.

Rife also reported that a device of his invention could weaken or destroy the pathogens by energetically exciting destructive resonances in their constituent chemicals.

Rife used high frequency energies created by electronic machinery to alter both pathogens and their environments. The difference between Rife's Ray Beam and common radiation therapy was that **only those specific MOR frequencies of targeted microorganisms had negative responses. All other cells were left unharmed.** This is the essence of Rife's technology. **His device destroyed pathogens, bacteria, and even viruses with no toxic side effects.**

The original Rife machine, based on a naval radio frequency oscillator, evolved into a device that was the

basis of Rife technology that underwent successful trials and experiments as it was developed in the 1930's.

After experimenting by infecting lab animals and curing them, Rife was confident that his research could now extend to real life human cancer victims. Dr. Johnson set up clinical trials out of the medical school at the *University of Southern California*. The clinical trial results were monitored by a team of physicians headed by pathologist Alvin Ford, MD.

Rife was presented with 16 terminal cancer victims afflicted by a variety of malignancies. The USC team of physicians declared 14 of those 16 were clinically healed within 70 days. The other 2 took 20 days longer. The treatments included short breaks with nutrients to promote lymphatic elimination of the destroyed microbes.

In 1940, Dr. Arthur W. Yale announced that Rife had discovered a technique for curing cancer so unique and amazing that medicine was on the verge of completely eliminating the second highest cause of disease death in America.

Any threat to the medical society with a cancer remedy that was not dependent on AMA surgery or Big Pharma drugs needed to be openly challenged by those whose practices were supported by surgical removal, dangerous radiation, or poisonous drugs.

Lawsuits by the AMA, plus the confiscation and smashing of equipment, plus the death of his beloved wife of over 30 years left Rife a broken man. In 1961, at the age of 73, Roy Rife fled the country to nearby Mexico. Rife had added Valium to his drinking habit, yet he managed to live until 1971, when he died in Mexico at the age of 83.

The AMA destroyed Rife's machine and he died a heart-broken man. His machine had been confiscated, smashed, and was gone. But over a period of several decades, a number of dedicated scientists were able to reconstruct the same machine. Their concerns were the same as ours: all around them people were dying of cancer that AMA were unable to help.

A "modern day" Royal Rife has developed specifications for a highly effective cancer treatment using far more advanced frequency generators than could have existed back in the 1930s.

Frequency generators can be a primary cancer treatment or a secondary cancer treatment (secondary to some other protocol which would be the primary protocol).

In many situations the frequency generator is an absolutely critical addition to the treatment of an advanced cancer patient. Here are examples of cancer patients who could greatly benefit from this treatment:

- 1 - The patient cannot digest foods (usually due to stomach or colon surgery),
- 2 - The patient cannot extract nutrients from foods (usually due to chemotherapy),
- 3 - The patient has a very fast growing cancer,

Encouragement —

"Unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy." —Jude 24

4 - The cancer has spread throughout the body,

5 - The patient has cancer in their bones or bone marrow,

6 - Their type of cancer involves massive infections (e.g. uterine cancer),

7 - They have significant cachexia (i.e. lactic acid problems), resulting in extreme weakness, etc.

These are situations where supplements and diet may not be enough to win the race between the spread of cancer and the protection of the anti-cancerous cells.

The **High RF (Radio Frequency) Frequency Generator** is an electromedicine protocol.

For those who have had extensive chemotherapy and radiation, it is likely they have had extensive damage to their stomach lining and colon. With stomach surgery or colon surgery things are even worse. These treatments can make it very difficult for a cancer patient to digest foods and thus be able to adequately extract nutrients from foods.

The Frequency Generator is not in any way hampered by damage to the stomach or colon because it deals directly with the cancer cells.

While the High RF frequency generator can be used with chemotherapy (which will keep weakening the body), **it is best combined with one of the powerful nutritional protocols**, such as the Collect-Budwig, Limu Juice, Inexpensive Stage IV Protocols, Mangosteen juice, Noni juice, Bill Henderson Protocol, etc.

The High RF frequency generator can indirectly protect the anti-cancerous cells and the organs because it is able to safely, quickly and gently get rid of the cancer cells which are creating much of the environment which damages the healthy cells. This is because, if you eliminate the microbes inside the cancer cells the cancer cells will revert into normal cells.

That is precisely what this device was designed to do. However, **it also kills microbes in the bloodstream and in the organs. By doing this the immune system is significantly helped**, even in those who have been greatly weakened by chemotherapy.

It should be understood that the High RF frequency generator does not directly kill cancer cells, rather **it gets rid of cancer cells by reverting them into normal cells**. Thus, the High RF frequency generator does not create the detoxification symptoms of some other cancer treatments. Nevertheless, a patient still needs to “build-up” to therapeutic doses because it will create a Herxheimer reaction if there is not a sufficient build-up (too many toxins circulating through the bloodstream from the cancer).

But this is where **the liver flush (coffee enemas), if used, nicely clean the poisons from the liver, through**

the gall bladder, and into the bowel.

HOW LONG SHOULD YOU TAKE THIS?

Within 4 or 5 weeks, this protocol will revert a very significant number of cancer cells into normal cells. However, the patient should **continue to use this protocol for at least 12 or more weeks at either 6 or 7 days a week.**

WHAT TO PURCHASE

The **GB-4000 device** (i.e. High RF Frequency device) can be used with chemotherapy, with prescription drugs, with alternative therapies, or just by itself. The cost of this protocol is **a one-time fee of between \$2,500 and \$4,800**. So it will be priced out of range of some cancer patients who have already paid a vast amount of money, in one way or another, on orthodox cancer treatments.

The cost is about: About \$2,500 for the **High RF frequency generator** with 10 watt amplifier, or **\$4,800 for the High RF frequency generator** with plasma tube amplifier.

Every sales outlet is required to charge the same price. and there are over a hundred brands of “Rife Machines” sold over the Internet. Almost none of them were designed to kill the microbes inside the cancer cells because they do not have the critical “carrier wave” or “carrier frequency,” nor are they powerful enough to kill these microbes without the carrier frequency to carry them inside the cancer cells.

So it is recommended that you only purchase at *The Frequency Store* website!

FrequencyStore.com

The Frequency Store

3214 North University Ave., Suite 115

Provo, Utah 84604 800-477-0066

If you can afford it, here are the two models to select from, and their regular prices:

GB 4000 SR-4 - 15 watt. \$2,320

GB 4000 MOPA - 27 watt. \$4,220

The Frequency Store provides free technical support for those who have technical questions about the High RF Frequency Protocol. The ICRF recommends the Frequency Store because of their free technical support to the ICRF, and to those who purchase a High RF Frequency device no matter where they purchase it! (*But beware:* Although they may not mention them, the Frequency Store also sells books and cd’s for meditation.)

Only the two High RF Frequency generators (15 watt and 27 watt), mentioned in this section, have this carrier wave and are powerful enough to kill these microbes. These are true “Rife Machines” which use high-tech circuitry.

For those who can afford it, each of the High RF frequency generators is a detoxification device. Be-

Encouragement —

“God is not ashamed to be called their God, for He hath prepared for them a city.” —*Hebrews 11:16*

cause they kill a large number of microbes in the bloodstream, there is some detoxification created by the toxins inside of dead microbes. These symptoms can be minimized by an ozonated water device or an ionized water device. Most of those who have used these devices find they are successful by only using them in treating their cancer.

While **this is not for advanced cancer patients (because their cancer is spreading so fast)**, some of even the advanced patients have had good results.

The biggest advantage is that this is a true Stage IV protocol which can be combined with other Stage IV protocols. Adding the High RF frequency generator to one of the other Stage IV protocols—packs a powerful punch against the cancer.

CAUTIONS AND WARNINGS

There are some complications in working with the frequency generator, and you might do better not to purchase it, and instead, work with a simple protocol, such as Kelmun, Brandt Grape, Budwig, etc.

The instruction manuals, that come with the device, are not adequate for dealing with cancer. Fortunately, very precise, button-by-button instructions have been written by the ICRF (Independent Cancer Research Foundation). *These instructions are free.* In order to obtain them, you must email ICRF at:

cancertutor@mutemail.com

Do not use Cesium Chloride with either High RF Frequency Generator. The way the Cesium Chloride protocol is currently designed, the High RF Frequency devices would not be effective.

Also, **the 10 watt High RF Frequency device should not be used for brain cancers or brain tumors** because the frequencies will probably not get past the Blood Brain Barrier.

The High RF Frequency device is generally not used as a primary cancer treatment. However, it could be used as the primary cancer treatment if the cancer is newly diagnosed and is a slow-growing type of cancer. But even in this case, at least 8 items from the Inexpensive Stage IV Protocols should be added to the High RF Frequency Protocol device.

HOW THIS WAS DEVELOPED

In 1991 two researchers (William Lyman and Steven Kaali) at the *Albert Einstein College of Medi-*

cine, in New York City, **discovered a way to disable every virus, bacteria, and pathogen on the planet**, including the AIDS virus. It was mentioned in a *Science News* article, but everything was quickly silenced, and nothing more was done.

Then Dr. Robert C. Beck, D.Sc. (Bob Beck), a 66-year-old physicist and the inventor of Xenon strobe flash technology happened upon the *Science News* article (quoted above) in 1991. Intrigued, he wrote to the college requesting a copy of the research paper which was included in the *Conference of Combination Therapies* publication. He was told that it did not exist and discovered that it had been removed from the copy of the journal they sent him.

Beck was not deterred. He hired a private investigator to track down some of the attendees of the conference with the hopes of finding a copy of the original research paper. And he found it.

After examining the research, which involved blood electrification via surgical implants and dialysis-type blood treatments, Beck decided to simplify the entire procedure,—so he designed a small device powered by three 9-volt batteries that could purify the blood *from outside the body*. He funded his own research to verify the accuracy of the claims of Kaali and Lyman, and to test the effectiveness of his device.

Beck conducted hundreds of PCR blood tests on AIDS patients at hospitals all over the U.S. All showing AIDS were cured by his method.

One example was a patient who had 418,478 particles of HIV in his blood on Sept 5th 1995. On November 3rd 1995 his PCR was less than 100. He was cured and symptom free.

Beck found that the real world results of blood electrification were even better than those reported by the laboratory researchers. After several years of testing and seeing wonderful results, Beck had no qualms about stating that this method, “can cure all known infectious diseases including HIV, Tuberculosis, Hepatitis, Epstein Barr, Herpes, E Bola, Botulism, Anthrax, and all man-made biological warfare viruses.” It is completely safe, does not harm healthy cells or tissues, and has no side effects.

Beck was never interested in profiting from his discovery or even selling his device. Instead he published a lengthy report entitled *Take Back Your Power*, which included comprehensive details on his protocol, and complete instructions on how to build his blood electrification device with less than \$50 in parts from Radio Shack! He conducted many free seminars and only charged \$5 for his report, just to cover the cost of printing.

The best location to electrify your blood is at

Encouragement —

“Whoso putteth his trust in the Lord shall be safe.”
—Proverbs 29:25

your wrists by placing two electrodes over your Radial and Ulnar Arteries. (Turn your hands with the palms up. There they are on your wrists, one on the left and the other on the right.)

A 150 lb person has 8 pints of blood that circulate through the body every 8-9 seconds. As the blood passes by the electrodes at the wrist site, it is electrified with micro-current.

Although Beck never sold products and gave his research away for free, he realized that not all would be able to build their own devices. He eventually endorsed a company that began manufacturing products to his specifications.

Russ Torlage, the founder of SOTA (State of the Art, 800-458-3401), attended one of Beck's lectures, built his blood electrification device, and cured his wife's crippling chronic fatigue. He then improved the design of Beck's unit to run on a single 9-volt battery instead of three. Beck was pleased with the improved design and gave Russ his blessing to manufacture the units for sale commercially. Thus SOTA Instruments was born. Bob and Russ became very close friends, researching, traveling, and conducting demonstrations and interviews together. SOTA Instruments is the only company Bob Beck ever endorsed.

Sadly Bob Beck died in 2002, at age 77, as a result of a head injury from a fall. Russ Torlage was the MC at Bob Beck's memorial.

From 2000-2004, SOTA was persecuted, and nearly shut down by The FTC and Health Canada for selling medical devices. SOTA won but can no longer make any health or medical claims, or give advice on treatment protocols. They can't even use Bob Beck's name on their website and simply refer to him in their bio as "The Physicist."

Disclaimer—The manufacturers of frequency generators have not written or endorsed any of the information on this book about cancer or any other modality including any protocols that have been written for use with a *20 Megahertz Sweep Function Generator, Amplifier* or plasma tube *Amplifier*. It should also be known that the manufacturers of frequency generators sell electronic test equipment and do not make any medical claims for their equipment. We have not been granted license, permission or authority by the manufacturer's of any frequency generator to make any medical claims

Encouragement —

"Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him."

—1 Corinthians 2:9

for those companies or on behalf of them.

INSULIN POTENTIATION PROTOCOL

Insulin Potentiation Therapy. In the 1940s it was discovered that **cancer can be treated with insulin**. Soon after, the reason for this was discovered. **Insulin helps other substances (cesium chloride, Protocel, graviola, Paw Paw, laetrile, etc.) target cancer cells by making it much easier for them to get inside of them!** This led to the development of Insulin Potentiation Therapy (IPT), which you can use at home without going to a clinic.

The book: *Treating Cancer With Insulin Potentiation Therapy*, by Ross A Hauser, M.D. and Marion A Hauser, M.S. provides additional information about this subject.

Warning: I discovered a clinic in the U.S. which offers to give you "Insulin Potentiation," (through I.V.s at the clinic) but they combine the insulin *with chemotherapy!* (see page 56)

QUERCETIN - GREEN TEA PROTOCOL

This is the herb, Quercetin, combined with Green Tea. While there are already many antioxidants in this protocol, quercetin is more than just an antioxidant. It also has other benefits, such as the ability to kill cancer cells, especially if combined with green tea.

WHY GREEN TEA

Green tea catechins such as EGCG have effectively been shown to increase metabolism as an aid to weight loss and have demonstrated a long history as a potent tool to fight many different types of cancer. **Compounds in green tea act as powerful antioxidants that can promote apoptosis or programmed cell death**, a mechanism missing in cancer cells that permits uncontrolled cell growth.

WHY COMBINE IT WITH QUERCETIN

Researchers from Rutgers University have published the result of a study in the journal *Food and Function* that explains a synergistic health-promoting relationship when green tea polyphenols and the flavonoid quercetin are provided through diet or supplementation.

Quercetin helps boost the levels of green tea polyphenols in cancer cells to decrease methylation of their anti-cancer compounds, effectively increasing the green teas potency as a cancer-fighting agent.

Quercetin boosts green tea antioxidant capacity two to fourfold to fight cancer development

In earlier research studies, scientists have demonstrated that green tea catechins undergo extensive methylation after ingestion, lowering the effectiveness of the health-promoting compounds to shield against cancer proliferation. Quercetin is a known inhibitor of methylation in normal metabolism. (*Methylation* is a process by which a gene's behavior is altered, but the gene itself isn't changed.)

The study found that combining quercetin with fresh brewed catechins from green tea increased the cellular absorption of EGCG four times in lung cancer cells and two times in kidney cancer cells, dramatically increasing the effectiveness of this natural cancer fighting compound. Additionally, quercetin decreased methylation of green tea polyphenols, which would otherwise limit their chemopreventive potential.

The research team concluded that **“in order to have a maximum anticancer effect, green tea or green tea extract should be used together with quercetin.”** They noted that green tea catechins exhibit higher antioxidant potential than either vitamin C or E, and indicated that consuming the beverage was associated with reduced risk for a number of forms of malignancy including skin cancer, breast cancer, lung cancer, colon cancer, esophageal cancer and bladder cancer.

MAKING AND USING IT

Three to five cups of fresh-brewed green tea daily combined with quercetin from fruits and vegetables or supplementation are recommended to synergistically boost the cancer fighting abilities of EGCG catechins.

WHEN COMBINING TREATMENTS

Some might want to use 3 or 4 of the items in some categories or even 8 or 9 items in some categories.

Important: Keep in mind that **only ONE highly alkaline protocol should be used at a time. Cesium, Collect, baking soda, high doses of barley, high pH ionized water, wheatgrass, etc. are all highly alkaline and only ONE should be used at a time except for short periods of time.**

Some protocols should not be used together.

Encouragement —

“The meek shall inherit the earth, and shall delight themselves in the abundance of peace.”

—Psalm 37:11

Generally this is not dangerous, but one item can be neutralized by another.

For example, Paw Paw will be neutralized by the DMSO/CD protocol.

Let the expert who is working with you design your cancer treatment. Always let your consultant know what you are doing so that he or she can warn you of any conflicts.

As mentioned earlier, **cancer is generally caused by microbes which are inside of the cancer cells which block the production of ATP energy by intercepting glucose.** In rare cases other things can block this ATP energy, such as DNA damage, toxins, etc.

For example, toxins or radiation that gets inside of cancer cells may damage or destroy some of the mitochondria inside the cancer cells (if they were not already cancer cells, they may become cancer cells due to the mitochondria damage) and thus lower ATP energy.

Or in some cases DNA damage (this is fairly rare), such as a defective BRCA2 protein—where a damaged gene makes a defective protein. That can in different ways block some part of the long chemical chain-reactions which are needed in the creation of ATP energy.

But in most cancer patients, it is microbes that cause the cancer.

A “microbe killing substance” is needed to kill these microbes. Such substances include baking soda, turmeric, ginger, cinnamon; also *Aloe Arborescens* (the herb, not the product)

In addition, **there must also be a “Trojan Horse” to escort the microbe-killing substance to the cancer cells, and may even help the microbe-killing substance to get inside the cancer cells.** To say it another way, the “Trojan Horse” is there to target the cancer cells and get the microbe-killing substances inside the cancer cells.

The ultimate Trojan Horse/Microbe-Killing combination is DMSO (the Trojan Horse) and Chlorine Dioxide (the DMSO/CD protocol). However, DMSO causes severe body odor so it is not used as much as it should be.

LESSER PROTOCOLS

Some of these protocols may be Stage IV level, and many definitely would be, when combined with Stage IV protocols. When done in a special clinic under medical supervision, they probably would be.

THE LAETRILE PROTOCOL

This is not a Stage IV protocol when used at home and so is best combined with the In-expensive Stage IV Protocols,—which greatly increases its power!

If you go to a clinic and receive the laetrile intravenously, plus other care, it then becomes Stage IV. But doing so is very expensive.

As you will read below, the Laetrile Protocol is best given parenterally by intravenous injections, under the direct care of a knowledgeable alternative remedies physician, who will also prescribe suitable vitamins and minerals. In addition, it works best for only certain types of cancer.

What is Laetrile?—Amygdalin is a leading natural therapy and is better known as **Laetrile**. It is obtained from **apricot kernels** (bitter almonds) through an exclusive extraction process.

Laetrile (also called B-17) is a natural chemotherapeutic agent found in over 1,200 plants, particularly **in the seeds of common fruits such as apricots, peaches, plums, and apples.**

The Hunza story—There is a small kingdom located in the Himalaya Mountains called **Hunza**. The Hunzakuts are known to commonly live beyond the age of 100. When the Hunzakuts move away from their culture and into westernized societies and begin to adopt our lifestyles, they succumb to the same ailments and diseases that we do. Of special interest is their use of apricots. It is not uncommon for each one to eat 30-50 apricot seeds after lunch. As a matter of fact, a person's wealth there is measured by the number of apricot trees he owns!

Dr. Ernst Krebs, Jr., Ph.D. was a biochemist in San Francisco. By 1952, Dr. Ernst had hypothesized that cancer was in fact a deficiency disease, like scurvy and pellagra, which was aggravated by the lack of an essential compound in our modern day diet. He said that compound was what he called Vitamin B17. Later, he named it Laetrile. Krebs was successful in treating many patients with this vitamin (which he derived from apricot seeds).

You can still purchase Laetrile. You just can't sell it if you are claiming that it is a cancer cure. Some great sources include apricots, wheat grass, and

apple seeds.

HISTORY AND TECHNICAL DATA

Although technical, this information just below, shows how solid and safe Laetrile is. The key points that you will want to know are in bold.

It is a *diglucoside* with a cyanide radical that is highly "bio-accessible." This means that it penetrates through the cellular membrane reaching high intracellular concentrations easily. **It has been proven that the cyanide radical in Laetrile is completely nontoxic.** This is because **anti-cancer cells contain an enzyme called rhodenase which "neutralizes" the Laetrile.**

This enzyme does not allow the Laetrile to release the cyanide. In this way, Laetrile only serves as a glucose providing energy to healthy cells.

Malignant cells do not contain this enzyme. In the absence of rhodhenase, the Laetrile is activated liberating the cyanide radical inside the malignant cell causing its destruction. To say it another way, because cancer cells are unable to neutralize Laetrile, it kills those cells.

As the Laetrile attacks unhealthy cells, it transforms into *silicate* which is much like aspirin. It is because **silicate in the cell contributes greatly to pain control, that Laetrile is able to reduce pain.** Though it has limitations in certain cancers, **it is extremely effective in the most common tumors such as carcinoma of the lung, breast, prostate, colon, and lymphomas.**

A highly publicized clinical trial conducted by the *National Cancer Institute* (NCI) in 1981 tried unsuccessfully to prove that Laetrile was ineffective and toxic.

Amygdalin (for practical purposes, another name for Laetrile) is a herbal constituent derived from the kernels of various fruits of the Genus *Prunus* (*synonym amygdalus*) which includes the plum, prune, cherry, peach and apricot.

HISTORY OF ITS USE

Apricot kernels have been in medical use against cancer since the days of Pen T'sao (an important Chinese herbalist) in the year 2800 B.C. in ancient China. Also, the leader in Persian pharmacy, medicine and natural sciences, Avicenna (A.D. 980-1037) recommended the use of apricot bitter almond oil in the treatment of tumors of the spleen, uterus, stomach and liver. Amygdalin is one of the first and best known *cyanogenic glycosides*. The systematized study of amygdalin did not really begin until the first half of the 19th century when crystalline amygdalin was isolated in 1830 by two French chemists, Robiquet and Boutron. Now

Encouragement —

"Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you."
—2 Corinthians 13:11

known as *Prunus Amygdalus*, of the rose family *Rosaceae*, *amygdalin* is hence appropriately named after the scientific name of the bitter almond. The chemical structure of amygdalin is well established as *laevo-D-mandelonitrile-B-D-glucoside-6-B-D-glucoside*. Essentially, it is a *diglucoside* with a cyanide radical. **Laetrile is a decomposition product resulting from the hydrolysis of amygdalin. Neither amygdalin nor Laetrile contain free cyanide.** Laetrile formula is *laevo-D-mandelonitrile-B-glucoronide*. The term Laetrile was first proposed by Ernest T. Krebs, Jr., in 1949.

The word is derived from the contraction of the chemical term "LAE vo-mandeloni TRILE". Krebs also designated Laetrile as vitamin B17. Krebs contended that amygdalin is essential to human health. The amygdalin (Laetrile) therapy utilizes the cyanogenic *glycoside* amygdalin, or one of its byproducts, together with a broad-based nutritional program known as Metabolic Therapy for the control of cancer.

Krebs, Jr. and his research group found that amygdalin has its powerful cancer killer capabilities because it contains cyanide that destroys cancer cells. Not all cyanide compounds are poisonous. Humans constantly eat produce with cyanide (about 1,200 kinds of foods have it). Detoxification of cyanide can take place in all tissues of the body, but principally in the liver. The dosage levels and toxicity of amygdalin (Laetrile) in laboratory animals and humans is well established and documented. **No evidence of acute or accumulative toxicity was observed in any animals given doses in excess of 100 times the maximum intravenous dose usually given in humans.**

These findings coincide with that mentioned by Otto Jacobsen in 1887, Davidson in 1944 and Dr. Dean Burk (National Cancer Institute) in 1968: "Amygdalin is impressively nontoxic from the pharmacological point of view" and "**nonhydrolyzed amygdalin is less toxic than glucose.**" **The oral toxicity of amygdalin (toward cancer) was found to be 39 to 44 times greater than the intramuscular route, and more toxic than intravenous route** (parenteral route).

Thus, the normal cellular protective mechanism is decreased in tumor cells and they become more sensitive to the effects of the cyanide ion. The HCN would tend to depress the enzyme functions of the

cancer cell and thereby destroy it. Since normal cells contain large quantities of rhodenase and relatively low quantities of available B-glucoronidase, the available rhodenase would detoxify the cyanide ion (CN-) forming the non-toxic thiocyanate. Then according to Ernest Krebs **amygdalin's toxic effect is against the cancerous cell and not the host.**

The most widespread theory ("cyanide theory") on the action of amygdalin was propounded by Ernest Krebs, Jr., in the 1970s. Krebs's hypothesis is based on **the resulting end products of the hydrolysis of amygdalin, which are hydrocyanic acid (HCN) and benzaldehyde. In order to produce these products, B-glucuronidase is required. It has been demonstrated that this enzyme is present in cancerous tissue about 1,000 to 3,600 times higher than in normal tissue.** Rhodenase is an enzyme found in the liver cell and is known to be concerned with the conversion of toxic *hydrocyanic acid* to *thiocyanate*, a harmless substance. Rhodenase is part of the normal detoxification process of the body. However, it was found that **normal cells contain a relatively high concentration of rhodenase and low concentration of B-gluco-ronidase, whereas cancerous cells are high in available B-glucoronidase and low in available rhodenase. It is because of this, that Laetrile is able to so effectively kill cancer cells, while leaving anti-cancerous cells unharmed.**

HOW EFFECTIVE IS LAETRILE?

Ever since the days of Louis Pasteur (1822-1895) and Paul Ehrlich (1854-1915), cancer victims have hoped for the "wonder vaccine" or the "magic bullet." Amygdalin (Laetrile) does not come under the heading of either of these dramatic therapies. There are a number of factors that enter into the cancer treatment complex. The type of cancer involved is an important factor. Some types of cancer tend to be more sensitive to treatment than others. **Amygdalin (Laetrile) is not equally effective in all types of cancers.** Rubin (1977) found in their clinical investigations in Israel that amygdalin (Laetrile) was **most effective against adenocarcinoma and Hodgkin's disease, somewhat less effective in certain other of the sarcomas and melanomas, and relatively poor results were achieved with the leukemia.** Similar results have been obtained by other clinicians in the United States and elsewhere. **The best results with amygdalin (Laetrile) therapy have been achieved with lung, prostate, breast, lymphomas, liver and brain cancer.** The chemical quality of the amygdalin (Laetrile) also has a bearing on the clinical therapeutic results.

Encouragement —

"My God shall supply all your need according to His riches in glory by Christ Jesus."

—Philippians 4:19

DOSAGE AMOUNTS

Only the *laevo isomer* of amygdalin (Laetrile) has been found to be therapeutically active. **A high quality amygdalin is now produced in Mexico** and some products are currently under investigation in the United States and Germany. **It is therefore of the utmost importance that quality products be utilized.** Failure to recognize this point can result in inadequate dosage levels and false negative therapeutic results (Krible, 1912; Levi, et al, 1965; Rubin, 1978).

Other factors relating directly to the administration of amygdalin (Laetrile) concern the dosage. In the past, most physicians have tended toward administering too low a dosage. Therefore **the frequency of administration, the route of administration, and the dosage are of the utmost importance** if adequate blood levels are to be maintained. In the past, **most errors of administration have been made on the side of too little, rather than too much.** However, it should be kept in mind that **the most effective routes are by parenteral injection (IM or IV) and the physician should not attempt to achieve the necessary dosage levels by the oral route.** Rubin (1978) reports administering **70 grams per day** to each patient with no ill effects. **Another aspect that will have a bearing on the recovery of a patient depends upon the degree of tissue damage caused by excessive radiation and toxicity resulting from chemotherapy.**

It is presently estimated in the United States, Mexico, and elsewhere, that **about 90% or more of the patients begin using amygdalin (Laetrile) only after all other types of cancer therapies have failed.** Most metabolic physicians are of the opinion that if the patient were to begin Metabolic Therapy earlier in the course of the disease, it would improve the patient's chances of cancer control.

AMOUNT THAT IS GIVEN

Amygdalin is less tolerable by oral administration because of the hydrolysis of amygdalin by the gastric juices. On the other hand, amygdalin, in dosages of 20-40/mg/kg orally (for a 200 lb human this would translate to **sixteen 500 mg laetrile/B17 tablets daily**). This amount, used in humans is 10 to 20 times less than the minimum toxic dosage in dogs. The biological half-life of amygdalin is only 80 minutes. **Over 80% of the amygdalin admin-**

istered is excreted from the body in 4 hours. The usual metabolic approach to amygdalin (Laetrile) therapy is to **provide the patient with adequate nutritional support, with relatively non-toxic high doses of vitamins and minerals and other active natural substances.**

Amygdalin (Laetrile) has been administered in dosages of up to 70 grams (70,000 mg) per day in adult humans by combined oral and parenteral routes without adverse effects.

PATIENT DIET

It should be emphasized that amygdalin (Laetrile) therapy is most effective when used in conjunction with a comprehensive metabolic approach. Most physicians using this form of therapy provide **adequate nutritional support with the use of proper vitamin and mineral supplements.** The patient is placed on **a complete vegetarian diet with a reduction of proteins, fats, refined sugars, and processed foods. All tobacco, alcohol, caffeinated drinks, and most toxic medications are eliminated.** The patient is placed on **a high intake of select fruit juices, fresh fruits and vegetables.** A program of detoxification is required. **A minimum of 9 gr of amygdalin (Laetrile) per day is administered, largely by the parenteral route, but even higher levels may be given if indicated.** Patients that refuse to follow the general Metabolic Program are discouraged from taking amygdalin (Laetrile).

(What does "metabolic" mean? The word is based on **metabolism. Metabolism is** the chemical processes occurring within a living cell or organism that are necessary for the maintenance of life.)

LAETRILE CLINIC

In a clinic setting, especially in Tijuana, Mexico, high levels of laetrile are provided in a liquid I.V. (intravenous injection). In these clinics the doctors also deal with the issues of damage to anti-cancerous cells and rebuilding the immune system. *There are two clinics in Tijuana:*

Oasis of Hope Hospital (Laetrile-Metabolic)

U.S. phone: 619-690-8409

sue@oasisofhope.com

Paseo Playas #19, Seccion Monumental

Playas de Tijuana

Tijuana, Baja California. Mexico 22504

A second clinic (Roman Catholic) is this one:

Stella Marias Clinic (Laetrile-Metabolic)

Gilberto Alvarez, M.D.

Stellamariasclinic.com

HOME USE OF LAETRILE**Encouragement —**

"In all thy ways acknowledge Him, and He shall direct thy paths."
—Proverbs 3:6

If you wish to use laetrile at home, read the following:

For home use, it is best to include **laetrile as part of the Collect-Budwig protocol**. If you cannot afford the Collect-Budwig protocol (which costs several hundred dollars a month), then combine laetrile with the **Inexpensive Stage IV Protocols**.

If you are using this protocol at home, make sure you **use both liquid laetrile or laetrile pills plus key supplements** (discussed below) **and apricot seeds!**

Laetrile is available over the Internet either as apricot kernels, pills, and in some cases in liquid form. (Addresses at end of this article.)

Most people take laetrile in the form of **apricot kernels**. In the middle of a peach or apricot is a hard shell. If you break open the hard shell with a "nut cracker," pliers or hammer, you will find a small seed/kernel in the middle that looks like an almond. However, it is much softer than an almond and certainly does not taste like an almond. It is this seed that is rich in natural laetrile.

Most experts will recommend a **daily dose of apricot kernels from between 24 kernels a day up to 40 kernels a day, spread throughout the day. For a person in remission, 16 apricot kernels a day should be used as a minimum.**

Apricot kernels are the best source of laetrile. Those who do not yet have cancer might want to plant a few apricot or peach trees in their back yard for a long term source of laetrile. The kernels can be frozen while still in the shell.

Dr. Philip Binzel prepared a list of foods that contain laetrile. It includes: **apricot kernels, peach kernels, grape seeds, blackberries, blueberries, strawberries, bean sprouts, lima beans and macadamia nuts** (to name but a few).

If you obtain laetrile pills, it is important to take them with natural water during a meal (i.e. with food).

NUTRIENTS TO TAKE WITH LAETRILE

Make sure you are getting the nutrients necessary for laetrile to work. *Here they are:*

- 1 - **zinc** (which is the transport mechanism for laetrile),
- 2 - **Vitamin C** (build up to 6 grams a day),
- 3 - **manganese**,
- 4 - **magnesium**,
- 5 - **selenium**,

Encouragement —

"But know that the Lord hath set apart him that is godly for Himself: the Lord will hear when I call unto Him."
—Psalm 4:3

6 - **Vitamins B6, B9 and B12**,

7 - **Vitamin A**,

8 - **Vitamin E** (at least 2,000 I.U.)

Vitamin C should be taken with laetrile, But Vitamin C should not be taken with Protocol, graviola (e.g. Amazon Factor Protocol), hydrazine sulfate, etc.

If you are not already taking a **multivitamin**, the recommended way to get all of these nutrients is the **Essense Health Blend**. It has all of the above items (plus the critical iodine). However, it does not have enough Vitamin C or Vitamin E (which you will have to supplement separately).

ESSENCE HEALTH BLEND Product Code: B-305
\$69.95 contains a 4-month supply. It has 46 vitamins and minerals! essence-of-life.com
800-760-4947

It is crucial that you take the **pancreatic or proteolytic enzymes** during the laetrile therapy! However, note that they are blood thinners and should be taken within the vendor's recommended maximum dosage (on the bottle). These are critical for the laetrile molecules to work at peak efficiency.

Zinc is also one of the most critical parts of this therapy. This is because Zinc is the transportation mechanism for laetrile and nitrilosides in the body. Biochemists and researchers have found that you can give very large quantities of Laetrile to a patient, but, if that patient does not have sufficient level of **Zinc** in his body, none of the laetrile will enter his tissues. They also found that nothing heals within the body without sufficient **vitamin C**. They also found that **magnesium; selenium, vitamin A, and B** all played an important part in maintaining the defense mechanism of the body. This is why it is important to understand that cancer is best treated with a total nutritional program consisting of **diet, vitamins, minerals, laetrile and pancreatic enzymes**.

Also add **Pangamic acid** (B15) 100 mg. Take 1 pill three times daily. This is not in the Essense Health Blend, so it needs to be added. Vitamin B15 should be taken right after a meal.

Dr. Binzel recognizes the need for **vegetable protein** to be taken with the Laetrile, and thus allows **grains, nuts, beans**, etc. that provide that protein, even if they have to be cooked.

CAUTIONS AND WARNINGS

Laetrile ingestion may occasionally cause a temporary low blood pressure reaction due to formation of thiocyanate, a powerful blood pressure lowering agent. In metabolism, *nitriloside* is hydrolyzed to free hydrogen cyanide, *benzaldehyde* or *acetone* and sugar. This occurs largely through the

enzyme *beta-glucosidase* produced by intestinal bacteria as well as by the body. The released HCN [*hydrocyanide*] is detoxified by the enzyme *rhodanese* to the relatively non-toxic *thiocyanate* molecule. **This is not normally a problem, unless you already have low blood pressure, or are taking a blood thinner.** But proteolytic enzymes are blood thinners. Proteolytic enzymes, such as Vitalzym, should NOT be used in conjunction with prescription blood thinners

Taking laetrile with high strength probiotics may also increase the amount of free hydrogen cyanide and thus could create adverse side effects

Whenever a person combines two or more alternative cancer treatments together, it is critical that he does his homework. For example, **Vitamin C should be taken with laetrile.** But Vitamin C should not be taken with Protocol, graviola (e.g. Amazon Factor Protocol), hydrazine sulfate, etc.

In other words, if you are taking a second or third alternative cancer treatment with laetrile, or if laetrile is being used to supplement another treatment, be careful to watch the warnings on each treatment.

Don't forget the Zinc, Vitamin B15, and other nutrients listed above!

BEST TO USE LAETRILE WITH THE FAST PROTOCOLS

Unless you are using high doses of a quality source of laetrile, you should not DEPEND on laetrile as the core treatment in a cancer treatment program. **Treat this as a supplemental treatment or a remission treatment.** That is, *make Laetrile therapy part of a major Protocol, instead of trying to use only Laetrile to solve your problem!*

Many of the fast-acting cancer treatments do not directly kill cancer cells or even revert them into normal cells. What they do is provide super-nutrients to the anti-cancerous cells and energize the cancer cells so they do not cause any damage. Some of these treatments do not actually kill the cancer cells. So in reality **this protocol is a very important supplemental protocol** for almost all of the absolutely critical super fast-acting protocols.

In any case, it is necessary to use one of the major treatment articles as a base of operations or as a supplement to high doses of laetrile

Encouragement —

“Blessed are they that do His commandments, that they may have right to the tree of life, and may enter in through the gates into the holy city.”

—Revelation 22:14

WHERE TO BUY LAETRILE

To buy apricot kernels or laetrile, look for them on the internet. For example:

Kernels - nuts.com

Tablets - Amazon

Tablets/liquid - metabolicproductssupply.com

LIFE-ONE PROTOCOL

LifeOne Protocol is a fairly new treatment which has shown excellent results for hepatoma (liver tumor), ovarian cancer, squamous cell carcinoma, cervical cancer, colon cancer, prostate cancer, lymphoma and pancreatic cancer.

WHERE TO GO

One advantage for cancer patients is that Dr. Howenstine, an American-trained medical doctor, is willing to work with the patient. Unfortunately, Dr. Howenstine moved to Costa Rica so he could actually help cancer patients at his clinic. Thus, the patient must go to Costa Rica or work with Dr. Howenstine by phone or email (as most of his cancer patients do).

Go to lifeone.co

WHAT IS IN IT

Several natural substances have been proven to be of value in treating cancer and HIV. *Here are the substances in LifeOne:*

Chrysin: This is a flavonoid derived from Passion Flower that has antioxidant capabilities, increases Tumor Necrosis Factor, binds estrogen receptors and inhibits HIV action.

Coriolus Versicolor: This Chinese mushroom has anti-cancer effects, stimulates the immune system, inhibits invasion of cancer cells (metastasis and local spread) and has anti-viral activity.

Diindolymethane: This phytochemical is found in cruciferous vegetables (broccoli, brussel sprouts, cabbage etc) inhibits the adhesiveness, movement, and ability to invade cancer cells and has an anti-estrogen effect on cancer cells.

Resveratrol: This is a non-flavonoid phenol found in grapes which is an antioxidant, prevents platelet clumping, blocks resistance to insulin, inhibits abnormal estrogen action and blocks viral replication and growth (HIV).

Tumeric Extract (Curcumin): This is a potent antioxidant, strongly blocks inflammation, inhibits insulin resistance, inhibits metastasis in the body and has beneficial effects on HIV viral reproduction.

Quercetin: This is a flavonoid that brings about programmed death of cancer cells (apoptosis). It also has antioxidant properties, acts as an anti-in-

inflammatory and reduces cholesterol and LDL values.

Green Tea Extract: This contains Epigallocatechin which is a primary anti-cancer agent and antioxidant.

L-Selenium Methionine: This organic form of selenium is easier for the body to use. It functions as an antioxidant, has anti-cancer effects in the body, stimulates the immune system and helps restore selenium values which are low in cancer and HIV patients.

The parasitic HIV virus consumes selenium in large quantities along with glutamine, cysteine and tryptophan. Lack of these 4 nutrients produces immune system collapse, dermatitis, dementia, muscle wasting and diarrhea seen in HIV infection. Repletion of these substances restores health and prevents death.

Other ingredients found in LifeOne are pure water, liposomal matrix (Lecithin complex with phosphatidyl Choline) and Ph natural flavors, Stevia, Sodium benzoate and Potassium Sorbate.

MATTHIAS RATH PROTOCOL

This cancer treatment is rated as an effective cancer treatment for newly diagnosed cancer patients who have a tissue-related cancer (including tissue in organs) and their cancer is not fast-spreading, and has not spread significantly! This protocol is designed to stop the spread (metastasis) of cancer. It does this by stopping the destruction of the collagen matrix by enzymes secreted by cancerous cells. It is known that if the cancer is contained the body can usually deal with the cancer.

For advanced cancer patients this protocol is a highly recommended supplemental protocol to help focus on the spreading of cancer.

THE SPREADING ASPECT OF CANCER

Dr. Aleksandra Niedzwiecki, of the *Rath Foundation* explains this spreading activity of the cancer cell:

“Cancer cells produce and secrete millions of enzyme molecules, which, like scissors, cut collagen and tissue that surrounds cells . . . Liver cancer cells use these enzymes to cut little holes in the blood vessel wall and get into the blood stream

where they can travel to other organs, such as the lungs. Using the same mechanism, cancer cells can settle there and start new tumor growth.”

Obviously, the connective tissue is very important, for it functions not only as a mechanical support for other tissues but also as an avenue for communication and transport among other tissues. Most significantly, connective tissue is the stage for inflammation. The principal cell types involved in immunological defense are found within connective tissue.

WHAT IS IN IT

The *Dr. Rath Cellular Solution* consists of 2 amino acids: *L-Lysine* and *L-Proline*, plus Vitamin C, and a substance in Green Tea, which is the polyphenol catechin known as *epigallocatechin gallate* (EGCG). Laboratory trials and human trials have demonstrated the effectiveness of this combination.

Because of the simplicity of this treatment plan, **the four nutrients in the Rath Cellular Solution should be an ADDED part to virtually any other alternative treatment plan for cancer!** It is not necessary to drink green tea, green tea extracts can easily be obtained, just make sure it has the catechin EGCG.

There are testimonials that the *Rath Cellular Solution*, **by itself, has eliminated both brain cancer and bone cancer**, which are two difficult types of cancer to deal with. Each of the patients would also have had a strict diet, which is a requirement for alternative cancer treatments.

It should be mentioned that Dr. Rath worked with two-time Nobel Prize winning chemist, Linus Pauling, on a heart disease prevention program. The three key elements of that program are the same elements in the cancer solution (excluding the EGCG).

Since this treatment can be implemented with four supplements, a person might be tempted to say that they can “cure cancer” by taking pills. **Cancer can never be eliminated by just taking pills. Cancer treatments always include a strict diet of special foods that treat a person’s cancer.** An alternative cancer treatment should be a complete treatment protocol.

HISTORY OF ITS DISCOVERY

Here is additional information about the Rath Protocol:

Normally, the immune system recognizes cancer cells and isolates and destroys them without intervention, but if there are too many, or your immune system is compromised, they reproduce rapidly and then spread by secreting protein-dissolv-

Encouragement —

“Thou wilt keep him in perfect peace, whose mind is stayed on Thee; because He trusteth in Thee.”
—Isaiah 26:3

ing enzymes

In 1991, Dr. Matthias Rath found that the amino acid *lysine*, when combined with vitamin C, appeared to inhibit the action of *protease*. He also found that reduction of colon cancer cells required a larger amount of EGCG than did breast or melanoma cells

In 2002, he and his research team discovered that adding the amino acid proline and an extract of green tea called EGCG stops the protease destruction of connective tissue collagen.

1 - Lysine effectively blocks the collagen-digesting protease enzymes secreted by cancer cells

2 - Vitamin C, Lysine and Proline are essential for optimal production of collagen and elastin fiber in the extracellular matrix (ECM), and therefore for the rebuilding of strong connective tissue

3 - EGCG (a catechin in green tea extract) is a potent anti-cancer agent reported to have growth inhibitory effects against certain human cancer cell lines.

FOR MORE INFORMATION

Go to: 4.dr-rath-foundation.org

At this website you can obtain a free book on the Rath protocol.

Another website is: rath.co.uk

For a vender and expert on green tea plants, go to: greentea.com

You can grow your own green tree plants!

OSIECKI CANCER PROTOCOL

The Osiecki Cancer Protocol is very similar to Dr. Rath's, but was developed independently, and is somewhat more complete. In fact the similarity between these two treatment plans, and the fact that they were developed independently, is a very strong indication of their potential effectiveness.

The Osiecki Cancer Technique, like the Dr. Rath Cellular Solution, is also designed to stop the spreading (metastasis) of cancer via stopping the cancerous cell from penetrating the collagen matrix, thus stopping the cancer from spreading. It contains all four nutrients of the Rath program, plus several other items.

This protocol was developed independently of Dr. Rath, by a well-known Australian nutritionist, and author of several books. The complete plan is

Encouragement —

“The Lord is nigh unto them that are of a broken heart, and saveth such as be of a contrite spirit.”

—Psalm 34:18

contained in a book that can be downloaded from the internet for \$30 U.S. dollars.

Osiecki's book, *Cancer the Importance of Clinical Nutrition in Prevention and Treatment*, is available in paperback.

TREATING METASTASIS

As mentioned earlier, **matastasis is the tendency of cancer to spread into other cells and organs.**

Unlike the Rath program, the Osiecki program deals with the three steps of metastasis: Osiecki describes it this way:

“The essential first step for this process is that the cancer cell must detach itself from the primary site, [second it must] penetrate the normal cell matrix and [third it must] perforate the surrounding vasculature (blood vessels) for entry and dissemination.”

Different nutrients are used for each of those three steps.

Because it contains all aspects of the Rath program, which has been proven, it should be considered a proven program as long as the Rath dosages, or Osiecki dosages, whichever is greater for each nutrient, are maintained.

It is not certain whether Osiecki mentions MSM in his book, but **you should add MSM** to his list, because MSM combines with glycine to form the critical amino acid glutathione. MSM is also a big part of strengthening collagen.

ARTEMISININ (WORMWOOD) PROTOCOL

Artemisinin is an Oriental herb, which is also called Wormwood.

Back in the 1970s, a research team on an archeological dig in China discovered a medicinal recipe dating back more than 2,000 years to 163 B.C. The recipe featured an extract from a leafy herb, called wormwood, that the ancients used to cure malaria, hemorrhoids, and parasitic infections. In subsequent tests, scientists discovered that the extract, which they named **artemisinin, has remarkable anti-inflammatory and anti-parasitic properties.** They also found that **artemisinin heals malaria almost 100 percent of the time and that in combination with iron, destroys cancer cells.**

HOW ARTEMISININ ATTACKS CANCER

Artemisinin works by releasing an avalanche of free radicals when exposed to an oxidizing agent like iron. The free radicals attack and kill iron-rich cells. Since cancer cells tend to

contain much more iron than normal cells do, they are particularly attracted to artemisinin.

When exposed to cancer cells artemisinin gets activated and sends out free radicals that attack those cells, destroying the cancer in the process. This effect can be amplified by sending additional iron to cancer cells. (Similarly, since the malaria parasite lives in iron-rich blood, when exposed to artemisinin, free radicals attack the blood and destroy the parasite in the process.)

A more recent study, in 2006, found that **artemisinin killed precancerous cells before those cells could develop into a breast tumor.** In that study, rats were fed a substance known to cause breast cancer. Then, half the rats were fed a normal diet and the other half consumed food laced with artemisinin. **After nine months, 96 percent of the rats fed the normal diet developed tumors, compared to only 57 percent of the rats fed artemisinin,** plus their tumors were smaller and fewer.

Similar studies have found artemisinin to be **highly effective in killing cancer cells that resist radiation and different forms of chemotherapy.** In fact, a 2001 study published in *Oncology* found that by pre-loading cancer cells with iron and then administering artemisinin, the cancer killing effectiveness was almost 100 percent within 24 hours.

OLEANDER PROTOCOL

This is an inexpensive and underrated cancer treatment (in pill form). Oleander has been around for a long time, but **a person must either pick wild oleander, or buy the oleander plant** from a nursery which does not use pesticides. Then he has to go through a very delicate process of making “oleander soup.” However, **when the oleander pill version of this treatment (from South Africa) came out, it became an outstanding mainline cancer and AIDS treatment.**

For the complete oleander protocol of Tony Isaacs, go to: tbyil.com/anticancer.htm

HYDROGEN PEROXIDE PROTOCOL

This is an excellent cancer treatment but it is critical to know how best to use it so you get the most benefit from the hydrogen perox-

Encouragement —

“Blessed are the meek; for they shall inherit the earth.”
—Matthew 5:5

ide.

This protocol is filled with warnings! You might do better and not use it at all! There are many, far simpler protocols elsewhere in this book.

The goal of this protocol is to kill the microbes inside the cancer cells and thus revert the cancer cells into normal cells. However, this protocol is not recommended for advanced cancer patients. If you are an advanced cancer patient who has had a lot of chemotherapy, radiation or surgery or you have a potentially fast-growing cancer, do not use this protocol as your primary cancer treatment. (*Stage IV protocols are listed on page 68.*)

WARNINGS

Do not use any type of hydrogen peroxide unless it is “Food Grade.” The stuff you buy at grocery stores and most health food stores is high in iron, and who knows what other chemicals (as a minimum they are not removed) and is for **EXTERNAL USE ONLY**

WARNING: Do NOT use Hydrogen Peroxide as part of any enema. Hydrogen peroxide can expand and cause very serious health problems.

Do NOT use this in late stages of cancer! While hydrogen peroxide is an excellent treatment for cancer, it does not deal with many key issues faced by advanced cancer patients whose bodies have been severely damaged by their cancer and by their orthodox cancer treatments. In many cases, it is not the cancer cells which kill cancer patients, but rather other issues, such as damage to key organs, damage to anti-cancerous cells, etc.

Hydrogen peroxide does not rebuild the immune system. It does not rebuild the damage done to the stomach and colon by chemotherapy. It does not solve cachexia (pronounced ka-kek-see-ah) directly, (Cachexia is the loss of body mass that cannot be reversed nutritionally. Even if the affected patient eats more calories, **lean body mass** will be lost.) It does not protect the anti-cancerous cells—or organs—from the damage done by cancer and orthodox treatments.

WARNINGS WHEN MAKING IT

Here is how to use hydrogen peroxide in treating cancer:

In addition to a hydrogen peroxide bath (in a bathtub), there is a specific protocol for taking it orally. (More on the formula for taking a hydrogen peroxide bath below.)

You need to make 3% Food Grade Hydrogen Peroxide From 35% H₂O₂ (the chemical name for hydrogen peroxide).

Keep in mind that 35% food grade hydrogen

peroxide is dangerous and tricky to handle. You must wear safety glasses and wash off immediately if it gets on your skin.

Do not put the drops of hydrogen peroxide in anything except the highest quality distilled water you can find!

Only use glass drinking containers. Do not use plastic with it! Hydrogen peroxide may leech a little plastic off of a plastic container. (The plastic containers used by the vendors to ship H₂O₂ are special plastics which the general public does not have access to.)

Because 35% food grade hydrogen peroxide is dangerous to handle, here is very specific instructions on how to make 3% food grade hydrogen peroxide from 35% food grade hydrogen peroxide.

Directions:

To make 3% food grade H₂O₂ from 35% food grade H₂O₂, use a ratio of 1:10. For example, put 1 TABLEspoon of 35% hydrogen peroxide into a glass jar and then put 10 TABLEspoons of distilled water into the glass jar and then mix them together.

You then use this jar of 3% food grade hydrogen peroxide during your treatment.

Regardless of how much 3% food grade H₂O₂ you use at a time, you will need to SLOWLY “build-up” to your chosen dose.

HOW TO GET IT INSIDE THE CANCER CELL

How then do we get hydrogen peroxide inside then cancer cells?

Unlike other products which kill microbes, do NOT use DMSO to get hydrogen peroxide inside of cancer cells. This is not a safe procedure.

It has been clinically demonstrated that the spread or metatasis of cancer is inversely proportional to the amount of oxygen around the cancer cells. The more oxygen, the slower the cancer spreads. The less oxygen, the faster the cancer spreads. If cancer cells get enough oxygen, they will die (cancer cells are anaerobic). It is thought that hydrogen peroxide kills cancer cells because cancer cells do not have the mechanism to break down hydrogen peroxide that healthy cells have.

The basic issue here is to get enough hydrogen peroxide inside the cancer cells!

Every cancer cell has a thick protein (i.e. enzyme) coating on its surface. The protein coating blocks many substances, and perhaps much of the

hydrogen peroxide, from getting to the surface of the cell and thus from getting inside the cell.

So what can be done to get a higher percentage of the hydrogen peroxide past the protein coating and inside the cancer cells?

The key is timing: When it is that you drink the hydrogen peroxide. *Here is how it is done:*

You make the cells thirsty for water and then to flood the body with hydrogen peroxide water.

To do this a patient should not take any foods or liquids for two hours prior to taking hydrogen peroxide. And certainly just before this 3-hour period do not load up on drinking water!

When you do take the water with hydrogen peroxide in it, the cells should ingest the hydrogen peroxide internally, which can then kill the microbes inside the cancer cells and revert the cancer cells into normal cells.

But this requires a gradual “build-up” in how much of the mixture you take at a time, so the stomach can get used to having you drink hydrogen peroxide when, it (your stomach) is empty.

EARLIER RESEARCH

Nobel prize winner, Dr. Otto Warburg, demonstrated over 50 years ago the basic difference between normal cells and cancer cells: Both derive energy from glucose, *but the normal cell requires oxygen to combine with the glucose, while cancer cells break down glucose without oxygen*, yielding only 1/15 of the energy per glucose molecule that a normal cell produces. *This is why cancer cells have such a huge appetite for sugar*, and also why people who consume excessive quantities of sugar tend to get cancer more often. —Do not forget what you just read!

Controlling cancer can be done by controlling the oxygen and/or controlling the things that free up oxygen (e.g. ionized water) and other ways. Hydrogen peroxide, or other oxygen therapies, are one of the most widely used cancer therapies world-wide because they provide oxygen to the cancer cells. Taken properly, they are safe and effective. H₂O₂ is also used for a host of other ailments, including AIDS and any other virus based illness.

Remember that the mixture in the bottle (35% H₂O₂) is a very strong oxidizer *and if not diluted, it can be extremely dangerous or even fatal*. Any concentrations over 10% can cause neurological reactions and damage to the upper gastrointestinal tract. (A 90% amount is used as an oxygen source for rocket fuel! That is how powerful condensed oxygen can be!)

FOODS TO AVOID WHEN TAKING IT

For two hours BEFORE taking hydrogen per-

Encouragement —

“But whoso hearkeneth unto Me shall dwell safely, and shall be quiet from fear of evil.”

—Proverbs 1:33

oxide orally (with water) and for one hour AFTER taking hydrogen peroxide, the following foods should be avoided! This is a “three hour window” during which you should not take the following substances!

1 - All forms of vitamin C should be avoided. This especially applies to ascorbate forms, but all forms eventually turn into ascorbates, thus no form of Vitamin C should be used inside the “three hour window.” This includes avoiding multi-vitamins which contain vitamin C, ascorbic acid, mineral ascorbates (that is, sodium ascorbate, potassium ascorbate, and any other kind of ascorbate).

2 - Fatty acids, such as fish oils, fatty foods, etc. should also be avoided during the “three hour window.” In other words, all forms of fat and vegetable oils in foods are forbidden within the window.

3 - Any food with iron in it or any supplement with iron in it, is forbidden within the window.

THE CRITICAL H₂O₂ BUILD-UP

As mentioned earlier, doses of **hydrogen peroxide are generally taken 3 times a day. Thus, when I talk about taking 4 drops a day, it is really 4 drops three times a day.**

Let us suppose your dose was to take 10 drops in water (remember: ALWAYS put your hydrogen peroxide in at least 4 ounces of water).

If you did that on your first day you would probably get sick at your stomach. You need to gradually “build-up” to your therapeutic dose.

This is how to gradually build up, each day taking three doses each day:

On your first day, take no more than 2 drops of 3% food grade hydrogen peroxide in 4 oz. water as the dose; do this three times that day.

On the second day, if your stomach tolerated the prior day's dose, you can increase the dose by 2 drops (you are now at 4 drops). Do this three times this day.

If you have any stomach discomfort do not increase the dose until your stomach gets used to the dosage. Stay on the dosage that was acceptable to your stomach.

On future days you can build up by two drops or higher (e.g. 5 drops).

The issue is to determine the urgency of getting to the higher doses versus getting the H₂O₂ past your stomach. You can build-up as fast as you want, just keep in mind the conflict between the urgency

of getting to your therapeutic dose versus stomach upset.

WARNINGS ABOUT DOSAGES

WARNING: Hydrogen peroxide must ALWAYS be mixed with at least 4 ounces of distilled water, even AFTER it is diluted into 3% hydrogen peroxide. This is done to protect the stomach.

Here are the treatment dosages:

The doses of 35% H₂O₂ to be taken (three times a day) can be gradually increased from one drop, to four drops, or even to ten drops. One author even recommends 25 drops, three times a day. (But that does not mean you have to do that!)

In converting 35% dosages to 3% dosages, multiply by 10. *For example:*

(1) One drop of 35% H₂O₂ becomes 10 drops of 3% H₂O₂,

(2) Four drops of 35% H₂O₂ becomes 40 drops of 3% H₂O₂ (about half a TEAspoon),

(3) Ten drops of 35% H₂O₂ becomes 100 drops of 3% H₂O₂ (a little more than one TEAspoon),

(4) Twenty-Five drops of 35% H₂O₂ becomes 250 drops (a little less than 3 TEAspoons)

Do not forget to build-up to ALL doses *by no more than 5 drops a day* (using 3% H₂O₂ doses), but only 2 drops a day at the beginning. In emergencies, where time is critical you can try to increase the dose any way you can.

But if you start to have significant stomach problems (a small amount of nausea is to be expected), discontinue the treatment or build up more slowly.

Remember, ZERO Vitamin C (even in multi-vitamins), ZERO iron supplements, ZERO fats, dilute heavily with water and always take on an empty stomach.

A HYDROGEN PEROXIDE TUB BATH

It should be mentioned that if you use the hydrogen peroxide baths, the “3 hour window” does not apply and you can eat any food or supplement at any time, before, during, or after taking one. The “3 hour window” is to protect the stomach, but only when taking the H₂O₂ orally.

The formula for H₂O₂ in a bathtub is this:

Here is how to put the right amount of H₂O₂ in a bathtub, in order to take a hydrogen peroxide bath: Add 4 cups of 35% H₂O₂ to the bath water, and it will only be about a 1/5 of 1% solution of H₂O₂; assuming 45 gallons are in the tub.

Additional information on a H₂O₂ tub bath:

Our bodies eliminate toxins through four major organs: the colon (assisted by the liver), kidneys, lungs, and skin. A hydrogen peroxide bath can help to cleanse and purify the skin. *A hydrogen perox-*

Encouragement —

“Because he hath set his love upon Me, therefore will I deliver him.” —Psalm 91:14

ide bath can help destroy toxins, organisms, and even pull out the residues left by soap. In other words, it makes one of our major eliminators of toxins—our skin—more effective.

Hydrogen peroxide does all this and is environmentally friendly too, leaving as its only by-products: water and oxygen.

The first time you take a hydrogen peroxide bath, be sure to notice the residue left behind after the bath. You just might be amazed!

Supplies Needed: 2 quarts hydrogen peroxide, and a bathtub.

Directions: Pour 1 quart (4 cups) hydrogen peroxide into a hot bath making sure to mix it well to avoid burning your skin. Be careful not to get any bath water in your eyes. Immerse yourself into the water and wait 5 minutes. If there is no reaction to your skin, you can add that second quart and stir well. Relax and soak for 20 to 25 minutes.

Dry Skin Brushing: A hydrogen peroxide bath, as well as all bath therapies, are more effective when you utilize dry skin brushing on the entire body, when it is dry. Dry skin brushing removes the layer of dead skin that can block the absorption of energy and nutrients from this bath and also stimulates the blood and lymph fluids to rise to the skin to accept the healing effects of the bath. (The skin of some, especially the elderly, may be too thin to be able to take much dry skin brushing.)

How Often? It is recommended that you use this therapy for a least seven consecutive days, or as recommended by your doctor. Continued use daily, or as needed is fine. Even weekly or monthly bath treatments will provide benefit.

Caution: If irritation occurs, rinse yourself off with clear water immediately. You may want to try again using 1 pint hydrogen peroxide. Women with vaginitis often experience temporary irritation and should begin with the lower dose. Always use caution when exiting a tub. Lightheadedness may occur.

Other substances you can add to this bath: You can also use sea salt, epsom salts or essential oils, (great for detoxing!) right along with the hydrogen peroxide. Some use epsom salts, essential oils, and herbal infusions for their peroxide bath soaks.

Other Uses:

Encouragement —

“To this man will I look, even to him that is poor, and of a contrite spirit, and trembleth at My Word.”
—Isaiah 66:2

Hydrogen peroxide (3%) is excellent as a facial toner and as a mouthwash.

If you suffer from **athlete’s foot**, try a nightly foot soak in 3% hydrogen peroxide until the condition clears.

THE HOXSEY PROTOCOL

Of all the alternative cancer specialists, there was no one like Hoxsey, absolutely no one. He was a natural showman, and he powerfully defended what he believed in.

THE HOXSEY STORY

The story began in 1840, when a valuable horse (a Percheron) on a farm in Illinois became ill. Harry Hoxsey’s great-grandfather was very concerned. The veterinarian told him the animal had a hopeless cancer on its right hoof, and should be destroyed. Instead, John Hoxsey decided to turn it out into a large pasture so it could eat all the grass it wanted. He wanted the horse to die in peace. The pasture it was admitted to had lots of tall grass, plus lots of full-grown weeds of various kinds.

John watched his beloved horse,—and then noted that it went to one area of the pasture and ate certain weeds. Hoxsey became interested, walked over and watched this very closely. Soon the horse recovered completely and the tumor sloughed away.

So John ground up various combinations of the types of plants the horse had been eating, and began treating the farm animals. Eventually, **from those weeds, he had an herbal remedy for cancer.**

With this in hand, **he prepared a liquid, a salve, and a powder** and began treating animals throughout the area. But he kept his formula a secret; and, **before his death, Hoxsey entrusted the formula to his son, also named John**, who became a “country doctor”—treating humans who had cancer. Whether he had any degree is not known.

Of the twelve children in John Jr.’s family, only young Harry was interested in the cancer remedy. The father was thankful one of his sons wanted to carry on the healing work; so, in 1919 on his deathbed, he summoned Harry and ordered him to bring his safe deposit box and three tablets of writing paper. Requiring that the door be shut, he called Harry to come near and, sitting up in bed, John found a small white envelope. “These,” he declared, “are my cancer formulas.”

Starting in 1924 with his first clinic, Harry M. Hoxsey expanded to 17 states by the mid 1950s. All along the way, he constantly battled or-

ganized medicine which labeled him a charlatan.

This treatment wasn't effective on ALL cancers, but **it was especially effective on cancers which were visible on the surface.**

But all of Hoxsey's clinics were eventually shut down by 1960. Exhausted, Hoxsey gave the formula to his daughter and she moved to Mexico and started a clinic that is still in operation today.

Bio-Medical Center (Hoxsey)

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3170 General Ferreira, Colonia Madero Sur
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THE HOXSEY FORMULA

Harry Hoxsey's formula included Red Clover, Burdock root, Barberry bark, Licorice root, Buckthorn bark, Bloodroot, Prickly ash, Poke berries and root, Stillingia root, Cascara amarga, plus Potassium iodide, zinc chloride, and antimony trisulfide.

Bloodroot (*Sanguinaria canadensis*) had been used by the Lake Superior Indians to treat cancer. Physicians, using bloodroot paste in the 1960s, healed cancers of the nose, external ear, and other organs (*Cancer Chronicles, August 1990*). **Buckthorn** contains *aloe-emodin*, which tests reveal has anti-cancer properties. **Cascara** also has *aloe-emodin*. **Barberry** has anti-tumor effects. The *Office of Technology Assessment* report, noted that components of **Prickly Ash** (*chelerythrine* and *nitidine*) and of **Stillingia** (*gnidilatidin*) have shown positive anti-tumor activity in test animals.

The major component of the internal tonic was **potassium iodide**. The actual proportions and methods of extractions were kept secret (*Harry Hoxsey, You Don't Have to Die, 1956*).

Patients taking the tonics were cautioned to avoid tomatoes, alcohol, processed flour, and vinegar, because of their ability to negate the tonic's effect. **The Hoxsey formula was most successful against lymphoma, melanoma, and skin cancer.**

Today, Hoxsey's work is carried on at the Hoxsey Clinic in Tijuana, Mexico, which estimates that 80% of the patients are significantly helped.

In 1963, Mildred Nelson, Hoxsey's chief nurse, opened the Bio-Medical Center in Tijuana, Mexico, which still offers the Hoxsey treatment. Here is the formula used by Nelson at her clinic:

Red clover (*Trifolium pratense*)

Burdock root (*Arctium lappa*)

Barberry bark (*Berberis vulgaris*)

Licorice root (*Glycyrrhiza glabra*)

Buckthorn bark (*Rhamnus purshiana*)

Prickly ash (*Zanthoxylum americanum*)

Chaparral (*Larrea tridentata*)

Stillingia root (*Stillingia sylvatica*)

Cascara amarga (*Picramnia antidesma*)

Potassium iodide

Nelson substituted Chaparral for Poke, which was in the original formula. **We do not know whether she still includes zinc chloride and antimony trisulfide** in her revised formula. **We also do not know the proportions of each ingredient** in the total formula. (It is well to note that it is now known that **Pau d'arco contains the same cancer-fighting chemical found in Chaparral, without the strong side effects** which sometimes occurs with chaparral. *See the sections on chaparral and pau d'arco for more on this.*)

Medical literature reveals that **Licorice root** has produced adverse effects when taken in massive doses. **Poke** can be toxic also, but **is not included in the current formula.**

The Hoxsey Clinic recommends **taking 1 or 2 teaspoonfuls of the powdered formula in a glass of hot or cold water two or more times a day.** The external treatments, which Hoxsey used to use, have been discontinued because they were so harsh and painful.

THE OVERNIGHT PROTOCOL

The Overnight Cure for Cancer, developed by ICRF, has been proven to be very effective. The OCC consists of two treatments: the **DMSO/Chlorine Dioxide Protocol**, and the **DMSO/Colloidal Silver Protocol**.

Contact ICRF if you want guidance on this or other protocols. Not only you will be greatly helped by contacting them, but it helps them refine the protocols with even better precision:

ICRF

Independent Cancer Research Foundation,
Inc. P.O. 2074, Lees Summit, MO 64063
www.new-cancer-treatments.org

THE BREUSE PROTOCOL

The Breuss Total Cancer Treatment is only effective on newly diagnosed cancer patients who do not have a fast-growing cancer and their cancer has not spread significantly.

The Breuss Total Cancer Treatment is a very rigid diet of fruits, vegetables and herbs that a

Encouragement —

"And whatsoever we ask, we receive of Him, because we keep His commandments, and do those things that are pleasing in His sight." —1 John 3:22

person takes in liquid form for 42 days. Because cancer cells have a very different metabolism than normal cells, the Breuss diet is designed to starve the cancer cells to death by not providing any solid food proteins. But the diet does not harm normal cells.

The book that details the Rudolf Breuss diet is his, *The Breuss Cancer Cure*, has sold over 900,000 copies, been translated into five languages, and claims to have led to over 45,000 testimonials from cured sufferers. Both the book and the diet are still actively being used.

Born in 1899 in Austria, Rudolf Breuss turned his attention to finding an alternative and more gentle treatment for cancer and other diseases than that offered by conventional medicine.

This “fast” consists of raw fruits and vegetable juices, all taken in liquid form. The theory is that cancer cells can only live on the protein of solid food. Therefore, if you drink nothing but vegetable juice and teas for 42 days the cancerous cells die while the normal cells continue to thrive.

“The vegetable juice . . . consists of 55% red beet root, 20% carrots, 20% celery root, 3% raw potato, 2% radishes . . . The potato is optional except for liver cancer where it plays an important part.”—*Breuss Cancer Cure*.

His diet works because cancer cells are very inefficient at processing glucose and other sugars and the formula literally starves the cancer cells to death by depriving them of glucose and other sugars. Normal cells can survive on much less glucose and other sugars because they are much more efficient at processing these items. **If you are going to follow his diet, do so exactly, without adding other foods, except that you might add filtered green tea (filter to make sure there are no particles) and filtered Essiac Tea, to help kill the cancer microbes.**

Immediately after you stop the Breuss treatment you should immediately take two or three of the following five products in order to quickly build up the nutrients lost during the diet:

Vibe by Eniva,
Essense Health Blend,
Tahitian Noni Juice.
XanGo Mangosteen.
Berry Young Juice, from Young Living
(wolfberry or Goji juice).

Encouragement —

“A little that a righteous man hath is better than the riches of many wicked.”

—*Psalm 37:16*

These products should be purchased during the diet to insure they are ready for the day after the diet is finished.

THE CHASE PROTOCOL

Alice Chase M.D., based her method on the work of John Tilden and Lucius Bulkley, both of whom used a carefully regimented natural diet to dissolve tumors and expel them from the body. The physicians giving laetrile, as well as the Gerson Institute, now use a careful dietetic program.

A number of distinguished physicians worked successfully with cancer in the 19th century. One of them was Dr. John H. Tilden.

In 1923, a young pre-medical student, Dr. Alice Chase met him and learned about his system of healing. Tilden was already 73 by that time. She studied under him for two years at his Denver, Colorado, Tilden Health School.

When she became a physician, Chase used Tilden's methods and adapted them somewhat. A primary change was that she found that **meat must be forbidden** to patients who wished to properly recover from any serious physical problem. She found that meat was a reservoir of disease.

Both Tilden and Chase (as well as earlier outstanding physicians, such as R.T. Trall, Jackson, and J.H. Kellogg) emphasized that **good health is a way of life, and involves nutrition as well careful living.** (Her method is very similar to Kellogg's!)

They taught that **no poisons are to be introduced into the system.** For this reason, these physicians used absolutely no drug medications, nor radiation treatments.

These physicians were actually teachers, instructing their patients in a better way of life.

But they also used an essential tool for the recovery of disease: complete fasting for a short time in the height of the crisis, followed by partial fasting (drinking fruit and vegetable juices). For conditions such as cancer, they did not use complete fasts, but relied on **juice fasting (today we would call it a juice diet), followed by healthful eating patterns.** Hers was a broad program which included **enemas.**

On September 1, 1941, Dr. Tilden died at the age of 90. Dr. Chase's work as a practicing physician continued from the mid-1920s to the early 1960s.

Many of the alternative cancer treatments described in this present historical review were mono programs; that is, only a single chemical, compound, extract, or nutrient was used. In marked contrast, Dr. Chase used **a wide variety of nutri-**

tional factors, but no chemicals of any type.

In view of the fact that she had a high rate of success with a wide variety of infections and diseases over a period of forty years, Chase spoke with authority about such subjects; for she had worked with them for years.

Dr. Chase's work, as a practicing physician, continued from the mid-1920s to the early 1960s. She was also acquainted with Dr. Duncan Bulkley's cancer program, which is discussed elsewhere in this present historical overview.

The following excerpt was taken from the chapter on "Cancer" in Dr. Alice Chase's 1959 book, *Nutrition and Health*.

Here is this excerpt from her book:

"The body cannot be affected by cancer when it is healthy. The body must be saturated with uneliminated excretions within the cells before it is susceptible to this disease.

"Cancer is not a local disease at first. When any organ or tissue manifests cancer signs, the entire body is a sewer full of wastes. How do those wastes saturate the body cells and fluids?

"In cancer the body is hypersaturated with retained catabolic wastes within the cells. One reason for the special susceptibility of some organs to cancer is the fact that these particular organs are permeated with relatively large blood and lymph supplies. When a highly vascular organ is saturated with unexcreted wastes, it may manifest signs of cancer.

"The breast, the thyroid gland, the prostate gland, the uterus, and other structures that are highly vascular are often found to be cancerous. When any body organ manifests cancer signs and symptoms, the entire body is affected by the same poisons, and these will eventually kill the sufferer. For this reason, X-ray treatments, radium treatments, and other medical 'weapons,' in addition to extreme and radical surgery, prove futile.

"The sick body can be made better only by regenerating its cells and fluids from a morbid state to a normal one. This can be accomplished. The living body responds to constructive methods such as raw foods that are potent enough to soak out cellular and tissue wastes and excrete them from the body economy.

"*Food can be more effective than any drug or drugs.* Surgery has been proven useless. It does not prolong life. In fact, surgery may shorten life in some cases.

"The surgical patient is debilitated. Surgery is shock-

ing and weakening. The sick are entitled to such constructive methods as diet offers. Before surgery is attempted, why should not an honest and good surgeon put his cancer patients on a pre-operative treatment like freshly made raw vegetable juices and raw fruit juices for a week to a month? Such initial treatment may prove to work wonders on the sick body. The fresh raw fruit juices and raw vegetable juices can indeed be real potent elixirs of life! They would be a boon to those who suffer the weakness and pains of cancer. . .

"The body needs foods that are rich in minerals and vitamins. These are to be preferred to vitamins and minerals in capsules or pills.

"Fresh raw salads and fresh raw fruits are often even prohibited to the sick when indeed they would prove to be life savers and health builders. This indictment is based on my experience with patients who were forbidden to touch any raw fruit or raw vegetable. Why? There is a popular belief that raw fruits and raw vegetables are 'gas forming.' These vital foods cannot form gas. When the body is charged with excessive wastes, some of these wastes are broken down into gaseous compounds, and the body attempts to eliminate them through the stomach, through the bowels, through the skin, through the lungs.

"Sick people should be taught these facts about health and disease. Fresh raw fruits and raw vegetables act as vehicles, to carry out some fluid and other kinds of wastes from the system, provided that everything else in the management and care of the sick body is done correctly.

"People are given cancer phobias by educational cancer agencies, as well as by their physicians and surgeons. They should be educated, that *in a healthy body there cannot be any cancer!* The body must be a veritable cesspool or sewer full of excretion before cancer signs are apparent.

"The sick should not be fed dead animal matter as food. In the all-powerful medical world, the sick are being fed on dead animal matter as food. . .

"Dr. Duncan Bulkley, who for forty years or longer was associated with the New York Skin and Cancer Hospital, worked on the cancer problems with diets. Dr. Bulkley found that a vegetarian diet which was so low in proteins and in sulphur-containing food was effective in arresting cancer and prolonging the lives of many inoperable and recurrent cases of cancer . .

"Dogs are often affected by the same diseases that carnivorous humans are. They get blind from cataracts. They get high blood pressure because of hardening of the arteries. They get cancer because they become saturated, to excess, with tissue wastes. To be sure, the dog is more fortunate because he is not a victim of tobacco smoking, coffee drinking, liquor drinking, overwork, and overfatigue—all of which are factors contributing to cancer as a disease of mankind in our civilization. Men and women of our time are subjected to wear and tear in the

Encouragement —

"In God I will praise His Word . . in God I have put my trust; I will not fear what man can do unto me."
—Psalm 56:10-11

course of earning their daily bread. Physical overstrain and the conventional palliatives—liquor, tea, coffee, tobacco—contribute toward the causative factors of cancer . . .

“It is difficult to restore the body of a patient who has one or both breasts amputated. In many instances the individual patient is demoralized because of the surgical disfigurement. Those whose internal organs have been operated upon are in most instances even more difficult to treat and to make comfortable.

“In internal surgery, very radical and drastic changes are brought about by the disconnecting of blood vessels, nerve structures, and other structures besides the actual extirpation of parts of organs or entire organs. A person who has had one-third, one-half, or two-thirds of his stomach removed because of ‘cancer’ has a very miserable time in eating and trying to feel comfortable after food.

“Any *stomach case* that manifests cancer symptoms is entitled to a rigid diet that would consist of **strained freshly made raw vegetable juices and raw fruit juices. A month to three months of such a diet**, administered with skill, would tend to regenerate the stomach and make the entire body better. The sick are entitled to this type of treatment. It is high time that the professional made use of the “wonder drug” that food can be!

“Cancer patients in the terminal stages are often found to suffer from spontaneous fractures of the bones. They also waste away. . .

“Dr. J.H. Tilden, also a pioneer in the medical field, who practiced during the years 1866 to 1939, went beyond Dr. Bulkley in putting his cancer patients on **an initial fast, which was followed with a diet of mainly raw fruits and raw vegetables.**

“I have had the opportunity to treat some cancer patients by means of fasting and diet, also using the basic principles of Dr. Bulkley’s system, namely, feeding my cancer patients **a diet that is low in protein and in sulphur.** I found that the cancer patient responds dramatically to **short fasts which are followed by fresh raw vegetable juices, fresh fruit juices, and solid fruits such as grapes, pineapples, cherries, and other seasonable fresh raw fruits.**

“The cancer patient is often found to be suffering from demineralization of the bones. The blood in the sick body maintains its chemical reaction, known as its hydrogen-ion concentration, at a constant level until the very late stages of disease.

“The cancer sufferer is often a poor eater. Some-

times **food aggravates symptoms such as pain and fatigue—I mean food of the ordinary varieties. Fresh raw vegetable juice and freshly made fruit juice are welcomed** by the cancer patient. In fact, these life-giving liquids even tend to stimulate the appetite and the ability to digest proteins, starches, and some fats that are properly selected.

“The cancer patient **does not require any ordinary table sugar. Honey is a superior sweet** that can furnish energy much more quickly than ordinary table sugar. The cancer patient **does not require two or three starches at one meal**, as the Bulkley diet proposes. It is best to give the patient as much as he or she can enjoy of **one easily digested starchy food.**

“**A dish of well-cooked oatmeal or brown rice or whole-wheat cereal, seasoned with a little butter and a dash of salt or vegetable salt, is a hearty breakfast food**, when the cancer patient has an appetite for breakfast. If there is no appetite for starchy food in the morning, **fresh raw fruit of one or two varieties** can be kept at the bedside for the patient to eat whenever he has the appetite. **Freshly made fruit juices and raw vegetable juices may be given at two-hour intervals or less often.**

“The cancer patient often enjoys being left alone. **Sleep and rest** are energizing for him. Cancer patients **should never be awakened at meal time or for any other daily care. With a dish of cereal for breakfast**, the cancer patient may be fed **a cup of plain lemonade sweetened with honey. ‘Mint tea’** is also a pleasant beverage and it does not do the patient any harm.

“**Luncheon** for the cancer patient has to depend on how well his stomach is able to digest food. **Freshly made raw vegetable juice** is always in order because it prevents demineralization of the bones and muscles. Raw vegetable juice supplies the blood with effective buffers, to soak up tissue wastes. Raw vegetable juices also supply easily assimilated minerals and vitamins that the sick body must have in order to thrive and improve.

“Raw vegetable juices have been used by pioneers for the treatment of the degenerative chronic diseases, cancer among them, by a number of doctors in America and abroad. It is necessary and very important to bring this truth home to every hospital: that raw-vegetable-juice machines must replace meat grinders and other kitchen equipment that hospitals of our time use for the preparation of food for the sick.

“The sick would ‘get a new lease on life’ by being fed raw vegetable juices as the medicine at hospitals and at home. For that matter, the healthy person should drink raw vegetable juice twice a day at least as a preventive of food deficiency of one kind or another in bodily health.

“In addition to a glass of raw vegetable juice for lunch, the cancer patient may get **some well-cooked nourishing soup or stew. If there is any stomach involvement, freshly cooked vegetable mixtures should be lique-**

Encouragement —

“God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be anymore pain; for the former things are past away.”

—Revelation 21:4

fied in the modern food blender. **Home-made pureed vegetables** that can be done in the blender are far superior to canned products. They do not have to be overcooked. Overcooking and canning cause a loss in vitamin value in the case of any such products. **Freshly cooked, even slightly uncooked, vegetables—liquefied** in the blender to a consistency that the individual patient may require are easily digested and nourishing.

“One kind of starch, such as a **baked potato or rice or a slice of bread and, perhaps a tiny amount of butter**, is all a semi-invalid or an invalid requires. It is not advisable to feed the cancer patient a high amount of calories chosen from sugars, starches, and butter fat. Some cancer patients cannot digest butter or any other fat. They may be given **grapes and other sweet fresh raw fruits**, as easily assimilable energy foods that are better sources of calories than an overabundance of starches at one meal.

“I found that the **lentil** is a wonderful seed that can be used in a variety of ways to prepare palatable dishes for the cancer patients. Lentils—about a cupful—according to Dr. Kellogg, furnish an amount of iron equal to the iron contained in four eggs (an ounce of lentils furnish as much iron as an ounce of egg yolk). Lentil, as a seed food, is also rich in easily digestible starch and protein. It is also low in sulphur content, lower than any other of the seeds such as beans or peas. **Lentils, mixed together with three or four fresh green cut-up vegetables**, makes a fine, palatable, nourishing soup or stew. **Lentils may also be mixed with brown rice and cooked** as a hearty tissue-building and energy-yielding main course for dinner or supper.

“Other foods that combine well with starches, such as those mentioned above for the noon meal, as well as for the evening meal, are a **glass of raw vegetable juice or fresh raw fruit** for dessert. **Fresh fruit is always superior to stewed prunes or stewed figs or stewed apples**.

“Raw vegetable juice may also be given to the cancer patient *between meals*—once or twice a day. Even **up to four glasses of raw vegetable juice a day** may be taken with benefit, and also **two glasses of freshly made fruit juice**. Watery beverages are really not as important.

“Sometimes watery fluids are contraindicated. When a cancer patient has involvement of the liver or kidneys or the lymphatic system, there may be a tendency toward fluid retention within the body tissues. Under such conditions the diet has to be specially worked out. It must exclude foods made with water. There are some vegetables and fruits which have the property of extracting fluids that are retained within the liver substance

and within other parts of the body. These foods are **fresh raw pineapple and green squash!** These are the best diuretic foods, which means that these two foods have the power to extract retained fluids from the liver and other parts of the body. This I found in my clinical studies of very difficult problems of cancer and other diseases, in which fluid retention was one of the complications.

“Green squash and fresh raw pineapple are wholesome foods that can be used even when there is no special complication. Any food that has curative properties also has preventive properties.

“Now for a few words about milk in relation to the cancer problem. Some patients cannot take milk; their mouths feel sour and bitter after milk. Buttermilk may be tried; this type of cultured milk products are really forms of synthetic vegetables—the cow makes milk from grains and grasses! Milk is therefore a wholesome food for invalids when they have an appetite for it and have no bad reaction from it. **When milk is not well-tolerated, it may be left alone**. Balanced nutrition, weight gaining, or the prevention of the loss of weight can be accomplished with a fruit-vegetarian diet that is planned according to the above suggested outline.

“It is always desirable to give the patient **two steamed vegetables, in addition to a starchy food, for dinner and supper. One may be a root vegetable, such as carrots or beets, and one may be a green vegetable or some other kind that ripens above the ground**.

“**Eggs** must be forbidden in the cancer diet because they are high in sulphur content, and the cancer patient is already charged with too much sulphur waste.

“Some cancer patients also have a history of skin disease of one kind or another. Psoriasis is often found accompanying cancer. This disease cannot be cured with the ordinary diet that includes meat and eggs and fatty foods. A person who suffers from psoriasis must live for months on fruit juices and raw vegetable juices, plus a little rice and lentils and one or two green vegetables a day.

“This is the way I found that cancer patients can get better and live in comfort in many instances. The cancer patient has everything to gain by breaking away from conventional hodgepodge eating and taking up the **vegetarian-fruitarian diet that is rich in raw vegetable juices, raw fruit juices, and properly steamed vegetables**.

“Food must also be taken within the limits of comfort and not because it may do some good. Occasional fasts are always a boon to the sick, particularly those who suffer from cancer.

“Here is a sample **21-day meal schedule**. Keep in mind that it is only a sample. There are many other meal schedules; some which are distinctly different. Adaptations might have to be made for the condition of the patient, the type of malignancy he has, etc. He might be allergic to store-bought grape juice, etc. Of course, other

Encouragement —

“Fear thou not, for I am with thee.”

—Isaiah 41:10

things must be done each day, in addition to meals (**water drinking, enemas or good bowel movements, abundant rest, baths, exercise or massage, etc.**).

"Here is this 21-day meal schedule. It would, of course, have to be adapted to the individual:

"Day 1 - On the first day or two, have a total food fast. (You will repeat this fast for 1 to 2 days in forthcoming weeks.) Macrophages and lymphocytes are the most active and effective in fighting cancer cells after fasting.

"Day 2 - Drink 16 ounces of fresh grape juice (canned, if necessary) 3 times a day. It is best to dilute the juice.

"Day 3 - Switch to 16 ounces of fresh carrot juice, 3 times a day.

"Day 4 - Use grape juice at breakfast and supper and carrot juice at dinner.

"Days 5 to 10 - Grape juice at breakfast, plus any kind of raw fruit. Carrot juice at supper, plus any kind of raw vegetables.

"Days 11 to 15 - Begin adding stewed or canned fruit to the fruit meal menu and steamed vegetables to the vegetable menu. Serve hot. Use as little salt as possible, and never over ½ teaspoon per day. Never overeat.

"Day 16 - Begin taking 3 almonds with breakfast and dinner. Continue a very small fruit supper if essential; it should be omitted as soon as possible.

"Day 17 - Continue the present food plan, but begin serving ½ cup of brown rice at breakfast and dinner.

"Days 18 to 20 - Increase the quantity of rice by one-fourth cup per day until serving one cup. Serve with dry or chopped fruit or onions, tomatoes, lemon juice, or green peas for seasoning.

"Day 21 - Increase the number of high protein foods served to supplement the rice, keeping the variety of dishes to a minimum, and using 3 items only at each meal, as follows:

"(a) Eat plenty of raw fruit, including fresh lemon and grape juice or raw vegetables, including carrot juice. Do not eat fruits and vegetables at the same meal. If possible, 50-80% of the meal should be eaten raw. Asparagus and garlic have both been ascribed as anti-cancer qualities.

"(b) Choose cooked grains or vegetables from the following list. These foods are selected because of their low phenylalanine and lysine content: potatoes (white or sweet), carrots, rice, millet, corn, buckwheat, barley, rye, oats, wheat.

"(c) Use immature legumes (such a field peas or green peas) not more than twice a week, for they are high in phenylalanine and lysine. Select only one at a

meal.

"(d) Use whole grain cereals or quick breads without sugar, baking powder, soda, or excessive salt."

—That concludes the description by Dr. Chase of her nutritional treatment for cancer. Elsewhere in her book, she discussed the importance of frequent enemas, rest, etc. So the above only constituted a brief outline of the nutritional part of her therapy.

It will be interesting to compare her program with the Gerson therapy. There are similarities, and there are differences. Overall, it would appear that the Gerson diet is much more intensive, and better suited to advanced cases of cancer.

SPECIAL FOLLOW-UP PROTOCOL

CESIUM CHLORIDE PROTOCOL

WHY IT IS IMPORTANT

When cesium chloride is combined with DMSO (*Dimethylsulfoxide*), it becomes a Stage IV protocol. But **when cesium chloride is used alone, the purpose is to eliminate stray cancer cells—after a preceding Stage IV protocol has been given and is completed.**

Because it is impossible to know if there are lingering cancer cells, and more importantly because a person's case has been extremely severe, **it is recommended to use a special follow-up treatment after the powerful home or medical clinic treatments have ended. This would be the Cesium Chloride Protocol.**

SOURCE

A recommended vendor is:
essence of life.com (correct spelling). 800-760-4947. (international phone: +1-951-639-9708). You would want Cesium Chloride, Product Code: M-030.

Cesium chloride is a pH treatment which can safely be done at home. It gently reduces acidity in the body after the previous Stage IV treatment has been completed.

This cancer treatment has been at the forefront of alternative medicine for more than three decades. **It is both strong and fast-acting. However, this protocol is so potent that a person should not attempt this protocol without expert support** from the vendor. Fortunately, the recommended vendor,

Encouragement —

"This God is our God for ever and ever; He will be our guide even unto death." —*Psalms 48:14*

who is at Essense-of-Life, has the needed expertise.

If you decide to use this protocol, the first thing you should do is contact the vendor who can talk to you about the protocol and help you decide on the correct package of products. If no one answers just leave a contact number on their answering machine and they will get back to you, usually within a few minutes. During the treatment they will also be available for support. But, of course, they can make no claims for what their product can do.

(Liquid ionic cesium chloride works by making cancer cells highly alkaline, typically 8.0 and above, thus making them so “sick” the immune system may attack and kill them. *So only use the Essence powdered form* in preparing that liquid.)

USING IT FOR ADVANCED CANCERS

When it comes to treating advanced cancers, fast growing cancers, cancers that have spread significantly, high fatality cancers, cancers which have spread to the bones, etc., the cesium chloride protocol is one of the most proven cancer treatments in existence. This treatment can be used on patients with all stages of cancer, from Stage I to Stage IV, even if they are being fed by feeding tubes or I.V.

The only downside to this treatment is the potential for swelling and inflammation caused by the immune system attacking cancer cells which are in the process of dying.

The good news is that **experts in this protocol know how to adjust doses and add other products to keep the swelling and inflammation at safe levels.**

The key to a successful cancer treatment using cesium chloride is two things: (1) Using the best brand of cesium chloride. (2) Working with the best of the experts, usually by telephone. The vendor’s telephone support is free, but **for legal reasons they can only provide support for those they sell products to.** When there is a conflict between what any article on cesium says, and what the vendor tells you, always go with what the vendor tells you. Vendors are far more current with using the treatment. The phone number again is: 800-760-4947.

Some people are reluctant to go on cesium chloride because of the safety warnings. Look at it this way: if you have advanced cancer your chance of survival with orthodox medicine is virtually ZERO

percent. Yes, ZERO. Also, with advanced cancer there are very few alternative cancer treatments that will give you a fighting chance. **This is one of those rare treatments that will give very advanced cancer patients a chance of survival!**

HOW IT WORKS

How does cesium chloride attack cancer?

Cancer cells are known to be anaerobic, meaning they ferment oxygen rather than burn oxygen. When the level of oxygen that gets into a normal cell becomes too low, or the ATP molecule count gets too low, a normal cell will convert into becoming anaerobic.

A Nobel Prize was awarded for proving that cancer cells are anaerobic, meaning they do not burn glucose, but rather they ferment glucose in order to get their ATP energy.

Over seventy-five years ago Dr. Otto Warburg published a Nobel Prize winning paper describing the environment of the cancer cell. According to Warburg, damaged cell respiration causes fermentation, **resulting in hyper-acidity** at the cellular level.

A normal cell undergoes an adverse change when it can no longer take up oxygen to convert glucose into energy by oxidation. In the absence of oxygen the cell reverts to a primitive nutritional program to sustain itself, converting glucose, by fermentation. **The lactic acid produced by fermentation lowers the cell pH** (acid/alkaline balance) **and destroys the ability of DNA and RNA to control cell division.** So the cancer cells begin to multiply unchecked. **The lactic acid simultaneously causes intense local pain** and destroys cell enzymes. Therefore, cancer appears as a rapidly growing outer cell mass with a core of dead cells.

In 1984 Keith Brewer, PhD (Physics) translated Warburg’s theories into a practical, cost efficient treatment protocol for cancer. Brewer successfully treated 30 patients with various cancers, using Cesium, nature’s most alkaline mineral. The results of Brewer’s work — *all 30 survived.*

In the absence of oxygen, glucose undergoes fermentation to create lactic acid. This causes the cell pH to drop from between 7.3 to 7.2 down to 7 and later to 6.5; in more advanced stages of cancer and in metastases the pH may drop to 6.0 and even 5.7.

Cesium, a naturally occurring alkaline element has been shown to affect the cancer cell two ways.

First, Cesium limits the cellular uptake of the nutrient glucose, thus starving the cancer cell and diminishing fermentation.

Encouragement —

“The Lord God is a sun and shield: the Lord will give grace and glory: no good thing will He withhold from them that walk uprightly.” —*Psalm 84:11*

Second, Cesium raises the cell pH to the range of 8.0 neutralizing the weak lactic acid and stopping pain within 12 to 24 hours. A pH range of 8.0 is a deadly environment for the cancer cell. **The cancer cell dies within a few days** and is absorbed and eliminated by the body.

We are here talking about the science of *High pH Therapy* (drastically changing the acid/alkaline balance of the cell).

By the late 1970's mass spectrographic and isotope studies had shown the remarkable effectiveness in how **tumor cells uptake (absorb) certain alkaline minerals; Potassium, Rubidium, and especially Cesium.** Further, specific antioxidants i.e. **Vitamin C, and Zinc** were shown to **enhance the uptake of these alkaline minerals** by the cancer cell.

A normal cell is surrounded by a membrane, which selectively allows materials to flow in and out. Oxygen and nutrients, such as glucose, flow in and the waste products of cellular chemistry flow out. The cells are protected by the immune system; a well functioning immune system is the best defense against the formation of cancer cells. When environmental toxins (carcinogens) overwhelm the immune system the entire program is compromised. **The cell membrane is affected first**, losing its ability to exchange oxygen (respiration); the cell then reverts to a primitive survival mechanism—fermentation. The newly formed (anaerobic) cancer cell cannot be repaired (fermentation is not reversible) the cell is now out of control and must be destroyed as rapidly as possible.

Note that in areas of the world where there is a high Cesium content in the soil cancer is virtually unknown: Hopi Indians of Arizona, the Hunza of North Pakistan, and the Indians of Central and South America. This observation suggests the possibility of a vitamin, mineral, antioxidant formula containing Cesium in an amount equal to that found in the soil of cancer free habitats.

(In the above explanation, I have purposely stated and restated the points so you will clearly understand how Cesium works.)

DR. OTTO HEINRICH WARBURG

Dr. Warburg said this:

“But nobody today can say that one does not know what cancer and its prime cause be. On the contrary, there is no disease whose prime

cause is better known, so that today ignorance is no longer an excuse that one cannot do more about prevention. That prevention of cancer will come there is no doubt, for man wishes to survive. But how long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in the cancer field. In the meantime, millions of men must die of cancer unnecessarily.”—*Nobel Prize Winner Otto Warburg in a meeting of Nobel Laureates, June 30, 1966.*

Otto Heinrich Warburg (1883-1970), son of physicist Emil Warburg, was a German physiologist, medical doctor and Nobel laureate. Warburg was one of the 20th century's leading biochemists. He won the Nobel Prize in 1931. In total, he was nominated an unprecedented three times for the Nobel prize for three separate achievements.

Here is a technical paragraph you might want to skip: In 1924, Warburg hypothesized that cancer, malignant growth, and tumor growth are caused by tumor cells mainly generating energy (as e.g. adenosine triphosphate/ATP) by nonoxidative breakdown of glucose (a process called glycolysis) and the subsequent recycling of the metabolite NADH back to its oxidized form, for reuse in the glycolytic cycle to complete the process (known as fermentation, or anaerobic respiration). This is in contrast to “healthy” cells, which mainly generate energy from oxidative breakdown of pyruvate. Pyruvate is an end product of glycolysis, and is oxidized within the mitochondria. Hence, and according to Warburg, cancer should be interpreted as a mitochondrial dysfunction. Warburg wrote:

“Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, **the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.**”—*Otto H. Warburg, The Prime Cause and Prevention of Cancer.*

The key issue in giving a cesium treatment—is how big the clusters of cesium atoms are. If the cluster is too big, as it frequently is with the powdered versions, virtually none of the cesium gets inside the cancer cells. Cesium simply doesn't work unless it does get inside the cancer cells. So **an extremely fine-grade of cesium must be used.**

Cesium has been proven to get into cancer cells, when other nutrients cannot. The cesium: (1) **Makes the cancer cells alkaline** (Note: the blood stream outside the cell, nor any normal cells, are made extremely alkaline;—only the inside of the cancer cells). (2) **Limits the intake of glucose into the cancer cell** (thus starving the cancer cell

Encouragement —

“The Lord preserveth the simple: I was brought low, and He helped me.” —*Psalm 116:6*

and making it “sick” from lack of food). (3) **Neutralizes the lactic acid** (which is actually what causes the cell to multiply uncontrollably). (4) **Stops the fermentation process**, which is a second affect of limiting the glucose. (5) **Stops the pain** (because it is the lactic acid which causes the pain).

A practitioner of cesium chloride was Hans A. Nieper, M.D., (1928-1998), who practiced in Hannover, Germany. Many celebrities and executives from America went to Germany to be treated by Dr. Nieper, including one President of the United States.

(Liquid ionic cesium chloride works by making cancer cells highly alkaline, typically 8.0 and above, thus making them so “sick” the immune system may attack and kill them. *So only use the Essence powdered form* in preparing that liquid.)

Cesium chloride not only kills cancer cells indirectly, it immediately stops the metastasis of the cancer; can start shrinking tumor masses within weeks; and almost always stops the pain of cancer within 24 to 48 hours, depending on what is causing the pain.

Technically, the cesium chloride does not directly kill the cancer cells. **What it does is allow the immune system to kill the cancer cells.** When you see a statement that cesium chloride does not kill cancer cells, that is at least partially correct.

However, it is also probable that cesium chloride reverts cancer cells into normal cells. This can happen if the cesium chloride kills the microbes inside the cancer cells (by its high alkalinity) and the cancer cells are thus able to revert into normal cells. This is actually the ideal way to eliminate cancer because there is far less debris for the body to get rid of. **The only cesium protocol available at this time, which is a home treatment, is Essence of Life (spelling is correct).**

essence of life.com (correct spelling). 800-760-4947. (international phone: +1-951-639-9708). You would want Cesium Chloride, Product Code: M-030.

THE POTASSIUM BALANCE

Mention should be made here about the potassium balance:

Hyperkalemia is an excess of serum potassium. Most potassium in the body (98%) is found within cells; only a small amount usually circulates in the

bloodstream [i.e. the serum]. The balance of potassium between the cells and the blood is critical to the body. It affects the way the cell membranes work and governs the action of the heart and the pathways between the brain and the muscles. If you have excess potassium in the blood, it is usually excreted by the kidneys.

Some patients on cesium develop evidence of potassium depletion so serum potassium needs to be monitored along with uric acid blood levels. Any alkaline therapy changes the pH of the body toward a more alkalotic state. This causes movement of potassium into cells [i.e. which depletes serum potassium in the blood] which may result in low serum potassium values. This movement of potassium into cells means that a person can become seriously depleted of potassium even if there is no diarrhea or vomiting

In other words, **cesium chloride does not drive potassium out of the cancer cells, rather it drives potassium into the cancer cells, thus reducing blood serum potassium levels. Therefore, potassium must be added to your special cancer diet in order to increase the amount of serum potassium.** However, if the serum potassium get too high, then *hyperkalemia* can result. **It is this delicate balance of serum potassium that forces a cancer patient to have their serum potassium level checked every couple of weeks.**

Kidney damage can result if serum potassium gets too high, but drinking high levels of water generally takes care of this problem.

Symptoms of hypokalemia (too LITTLE serum potassium) include fatigue, muscle weakness and cramps, and intestinal paralysis, which may lead to bloating, constipation, and abdominal pain.

Symptoms of hyperkalemia (too MUCH serum potassium) include tingling of the hands and feet, and muscular weakness.

In other words, both hypokalemia AND hyperkalemia can lead to muscular weakness and abnormal heart rhythm. While these are strong statements, **getting your potassium level checked every 2 or 3 weeks should easily give you the ability to keep your potassium in a safe range** (by making slight adjustments if your potassium levels get slightly above or slightly below the normal range).

All of this is another reason to listen carefully to what your vendor tells you about both cesium chloride and potassium doses:

Essence of life.com (correct spelling)
800-760-4947.

It would be advisable for you, when on this pro-

Encouragement —

“Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.”
—2 Corinthians 13:11

gram, to **have your blood uric acid, electrolytes, potassium, magnesium, calcium and sodium levels checked at least once every 3 or 4 weeks**, even if you take the recommended dosages of cesium and potassium. The potassium may become too high or too low or the magnesium or calcium levels may become too low!!

Hypokalemia (too LITTLE potassium in the blood serum) and *hyperkalemia* (too MUCH potassium in the blood serum), **can each lead to a dangerous irregular heartbeat!** *Contact your physician if increased fatigue, irregular heartbeat, or significant blood pressure changes occur during treatment.*

WATCH TRENDS IN POTASSIUM LEVELS

It is also important to look for **TRENDS in potassium levels**. For example, suppose your first reading for potassium is 4.5, and 3 weeks later it is 4.3 and 3 weeks later it is 3.8 (these are actual numbers from a cancer patient). All of these are within acceptable ranges. However, if this **TREND** continues, the next reading will not be within acceptable ranges.

If you see a trend like this, then you should immediately increase your dose of potassium or increase your consumption of foods that are high in potassium (see below)! Of course, **if the trend is going up, and is about to go off the chart, then you should reduce your dose of potassium** (see below). Generally, however, if the dose does need to be changed, it needs to be increased.

Of course, **don't change anything in your protocol without checking with your cesium vendor**. He may have a different view as to how to interpret these numbers.

Cancer patients, or their caregiver, need someone to call to get expert advice quickly. The good news is that, as already mentioned, the vendor with the best quality cesium chloride and the most cesium chloride/DMSO experience is Essense of Life. The vendor is willing to work with cancer patients (or their representatives) over the telephone to help them with dosages, knowing what to expect, etc.

TALK TO THE VENDOR

There is one VERY important thing to understand. If you do buy cesium chloride from the vendor, it is **CRITICAL to talk to the vendor over the phone before you buy anything**. They sell several different packages, plus they will customize each

package for different types of cancer and different situations, etc.

In other words, do not just buy one of their packages through Pay Pal. **There is no extra charge for the vendor to help you set the right doses and learn what to expect from the treatment** for your situation. It is a moral obligation they take seriously.

A cesium chloride treatment requires the right diet, the right supplements, the right combination of minerals, the right form of the supplements, the right amounts, the right frame of mind, etc. That is why you actually need to talk to the vendor before you buy from them.

Do not add anything to their customized package without letting them know, because the product may already be in the package under a different name. They will return phone calls.

Whether you email the vendor, or call their answering machine, make sure you include your telephone number! Include your area code or country code, and if you call them, repeat your complete telephone number twice because it is common for breaks to occur in phone messages.

AFTER REACHING THE CESIUM LIMIT

AFTER you have used the Cesium Chloride Protocol, and have reached your 'cesium limit', you should be in full remission from your cancer. However, to help prevent the cancer from returning **it is critical to continue with a less intense treatment for a period of at least one year** (in addition to the time spent on the above treatments). One reason for this year-long treatment is that some people hit their 'cesium limit' before all of their cancer cells have been killed.

Let it be remembered that **the "anti-cancer diet" is just as important as the treatment itself, because the anti-cancer diet is a key part of alkalizing the patient's body**. Without the patient's body being alkalized, the cancer will certainly return!

SIX WHOLE LEMONS A DAY

While a cancer patient should only use one highly alkaline protocol a day, this lemon protocol is not alkaline enough to interfere with the cesium chloride, baking soda, etc.

Here is how to you can add it to the cesium protocol:

Freeze many lemons. Then take six of them a day and grate them (including the skin). Take them out of the freezer and eat them one or two at a time.

You may have to wait for them to thaw for half-an-hour or so before you can grate them.

Eat a total of six grated lemons every day!

Encouragement —

"Because he hath set his love upon Me, therefore will I deliver him."

—Psalm 91:14

This protocol works by killing microbes inside the cancer cells and reverting them into normal cells.

—*A special question that I would have would be this: How can you eat a lemon, and not injure (partly melt) your teeth in the process?*

SPECIAL SUBSTANCES

SPECIAL IMMUNE BUILDING FOODS

It has been known for many years that **some plants and other natural substances help build the immune system without getting rid of all of the microbes** in the bloodstream. Certain mushrooms have been particularly identified as being helpful for the immune system.

Now **there are a number of supplements that help build the immune system by providing the immune system the right nutrients.**

Here is one of the best immune builders:

1 - **Beta-1,3D Glucan** (Transfer Point brand). This Beta Glucan Supplement is very efficient! Glucan will help protect you against cancer and many other illnesses that would normally be eradicated by a fully functioning immune system. *Transfer Point's 4Life Transfer Factor* has the following ingredients:

Beta Glucans—polysaccharides, immune builder, anti-cancer, anti-tumor

Maitake and Shiitake Mushrooms—antiviral, antifungal, antibacterial, cellular function (immune system)

Cordyceps—polysaccharides, sterols (immune system and many other actions)

Inositol Hexaphosphate (IP6)—anticancer

Beta Sitosterol—phytosterol (immune system and anti-inflammatory)

Olive Leaf Extract—antiviral, antifungal, antibacterial (even used for AIDS/HIV)

Here is a list of eleven more of the best immune builders:

2 - **IP6** (Inositol hexaphosphate).

3 - **Organic Germanium.**

4 - **MGN3** (available in the U.S. under the brand name: BioBran).

5 - An **AHCC Supplement**: Immpower, ImmunoKinoko, Immune-Assist includes AHCC.

6 - **Immune Fx.**

7 - **Zeolites** (heavy metals interfere with the immune system, zeolites remove heavy metals).

8 - **Aloe Immune glyconutrient** product.

9 - **Moducare** (a sterols and sterolins supple-

ment).

10 - **Garlic** – whole bulbs or a supplement designed for immune system (use only during active cancer treatment).

11 - **RM-10 Ultra** [Garden of Life].

12 - **Oncolyn.**

More on Beta Glucan—Beta Glucan (B-glucan) is a **powerful immune stimulating compound found in several mushrooms, yeasts and other foods.** Beta glucan is a polysaccharide that is made up of multiple sugar molecules linked together. The major beta glucan molecule is called 1,3-D glucan.

B-glucans are known by scientists as “biological response modifiers” that bind to the surface of innate immune cells which allows the cells to have better coordination in their attack against disease. This reduces the tendency toward auto-immune reactions and hyperinflammatory activity when the body is under attack.

How does Beta Glucan work against cancer?

This compound activates certain immune cells such as key T-cells, macrophages, natural killer (NK) cells and the cytokines interleukin (IL) 1 and 2. Studies have shown that it inhibits the growth of cancer and strengthens the immune response to microbial invaders.

More on medicinal mushrooms and cancer—“Many of the medicinal mushrooms, including Chaga mushroom, Maitake mushroom, Ganoderma mushroom, and Cordyceps mushroom, contain cancer-preventive and cancer-fighting actions. Research has focused on the polysaccharides with beta 1,3 glucan linkages. Indole-3-carbinol is a nutrient found in large quantities in cruciferous vegetables. It is a potent antagonist of breast cancer, reducing formation of cancerous compounds from hormones and participating in blockage of cancer cell progression.”—*The One Earth Herbal Sourcebook, by Alan Keith Tillotson, Ph.D., A.H.G., D.Ay.*

“Other mushroom extracts that have been shown to have clinical effectiveness against human cancers are D-fraction extracted from the Maitake mushroom, and extracts from the split gill, turkey tail and Reishi mushrooms. In 1998, Maitake Products received FDA approval for an Investigational New Drug Phase II pilot study of maitake mushroom extract in the treatment of advanced breast and prostate cancer. There is also some evidence that the consumption of mushrooms in the diet may ward off cancer.”—*You Don't Have to be Afraid of Cancer Anymore by Bill Sardi.*

“As with many of the medicinal mushrooms, Shiitake has been shown to be of benefit as an adjuvant cancer therapy. It has been shown to improve

specific immune markers (including natural killer cells, tumor necrosis factor, T-helper cells, and a variety of interleukins), and patient outcomes.”—*Health Benefits Of Medicinal Mushrooms by Mark Stengler.*

“Reishi is one of the most versatile medicinal mushrooms. It has long been used in Asia as an energy tonic to promote longevity and overall health. Studies indicate that reishi is an antioxidant and contains polysaccharides and other compounds that may boost the immune system. Reishi is taken to counter bacteria and viruses and has shown promise as an agent to help prevent or treat cancer, chronic fatigue syndrome, and other conditions. Russian researchers at the Cancer Research Center in Moscow have had positive results using reishi extracts to boost the immunity of cancer patients.”—*Health Benefits Of Medicinal Mushrooms by Mark Stengler.*

MORE INFORMATION ON IMMUNE BUILDING

The elements of the body’s immune system need to communicate with each other in order for the immune system to be effective. *Glyconutrients* (the monosaccharides just discussed) and polysaccharides are two of the critical things that allow this communication to happen.

The only polysaccharide supplement a cancer patient should take is the **Beta Glucan Supplement**, “Beta-1, 3-D Glucan.”

Here is the best vendor for Transfer Point Beta-1, 3D Glucan:

Better Way Health
Aloe Immune

There are 8 critical sugars (monosaccharides) the immune system needs to internally communicate (cell to cell). They are called: glyconutrients. The product Aloe Immune has all 8 of these glyconutrients.

The dosage for this product is 6 (500mg) pills a day, but start with only 1 (150 mg or 500mg) pill a day and build up over a several day period.

Warning: Some people have a chemical sensitivity to this product (e.g. fever, aches). If this is the case, work with the vendor as to what dosage you can handle.

The vendor does not yet have a web page, so I will give you their phone numbers. In the U.S. call: 800-807-4779. From outside of the U.S. call: 830-935-4292 (This is a residence so you may get voice mail. Keep calling back, they may not get your phone number correct.).

SEVERAL WAYS

TO ELIMINATE CANCER

Here are several of the ways used to eliminate cancer:

1 - You can safely and gently kill the cancer cells with nutrients, such as **laetrile** (Vitamin B17),

2 - You can safely and gently kill the microbes which are inside the cancer cells with honey and **DMSO** or **MSM** as Trojan Horses,

3 - You can supercharge the immune system with **nutrients**. This can also eliminate cancer though it does not work as fast as some of the other treatments. Many **natural plants** have been identified which can build the immune system by killing some of the microbes in the bloodstream.

Supercharging the anti-cancerous cells with nutrients and minerals (including supplements) is not a direct remedy, but is very commonly used to extend the life of the patient until other treatments can become effective—and that can be very important! *In fact, it is frequently the first thing that is done.*

4 - You can block the “lactic acid cycle” with **hydrazine sulphate**. (this is not a direct remedy, but it extends the life of the patient so other treatments have longer time to work),

A typical cancer treatment will actually do several of the above things and sometimes use some of the above substances.

OTHER HELPFUL SUBSTANCES

High Dose Barley, White Willow, Cayenne Pepper, Barberry, Green Tea leaf extract (Camellia Sinensis), Ashwagandha root (Winter Cherry), Dong Ling Cao, Yi Yi Ren (Semen Coicis), Tu Fu Ling, Ling Zhi, Ren Shen.

Echinacea, Chaparral, Red Clover—are excellent at killing cancer.

Four substances in Essiac Tea are excellent: Sheep Sorrel, Burdock Root, Slippery Elm, and Indian Rubarb.

Turmeric (Curcumin), Ginger, Aloe Vera, and Cinnamon are each excellent mixed with honey and given to the patient.

Garlic (take entire bulb, cut in small pieces and swallow like a pill)

Two herbs good for memory problems are also good for cancer patients: Bacopa and Ginkgo Biloba.

ADDITIONAL SUBSTANCES THAT KILL THE MICROBES

Are there any cancer treatments that directly kill the microbes inside the cancer cells?

The *Independent Cancer Research Foundation, Inc.* (ICRF) has designed several cancer treatments using: DMSO, MSM, honey, maple syrup or molassas as carriers (i.e. Trojan Horses) to get microbe killing substances inside of cancer cells. These treatments have been very successful.

John Boik, in his book, *Cancer and Natural Medicine: A Textbook of Basic Science and Clinical Research*, identifies a dozen substances which have been shown in vitro to be able to revert cancer cells into normal cells (he calls it “differentiation”). All twelve of these items are anti-microbial. So it is a matter of getting these substances inside the cancer cells.

In the Boik book, DMSO is used to get these microbe-killing substances inside the cancer cells. DMSO is so important that it is mentioned in its own table (Table 2.3 in his book).

In Atlanta, Georgia a medical doctor was healing cancer patients using **DMSO** and a very low dose *chemotherapy* (about 10% of a normal dose). Why was such a low dose so successful? Because the DMSO allowed the chemotherapy to target the cancer cells and avoid damaging healthy cells!! This doctor was shut down by the FDA. No one is using this protocol at the current time that we know of.

Some clinics use a combination of insulin and *chemotherapy*. This treatment also uses a low dose chemotherapy, but it is combined with insulin, which to some degree also targets cancer cells. This is called IPT or *Insulin Potentiation Therapy*.

Vitamin C, which also kills microbes, is also used as an I.V. for cancer patients. It has been quite successful. As you may already know, Vitamin C is a powerful aid in keeping the body well, and helping it get well. (*More on C: 104; chart: 53.*)

The ICRF has tried to get these practitioners to add DMSO to their protocol to “open up” their entry ways into the cancer cells, but DMSO by itself, or Vitamin C by itself is usually administered. But the *Camelot Cancer Care Clinic*, in Okalahoma, uses both DMSO and Vitamin C. It also uses other microbe-killing substances with its DMSO. (*See the “Clinics” section in this book for more information.*)

There are probably many natural molecules which eliminate cancer by killing the microbes inside the cancer cells, but which have not yet been identified as working in this manner.

Vitamin C and **Vitamin D3** are good examples. These are highly anti-microbial vitamins which do not directly destroy cancer cells, but instead kill the microbes inside the cancer cells.

We do not want to forget the best plant in the world which has been identified as remarkably suc-

cessful in killing *H. pylori* (the microbe inside the cancer cell which caused it to become and remain cancerous). This is turmeric.

Turmeric is one of the top herbal treatments for cancer, but curcumin is more powerful, when used with honey. (Honey takes the curcumin into the cancer cell, where the curcumin attacks and kills the *H. pylori*.)

Ginger is also used with honey. Both of these combinations are known to have eliminated cancer by themselves!!

It is much easier to kill microbes which keep the cell cancerous, than to kill the cancer cell itself—if the substance can get inside of the cancer cells. DMSO, MSM and honey are all “Trojan Horses” to get microbe-killing substances inside of cancer cells.

Another is **maple syrup or molassas when used with baking soda**. It has also been very successful.

The above methods kill the microbes in the cancer cell, and also result in shrinking tumors.

For several years, the ICRF and others have been involved in researching **ways to revert cancer cells into normal cells by killing the microbes inside the cancer cells**. The reason for this research is that **these protocols can work much faster than protocols which kill cancer cells because there is no debris left over from dead cancer cells**. This is the ideal way to eliminate cancer!

But, while building the immune system is a slower process, but is a very good method and also important.

But regardless of what method a cancer patient uses, there should be something in the protocol to deal with the microbes inside the organs so that the immune system can be rebuilt. Otherwise, the cancer may come back.

So let us dig deeper into two other ways to supercharge the immune system to make it a cancer-fighting machine.

A person who is living right, eating right, exercising, getting good air, and has a cheerful outlook on life, will not normally be diagnosed with cancer in his lifetime. The reason is that there is enough of a balance between his immune system and the number of cancer cells, so that the cancer cells never get out of control.

When the immune system is fully functioning, it works extremely well. So it is a fact that if a person's immune system was fully functional no one would ever get cancer.

What is known is that the immune system creates two key anti-cancer molecules called:

interleukin and *interferon*. These molecules are called **neuropeptides** or nerve proteins. There are more than 2,000 different types of neuropeptides in the body, but the cancer-fighting effects of most of them are unknown. Interleukin and interferon, and likely several other neuropeptides, are absolutely deadly to cancer cells!!

The problem is that the human body generally does not produce an optimal amount of these neuropeptides. In fact, the body only creates a very small number of these neuropeptides.

The reason is microbes, but not the same microbes that live inside of cancer cells, it is the microbes that live outside of the cancer cells. The average person has about 2 pounds of microbes in his bloodstream and in other places in his body. It is these microbes which interfere with the immune system's ability to create these key neuropeptides.

CANCER LOVES JUNK FOODS BECAUSE THEY ARE ACIDIC

It is said that sugar and other junk foods "cause cancer." Well, to some degree that is true. Junk foods do not properly nourish the body, while putting immense amounts of highly concentrated acidic foods into the body. Microbes *absolutely love* an acidic environment!

Because of this, junk foods create the perfect environment for the microbes that are in the bloodstream, in the organs, and even those inside the cancer cells!

That is why "anti-cancer diets" do not use highly acidic foods, but instead focus on whole (i.e. unprocessed), *alkaline foods*.

AN ALKALINE DIET PUTS CANCER CELLS INTO HIBERNATION

There are those who say that **cancer is caused by an acidic diet and that if a person ate the right foods they would never get cancer because the microbes would be sick, not the human cells.** That is a true statement. But it is also true that few people are willing to live on a strong alkaline diet (e.g. the Robert O. Young diet in his book, *Sick and Tired? Reclaim Your Inner Terrain*).

The only alternative cancer treatment designed to put microbes into hibernation is the Robert O. Young protocol, which at the current time comes from the book just mentioned. While this protocol contains many supplements that kill microbes, none of the supplements are known to get inside the cancer cells. **Only the alkalinity of the diet gets inside the cancer cells. This alkalinity is what drives the microbes into hibernation.** Two other

treatments may put some microbes into hibernation, but at the current time this is speculative.

When a microbe is put into hibernation, there is good news and bad news. The good news is that the microbe can no longer hijack glucose inside the cancer cell, nor does it excrete mycotoxins any more, nor does it disrupt the electrical balance of the cell. In other words, the Krebs Cycle and Electron Transport Chain can be restored and the cell can revert back into a normal cell.

The bad news is that if the somatid (microbe in hibernation) stays in the cell, and if conditions inside and outside the cell change, it could come out of hibernation and cause cancer again in the same location. Regression rates, which may happen when a recovered cancer patient goes back to their old lifestyle, are a possible clue as to which cancer treatments work by this method.

This area of cancer research is very complex and researchers are gathering data to help put the pieces of this puzzle together (the puzzle is why some treatments have high regression rates and others don't).

Because of high regression rates of treatments, it is clearly better to kill the microbes than put them into hibernation.

A WAY TO SHRINK OBVIOUS TUMORS

Here is a simple method using cabbage leaves:

- 1 - Break the branches.
- 2 - Soak in lukewarm water.
- 3 - Put over the area where the tumor is located, daily for 2 weeks or so.

In many cases, tumors do not pose any immediate danger to a cancer patient. However, in some cases tumors may be pressing on a vital organ, or causing pressure in the brain. Whatever the reason, it is believed that they need to be shrunk safely.

While many treatments shrink tumors, the problem for very dangerous tumors is that they frequently return again and again.

To get rid of dangerous tumors once and for all it is necessary to kill the microbes and parasites in those tumors so that the immune system can keep the dangerous tumors from coming back.

When there are dangerous external tumors or slightly transdermal tumors (a little below the surface): **A near infra-red (not ultra-violet!) lamp can very quickly shrink a tumor.**

But it can be dangerous to shrink a tumor—for if the tumor tissue ends up in the bloodstream. It can cause a heart attack. It is

the family's decision whether shrinking the tumor is worth the risk, even though it may be slight.

OMEGA-3 OILS

Omega-3 ranks among the most important of the essential nutrients.

EPA and DHA stand for *eicosapentaenoic acid* and *docosahexaenoic acid* respectively. **These fatty acids are omega-3 fats, which are found in largest amounts in flaxseed and flaxseed oil.** EPA and DHA are highly unsaturated fats (because they contain both six and five double bonds on their long structural chains). These polyunsaturated fats play a very important role with the function of our bodies.

In 2008, the *American Journal of Clinical Nutrition*^{4, 5, 6} published three studies investigating the role of EPA and DHA omega-3 fatty acids in elderly populations.

Low concentrations of EPA and DHA resulted in an increased risk of death from all causes, as well as accelerated cognitive decline. The studies also suggest that a higher intake of omega-3s may bring certain health benefits that short-term supplementation cannot give.

An Italian study (GISSI)⁷ of 11,324 heart attack survivors found that **patients supplementing with omega-3 oils markedly reduced their risk of another heart attack, stroke, or death.**

Studies have also shown that **omega-3 oil is anti-arrhythmic (preventing or counteracting cardiac arrhythmia), anti-thrombotic (prevents thrombosis or a blood clot within a blood vessel), anti-atherosclerotic (preventing fatty deposits and fibrosis of the inner layer of your arteries), and anti-inflammatory (counteracting inflammation; that is, the heat, pain, swelling, etc).**

A study published in *Plus One* in June 2013, linked low levels of DHA with poorer reading, and memory and behavioral problems in healthy school-age children. In another study published in the *American Journal of Clinical Nutrition* in August 2013, children who consumed an omega-3 fat supplement as infants scored higher on rule learning, vocabulary, and intelligent testing at ages 3 to 5. EPA and DHA keep the dopamine levels in your brain high, increase neuronal growth in the frontal cortex of your brain, and increase cerebral circulation.

HERE ARE THE BEST OMEGA-3 SOURCES

Flaxseed oil Total Omega-3 fatty acids:
12059mg

Seeds, flaxseed Total Omega-3 fatty acids:
8543mg

Fish oil, salmon Total Omega-3 fatty acids:
7828mg (The richest fish oil is listed here to show that flaxseed is better than any fish oils in Omega-3 content!)

Seeds, chia seeds, dried Total Omega-3 fatty acids: 7164mg

Radish seeds, sprouted, raw Total Omega-3 fatty acids: 3358mg

Nuts, butternuts, dried Total Omega-3 fatty acids: 2850mg

Nuts, walnuts, english Total Omega-3 fatty acids: 2776mg

Basil, fresh Total Omega-3 fatty acids: 2747mg

Oregano, dried Total Omega-3 fatty acids:
2732mg

Cloves, ground Total Omega-3 fatty acids:
2649mg

Marjoram, dried Total Omega-3 fatty acids:
2384mg

Oil, vegetable, walnut Total Omega-3 fatty acids: 2353mg

Broccoli, chinese, cooked Total Omega-3 fatty acids: 2346mg

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt Total Omega-3 fatty acids: 2183mg

ELLAGIC ACID

Ellagic Acid is a natural nutrient found in many potent anti-cancer fruits and nuts. By itself it is not a cancer treatment, but it is important to understand the importance of this nutrient when putting together your cancer treatment and especially your own anti-cancer diet.

At the current time, ellagic acid supplements are generally not used as a stand-alone treatment for cancer. Rather, **ellagic acid supplements are usually used in conjunction with other treatments.** However, ellagic acid is found in fruits and nuts that are part of major alternative cancer treatments, such as the grape diet, Budwig Flaxseed (when walnuts are used), the Raw Food diet, etc.

Three of the best sources of ellagic acid are strawberries, raspberries and pomegranates. But most of the other vegetables, fruits, and nuts also contain it.

It would probably be a mistake to take ellagic acid supplements without also consuming many natural, whole, raw foods that contain ellagic acid in order to get necessary enzymes and other synergistic nutrients.

Healthy cells have a normal life cycle of approximately 120 days before they die. This process is called *apoptosis* (natural cell death). The

body replaces these dying cells with healthy cells. **Conversely, cancer cells do not die. They multiply by division**, making 2 cancer cells, then 4, 8, 16, 32 and so on. In lab tests, **Ellagic Acid caused the cancer cells to go through the normal apoptosis process without damaging healthy cells!** Chemotherapy, radiation, and most conventional treatments cause the death of cancer cells and healthy cells indiscriminately, possibly destroying the immune system in the process. Ellagic Acid is clearly the sensible choice.

Where is ellagic acid found? **It is a naturally occurring polyphenolic constituent in 46 different fruits and nuts, like grapes, pomegranate, red raspberry, strawberry, blueberry and walnuts.** It prevents the binding of carcinogens to DNA. **It strengthens connective tissue, which may keep cancer cells from spreading.**

Ellagic Acid also has the ability to inhibit mutations within a cell's DNA. Furthermore, it is considered to be a cancer inhibitor which has the ability to cause apoptosis or normal cell death in cancer cells.

The *Hollings Cancer Institute* at the *University of South Carolina* has conducted a double blind study on a group of 500 cervical cancer patients that had everyone excited. Nine years of study have shown that a natural product called **Ellagic acid is causing, what they call, "G-arrest" (stoppage of cancer growth) within 48 hours (inhibiting and stopping mitosis-cancer cell division); and causing apoptosis (normal cell death) within 72 hours, for breast, pancreas, esophageal, skin, colon and prostate cancer cells.**

European medical studies found that **Ellagic Acid is known to lower the incidence of birth defects, promote wound healing, reduce heart disease, and may reduce or reverse chemically induced liver fibrosis.**

Rats that consumed 5% to 10% of their diet as freeze-dried black raspberries and strawberries showed **dramatic reductions in the growth of precancerous cells and tumor progression**, the researchers found. And in other animal tests, *Reuters Health* reported, the berries reduced colon cancer growth by 80%.

Although ellagic acid is the bioactive agent that offers protection, the phytochemical is generally ingested in the form of another biochemical called *ellagitannin*. Plants produce ellagic acid and glucose that combine to form ellagitannins, which are water-soluble compounds that are easier for animals to absorb in their diets. Consequently, **small amounts of ellagitannins derived from natural**

food sources may be more effective in the human diet than large doses of purified ellagic acid. Ellagitannins are widely found in food sources, such as berries, fruits, vegetables, and grain products.

The *Hope For Cancer* website uses an Ellagic Acid protocol and has had good results with lung cancer patients.

Go to: hopeforcancer.com

VITAMIN D3

Vitamin D3 (cholecalciferol) is important. Normal dosage is 1,000 to 2,000 IU per day. Remedial dosage should begin with 10,000 IU per day. That is as much as one would get from the sun in about 20-30 minutes during summer solar noon.

Sun block lotions and creams should not be used. Some research indicates that they cause cancer. The cholesterol in the skin will utilize the UVB rays to make the D3.

It's virtually impossible to discuss cancer prevention today without discussing vitamin D, as the scientific evidence of its anti-cancerous benefits is truly impressive.

For example, **intake of vitamin D3 and calcium could potentially prevent 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer annually** in the United States and Canada, according to a complex computer prediction model.

This model also predicted that **75 percent of deaths from these cancers could be prevented with adequate intake of vitamin D3 and calcium.**

Theories linking vitamin D to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from **more than 2,500 laboratory studies**, according to epidemiologist Cedric Garland, DrPH, professor of family and preventive medicine at the UC San Diego School of Medicine.

Dr. Garland is widely regarded as the leading epidemiologist on vitamin D and its relation to health. He led one of the latest studies on vitamin D for cancer prevention and proposed a new model of cancer development — dubbed DINOMIT— that is centered on a loss of cancer cells' ability to stick together.

The model is a departure from the older model of cancer development, which centers on genetic mutations as the earliest driving forces behind cancer. According to Dr. Garland:

“The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels. In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover, allowing more aggressive cancer cells to take over.”

So clearly, no cancer prevention plan is complete without this simple lifestyle modification.

Normalizing your vitamin D levels with safe amounts of sun exposure is one of the most effective, and least expensive, strategies that is available to most people. Ideally, you'll want to monitor your vitamin D levels to make sure your levels stay within a therapeutic range year-round.

VITAMIN K2 - HOW TO OBTAIN

Vitamin K is a fat-soluble vitamin most well known for the important role it plays in blood clotting. However, many do not realize that there are different kinds of vitamin K.

There are many reasons for including Vitamin K2 in your diet. Studies indicate that it can improve cardiovascular health by reducing arterial calcification and stave off osteoporosis by helping get calcium where it's needed in the body, in the bones.

It appears that Vitamin K2 (which is not much like it's cousin K1 at all) could help inhibit cancer cell growth in prostate and lung cancer and leukemia, providing a boost to traditional treatments for these diseases.

The health benefits of vitamin K2 go far beyond blood clotting, which is done by vitamin K1, and vitamin K2 also works synergistically with a number of other nutrients, including calcium and vitamin D.

Vitamin K is actually a group of fat-soluble vitamins. Of the two main ones, K1 and K2, the one receiving the most attention is K1, which is found in green leafy vegetables and is very easy to get through your diet. This lack of distinction has created a lot of confusion, and it is one of the reasons why vitamin K2 has been overlooked for so long.

Common sources of Vitamin K includes leafy vegetables, flaxseed oil, yogurt, and cheese. But egg yolk is one of the best sources.

Your own healthy digestive system can make K2, from K1 in your diet,—and K1 is found in kale, spinach, mustard greens, broccoli, brussels sprouts, cabbage and other green leafy vegetables.

The three types of vitamin K are:

Vitamin K1, or *phylloquinone*, is found naturally in plants, especially green vegetables; K1 goes directly to your liver and helps you maintain healthy blood clotting

Vitamin K2, also called *menaquinone*, is made by the bacteria that line your gastrointestinal tract; K2 goes straight to your blood vessel walls, bones, and tissues other than your liver

Vitamin K3, or *menadione*, is a synthetic form **that you should not use!** Toxicity has occurred in infants injected with this synthetic vitamin K3

Vitamin K1 exclusively participates in **blood clotting**. That is its sole purpose. **Vitamin K2** on the other hand comes from a whole different set of food sources, and its biological role is to **help move calcium into the proper areas in your body, such as your bones and teeth**. It also plays a role in **removing calcium from areas where it shouldn't be**, such as in your arteries and soft tissues.

Rheume-Bleue says. “K2 is really critical for keeping your bones strong and your arteries clear,”

Vitamin K2 can be broken into two additional categories, called:

MK-4 (menaquinone-4), a short-chain form of vitamin K2 found in butter, egg yolks, and animal-based foods

MK-7 (menaquinone-7), longer-chain forms found in fermented foods. There's a variety of these long-chain forms but the most common one is MK-7. This is the one you'll want to look for in supplements, because in a supplement form, the MK-4 products are actually *synthetic*. They are not derived from natural food products containing MK-4.

The MK-7 – these long-chain, natural bacterial-derived vitamin K2 – is from a fermentation process, which offers a number of health advantages:

It stays in your body longer, and it has a longer half-life, which means you can just take it once a day in very convenient dosing

The optimal amounts of vitamin K2 are still under investigation, but it seems likely that **180 to 200 micrograms of vitamin K2 should be enough to activate your body's K2-dependent proteins to shuttle the calcium where it needs to be, and remove it from the places where it shouldn't.**

*Vitamin K2 deficiency leaves you vulnerable for a number of chronic diseases, including: Osteoporosis, Heart disease, Heart attack, and stroke, Inappropriate calcification (from heel spurs to kidney stones), Brain disease, **Cancer**.*

IODINE

Almost all Americans are deficient, especially cancer patients, in iodine. The best seems to be Prolamine Iodine (organic iodine from Standard Process) or a good Nascent or Atomic iodine. **Start at 3 mg per day and work up over a couple of weeks to 15 mg per day.** Very deficient people

should take even more.

Iodine in combination with the amino acid *tyrosine* is manufactured into the thyroid hormone thyroxin. Iodine intake is usually low to begin with, but since Americans have begun restricting their salt intake at the advice of their "allopathic physicians", goiter and hypothyroidism have become epidemic. Some 11 million Americans have either a hypothyroid (low, underactive) or a hyperthyroid (overactive) condition. Thyroid hormones control and regulate digestion, heart rate, body temperature, sweat gland activity, nervous and reproductive system, general metabolism and body weight.

Good sources of iodine—

Sea Vegetables: The ocean hosts the largest storehouse of iodine foods, including Kelp, Arame, Hiziki, Kombu, and Wakame. Kelp has the highest amount of iodine of any food on the planet and just one serving offers 4 times the daily minimum requirement. 1 tablespoon of Kelp contains about 2000/mcg of iodine, 1 tablespoon of Arame contains about 730/mcg of iodine, 1 tablespoon of Hiziki contains about 780/mcg of iodine, 1 one inch piece of Kombu contains about 1450/mcg of iodine, 1 tablespoon of Wakame contains about 80/mcg of iodine. I recommend sprinkling these into soups or salads.

Cranberries: This antioxidant rich fruit is another great source of iodine. About 4 ounces of cranberries contain approximately 400/mcg of iodine. I recommend buying fresh organic berries or juice. If you buy cranberry juice from the store, be aware of how much sugar it contains.

Iodine Supplements: The most reliable way to obtain iodine is by taking an iodine supplement. Ask for Lugol's Solution. Take several drops (about 500 and 1,000 micrograms of iodine) per day.

Max Gerson MD, whose successful alternative therapy involved using fresh vegetable juices and intensive detoxification, recommended iodine containing Lugol's solution for all of his cancer patients.

FOODS HIGH IN OXALIC ACID

Some treatments are inexpensive because they replace the foods a person normally eats. The Brandt Grape Diet, using organic purple grapes or carrots, is an example. Another example is **using foods high in oxalic acid as a major part of a cancer treatment.**

Both purple grapes and carrots are high in oxalic acid. A diet to avoid cancer should be high in foods with oxalic acid.

CHELATES

A chelate is a chemical compound composed of

a metal ion and a chelating agent. A chelating agent is a substance whose molecules can form several bonds to a single metal ion. **Properly used, a chelate can help remove various impurities from the body, especially heavy metals.**

My Touchstone Essentials is a vendor of Pure Body Extra Strength (spray), to chelate the blood, and Pure Body (liquid), to chelate the colon.

SPECIAL CAUTIONS

IMPORTANCE OF WATER DRINKING

Any person on an anti-cancer diet should drink a lot of water, from 1/2 gallon to one gallon a day, depending on the weight of the person and the severity of the cancer.

Part of this water can come in the form of vegetable juices as part of the program.

The rule of thumb is to drink half your body weight (measured in pounds) in water (measured in ounces). For example, if your weight is 200 pounds, you would drink 100 ounces of water (1/2 of 200 is 100) per day, maybe more. This includes the ozonated water.

Water is critical for many reasons on any anti-cancer diet. However, the type of water a person drinks is just as important as the water itself. Some types of water contain substances that can destroy an alternative treatment for cancer.

The chlorine in tap water, filtered water or distilled tap water, or any other process done on tap water (except **ionized water**, which will be discussed below) can chemically turn some types of cancer killing nutrients into cancer causing substances.

It is absolutely critical that you do not drink, consume, mix or use any water that contains chlorine (e.g. soda pop) or has contained chlorine, while on any alternative cancer treatment. This item, in some cases, can cause an alternative treatment to fail. See this article:

"Natural Water" is always acceptable. "Natural Water" includes: artesian well water, distilled artesian well water, glacier water, spring water and distilled spring water. Make certain that no chlorine or fluoride has been added to this type of water. Find out how they kill potential germs.

"Ionized Water" is generally acceptable and generally preferred. A water ionizer is an appliance that ionizes water. Although not necessary, it is highly recommended that (if you can afford it), that you drink ionized alkaline water that has had the chlorine and fluoride removed during processing. Before buying an ionizer ask the vendor specifically

if chlorine and fluoride are virtually 100% removed! Make sure that the ionizer you buy makes the water more alkaline. This type of water is an antioxidant, it makes your body more alkaline and allows far better absorption of oxygen by cancer cells.

If you wish to purchase a good ionizer, one of the best is IonLife (ionizers.org) 1-877-579-8482.

Most public water supplies are loaded with hazardous contaminants, such as disinfection byproducts (DBPs), fluoride, and pharmaceutical drugs, to name just a few. Nevertheless, **you do need to make water your beverage of choice if you want to be healthy—but it should be purified water.**

Alkaline water: But beyond water filtration, there's also the issue of pH; that is, alkaline versus acidic water. There are quite a few astonishing health claims being made about alkaline water (ionized water), but are they true? Most of them are not.

Alkaline water is water that has been separated into alkaline and acid fractions using electrolysis, which takes advantage of the naturally occurring electric charges found in the magnesium and calcium ions; in the drinking water industry.

The theory behind alkaline water is, in a nutshell, that alkaline (ionized) water is a powerful antioxidant with surplus electrons that can "mop up" the dangerous free radicals you have coursing through your veins. Marketers claim alkaline water can correct excess acidity in your tissues, which can then prevent or reverse cancer, arthritis, and other degenerative diseases.

Some people experience an initial "high" when they start drinking alkaline water. This can easily be attributed to detoxification, and the fact that they are likely just becoming better hydrated.

Detoxification is about the only benefit of this type of water, and this benefit is limited to very SHORT TERM USE (no more than a week or two). I will elaborate on what is known about alkaline water, but first you'll need a basic understanding of the properties of water and a few definitions.

Simply put, alkaline water is water with a potential hydrogen (pH) value of more than 7 (7 being neutral on the pH scale). Typically in the water ionizer industry, this is achieved using a process known as "**electrodialysis**" which process splits the neutral water into 2 types, acidic and alkaline. Both have their unique benefits and properties, but **alkaline water is filled with healthy minerals like: Calcium, Magnesium, and Potassium.**

But the unhealthy minerals like fluoride, nitrates, and sulfides, are flushed out along with the acidic water.

Understanding pH. The concept of the acidity or alkalinity of your body - or of water - is based on the pH scale. So it's necessary to have a basic understanding of what pH is. *PH is simply a measure of the concentration of hydrogen ions.* In fact, the acronym "pH" is short for "potential of hydrogen." The higher a liquid's pH, the fewer free hydrogen ions it has; the lower its pH, the more free hydrogen ions it has. One pH unit reflects a tenfold change in ion concentration; for example, there are ten times as many hydrogen ions available at a pH of 7 than at a pH of 8.

OTHER KINDS OF WATER

Purified water: Water that is physically processed to remove impurities (e.g., distillation, deionization, reverse osmosis, carbon filtration, etc.)

Distilled water: Water that is boiled and evaporated away from its dissolved minerals, and then the vapor is condensed. This is what the present author has used for 30 years with great satisfaction. Contact *Waterwise*.

Bottled Water: This water is typically from a spring or has gone through reverse osmosis before it is bottled. However, some brands are simply bottled tap water that may or may not have gone through any additional filtering.

Deionized or demineralized water: Water in which the mineral ions (salts such as sodium, calcium, iron, copper, chloride and bromide) have been removed by exposing it to electrically charged resins that attract and bind to the salts.

Hard and soft water: Hard water is any water containing an appreciable quantity of dissolved minerals; soft water is treated water in which the only cation (positively charged ion) is sodium. Some natural water sources are soft.

SOURCES OF DISTILLERS, FILTERS, AND IONIZERS

Distiller. The water distiller that I have used for over ten years is made by *Waterwise*. It makes 4 gallons of waters a day (unless you want to stay up all night and make 4 more). 1-800-874-9028. If you eat good food, you will get all your minerals out of your food, without the chlorine, flourine and other things in tap water.

Filter. For a filter to remove chlorine and flourine from your faucet, go to filterwater.com 800-439-0263

Ionizer. If you wish to purchase a good ionizer, one of the best is IonLife (ionizers.org) 1-877-579-8482.

How to get good water out of your faucet—*There are several ways to insure you are not taking chlorinated water into your body:* First, drink

your water solely from the “hot water” side of your faucet, even if the water is cold. **The water that comes from the hot water tank, even if it is cold, has had its chlorine dissolved.** It is also important to not take the water from the “hot water” side of the faucet until it has run for a few seconds to make sure no cold water is still in the pipes.

A second way to get rid of chlorine is to **squeeze the juice from one or two lemons into the tap water and let it sit for at least 20 minutes!** This will also make sure the chlorine is dissolved.

Other ways to drink good water include: **ionized water, filtered water, distilled water.**

For each kilogram of body weight take 30 ml. of non-chlorinated water. For example, if the patient weighs 50kgs., he should drink additionally at least 1.5 liters of non-chlorinated water to aid this protocol.

On average, **drink 1 gallon of good water each 24 hours.** Drinking this water should be spread out during the day.

THE pH SCALE

Here is the entire pH range:

0 to 14 is the total pH range. It starts at total acidity and ends at total alkalinity. 6 to 7 is Neutral.

- 1 - Battery acid
- 2 - Lemon juice
- 3 - Vinegar / Acid rain
- 3-4 - Adult fish die
- 4.5-5 - Fish reproduction affected
- 5-6 - Normal range of rainwater
- 6-6.2 - Milk
- 6-7 - Neutral**
- 6-8 - Normal range of stream pH
- 8.5 - Baking soda
- 8.5-9 - Sea water
- 10-10.5 - Milk of magnesia
- 12 - Ammonia
- 13 - Lye

The pH scale goes from 0 to 14, and a pH of 7 is neutral. Anything with a pH below 7 is considered acidic, with battery acid being the most extreme example, around 1. Anything with a pH above 7 is alkaline (or basic), with lye at the top of the scale, around 13. Natural water on our planet ranges in pH from 6.5 to 9.0, depending on surrounding soil and vegetation, seasonal variations and weather, and even time of day responses to sunlight. Human activities further influence the pH of our water, due to the barrage of toxic industrial pollutants and other problems.

What you want is pure water - water that is clean, balanced, and healthful, neither too alkaline nor

too acidic. **Ideally, the pH of your water should be somewhere between 6 and 8. And some of the most healthful waters in the world - that which emerge from mountain springs - are actually acidic in the range of 6.5.**

THE HERXHEIMERS REACTION

Cancer is caused by microbes inside the cancer cells. A weak immune system is caused by microbes and parasites in the organs and in the bloodstream.

In short, dealing with cancer frequently requires killing a lot of microbes and parasites.

When massive numbers of microbes are killed in a short amount of time, the result may be a Herxheimers Reaction, also just called Herxheimers.

The symptom of Herxheimers is typically brain fog. The patient may feel there is something wrong with his brain.

But there is nothing wrong with his brain. A massive number of mycotoxins released by dead microbes are filling the bloodstream and can block brain signaling and thus cause brain fog.

Please know that **Herxheimers is a good thing! It means massive numbers of bad microbes have been killed!**

Nevertheless, natural remedy practitioners try to avoid Herxheimers by using a build-up when using products that kill a lot of microbes.

As long as the patient understands and expects the brain fog, he will understand, not be alarmed and will just go back to sleep.

So it is important to explain to the patient what brain fog is all about. It is best to avoid brain fog, because it can scare the patient, but in some cases a person will underestimate how many microbes are in the bloodstream or how strong an anti-microbial product may be.

But if the patient understands what this reaction, called Herxheimers is, he will not be afraid if they do get some brain fog.

REDUCE HERXHEIMERS BY THE USE OF THE LIVER FLUSH

As the cancer cells are attacked by whichever natural cancer protocol you select, the dead cancer microbes and other waste products are sent through the bloodstream to the liver for elimination.

When too much arrives too rapidly, the liver rather quickly becomes overwhelmed by all this trash coming in. This can rapidly lead to what is called hepatic coma. The patient tends to go into a brain fog, and sometimes into sleep.

Taking coffee enemas tend to flush out of the liver those waste products. The result is a more peaceful, and relatively pain-free experience.

A small amount of coffee is placed in the enema bag, and into the lower colon. It triggers the liver and its gall bladder to pour out those wastes into the small intestine, where they then go into the large bowel and out through the anus in bowel movements.

As soon as the coffee enema is taken, the patient feels good and **all the cancer pains (caused by those waste products) disappears.**

It should be understood that when caffeine is drunk, it increases heart action, causes addiction and other bad effects. Caffeine is bad for the heart, and eventually leads to heart problems! Caffein products should never be drunk.

But **when taken in through the bowel, the coffee has a different effect. It does not increase heart action, but increases liver and gall bladder emptying.** Max Gerson first learned this in a research study done in the late 1930s.

It would be good to add this liver flush to many of the best cancer protocols, enabling them to eliminate cancer from the body more quickly! (Also see pages 153, 243-245, 249)

—Complete information on how to take a coffee enema is given later: pp. 243-244, 249.

WARNING TO THOSE USING BLOOD THINNERS

For those taking blood thinner medication, they should know that **many natural cancer treatments are blood thinners.** Many herbs are blood thinners. Many of the dietetic helps are loaded with antioxidants—which are blood thinners.

WARNING TO THOSE WITH CANCER IN AN ORGAN

It is frequently thought that a cancer patient will not die until he gets very weak. This may be true in some cases, but it is not true for people who have cancer in their organs. ***If the cancer shuts down an organ, that can be the end of the cancer patient.***

Those with cancer in the organs need to be very aggressive in dealing with their cancer. But they need to keep in mind to **only use one highly alkaline protocol at a time.**

THE IMPORTANCE OF HEALTHY CELLS

The condition of anti-cancerous cells can be

loosely referred to as “healthy cells” or “normal cells.” Keeping them in good health is just as important to treating cancer as is working to eliminate the cancerous cells.

The reason is that about 40% of cancer patients (who are not directly killed by chemotherapy or radiation),—die of malnutrition. In other words, their healthy cells are so toxic, starved for nutrients, and have such a loss of energy from this; that the patient dies just as if he or she had starved to death without cancer (except for the toxicity).

Of course, chemotherapy is a significant cause of this. Yet even without chemotherapy, cancer cells steal nutrients from normal cells. Cancer cells not only steal nutrients, they also steal glucose and other sugars from normal cells.

The reason cancer cells do this is that they use fermentation to create energy. Fermentation takes about 15 times more energy than the oxygen-burning healthy cells. Or, as mentioned above, perhaps it is not fermentation but rather a huge reduction in ATP molecules.

In addition, there is what is called the “cachexia cycle.” In this cycle, the cancer cells burn glucose and produce a waste product called lactic acid or lactate. This lactic acid is expelled by the cancer cell and it goes to the liver. The liver then converts the lactic acid back into glucose. The glucose goes back to the cancer cell and the cycle starts again (i.e. the lactic acid is formed from the glucose).

The problem is that the conversion of glucose to lactic acid (in the cancer cell) and the conversion of lactic acid to glucose (in the liver) both consume enormous amounts of energy, which is effectively stolen from healthy cells.

Those cancer patients who have the “cachexia cycle” (also called the “lactic acid cycle”) are, by definition, Stage IV cancer patients. These patients need **cesium chloride** to stop the cycle in the cancer cells and they need **hydrazine sulphate** to stop the cycle in the liver. All of this, and several other things, are explained in the article on **hydrazine sulfate**. (152)

Thus, healthy cells have both a problem with energy and a problem with nutrients (and possibly with toxins, microbes and mycotoxins - the waste products of microbes). It is the damage done to these healthy cells that leads to at least 40% of all cancer deaths (i.e. the patient dies before their cancer kills them).

This is interesting because chemotherapy and radiation kill far more healthy cells than cancer cells. But it may be the toxic damage done to normal cells (that survive the treatment) that eventually causes many cancer patients to die.

There is no doubt that the health and energy of the normal cells in key organs, such as the liver, is especially important in treating cancer.

Because of these things, an alternative cancer treatment, especially for Stage IV cancers, should flood the body with high-density nutrients, both in supplement and food form. This can make the patient feel good immediately, but its main purpose is to treat the healthy cells with much-needed energy and nutrients.

The products which provide these nutrients, and antioxidant power, are the same ones that "buy time" for the cancer patient: **Vitamin C, Vibe, Essense Health Blend, Noni Juice, Mangosteen, and Wolfberry Juice**, and others. This should not come as a surprise because "buying time" frequently amounts to protecting the normal cells from killing the patient via malnutrition. However, the key organs are also critical to both "buying time" and a powerful up-front nutrition burst.

Sometimes this burst of energy and feeling good is confused with curing the cancer. These products do not kill cancer cells as quickly as they make the patient feel good.

PAIN AND INFLAMMATION

DEALING WITH PAIN

This chapter consists of every passage from this entire book which deals with solving the pain and inflammation problem. Additional information on each substance or protocol will be found elsewhere in the book. (For more on pain, pages 149-150, 178, 245-247.)

Here is why a cancer cell produces pain: A normal cell undergoes an adverse change when it can no longer take up oxygen to convert glucose into energy by oxidation. In the absence of oxygen the cell reverts to a primitive nutritional program to sustain itself, converting glucose, by fermentation. The lactic acid produced by fermentation lowers the cell pH (acid/alkaline balance) and destroys the ability of DNA and RNA to control cell division. So the cancer cells begin to multiply unchecked. **The lactic acid simultaneously causes intense local pain** and destroys cell enzymes. Therefore, cancer appears as a rapidly growing outer cell mass with a core of dead cells.

CESIUM CHLORIDE BY ITSELF

When cesium chloride is taken alone or with other substances: Cancer cells are very acidic and if their alkaline level gets too high (8.0 or above, inside the cancer cell) they will die. Note again that it is the *cancer cells, not the rest of the body*, which can achieve a pH of 8.0. There are several ways to get the cancer cells to that alkaline level, but using **cesium chloride** is by far the most proven way of doing this. This is because it is the most alkaline of all alkaline substances. **Cesium chloride not only (1) kills cancer cells, it also (2) stops the spread of cancer immediately, and it (3) stops the pain of cancer within one or two days.**

Cesium chloride raises the cell pH to approximately 8.0. This neutralizes the weak lactic acid and **stops pain within 12 to 24 hours.** A pH range of 8.0 is a deadly environment for the cancer cell, which dies within a few days and is absorbed and eliminated by the body.

In a research study, as of July 1, 1984, 50 patients with a variety of terminal (very advanced) cancers, were expected to die not later than 2 weeks to 3 months after the cesium chloride treatment was begun. All of them lasted at least 8 months and up to 3 years and 3 months. **One of the most striking effects of the treatment was the disappearance of pain in all patients within one to three days after initiating cesium therapy.** The results demonstrate the rate of effectiveness of CsCl in cancer therapy.

Dealing with potassium: Cesium chloride does not drive potassium out of the cancer cells, rather it drives potassium into the cancer cells, thus reducing blood serum potassium levels. Therefore, potassium must be added to the anti-cancer diet to increase the amount of serum potassium. However, if the serum potassium get too high, then *hyperkalemia* can result. **It is this delicate balance of serum potassium that forces a cancer patient to have their serum potassium level checked every couple of weeks.** Kidney damage can result if serum potassium gets too high, but drinking high levels of water generally takes care of this problem.

Symptoms of hypokalemia (too LITTLE serum potassium) include fatigue, muscle weakness **and cramps**, and intestinal paralysis, which may lead to bloating, constipation, and abdominal pain.

Symptoms of hyperkalemia (too MUCH serum potassium) include tingling of the hands and feet, and muscular weakness.

In other words, both hypokalemia AND hyperkalemia can lead to muscular weakness and abnormal heart rhythm. **While these are strong statements, getting your potassium level**

checked every 2 or 3 weeks should easily give you the ability to keep your potassium in a safe range (by making slight adjustments if your potassium levels get slightly above or slightly below the normal range).

BUDWIG-CELLECT PROTOCOL

It is said to be the strongest and fastest-acting alternative cancer treatment which does not have any restrictions placed on its use. **It does not cause any inflammation or swelling. It frequently shrinks tumors and reduces pain within a couple of weeks!** It can be used by any advanced cancer patient dealing with any type of cancer.

MSM/LIPH PROTOCOL

MSM (Methyl-Sulfonal-Methane) used with LIPH (a brand name product) is considered to be a Stage IV protocol. The purpose of this protocol is to get massive amounts of oxygen and other microbe-killing substances inside the cancer cells. By doing this the cells are reverted into normal cells. In addition, all cells benefit from this protocol as they are provided with oxygen to make them healthy.

Organs are made exclusively of cells, thus to make the cells healthy is to make the organs healthy!

This protocol also deals with pain and inflammation and many other aspects which are important to a cancer patient.

True organic sulfur **can deal with pain** (because it gets oxygen inside the cells) and it can deal with **inflammation** for the same reason. But this oxygen also can kill the microbes inside the cancer cells which in turn can revert the cancer cells into normal cells.

(See Mem/LIPH Protocol below for much more on this.)

MSM AND VITAMIN C

Another worthwhile help is **MSM and Vitamin C**. Weakness is almost always associated with high levels of lactic acid in the bloodstream caused by the "cachexia cycle" (pronounced ka-kek-see-ah) or 'lactic acid cycle.' MSM is able to get rid of much of this lactic acid. Vitamin C is also useful for getting rid of microbes in the bloodstream. The two together are very helpful for chronic pain. *(Go to MSM and Vitamin C Protocol.)*

ESSIAC PROTOCOL

Rene began gathering the plants and preparing the herbal remedy herself in her own kitchen, in a building lent her for her patients. She administered Essiac both orally and by injection. In cases where there was severe damage to life support organs, her

patients died—but they lived far longer than the medical profession had predicted, and, more significantly, **they lived free of pain**. Still others, listed as hopeless and terminal, but without severe damage to life support organs, were healed, and lived 35-45 years (many are still living).

If you notice any **sudden pain** or untoward symptoms after beginning this tea, stop taking it, and immediately consult your physician.

WHAT MSM ALONG CAN DO

MSM (*methylsulfonylmethane*) is a natural chemical found in plants, animals, and humans. It can also be made in a laboratory. People use it as a medicine. **MSM is used for chronic pain**, osteoarthritis, joint inflammation, rheumatoid arthritis, osteoporosis, bursitis, tendonitis, tenosynovitis, musculoskeletal pain, muscle cramps, scleroderma, scar tissue, stretch marks, hair loss, wrinkles, protection against sun/wind burn, eye inflammation, oral hygiene, periodontal disease, wounds, cuts, and abrasions/accelerated wound healing. It is either taken by mouth or applied to the skin for these uses

Of a series of the first 50 patients with a variety of terminal cancers, as of July 1, 1984 the survival time of the 25 survivors, all of them expected to die not later than 2 weeks to 3 months after the treatment was started. But all of these extremely advanced cases, receiving only MSM, lasted at least 8 months and up to 3 years and 3 months. **One of the most striking effects of the treatment with MSM (Methylsulfonylmethane) was the disappearance of pain in all patients within one to three days after initiating cesium therapy.** The results demonstrate the rate of effectiveness of CsCl in cancer therapy.

OMEGA-3 OIL

The richest source of Omega-3 oil is flaxseed oil. Studies have also shown that omega-3 oil is anti-arrhythmic (preventing or counteracting cardiac arrhythmia), anti-thrombotic (prevents thrombosis or a blood clot within a blood vessel), anti-atherosclerotic (preventing fatty deposits and fibrosis of the inner layer of your arteries), and **anti-inflammatory (counteracting inflammation; that is, the heat, pain, swelling, etc).**

HYDRAZINE SULFATE FOR PAIN

Hydrazine sulfate has been used for reducing pain and interrupting cachexia, a major cause of the wasting away that later stage cancer patients experience. **Hydrazine sulfate seems to be effective regardless of the type of cancer.** However, hydrazine sulfate does not seem to be effective in removing cancer tumors. *(Also 50, 59, 141, 150.)*

THE LIVER FLUSH FOR PAIN

The poisons in the cancer cell and tumor cause intense pain, both in the cancer cell, and after they overflow on out into the bloodstream to the liver. Poisons from the tumor and/or cancer cells, as they are released by proper treatment, pass through the bloodstream to the liver, where they must be excreted through bile juice. A liver flush helps this be done effectively. **These coffee enemas do a great work in eliminating that pain, for it flushes the toxins causing that pain, out of the liver** through the bile and on out of the body through the bowel. *You will find this described very well in the section of this book on the full Gerson Therapy. (More on Liver Flush: pp. 150, 160, 243-245, 249.)*

Also check the book, *The Ultimate Guide to Natural Pain Relief* by Dr. Keith Scott-Mumby, M.D., Ph.D.

BILL HENDERSON PROTOCOL

Many alternative cancer treatments can make inflammation, swelling and congestion worse before they make it better. **But there are a few alternative cancer treatments that do not seem to make inflammation, swelling and congestion worse, before they get better. The Bill Henderson Protocol is one of these.** Fortunately, it is a true Stage IV treatment. *(See the Bill Henderson Protocol on page 83.)*

LAETRILE FOR PAIN

As the Laetrile attacks unhealthy cells, it transforms into silicate which is much like aspirin. **Silicate in the cell contributes greatly to pain control.** Though it has limitations in certain cancers, **it is extremely effective in the most common tumors such as carcinoma of the lung, breast, prostate, colon, and lymphomas.**

A highly publicized clinical trial conducted by the *National Cancer Institute* (NCI) in 1981 tried unsuccessfully to prove that Laetrile was ineffective and toxic. *(See Laetrile Protocol.)*

NONI JUICE FOR PAIN

This fruit juice comes from the fruit of the *Morinda citrifolia* tree which is indigenous to Southeast Asia, Australasia, and the Caribbean.

It is used for muscle aches and pains, menstrual difficulties, headaches, arthritis, diabetes, high blood pressure, heart disease, AIDS, cancers, gastric ulcers, sprains, depression, senility, poor digestion, atherosclerosis, circulation problems, and drug addiction.

People eat various parts of the noni for colic, convulsions, cough, diabetes, **painful urination,** stimulating menstrual flow, fever, liver disease, con-

stipation, vaginal discharge during pregnancy, malarial fever, and nausea. It is also used for smallpox, enlarged spleen, swelling, asthma, arthritis and other bone and joint problems, cancer, cataracts, colds, depression, digestive problems, and gastric ulcers. Other uses include high blood pressure, infections, kidney disorders, migraine headache, premenstrual syndrome, stroke, pain, and sedation.

The leaves have been used in medicines for rheumatic aches and swelling of the joints, stomachache, dysentery, and swelling caused by a parasitic infection called filariasis. The bark has been used in a preparation to aid childbirth.

HERBS TO RELIEVE PAIN

The following information is included here from a section later in this book:

HERBS THAT REDUCE PAIN—It might be helpful if an herb could be taken which can **relieve pain during the recovery process.** *(Yet it is now known that cancer never causes pain! It is not the tumor but the toxic overload in the later stages which produces the pain!)* As soon as the toxins are being reduced, by elimination through the bowels and kidneys, the pain which cancer patients are experiencing lessens and stops. The Gerson Institute has found that, when pain occurs, coffee enemas flush out the liver and the pain subsides. They also use **chamomile** to lessen gastro-intestinal pains.

NERVINES—The following four herbs **help relieve pain** (yet are unlikely to stop cancer pain since it is caused by a toxic overload).

Chamomile, Mistletoe, Gravel root, Wood betony

ANODYNES—The following two herbs **also relieve pain.** They do this by decreasing the excitability of the nerves and nerve centers. Anti-spasmodic (antiparalysis) herbs are quite similar in function.

Echinacea, White willow

DEALING WITH INFLAMMATION

Inflammation is the body's attempt at self-protection. The objective is to remove harmful stimuli, including damaged cells, irritants, or pathogens - and begin the healing process.

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it, the signs and symptoms of inflammation, specifically acute inflammation, show that the body is trying to heal itself.

Inflammation does not mean infection, even when an infection causes inflammation. Infec-

tion is caused by a bacterium, virus or fungus, while inflammation is the body's response to it. However, sometimes inflammation can cause further inflammation.

There is no doubt that **one of the most difficult things about treating cancer is dealing with the inflammation, swelling and congestion that accompany many types of cancer.**

Many alternative cancer treatments kill cancer cells. This can be good and it can be bad. It can be bad because before a cancer cell dies, it get sicker than it already is. At this point the immune system recognizes the cell as sick and attacks it. This may make the inflammation, swelling and congestion get worse before it gets better.

Thus, **many alternative cancer treatments can make inflammation, swelling and congestion worse before they make it better.** This can be very dangerous in many situations; such as some brain cancer cases, some lung cancer cases, etc.

There are, however, a few alternative cancer treatments that do not seem to make inflammation, swelling and congestion worse, before they get better. The **Bill Henderson Protocol** is one of these. Fortunately, it is a true "Stage IV" treatment.

Taking a probiotics supplement daily will reduce inflammation and strengthen your immune response. This strengthens your gut flora. Researchers have found a microbe-dependent mechanism through which some cancers mount an inflammatory response that fuels their development and growth. They suggest that **inhibiting inflammatory cytokines might slow cancer progression** and improve the response to chemotherapy.

The following natural substances all help alleviate inflammation: **Magnesium, Boswellia serrata gum extract, Curcumin** (the yellow pigment from turmeric), **Ginger root extract, Bromelain enzyme** (from pineapples, and the flavonoids **Quercetin and Rutin**. One source of all of the above is wholehealth.com, which has the product *Anti-Inflammatory Support*. 866-381-7693

Another is *Actigen*. 909-594-3188

Actigen contains two important substances:

Rosa roxburghii is widely regarded for its high antioxidant properties. A member of the rose plant family, its fruiting body is extremely rich in antioxidants. Gram for gram, *rosa roxburghii* contains significantly more vitamin C, super oxide dismutase and other antioxidative markers than most other available citrus fruits and plants.

Panax notoginseng. Research has shown that there are two main groups of ginsenosides, Rb1 and

Rg1, with various sub-molecules under the Rb1 and Rg1 grouping. On-going research indicates that certain compounds in *Panax notoginseng* may aid with endurance & recovery.

CARING FOR WEAK PATIENTS

In this chapter is collected a variety of information on dealing with weak, frail patients, many of whom have been sent home from the hospital after receiving chemotherapy, radiation, or other treatments which damaged the body.

WORKING WITH WEAK PATIENTS

By the time many cancer patients find out about natural medicine they are already very weak from cachexia (pronounced ka-kek-see-ah), due to chemotherapy, radiation, and/or operations.

Dealing with the weakness of these patients is frequently the biggest challenge of a natural cancer treatment!

There are a number of supplements that can energize cells or can bypass the lactic acid caused by cachexia. **In some cases, dealing with the weakness of a cancer patient is a higher priority than dealing with the cancer cells themselves!**

Yet it is impossible to re-energize the cells in the organs until after the microbes and parasites in the organs are killed.

LIQUID TREATMENTS FOR THE FRAIL

Many cancer patient cannot eat solid foods. This may be because of stomach cancer, colon cancer, surgery or other factors. **Fortunately, there are several very powerful cancer treatments which are liquid or electromedicine and do not require the digestion of solid foods.** Many of these protocols and products can be used with a feeding tube, PEG tube, etc.

SUBSTANCES FOR WEAK PATIENTS

Several decades ago two-time Nobel Prize winner Linus Pauling, and an associate Dr. Ewan Cameron, did experiments in Scotland that proved **Vitamin C therapy can extend the lives of terminal cancer patients six-times over orthodox treatments.**

The significance of this is that **a cancer patient may include in his or her treatment items designed specifically to extend life, but not necessarily designed to eliminate the cancer. These treatments can literally "buy time" for other,**

more powerful treatments to work.

For weak cancer patients, meaning those with little energy, this tactic is very critical. **Weak cancer patients need a different (gentler) anti-cancer diet than strong cancer patients.** Weak cancer patients also need treatments that will “buy time” for the more powerful treatments to work.

*Here are examples of treatments that provide a powerful boost of nutrition or antioxidants that can buy time: **Vitamin C, Vibe, Essense Health Blend, and the super-fruit juices (Mangosteen, Noni Juice, and Wolfberry Juice).*** Due to the amount of glucose in the super-fruit juices **they should generally only be used in the first month of treatment.**

MORE HELP FOR WEAK PATIENTS

Here are several helps for a patient who is weak. These can be used with most protocols:

If the patient is on the **Cesium Chloride Protocol**, do not add any other highly alkaline protocol.

If the patient is on the **Collect-Budwig Protocol**, first, do not add any highly alkaline protocol to it. Second, use the Budwig Diet first thing in the morning. After that, use nothing from the Inexpensive Stage IV Protocols until four hours later.

An excellent product for energizing cells is **Enive Vibe Liquid** or **Vibe Fruit Sensation**, a very useful liquid supplement. *Go to enivause.com for the product.*

Another good nutritional product for weak cancer patients is **Vitality Boost** by Morningstar. *Go to Amazon.*

Cell Food is a product that contains 78 ionic minerals, 34 enzymes, 17 amino acids, etc. It is a good energy producer. Build-up to 20 drops, twice a day. Higher doses can be used if needed. Available from Swansons, Amazon, etc.

The **Inexpensive Stage IV Protocols** are also very helpful.

Another worthwhile help is **MSM and Vitamin C**. Weakness is almost always associated with high levels of lactic acid in the bloodstream caused by the “cachexia cycle” (pronounced ka-kek-see-ah) or “lactic acid cycle.” MSM is able to get rid of much of this lactic acid. Vitamin C is also useful for getting rid of microbes in the bloodstream. The two together are very helpful for chronic pain. *(Go to [MSM and Vitamin C Protocol](#).)*

Vitamin C can also get past the lactic acid blockade and can get nutrients inside the weak anti-cancerous cells and strengthen them!

D-Ribose is a superb nutritional protocol that can get past the lactic-acid blockade. Take as much as possible and start right away! It can energize

cells. You can probably purchase it at any health food store in large cans.

Any quality **mineral supplement** will help, especially one with liquid magnesium and phosphorus. One is called *Real Salt*. It has many minerals in it. *Look for Redmond Real Salt* at Swansons or Amazon.

One drop (for each 150 pounds body weight) of 5% Lugol’s **Iodine**, daily, is also recommended. *Go to Swansons or Amazon.*

Yet another excellent product to energize cells is **ASEA**, a brand name product that energizes cells. This product can actually change the way a cell processes energy. It floods the cells with Redox Signaling reactive molecules. A typical dose will be 1/2 bottle a day. ASEA uses a patented process to mix the basic ingredients and create the final product. First, ASEA has managed to create the reactive molecules normally produced inside the body, outside of the body. Second, ASEA is able to stabilize the reactive molecules in this saline solution so you can easily introduce them into your body. The components of ASEA are *native to the body* and are consistent with its *natural chemical balance*. It increases the effectiveness of the body’s most important natural antioxidants (*Glutathione, Catalase and SOD*) by over 500%. It supports immune system functions that reduce oxidative stress and repair cellular damage. It accelerates the body’s production of its own natural antioxidants like *Glutathione, Catalase and SOD*.

Go to wp.whymolecules.com Dave Carpenter, ND will explain it. He will help you set the doses.

MSM/LIPH (or **LIPH** by itself) may help with weakness as it can help flush both lactic acid and microbes out of the bloodstream. It is so inexpensive it is certainly worth giving it a try. It is a Stage IV Cancer Treatment.

Honey and herbs are a very excellent way to energize weak cells. The honey is used so the herb will target the cancer cells, but honey by itself is a cell energizer.

Here are the recommended combinations:

1 - **Honey and turmeric** (every other day, alternate with ginger),

2 - **Honey and ginger** (every other day, alternate with turmeric),

3 - **Honey and cinnamon** (every day). The best cinnamon comes from Viet Nam, where they have the highest percentage of cinnamon oil.

All three of these items can kill the microbes that cause cancer which exist inside of the cancer cells AND energize the anti-cancerous cells and cancer cells!

The darker the honey, the better. Grade B Canadian honey is the best, but other brands are also very good.

Red Clover Tea and **Echinacea** are both cancer fighting herbs and are highly recommended for cancer patients. Do not take either one more than one week at a time. A week on and a week or more off.

Fruit juices from a grocery store. The fruit juices (e.g. Welch's Grape Juice) must be 100% juice and have ZERO added sugar. Also, do NOT get orange juice as it actually excites the microbes in the bloodstream, etc. Any mixture of fruit juices is fine as long as it does not include added sugar or orange juice.

Noni Juice, Mangosteen Juice and **Moringa Oleifera** are all excellent cancer treatments and will help energize cells. *All three are available from many sources.*

Quercetin combined with **Green Tea** is special! While there are already many antioxidants in this protocol, quercetin is more than just an antioxidant. It also other benefits, such as the ability to kill cancer cells, especially if combined with green tea. *Go to Quercetin/Green Tea Protocol.*

DEALING WITH THE CACHEXIA CYCLE WHICH WEAKENS PATIENTS

A major cause of weakness in the body is the Cachexia Cycle. This is a "cycle" (between the cancer cells and the liver) which consumes enormous amounts of energy and leaves large amounts of lactic acid in the bloodstream.

As mentioned earlier, what happens is that the cancer cells consume glucose and excrete lactic acid which ends up in the bloodstream. The lactic acid travels to the liver. The liver converts the lactic acid into glucose. The glucose then travels to the cancer cells and the cycle starts over. Both ends of this cycle consume large amounts of energy, which can make the cancer patient weak.

When a person first starts a typical alternative cancer treatment, there should be a massive change in their dietary habits! The person should go from a Western meat and sugar based diet to a special type of vegan diet. This change should happen quickly!

This change in diet, by itself, will typically cause a person to lose weight. Thus, just because a person who goes on an alternative cancer diet loses weight does not mean that their body is in the cachexia cycle.

In other words, even if a person did not have cancer, if they made such a sudden change in diet they would lose weight! In fact, a vegan diet is a good weight loss diet even for people who do not have cancer!

Cachexia is different. With cachexia the body is literally eating itself. It is eating the person's

muscles, fat and many other parts of the body.

About half of all cancer patients die of cachexia (ku-kek-sia):, which is caused by the deadly lactic acid cycle. Hydrazine sulfate is designed to break the lactic acid cycle and give very advanced cancer patients a chance to live.

A common way to deal with cachexia is hydrazine sulphate, which blocks the cachexia cycle at the liver. Hydrazine sulfate can help stop cachexia.

Due to severe FDA persecution of this product, only one vendor: Essense of Life (spelling is correct), has a viable version of this product and he is only allowed to sell it for "pet cancer." Make no mistake, the product he sells is the best quality hydrazine sulfate product ever sold.

Hydrazine sulfate has been used for reducing pain and interrupting cachexia, a major cause of the wasting away that later stage cancer patients experience. **Hydrazine sulfate seems to be effective regardless of the type of cancer. However, hydrazine sulfate does not seem to be effective in removing cancer tumors.**

Tumors take their energy from glucose and turn it into lactic acid which must be broken down by the liver. Unfortunately, the liver converts lactic acid to glucose. This cycle is called *cachexia* (pronounced ka-kek-see-ah) and is responsible for the wasting away that is typical of cancer patients. **Hydrazine sulfate, sometimes referred to as HZ, is designed to stop this wasting away.**

In the 1960s Dr. Joseph Gold started looking for a way to stop cachexia. He eventually found that hydrazine sulfate blocked a liver enzyme that supports cachexia, the wasting away experienced by most advanced cancer patients.

Hydrazine sulfate's popularity grew rapidly after the publicity generated at the 1974 NHF (National Health Federation) convention by Dr. Joseph Gold, director of the Syracuse Cancer Research Institute in Syracuse, New York.

Hydrazine sulfate was demonstrating good results, but it was getting too popular. The FDA decided to put on the brakes and withdrew the INDs (Investigational New Drug number). After that, funding dried up, and companies withdrew their interest in researching the substance. All of this despite the fact that hydrazine sulfate was showing good response in a number of studies.

TO LENGTHEN SURVIVAL TIME: BETA-GLUCANS FOR THE IMMUNE SYSTEM

Beta-glucans derived from shiitake mushrooms can lengthen survival time. They are also

in other mushrooms, such as reishi, Chaga and maitake. Both Beta-glucans and these various mushrooms can be purchased from various health food suppliers.

Beta-glucans are polysaccharides of D-glucose monomers linked by L-glycosidic bonds. They occur most commonly as cellulose in plants, the **bran** of cereal grains, the cell wall of baker's yeast, **certain fungi, mushrooms** and bacteria.

Oat is a rich source of the water-soluble fibre (1,3/1,4) Beta-glucan, and its effects on health have been extensively studied over the last 30 years. Oat Beta-glucans can be highly concentrated in different types of **oat brans**.

Yeast and medicinal mushroom derived Beta-glucans are notable for their ability to modulate the immune system. One study has shown that insoluble (1,3/1,6) Beta-glucan, has greater biological activity than that of its soluble (1,3/1,4) Beta-glucan counterparts

One of the most common sources of Beta-glucan for supplement use is derived from the cell wall of yeast. However, Beta-glucans are also extracted from the bran of some grains, such as oats and barley, and to a much lesser degree in rye and wheat. The Beta-glucans from yeast are often insoluble. Those extracted from grains tend to be both soluble and insoluble. Other sources include some types of seaweed, and various species of mushrooms, such as reishi, shiitake, Chaga and maitake.

Beta-Glucans are known as "biological response modifiers" because of their ability to activate the immune system.

The tumoricidal (cancer killing) properties of Beta-glucans have been studied in several *in vitro* and *in vivo* animal models. In a mouse model study, **Beta-glucan was given along with interferon gamma. The two stopped cancer from spreading, by inhibited tumors and stopping liver metastasis.** In some studies, Beta-glucans enhanced the effects of chemotherapy. But, of course, there are many ways to solve the cancer problem without resorting to chemo.

In a mouse carcinoma model, Beta-glucans did not reduce tumor incidence, but were associated with reduced mortality in combination with cyclophosphamide. In human patients with advanced gastric or colorectal cancer, the administration of Beta-glucans derived from shiitake mushrooms, in conjunction with chemotherapy, **resulted in prolonged survival times.**

Beta-1,3D Glucan (Transfer Point brand). this Beta Glucan Supplement is very efficient! Glucan will help protect you against cancer and many other

illnesses that would normally be eradicated by a fully functioning immune system. *Transfer Point's 4Life Transfer Factor* is a good source.

The only polysaccharide supplement a cancer patient should take is the **Beta Glucan Supplement**, "Beta-1, 3-D Glucan."

Here is the best vendor for Transfer Point Beta-1, 3D Glucan:

Betterwayhealth.com

MORE ON BETA GLUCANS

Cancer Patients have reported a reduction in Tumor Size after taking *Beta Glucans*.

"Glucan was found to be an effective drug in inducing macrophage-mediated destruction in malignant lesions of animals and humans."—*P Mansell, M.D., McGill University, Cancer Research Center.*

Beta glucans recognize and destroy foreign invaders (viruses, bacteria, fungi, and protozoa). before they cause infectious diseases.

They provide protection from radiation encountered during airline travel, X-rays, mammograms, high-tension power lines, proximity to nuclear facilities, computer terminals, and the sun.

They provide protection and control of Autoimmune Conditions such as diabetes, arthritis, psoriasis, and more.

Beta Glucan shuts down your immune response when Foreign Pathogens have been eradicated.

BEGIN WITH LOWER LEVEL SEVERITY TREATMENTS

In dealing with very weak patients, it is best to begin with very gentle treatments. There are a number of lower-level treatment plans. **Most of them can be combined with others. Only one of them (the Breuss Total Cancer Treatment) should be used by itself.** All of the other plans can be combined with other treatment plans AND a special anti-cancer diet. *A basic fact in all treating of cancer is attention to the diet!*

But it is easy to try to combine many plans, and end up with a protocol that is too weak.

Many self-designed cancer treatments do not include at least one alternative cancer treatment powerful enough for their situation.

For example, those with advanced cancers need one of the "Stage IV" treatments, followed-up with a year-long less intense treatment during remission.

Also keep in mind that a person should generally not combine two "Stage IV" treatments at the same time. This could overload the body with dead cancer cells.

There are four levels of severity of cancer cases.

First, decide which of the four levels you best fall into; then study very carefully the entire section that best applies to you. Then make sure your self-designed treatment is at least as potent as the protocol below.

All of these levels require at least one year of treatment. The reason a full year is always required is because not only do all of the cancer cells need to be killed, but it is important to alkalize your body. This is accomplished mainly by the anti-cancer diet and in some cases (discussed below) by the Cesium Chloride Protocol or calcium supplementation. They build your immune system and get used to a different lifestyle.

Many cancer patients have eliminated their cancer with alternative cancer treatments; then returned to their old lifestyle, only to have the cancer return. Should they be surprised?

At any time you can add certain things to this protocol, such as immune building products, alkaline producing supplements, liver detox products, lymph system cleaners, etc. But you should NOT add cancer-killing protocols to these treatments at any time, except as directed.

A requirement for anyone with a severe type of cancer (Level IV), you should ALWAYS have someone to work with, either in a clinic setting or over the telephone. It is urgent that this be done, for that person's situation is critical.

ALL of these levels require a very strict "anti-cancer diet" (i.e. anti-cancer diet) for the entire treatment. After you are in remission, the "anti-cancer diet" only needs to be 90% followed, but the other 10% cannot be the really bad foods—such as food with sugar, meat, fast foods, processed foods, etc..

Mention will also be made as to what to do if you are already very weak.

If the patient is already very weak, has lost significant weight, and has lost their appetite, then it is highly likely they already have cachexia.

(Cachexia [ku-kek-sia]: [wasting syndrome](#) is [loss of weight](#), [muscle atrophy](#), fatigue, weakness, and significant [loss of appetite](#) in someone who is not actively trying to lose weight. The formal definition of cachexia is the loss of body mass that cannot be reversed nutritionally.)

THE DILEMMA FACED BY ALTERNATIVE THERAPIES

There exist natural or alternative cancer treatments that consistently have a 50% true "cure rate" on cancer patients given up on by orthodox medicine. These are incredibly potent treatments that use nothing but things commonly found in nature.

In fact, these same treatments, if given to cancer patients who had not had any type of orthodox treatment (except in rare situations where surgery is required because of a dangerous blockage of fluids), and who used these treatments immediately after their diagnosis, would have at least a 95% chance of being totally healed of their cancer.

To understand these numbers, consider the well-known Dr. William D. Kelley, who treated more than 33,000 cancer patients. Dr. Kelley, who died in early 2005, had approximately a 90% true "cure rate" on those cancer patients who went to him first, meaning they went to him before they went to orthodox medicine (actually, I doubt any of these patients ever went to orthodox medicine).

His "cure rate" on cancer patients who went to orthodox medicine first, and then went to him after they were sent home to die, is not known.

Dr. Kelley's treatment, which is still used by many, was very potent. However, Dr. Kelley's treatment pales in comparison to newer alternative cancer treatments, yet it is frequently added to some of the newer protocols. For example, it is frequently added to the Collect-Budwig protocol.

The problem with Dr. Kelley's treatment, as far as cancer patients sent home to die is concerned, is not that it wasn't potent, the problem was that it was very slow to start working.

It was so slow to work that he did not count in his statistics anyone who died in the first 18 months of treatment. This means his statistics excluded many of those treated first by orthodox medicine.

But the new treatments act far more quickly than anything Dr. Kelley imagined. The most potent treatments for cancer work so quickly at killing cancer cells, or reverting the cancer cells into normal cells, that the treatments literally have to be slowed down for fear too many toxins will be released by the massive number of cancer cells and microbes that are being killed.

HELPING CANCER PATIENTS SENT HOME TO DIE

To understand just how potent these handful of natural treatments have to be to deal with cancer patients already sent home to die by orthodox medicine, take a moment to consider the physical and mental condition of someone given up on by orthodox medicine:

- 1 - Their **immune system has been destroyed** by chemotherapy,
- 2 - The **cancer has spread** throughout their body (e.g. bones, liver, brain, lymph system, etc.),
- 3 - Their **anti-cancerous cells are acidic** (i.e.

very sick), which is exactly what helped cause the cancer in the first place,

4 - **Their cancer is stronger** than it has ever been because the cancer has developed a resistance to chemotherapy and their immune system has been destroyed,

5 - Their **anti-cancerous cells are starved for glucose** because the cancer cells have stolen glucose and nutrients from the anti-cancerous cells,

6 - Their **body is full of fungus and other microbes** because their immune system cannot fight microbes and their cells are highly acidic,

7 - **Alternative medicine has lost from 1-3 years of treatment time** that could have been used to help build the person's immune system, alkalize the body, and safely and selectively kill the cancer cells or revert them into normal cells,

8 - At least **one of their major organs** (usually beginning with the liver) has been damaged beyond repair by chemotherapy,

9 - Their **digestive tract is probably severely damaged and cannot absorb many of the nutrients** in the foods they eat,

10 - In most cases, **actual bone mass and muscle tissue have been depleted** because of the voracious appetite of cancer cells for glucose,

11 - The hospitals have fed them junk food, but even when home they are **instructed to eat processed foods** which feeds their cancer cells, and

12 - They are **in extreme pain and many have lost the will to live**,

13 - In short, their body is ready to shut down!!

To think that any alternative cancer treatment could hit a 50% true "cure rate", under these conditions, is simply amazing.

But even ignoring these rare alternative cancer treatments, did you know there are several other alternative cancer treatments that are 30 times more effective at safely killing cancer cells than any of the chemotherapy or radiation therapies!!

For those given up on by orthodox medicine, there are only a very small number of alternative cancer treatments, such as **Cellect-Budwig, liquid ionic cesium chloride plus DMSO, the Inexpensive Protocol**, and the **Brandt Grape Protocol** that have any chance of alkalizing the body, killing/reverting the cancer cells, and building the immune system fast enough to save these patients from certain death!!

People are deceived into thinking that orthodox medicine is better than alternative medicine, thus **they go to orthodox medicine first**.

About 95% of all people seeking alternative can-

cer treatments **have been sent home to die** by orthodox medicine BEFORE they look into alternative medicine. Their attitude is "I have nothing to lose so I will look into natural medicine." As the above list shows, their condition is virtually hopeless by the time they are sent home to die.

The people who are sent home to die **almost always pick an alternative cancer treatment that is totally inadequate** to deal with their cancer. This is because they don't have accurate information about which treatments are fast acting and which are slow acting. Many of the people who do go to alternative medicine first never find a strong enough treatment for their situation.

People are rarely taught what foods feed cancer (i.e. the foods they should avoid). So the foods they eat actually FEED their cancer still more!

There are many people in the alternative medicine field, including vendors and practitioners, who either don't fully understand the truth themselves, or they are more interested in profits than truth. Because of these things **cancer patients are at times receiving confusing and false information about alternative cancer treatments** from vendors of supplements and other products. (This is why, in this book, I try to steer you toward the most reliable vendors.)

Then there is the intentional persecution of those who really can eliminate cancer. The pharmaceutical industry AND the medical industry (which are jointly called: the "cancer industry") don't want ANYONE healed of their cancer with natural substances. This has been true since the 1700s, long before the pharmaceutical industry even existed. The cancer industry frequently uses their private police force, the FDA, to shut down people who can eliminate cancer.

So here is the dilemma:

1 - Because most cancer patients go with orthodox medicine first, and because when they are sent home to die they pick the wrong alternative cancer treatment, etc. the true "cure rate" of alternative cancer patients is too low;

2 - When people see others die who are using alternative cancer treatments, they feel alternative cancer treatments are weak and ineffective, even though many of them are highly effective;

3 - Thus, people continue to go to orthodox medicine first and the cycle continues.

JUICE DIETS FOR WEAK PATIENTS

There are several helpful, very nutritious juices for weak cancer patients. Select from

among the following:

Essense Health Blend is a superb vitamin, mineral, essential fatty acid, etc. blend.

Vibe, a liquid vitamin drink by Eniva, will also supercharge the nutrients in a person's body. The dosage for cancer patients is to build up to 4 ounces a day. Start with one ounce a day, then over a period of a week build up to 4 ounces a day.

Vibe liquid cannot be taken by all cancer patients because it has added vitamin C.

Cancer treatments that may be neutralized by added vitamin C include: Amazon Factor Protocol, all graviola and Paw Paw treatments, Protocol and Cantron.

Other super energy and super nutrient drinks include:

Tahitian **Noni Juice**,

Xango **Mangosteen Juice**,

Berry Young Juice, which is 80% **Ningxia Wolfberry Juice**.

One of the treatments in the Bill Henderson Protocol should be used by EVERY weak cancer patient, no matter what treatment they are on. That product is **Barley Power**, an enzyme supplement that has virtually every enzyme on earth in it.

Barley Power is a "green" product that is cold-processed. Every cancer patient, on any treatment, should use Barley Power. Take at least 12 pills a day, perhaps many more. Here is their website:

barleypower.com

THE STRENGTHENING LIVER FLUSH

As the cancer cells are attacked by whichever natural cancer protocol you select, the dead cancer microbes and other waste products are sent through the bloodstream to the liver for elimination.

When too much waste arrives at the liver too quickly, it rather quickly becomes overwhelmed by all this incoming trash. But this can rather quickly lead to what is called hepatic coma. The patient tends to drift into unconsciousness.

Taking coffee enemas tend to flush out of the liver those waste products. The result is a more peaceful, and relatively pain-free experience.

A small amount of coffee is placed in the enema bag, and into the lower colon. It triggers the liver and its gall bladder to pour out those wastes into the small intestine, where they then go into the large bowel and out through the anus in bowel movements.

As soon as the coffee enema is taken, the patient feels good and **all the cancer pains (caused**

by those waste products) disappears.

It should be understood that when caffeine is drunk, it increases heart action, causes addiction and other bad effects. Caffeine is bad for the heart, and eventually lead to heart problems! Caffeine products should never be drunk.

But **when taken in through the bowel, the coffee has a different effect. It does not increase heart action, but increases liver and gall bladder emptying.** Max Gerson first learned this in a research study done in the late 1930s.

It would be good to add this liver flush to many of the best cancer protocols, enabling them to eliminate cancer from the body more quickly!

—The complete information on how to take a coffee enema is given at the back of this book in the chapter on the Gerson Protocol (page 216). (Much more on liver flush will be found on pages 150, 153, 243-245, 249.)

FOODS THAT TARGET CANCER

While most people think killing cancer cells is the only way to deal with cancer, it is not. In fact, in some cases killing cancer cells is too dangerous, because such massive amounts of cancerous pieces are scattered through the bloodstream and into the liver.

Here is a list of treatments that do kill cancer cells at a moderate but effective rate. In some cases, these treatments are also very alkaline and thus they slow down the spreading of the cancer while they kill them.

The following all contain cancer-fighting substances which the body needs for full restoration.

FOODS RICH IN OXALIC ACID

The oxalic acid in moderately rich foods are excellent helps in going to cancer cells and helping to kill them.

A useful anti-cancer diet should contain 50% or more of foods moderately rich in oxalic acid, no matter what main protocol is used.

Vegetables which are good for you—Here are vegetables with moderate amounts of cancer-killing oxalic acid. These are safe to eat:

Beets, Sweet potatoes, Celery, Dandelion greens, Eggplant, Kale, Chives, Broccoli, Carrots, Green Pepper, Parsnips, Potatoes, Pump-

kin, Spinach, Squash, Turnip greens, Watercress, Okra, Collards, Escarole, Leeks, Purslane, Radish, and Cassava.

Fruits—Certain fruits have a good cancer-killing oxalic acid content. They are as follows:

Concord grapes, Kiwi, Lemon peel, Figs, Blueberries, Raspberries, Plums, Tangerines, Starfruit.

Nuts and Seeds—Nuts and seeds include:

Almonds, Hazel nuts, Brazil nuts, Pecans, Sesame seeds, Poppy Seeds, Sunflower seeds.

DO NOT USE certain high-level oxalic acid foods—High levels of oxalic acid can have harmful effects on the body. When the concentration of oxalic acid in the body increases, it precipitates out as crystals, that irritate the body tissues, and can get lodged in the kidneys and bladder as ‘stones’. When the acid combines with minerals like calcium, it forms an interlocking compound that destroys the nutritional value of both, resulting in deficiency of the minerals.

There are several vegetables containing high amount of oxalic acid, which should be avoided by people with recurrent kidney stones or other such conditions. The United States Department of Agriculture has ranked **parsley**, highest in oxalic acid content, as it contains about 1.70 grams of oxalic acid per 100 grams of parsley weight. **Rhubarb** is also extremely high, and, because people eat so much at a time, should never be eaten!

Beet greens and spinach, are among the foods with the highest oxalic acid content, with anywhere from 380 to 1440 milligrams in a 3.5-ounce serving. In a study of about 240,000 people published in the July 2007 issue of *Journal of the American Society of Nephrology*, spinach was found to be the highest dietary contributor to an average daily oxalic acid intake of about 200 milligrams. **Coffee, tea, and chocolate** are also too high in oxalic acid.

Here is a sampling of oxalic acid content (g/100 g) in selected vegetables: Asparagus 0.13; Broccoli 0.19; Lettuce 0.33; Brussels sprouts 0.36; Collards 0.45; Beet leaves 0.61; Spinach 0.97 (0.32-1.26); Rhubarb leaves 1.0%; Purslane 1.31; Parsley 1.70.

THE BEST ANTI-CANCER VEGETABLES

Broccoli, asparagus, beets [moderation], cabbage, carrots, cauliflower, red and yellow peppers (also green if they agree with you), kale, parsley, wheat grass [usually juiced], barley grass [usually taken as a supplement], sprouted

grains or beans. garlic and onion [if they agree with you].

It would be a good idea to juice all of the above vegetables which are available to you!

Here are other helpful, but less powerful vegetables:

Celery, cucumbers, egg-plant, green and yellow squash (eat in moderation), green beans and peas (fresh), spinach, mustard greens, collards, lettuce, okra, scallions, radishes, Swiss chard, watercress, sea vegetables (such as nori, wakame and niziki), turnips.

THE VALUE OF JUICE FASTS

Very few of the alternative cancer treatments use a "juice fast," but instead they use a "anti-cancer diet." However, I want to discuss juice fasts for reasons I will mention in a moment.

Juice fasts have been around for several decades. The **Brandt Grape Diet** uses a "juice fast" of nothing but grapes. Another possibility is substituting carrot juice and beet juice for the grapes. The **Breuss cancer treatment** is also a "juice fast."

The theory of a juice fast is that the body (i.e. the cancer cells) has nothing to eat or drink except what you give it.

In the case of the Brandt Grape Diet, the body only has access to the juice from whole purple, red or black grapes. These grapes are known to have more than a dozen cancer-killing nutrients. Thus, during the Brandt Grape Diet the cancer cells only have access to eating cancer-killing nutrients! Furthermore, the glucose in the grapes helps "carry" the cancer-killing nutrients into the cancer cells.

People sometimes wonder how drinking grape juice can eliminate cancer. Yet repeatedly it has done it.

A juice fast can last anywhere from 3 to 6 weeks, but should never exceed 42 days without a break for several days. During a juice fast it is generally wise to have the blood checked for key minerals and other nutrients every couple of weeks. After the fast, a good anti-cancer diet menu can be used for a week or two, then, in some cases, the juice fast can be safely repeated, if necessary.

"Juice fasts" become even more important when one realizes that the FDA, FTC, Codex (the United Nations equivalent to the FDA) are trying to eliminate the AVAILABILITY of the natural substances used in alternative treatments. For example, not long ago, seven people were arrested, spent time in jail or were been harassed in an attempt to keep the long-chain *acemannan* molecule off the market. The time

may come when all we have left is fruits, vegetables, and juices made from them!

(Acemannan, one of the compounds found in pure aloe vera juice, is a long-chained sugar molecule, called a *mucopolysaccharide*. This sugar molecule is believed to be one of the key ingredients working synergistically with all the other natural compounds making aloe vera a remarkable natural healing plant.)

RAW VEGETABLE JUICES

The RAW vegetables you should focus on are: **carrots, cabbage, green asparagus, broccoli, red beets (i.e. beetroot), cauliflower and related vegetables. Peppers** also have cancer fighting substances. The spice **turmeric** can be added as well.

AS A MINIMUM, the vegetable juice should include:

- 1 - **Carrot juice** (1 to 2 quarts/liters),
- 2 - Beet juice (from at least 2 red beets)
- 3 - A significant amount of **cruciferous vegetables including: broccoli, cabbage and cauliflower** (this is for both the cancer and the critical protection of the liver)

Note that beetroot can cause the urine of a person to turn red. Thus, if you take beetroot and your urine turns red, it is not necessarily blood in the urine.

A small and decreasing amount of **fruit juices** which contain very little glucose can be added for taste (more will be said about this issue below). Not all vegetables can be eaten raw, but the ones above can be eaten raw or juiced. You can also EAT any of these vegetables during your treatment to get bulk and fiber.

Note: **Fiber** can be an important element during or before a raw food or vegetable juice cleanse because it can help remove impacted wastes from the lining of the colon – allowing for maximum nutrient absorption.

VEGETABLE JUICES AS THERAPY

The cancer cell killing nutrients (direct or indirect) in vegetables includes the following:

Raw Carrots (alpha carotene, beta carotene, Vitamin E, etc.),

Raw Broccoli (sulforaphanes/isothiocyanates),

Raw Cabbage (isothiocyanates),

Green Asparagus (saponins),

Beetroot/Red beets (proanthocyanidins (PAC's or OPC's)).

Turmeric (a spice) (curcumin).

The minimum level of carrot juice which should be taken each day is **1 quart of carrot juice**,

But some have used **2 quarts of vegetable juices (including at least 1 quart of carrot juice)**.

At least 80% or above of the vegetable juice should come from vegetables with known cancer-fighting abilities, although other vegetables are not far behind the ones mentioned just above.

Important: When you make the vegetable juices, **they should be drunk immediately** after they are prepared. In cases where many small doses of a fresh vegetable juice are needed to be taken (e.g. to avoid diarrhea), the juice can be refrigerated during the day.

FRUIT JUICES AS THERAPY

As an alternative to a vegetable juice, you could also make a fruit juice. These should all be **RAW fruits with skins and seeds** included, and should focus on one or more of the following:

Red raspberries, black raspberries, strawberries, and other non-citrus fruits, with their seeds, especially peaches and apricots (the seed is inside a hard shell). **Actually, any fruit with dark blue or dark purple coloring** is acceptable, such as **blueberries**. **Raw pineapple** is especially good if you can obtain it and afford it. **Tomatoes** also have cancer fighting nutrients

The known cancer-killing nutrients in fruits are as follows:

Raw pineapple (bromelain and pexoxidase),

Whole purple grapes with seeds and skins (more than a dozen, *see Brandt Grape Protocol*),

Apricot seeds (laetrile),

Strawberries, red raspberries, black raspberries (laetrile and ellagic acid),

Blueberries (ellagic acid, anthocyanins, OPC),

At least 80% or above of the fruit juice should come from fruits with known cancer-fighting abilities.

Obviously all these are modifications of the Brandt Grape Diet, in the sense that a wider variety of cancer-killing fruits is allowed.

Also permitted on the “fruit juice fast” are the super-fruit juices: **mangosteen, noni and wolfberry or goji**. These are allowed during a “fruit juice fast” in unlimited quantities during the 12 hours the person is allowed to eat.

Important: If you make the fruit juice from actual foods (instead of buying the juices), the **juice should be drunk immediately** after they are prepared.

MORE ON FRUIT JUICES

Juicing can provide many anti-cancer benefits because many juices contain nutrients that counter-

act carcinogens (which act as triggers for cancer).

Anutrients are nutrients that block carcinogens from reaching healthy cells. They are found in high doses of cauliflower, garlic, kale, leeks, onions, cabbage, and citrus fruits like grapefruits, lemons and oranges.

Juices also detoxify our body, so they will help rid the body of toxins that can make the cancer worse.

Juicing enhances the immune system, which is essential so the body can fight cancer, which is continually trying to gain a foothold in the body.

The following are highly effective fruit juices. They are best used with other helps, such as coffee enemas, DMSO, etc.

1 - Carrot Juice. Drinking carrot juice is one of the healthiest lifestyle choices possible. —And one of the least expensive! Carrot juice is known for beta carotene which gives the body Vitamin A, B Vitamins, Vitamin E and many minerals. The health benefits of drinking carrot juice are thought to be good prenatal health, eyesight, bones and teeth, liver and nails, skin and hair as well as helping in cancer prevention.

It reduce the risks of many different types of cancer including skin and breast cancer. The cancer-fighting properties of carrot juice are often thought to be excellent due to the high amounts of beta carotene. Beta carotene changes to Vitamin A in the body. Studies have connected Vitamin A with cancer prevention by its antioxidant properties that help eliminate cancer-causing free radicals in the body.

Drinking carrot juice is thought to be extremely beneficial for the liver due to Vitamin A's cleansing effects. Vitamin A reduces bile and fat in the liver. However, for the liver to reap the maximum benefits of Vitamin A, it is said that drinking carrot juice needs be done regularly rather than occasionally. The liver can store Vitamin A.

Here is one among many carrot juice formulas:

1 liter of carrot juice a day, with the juice from 2 beets mixed in. Garlic from two bulbs (this has selenium in it). 2 cups of pineapple juice a day

2 - Purple Grape Juice. At least 12 chemicals in this juice kill cancer cells. The Brandt Grape Diet uses this.

Purple grape juice contains plenty of vitamin C and smaller amounts of vitamin B1, B2, B6 and carotene. Also grape is rich in minerals: potassium, calcium, iron, phosphorus, magnesium and boron. Purple grapes contain phenolic substances that provide color and flavor, resveratrol, anthocyanins and antioxidants (catechins, quercetin) that pro-

vide a healing effect.

Usage of purple grape juice is especially advisable for cardiac patients because purple grape is characterized by the absence of sodium and chlorine, and the presence of potassium, which leads to a drop in blood pressure. Grapes also preventively effect heart diseases by increasing the protective HDL cholesterol and decreasing blood coagulation.

Purple grapes prevent osteoporosis. They contain plenty of calcium and magnesium, leading to the bones strengthening. In addition they contain boron which prevents calcium loss and increase the level of estrogen, which strengthens bones, protects the heart and relieves climax symptoms.

Because of its antioxidants content, purple grapes destroy free radicals and prevent oxidation of cholesterol, the development of arteriosclerosis, the appearance of tumors and the aging process.

Given that grapes are rich in resveratrol, they provide longevity.

It is considered that quercetin prevents the occurrence of cancer.

Due to the boron content, purple grape juice influences on the electrical activity of the brain, increasing the motor and mental activities.

Fresh purple grape juice is recommended because it is rich in vitamins A, B and C, as well as in various minerals. It is the remarkable liver cleaner and also helps in eliminating urinary acid from the body.

Flavonoids in purple grape juice provide anti-inflammatory and anti-allergy effects.

But do NOT get your purple grape juice from WINE! This is an absolute! Avoiding and treating cancer requires that all alcoholic beverages be strictly avoided!

3 - Moringa Juice (Moringa Oleifera). This is a food you can use with anything) Ancient Indian folklore says this tree will prevent over 300 known diseases. The seeds, the pods, the bark, roots and leaves of this drought-resistant tree are used for a variety of problems.

4 - Mangosteen juice. Mangosteen is a tropical fruit. The fruit, fruit juice, rind, twig, and bark are used as medicine. It is used for diarrhea, urinary tract infections (UTIs), gonorrhoea, thrush, tuberculosis, menstrual disorders, cancer, osteoarthritis, and an intestinal infection called dysentery. It is also used for stimulating the immune system and improving mental health. Some people apply mangosteen to the skin for eczema and other skin conditions.

5 - Noni Juice. This plant is used for many things! Noni fruit, leaves, flowers, stems, bark, and roots are still used to make medicine for a long list of ailments.

The fruit juice is used for arthritis, diabetes, high blood pressure, muscle aches and pains, menstrual difficulties, headaches, heart disease, AIDS, cancers, gastric ulcers, sprains, depression, senility, poor digestion, atherosclerosis, circulation problems, and drug addiction.

People eat various parts of the noni for colic, convulsions, cough, diabetes, painful urination, stimulating menstrual flow, fever, liver disease, constipation, vaginal discharge during pregnancy, malarial fever, and nausea. It is also used for smallpox, enlarged spleen, swelling, asthma, arthritis and other bone and joint problems, cancer, cataracts, colds, depression, digestive problems, and gastric ulcers. Other uses include high blood pressure, infections, kidney disorders, migraine headache, premenstrual syndrome, stroke, pain, and sedation.

The leaves have been used in medicines for rheumatic aches and swelling of the joints, stomachache, dysentery, and swelling caused by a parasitic infection called filariasis. The bark has been used in a preparation to aid childbirth.

Noni is sometimes applied to the skin. It is used as a moisturizer and to reduce signs of aging. The leaves are used for arthritis by wrapping around the affected joint; for headache by applying to the forehead; and for burns, sores, and wounds by direct application. A mixture of leaves and fruit is applied to pockets of infection (abscesses), and preparations of the root are used on stonefish and sting-ray wounds, and as a smallpox salve.

In foods, the fruits, leaves, roots, seeds, and bark are eaten. The smell and taste of some Noni fruit and juice are unpleasant.

6 - Paw Paw fruit. The fruit is eaten, rather than being juiced. Tasting like a cross between a banana and a mango, paw paw is a little-known native of the eastern United States, paw paw fruit has yellow-green skin and soft, orange flesh with a creamy, custard-like consistency and a delicious, sweet flavor

The paw paw tree (*Asimina triloba*) is indigenous to 26 states in the United States, growing wild from the Gulf Coast up to the Great Lakes region. But despite this fruit's popularity with locals and its rich nutritional value, the pawpaw is not in grocery stores. The odd beanlike shape and mottled skin of the pawpaw make it a hard sell to consumers who don't know the custardy sweetness that lies beneath the fruit's exterior. And the pawpaw

doesn't travel well: It bruises easily and has a short shelf life (only two to three days at room temperature).

You can purchase your own pawpaw trees and start harvesting these fruits within a few years. As a native of the United States, it has few pests and doesn't need much care. But the pawpaw's maroon blossom, while beautiful, is said to smell like rotting meat—and it attracts flies of all kinds while the flower is blooming. So no paw paw trees for me.

7 - Pineapple juice. only from fresh pineapples, not from cans!—is another helper in taking down cancer. Used for this purpose, it is drunk in large quantities.

Pineapple juice is rich in bromelain. This is not actually a single substance, but rather a collection of protein-digesting enzymes (also called proteolytic enzymes), which are found in pineapple juice and in the stem of pineapple plants.

Bromelain (often in combination with other proteolytic enzymes) is used in Europe to aid in recovery from surgery and athletic injuries, as well as to treat sinusitis and phlebitis. Other uses include chronic venous insufficiency (closely related to varicose veins), hemorrhoids, other diseases of the veins, bruising, rheumatoid arthritis, gout, ulcerative colitis, and dysmenorrhea (menstrual pain).

LIMU JUICE PROTOCOL

*Although **not a fruit**, this is a food which anyone can add to other protocols—but it is more expensive.*

. **Limu (Hawaiian for algae) and the variety called *limu moui* is a seaweed containing the complex carbohydrate fucoidan.** It is marketed by alternative health sites for a variety of uses to fight cancer and energize patients as well as things like pain relief from fibromyalgia and even relief from lyme disease.

This cancer protocol involves a molecule called “fucoidan.” This protocol is rated as a “Stage IV” protocol, which is the highest rating of alternative cancer treatments. Fucoidan has been proven in many scientific studies to target and safely kill cancer cells. Fucoidan is found in a product called: limu juice, although not all brands of limu juice have the same amount of fucoidan.

The protocol for liquid versions of limu juice involve 16 ounces a day (or 1/2 of a one-liter bottle). This dose should be divided into several small doses spread out during the day. Pill versions generally use 2 pills every day.

The cost of a case of Limu Juice is about

\$120 plus shipping. The case (of 4 bottles) lasts for 8 days at recommended doses.

Like all highly potent cancer treatments it is not sold at health food stores because they lack the expertise to support it. As far as I know, the best quality liquid version is only sold by multi-level marketing. Those who sell it will be able to support your use of the product, but they are not allowed to make any medical claims for the product outside of talking about scientific studies involving fucoidan.

For those who live outside of the United States, there are distribution channels for at least one limu juice brand name product in several countries.

Also, for those who live outside of the United States, at least one vendor sells their liquid product (which is normally shipped in glass bottles) in 2 ounce pouches to avoid breakage of bottles. These pouches will not break during shipment and will cost less to ship because the package is actually smaller and weighs less because no glass is being shipped.

Limu juice is a natural product from the sea. It is a special kind of seaweed mixed in with fruits and vegetables. It's effect on cancer is well proven. A therapeutic dose is 16 ounces a day. This is a superb protocol by itself, and will be a welcome addition to the grape diet.

While adding Limu Juice is far above the 5% "rule of thumb," remember that this juice is a very potent cancer treatment by itself, thus you can ignore the 5% rule in this case.

You would do well to take Limu Juice during the twelve hours you are NOT eating the grapes. Normally, Limu Juice is taken in several small doses spread out during the day. When added to the Grape Diet a person can take two small doses in the morning (before the Grape Diet) and two small doses after the Grape Diet is finished for the day.

OTHER FOODS

1 - Broccoli. Best to use fresh broccoli sprouts.

2 - Asparagus. Excellent help in eliminating cancer. It is included in the Inexpensive Protocol.

3 - Six Lemons a Day. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc. It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a remarkable remedy against various cancers. It is considered also as an antimicrobial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

After more than 20 laboratory tests since 1970, research studies revealed: **Lemon destroys the malignant cells in 12 cancers**, including colon, breast, prostate, lung and pancreas. The compounds of the lemon was 10,000 times better than the product Adriamycin, a well-known chemotherapeutic, in slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract destroys malignant cancer cells without affecting healthy cells. (*Institute of Health Sciences, Baltimore, MD*).

BERRIES

Berries are used as an aid in fighting cancer by the way they deliver super-healthy antioxidants that help fight disease.

One landmark study shows that just one cup of berries provides all the disease-fighting antioxidants you need in a single day. Of course, a healthy diet needs a variety of nutrients from many food sources as well.

Raspberries, blueberries, strawberries, and blackberries are plentiful in most parts of the U.S. "Berries are available almost year-round now.

Berries and other foods figured in a major study published in *Journal of Agricultural and Food Chemistry*. This research provides a large comprehensive report of antioxidant content in fruits and vegetables. Berries were the best for providing the most antioxidants for your food dollar.

HONEY AND HERBS

As mentioned earlier under "Three Honey Protocols," **turmeric** (curcumin), **ginger**, and **cinnamon** are excellent at killing cancer. Honey (no more than 1 tspn, twice a day) is used to carry them to the cancer microbes.

All herbs and spices are acceptable, except black pepper and other highly acidic spices. Several herbs, including **Sheep Sorrel** (also **Black Walnut**), are known to be strong anti-cancer foods.

As with all foods, the storage of herbs can cause them to be high in fungus. Also, herbs should generally not be used on a non-stop basis, unless specifically instructed to take them daily. Generally, it is best to take a periodic break from herbs.

VITAMIN D3

New research has found a safe and natural way to increase the odds of beating cancer—by increasing our intake of vitamin D.

Vitamin D3 is the most important type to obtain in supplements: a minimum of 800 IU for

adults, 400 IU for children. But 1,500 IU per day is far superior, especially for older people. Many, both healthy and sick, take 2,000 IU of Vitamin D3 each day and are greatly helped by doing so.

The study, which took place at the Shanghai Institutes for Biological Sciences of the Chinese Academy of Sciences, determined that greater levels of vitamin D are associated with higher survival rates from various forms of cancer (*Firger, Jessica. "Vitamin D may increase cancer survival rates." CBS News. April 29, 2014*). These findings were established by evaluating 25 different studies that assessed how vitamin D levels might influence cancer survival rates. The subjects of the various studies included were more than 17,000 individuals with a diagnosis of some type of cancer.

By analyzing all of the data, the scientists discovered that those patients who had a vitamin D level in their blood that was elevated by 10 nmol/L had a four percent higher survival rate than that of their peers with a lower vitamin D level. The patients who appear to benefit most from higher vitamin D levels are those suffering from breast cancer, lymphoma, and colorectal cancer. In addition, the results point to vitamin D also providing recovery assistance to those diagnosed with leukemia, lung cancer, prostate, cancer, gastric cancer, melanoma, and Merkel cell carcinoma.

QUALITY JUICING MACHINES

If you want a quality fruit and vegetable juicer, here are two of the best. Both do a good job of juicing, while retaining as much of the quality as possible. The Norwalk 280 is the best.

Norwalk Juicer 280

This is the only two-part juicer. The Model 280 is actually a combination of two machines sharing the same body and powered by the same motor. A Vortex Triturating Head for complete cutting and grinding and a Hydraulic Press which extracts the nutrients from the pulp provided by the Triturator.

The Model 280 utilizes the Vortex Triturator, a helical cutter-grinder mechanism with greatly improved ability to cut the fibers of raw foods to enable the maximum extraction of nutrients.

Hydraulic Press

The Hydraulic Press extracts the nutrients from the pulp provided by the Vortex Triturator. The tremendous pressure exerted by the Norwalk Hydraulic Press gently and completely extracts the natural fruit sugars, vitamins, trace minerals, enzymes, and other vital elements. This imparts to the juice an extremely fine quality and flavor which is unequaled

by any other method of juice extraction.

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THE ANTI-CANCER DIET

That which is usually called a "cancer diet" is really a "anti-cancer diet." If you eat the foods listed in this chapter, and do not eat the "avoid" foods listed below—you will greatly increase your chances of never contracting cancer.

This diet is what you should eat when you are not on a protocol, or resting for a time before going back on one.

It is highly recommended that **after you have finished your cancer treatment, and appear to be in remission,—that in addition to a regular anti-cancer diet (covered in detail below), you should go on the Inexpensive Stage IV Protocols for at least six months.** This will help eliminate extra cancer cells that are still extant.

BAD FOODS

FOODS ESPECIALLY TO AVOID

If you want to live a long time—and especially if you have cancer—do not eat these foods!

Foods that feed and strengthen the cancer cells and/or the microbes in the cancer cells and body. Examples would be: **refined sugar, refined flour, soda pop, dairy products**, etc.

Foods that cause cancer include **trans-fatty acids, such as margarine, french fries and virtually every other processed food**). Equally bad

are **aspartame (Diet Coke, NutraSweet, Equal, etc.)**, **MSG**, **polyunsaturated oils (corn oil)**, etc.

Foods that weaken the immune system, and distract it from focusing on killing the cancer cells include **fat, beef, turkey, chicken, fish, and other meat products**. In addition, there are chemically based supplements, pesticides, herbicides, fungicides, hormones in **meats, poultry, fish, and dairy products**. When we really need the immune system to support us (as when a disease or infection develops or an injury occurs), it then lacks the strength to defend us properly.

Foods that directly interfere with alternative treatments for cancer (**alcohol, coffee, tea, cola drinks, anything with caffeine**).

Avoid all chlorine, fluoride and other toxic chemicals in your diet. This includes avoiding foods made with tap water. Chlorine destroys many phytonutrients and other nutrients, thus the damage done to the food during processing, if chlorine is used, is permanent and cannot be reversed. This means, for example, not drinking **soda pop** or any other **drinks that have been made by mixing tap water with something else**. You should not buy **bottled grape juice** because during processing, the chlorine in the tap water destroyed many phytonutrients. The damage cannot be reversed.

You must eat absolutely **no processed sugar** (soda pop, diet soda pop, etc.). Processed sugar is deeply craved by the microbes inside the cancer cells. Cancer cells have many more glucose receptors than healthy cells so they take in more sugar than healthy cells! **Sugar makes the cancer microbes more active. It helps them grow faster. It helps them spread more quickly.**

No processed flour. Eat as few foods as possible which have processed flour in them.

Eat **no processed foods, junk foods, fast foods, soft drinks, meat, fish, milk, cheese, eggs**. (Exception, in the case of low weight or continuing weight loss, eat eggs which have been boiled 15-minute to kill the viruses, bacteria, and salmonella.)

No tobacco, alcohol, caffeine, or narcotics, and only the most necessary medical drugs.

Avoid **any other food or drink forbidden** on an anti-cancer diet.

Do not microwave any foods during an anti-cancer diet.

FUNGUS FOODS TO TOTALLY AVOID

I found this article somewhere, and it is, to say the least, somewhat unusual! If you follow all the instruction here, you will only eat food that is totally fresh and raw, or freshly cooked. —Yet it does

include important facts about fungus in foods. Here is the article:

Very few of us know that **pleomorphic bacteria, yeast, fungus, mold, and their toxins**, which are characteristically present in stored and fermented food, are using our food chain as a Trojan Horse to enter the body and bring us serious trouble.

Such bacteria have been documented to cause specific diseases and very specific organ lesions in both animals and in humans and should never be ingested and if eaten, only in small amounts AND never cold. Most of the foods, listed below, if cooked thoroughly will kill most of the fungus. However, refrigerating them or using them cold, you are literally putting fungus into your body.

Here is a list of foods high in such bacteria:

1 - **Pig meat** including sausage, bacon, salami, and ham are full of colonized fungal and contain the fungi *Aspergillus ochraceus* which produces the mycotoxin Ochratoxin A which is associated with many different documented cancers.

Cooking these meats thoroughly kills most of the fungus, however, cold cuts will begin to grow the fungus again and after a few days the cold meats contain the fungus again.

2 - **Tobacco** contains yeasts and sugars which ferment the tobacco into the form which reaches the human blood and tissues causing disbiosis of the blood and tissues leading to every degenerative disease known including cancer, diabetes, arthritis, etc.

Tobacco is bad regardless of how it is used, except when using tobacco leaves as the American Indian medicine men used it. They used it as a poultice to draw poisons out of the body, eliminate some skin infections and prevent infection from developing in cuts.

3 - **Mushrooms** are not a vegetable but rather the fruiting body of a fungus whose major form of existence, the root-like mycelium, is hidden in the soil. This fruiting body is the means to disperse the seed-like spores of the fungus throughout the blood and tissues. For example edible mushrooms induce bladder cancer.

You should never eat raw mushrooms because of this fungus. Cooking mushrooms for a period of time until they at least change color kills most of the fungus. However, in foods that are leftovers and refrigerated, the fungus will multiple again.

4 - **Corn** and all associated products contain over 25 different strains of fungus, all disease causing. Several are cancer causing.

Corn that is cooked thoroughly kills most of the fungus. However, cold corn that is put into salads

will multiply as the fungus grows rapidly.

5 - **Peanuts** and **Cashews** contain over 27 different strains of fungus—high levels of cancer-causing fungus.

Peanuts baked in baked goods - kills most of the fungus. Never eat peanuts raw. Peanut butter has been tested and different fungus strains have been found in peanut butter.

6 - **Barley** contains the fungi *Aspergillus ochraceus* which produces the mycotoxin *Ochratoxin A*. This mycotoxin is associated with many different documented cancers.

Barley that has been cooked in soups is fine. Cooking kills most of the fungus. Cold barley for salads is deadly. Refrigerating will cause the fungus to multiply even in soups.

7 - Animal meat and poultry including **beef, lamb, chicken, and turkey** contain the fungi *Aspergillus ochraceus* which produces the mycotoxin *Ochratoxin A*. It is associated with a variety of documented cancers.

Do not eat any meat, and you will be well on the way to avoiding colon cancer!

8 - **Alcohol** including **wine** and especially **beer** contain the fungus *Aspergillus ochraceus* which produces the mycotoxin *Ochratoxin A*.

Never drink alcohol in any form! It depresses the immune system, causing colds and illness, and eventually leading to cancer.

9 - **Dairy products** including **milk, cheese, yogurt, cottage cheese, ice-cream, butter**, etc. are fully colonized with fungi and contain the fungus *Aspergillus ochraceus* which produces the mycotoxin *Ochratoxin A*. These foods are also high in sugar which promotes the production of pleomorphic bacteria, yeast, and fungus.

The least of these in fungus is 1% or 2% milk. Heating cheese to be used in macaroni kills most of the fungus. Cold **cheese** is loaded with the fungus, especially if it has been sitting for sometime. **Cottage Cheese** is loaded with the fungus. The immune system of the body can handle small amounts of 1% or 2% milk and heated cheese daily.

Yogurt as long as it is made from “live” cultures is fine to eat. As a matter of fact, it is “good” bacteria that actually kills the “bad” bacteria such as yeast in the body. However, eating too much can also have negative effects. Up to 6 ounces a day is fine.

10 - **Eggs** are fully colonized with fungus and contaminated with mycotoxins.

Boiling them for 15-20 minutes kills the fungus, viruses, and salmonella. Boiling eggs for salads is fine if used at one meal, however, refrigerated eggs or as

in egg salad, the fungus begins to multiply again.

11 - **Stored grains and cereals** are fully colonized with fungus and contaminated with mycotoxins.

As long as the grains are cooked it kills most of the fungus. Grains for spaghetti or pasta are fine. **Oatmeal** that is cooked for cereals is fine. Oatmeal baked for cookies is fine as long as eaten within a few days. Cold grain cereals are not that good to eat because of the fungus and mycotoxins. You should never eat cold pasta salads.

12 - **Stored potatoes** are fully colonized with fungus and contaminated with mycotoxins.

Cooking **potatoes** kills most of the fungus/mycotoxins, however refrigerating will breed the fungus. Cold Potato salad that has been refrigerated is not healthy! Please note, storing does not mean purchasing them and storing them for use in a cool/dark place. Do not store them in a refrigerator. It may help them to last longer, however, the fungus will breed in colder temperatures to survive. However, the longer they are even stored in a cool/dark place like a kitchen cupboard, the more fungus will breed. When potatoes have been refrigerated after cooking that the fungus will begin to grow again. A baked potato is actually very healthy to eat, low in fat and the glycemic index. White potatoes have received a bad rap since most diets say stay away from “white foods.” But if you pile up the butter and sour cream on a baked potatoe you are defeating the purpose.

Sweet potatoes and **yams** are even better, but again, cook them, boiled or baked, but do not eat them raw or store them after cooking for this will begin the fungus breeding process.

13 - Sugar including **honey, maple syrup, corn syrup, high fructose corn syrup, sucrose, rice syrup, barley malt**, etc. promote the growth of pleomorphic bacteria, yeast, fungus, and mold and suppress the immune system response up to five hours.

Unless you use these in cooking or baking something which kills most of the fungus, it is not wise to use these as sweeteners in drinks or drink products containing them. You should avoid all fruit juices containing **corn syrup** as the sweetener.

14 - **Vinegar** or **apple cider vinegar** acidifies the blood and tissues which promotes the production of bacteria, yeast, fungus, and mold.

15 - **Yeast** in any form including **Brewers Yeast**, should not be eaten.

Using the amounts of **Baker's Yeast** needed in baking a loaf of bread is fine. The immune system can deal with small amounts. It is when you consume a number of foods daily that has yeast in it

that can cause yeast infections and *Candidiasis Albicans*.

16 - **Caffeine** in any form acidifies the blood and tissues which promotes the production of pleomorphic bacteria, fungus, and mold. Coffee drinking exposes you to large amounts of the fungus.

17 - **Apple Juice** is contaminated with the carcinogenic mycotoxin *patulin* which is derived from fungus and is associated with stomach cancer.

Even though juices are pasteurized, heated to kill bacteria and most fungus, apple juice has the highest capability of breeding more of the fungus as it sits on the shelf.

Excellent juices that contain the least amount of fungus after sitting include **cranberry**, (very good for keeping urinary tract and kidneys infections down), **papaya**, **white or red grape**, and **pine-apple**. **Orange juice** is fine if freshly squeezed or from a carton that has not been made from concentrate and is drunk within 1-2 days. Avoid juices made from concentrate.

Fresh fruits for dessert are fine as long as the fruits are fairly fresh. The longer fruits sit around, the more fungus will grow on them. Fruits bought at the grocery store should be eaten within 3-4 days after purchase.

18 - **Dried fish** contains the *Aspergillus* fungus and the extracts from the dried fish contains large amounts of *aflatoxin*.

Cooking kills most of the fungus. Eating raw fish such as in **sushi** is dangerous. There have been deaths caused from eating raw fish such as in sushi. Never eat cold or refrigerated fish. **Anchovies** are loaded with the fungus as well as most **canned fish** meats. **Tuna** is fine because it has low fungus which the body can deal with in small amounts. Eating tuna packed in water is the best, however limit the amount to less than 4 ounces a day. Tuna and other types of fishes are known to carry mercury, PCB's and other contaminants. Never eat **farm raised fish** like farm raised salmon or trout. Farm raised fish are loaded with bacteria due to the small areas they are raised in and are often fed hormones to make them grow faster.

19 - Devitalized **table salt** (processed white store-bought salt) changes the negative charge on the blood cells causing them to stack or combine into *symplasts* which can lead to oxygen deprivation, congestion, poor circulation, stroke, and/or heart attack.

Using **natural sea salt** that has had iodine added is the best. Actually sea salt does wonders for the body and is needed by the body. Recent studies show that natural sea salt does not raise blood

pressure, as was once thought.

20 - **Hydrogenated or partially hydrogenated oils** as in **margarine, shortenings and vegetable oils** are altered fat substances which are known to be detrimental to health because they interfere with normal biochemical processes. These oils have been shown to increase cholesterol, decrease beneficial high-density *lipoprotein* (HDL) interfere with our liver's detoxification system, and interfere with essential fatty acid function.

Dr. Willett at *Harvard* has shown they cause a 53% increase in coronary heart disease, In September, 1998, The *American Heart Association* issued a health warning to avoid foods containing these oils. Diabetes type II, cell inflammation and autoimmune problems have been linked to these oils.

—End of the special article of fungus.

MEAT, FISH, FOWL, EGGS, DAIRY

All **beef, pork, fish, turkey, chicken** should be avoided during a cancer treatment. *It is best to never eat any of them again!* There are many reasons for these restrictions.

Avoid all **dairy products, including butter, all cheeses and all malts**, except *cottage cheese or skim milk when used in the Budwig Diet*.

One exception is that **pregnant and nursing women should eat two boiled eggs per day** because the choline is necessary for the baby's brain development and the baby takes precedence since two eggs a day is not life-threatening to a cancer patient. (Research has found that egg yolk contains both cholesterol and lecithin, and therefore does not increase the cholesterol content in the body. But they should be hard-boiled for 15-20 minutes to kill the bacteria, including salmonella.)

The other is if a person is fighting weight loss, it would be well for him to eat two boiled eggs a day. if that is the ONLY thing the cancer patient will eat, (because he does not want to eat beans or other legumes; omitting peanuts).

If a person must have milk, the only acceptable variety is **unprocessed goat's milk**, "from organically grown and grazing goats."

The Rule of Thumb is this: "if it contains something that came from an animal, it is forbidden!"

THE PROBLEM OF YEAST BREAD

It is best to **avoid processed bread and other bakery products, as well as both baker's and brewer's yeast**. Japanese research has now linked breast cancer with "the ingestion of goods baked with yeast." The problem is *mycotoxins*, which are waste products of yeast. There are many health

problems that can be directly attributed to yeast, including arteriosclerosis, obesity, and AIDS. (But if the bread is thoroughly baked, the yeast is killed.)

ARTIFICIAL SWEETENERS AND FAT SUBSTITUTES

Never use man-made sweeteners (e.g. *aspartame* in *NutraSweet*, *Equal*) and fat substitutes should also be avoided. These items are most often associated with brain cancer, but everyone should avoid them. This is one of many reasons all the soft drinks and soda pops are out of the question. They are also acidic.

There is only one acceptable sweetener in an anti-cancer diet: **Stevia**, which is not a refined sugar, nor an artificial sweetener—but an herb.

REFINED SUGAR AND ACID FOODS

Eat no refined sugar. These things not only feed the fungus and yeast in your body, they also feed the cancer cells.

Refined sugar and other simple sugars interfere with your immune system. They keep Vitamin C and oxygen from getting into the cancer cells. Sugar also depletes the broad range of key minerals and other nutrients because of its acidity. It is not the acidity that directly destroys the minerals; instead the acidity causes the body to use the minerals to regulate the pH level in the body. The same is true of all acidic foods.

The chain reaction caused in the body by acidic foods (due to the body's attempts to keep the blood at a level pH) is a major contributing factor to almost all chronic diseases, including cancer. It would take an entire book to describe how the body keeps its pH normal, and the ramifications of these processes.

JUNK FOOD LIVING

You can forget about eating at a **restaurant**, big or small, formal or informal, unless it has a menu specifically for organic, raw foods.

Condiments are absolutely forbidden. One of the most acidic foods on earth is **black pepper** (black pepper is a major cause of acid reflux disease). Avoid **soy sauce, pickled vegetables, relish, green olives, sauerkraut, and cucumber pickles**.

Basically, **any "refined" or processed food that contains sugar, refined salt, aspartame, MSG, trans-fatty acids, coloring, other additives, refined flour**, etc. etc. should be avoided. Even the cooking of food kills critical enzymes needed for digestion.

There is a trend in the food industry of making

"no trans fats" foods. This does not mean these are healthy foods. They are processed.

While it is true that cooking does release some vitamins, by a very wide margin, overall it is better to eat food raw, if it can be safely eaten raw.

Then there is tobacco. Smoking puts more than 100 carcinogens in your body. Tobacco is also very high in sugar, fungi and yeasts. Part of this is due to the way tobacco leaves are processed.

Drinking alcohol, which is a "primary mycotoxin", interferes with ALL treatment plans. Alcohol has been shown to greatly increase the incidence of childhood leukemia.

And then there is caffeine (except when it is used as an enema), because caffeine that is swallowed restricts the blood vessels. This means that less oxygen gets to the cancer cells. It is also acid-forming and mucoid-forming. Caffeine is also in chocolate.

AVOID PROCESSED APPLE AND ORANGE JUICE

Avoid processed apple juice for reasons beyond the scope of this article. Avoid oranges, tangerines, and dried fruits, for a variety of reasons.

GOOD FOODS

ALL GLUCOSE FOODS EATEN MUST BE CANCER KILLING

Another issue is glucose. Carrots have a high level of glucose. This glucose is readily taken in by cancer cells. When the glucose is taken in so are the nutrients in the carrots, etc. that kill cancer cells. Cancer cells steal from normal cells not only glucose, but nutrients as well.

When a person combines other foods high in glucose with the vegetable juice or fruit juice, then the cancer cells are getting glucose from multiple sources and they may be getting a lot of nutrients from these other foods. These other nutrients may not kill cancer cells as well as carrot juice and some of the other vegetable juices.

In other words, **do not consume vegetables or fruits, which contain high levels of glucose, unless they are cancer-killing vegetables or fruits**.

Mixing these juices with foods that contain high levels of glucose dilutes the amount of cancer-killing nutrients that get into the cancer cells, making the treatment less effective!

The Raw Food diet is rated as a "strong Stage III" treatment, as long as the other foods do not contain too much glucose. It can be combined with virtually any other treatment, and likewise, no other

treatment that I know of interferes with the Raw Food diet. The exceptions are when the other treatments require or allow foods with too much glucose.

FOODS TO FOCUS ON

The “anti-cancer diet” is what is eaten when you are not on a protocol, or resting for a time before going back on one.

You will not accomplish much if you try to kill the cancer cells (or the microbes inside the cancer cells),—while at the same time you are feeding the microbes the things they love to eat!!

The Anti-cancer Diet must aid the cancer treatment, not sabotage it!

Here are several very important general rules:

A cancer patient **can eat any whole, natural food he want to, which agree with him; such as fruits, vegetables, and nuts**. But **do not eat very much at a time, and only three meals a day** at the most.

Eat foods high in oxalic acid. As much of the “anti-cancer diet” as possible should consist of such foods. Most fruits and vegetables are rich in them. Whatever anti-cancer diet you choose, 50% or more of the foods you eat should be high in oxalic acid. Oxalic acid is deadly to cancer cells.

Carrot juice and purple grape juice are especially good, as these foods contain multiple molecules which can kill cancer cells.

Rule 8 - All vegetables should be organic, if possible. **Green vegetables, including grasses (generally juiced) and sprouts**, must be the foundation of a good anti-cancer diet. The fiber, enzymes, chlorophyll, minerals, and many nutrients are necessary for your anti-cancer diet. Even if you could figure out an anti-cancer diet without eating green vegetables (including the grasses), you should not do it.

Some whole vegetables should be eaten in order to get the fiber. **Fiber is crucial** to a cancer treatment. **Juicing vegetables and grasses** will help get more nutrients into the body.

Even **sprouts** purchased in health food stores have been shown to have very dangerous bacteria in them. Wash them very well, but it is even better to make them yourself.

The ideal is to have **organic, fresh salads/vegetables/juiced grasses/sprouts for breakfast, lunch and dinner**. Many of the other foods that are allowed on this diet should be mixed in with the salad, except for the vegetable juices.

Basically, the patient should live on **whole fruits, vegetables, nuts and grains**.

THE BEST NUTS TO USE

In general, only **whole almonds, whole macadamia nuts and whole walnuts** are allowed on an anti-cancer diet. **Almonds** and **macadamia nuts** both have larger amounts of laetrile, and both are acceptable. **Walnuts** have the very critical omega 3.

Eat all other nuts very sparingly.

Do not eat peanuts (which are not really nuts; they are legumes) **or cashews**, since both have too much fungus.

With the exception of walnuts being used in a Budwig Diet treatment, even the acceptable nuts should be used sparingly.

Only moderate amounts of **legumes** (not including peanuts) are allowed in an anti-cancer diet, and only to stabilize the weight of the patient or to provide protein.

GRASS JUICES ARE THE BEST

The very best juices you can take are **wheat-grass juice, barley grass juice** and a few other **grasses**. Only a small number of vegetables can even come close to these superfoods. However, most people are not going to sprout grass, but if you want to make them yourself, *go to “wheatgrass kits” on the internet*.

Many vendors can provide you with quality **parsley powder, kale powder, barley powder** or powder made from a wide variety of **vegetables, herbs, and grasses**. Hopefully you will pick the high quality products. Such foods are absolutely required for a cancer treatment, mostly due to chlorophyll, but for other reasons as well.

The grasses and leaves are extremely rich in nourishment, and are good additions to an anti-cancer diet.

SOY PRODUCTS - ONLY IF SPROUTED

All soy products should be avoided except fresh soy sprouts. Soy sprouts have many anti-cancer nutrients and are acceptable as part of your salads, if you can make your own soy sprouts.

PROS AND CONS FOR HONEY

If sugar is bad for people with cancer, how about honey, another simple sugar? There are both advantages and disadvantages to it. On one hand, honey contains simple sugars, the fructose (38 percent) and glucose (31 percent) feed cancer cells. On the other, honey contains powerful phenolic antioxidants. However, like grape juice, it should be avoided unless used in a very controlled “fast”. If such a “fast” is used, the darker the honey the bet-

ter (because of the higher concentration of antioxidants).

If a cancer patient absolutely has to have some sweetness during his transition to an anti-cancer diet, and Stevia is not available, then honey, in small amounts, is acceptable.

LEMONS AND LEMON JUICE

Lemons are actually a required part of any cancer treatment because of their beneficial effect on the liver and because they get oxygen into the body. Lemon juice and lime juice should be taken primarily just before bedtime.

One exception to this general rule is special fruit "fasts," such as the Johanna Brandt Grape Diet. When the body gets nothing but a potent fruit mush, it is a powerful cancer remover.

FRUITS WHILE ON A PROTOCOL

The only fruits that are allowed on this diet, without restrictions, while one is on a protocol, are the following: unsweetened lime, unsweetened lemon, and avocados.

An exception would be those on a cesium chloride protocol. They are allowed to eat fruits rich in potassium in order to meet their potassium quota.

ONLY CERTAIN MUSHROOMS

Mushrooms have fungus, so it is generally best to avoid them. But some kill cancer cells. The good news about mushrooms is that they do contain *polysaccharides*, which are essential to the immune system. Mushroom supplements such as *beta glucan* are certainly acceptable to an anti-cancer diet.

Beta Glucans are polysaccharides composed solely of glucose. The Beta Glucan product works by activating the immune cells known as Macrophages. These Macrophages trap and consume foreign substances that do not belong in the body.

They "trigger" a whole cascade of immune functionality, allowing your body to produce the most complete, effective, and appropriate immune system response achievable.

Polysaccharides from mushrooms do not attack cancer cells directly, but produce their antitumor effects by activating different immune responses in the host. The anti-tumor action of polysaccharides requires an intact T-cell component; their activity is mediated through a thymus-dependent immune mechanism.

Yeast and medicinal mushroom derived Beta-glucans are notable for their ability to modulate the immune system. One study has shown that in-

soluble (1,3/1,6) Beta-glucan, has greater biological activity than that of its soluble (1,3/1,4) Beta-glucan counterparts

One of the most common sources of Beta-glucan for supplement use is derived from the cell wall of yeast. However, Beta-glucans are also extracted from the bran of some grains, such as oats and barley, and to a much lesser degree in rye and wheat. The Beta-glucans from yeast are often insoluble. Those extracted from grains tend to be both soluble and insoluble. Other sources include some types of seaweed, and various species of mushrooms, such as **reishi, shiitake, Chaga and maitake.**

Beta-Glucans are known as "biological response modifiers" because of their ability to activate the immune system.

The tumoricidal (cancer killing) properties of Beta-glucans have been studied in several *in vitro* and *in vivo* animal models. In a mouse model study, Beta-glucan in conjunction with interferon gamma inhibited tumors and liver metastasis. In some studies, Beta-glucans enhanced the effects of chemotherapy.

SEAWEED

Seaweed is also high in polysaccharides, but the FDA crushed one of the superb seaweed products from Tonga because they claimed there was no "scientific evidence" for seaweed. Apparently, those in the FDA have not heard about the Nobel Prize. Actually, the FDA has not only tried to crush polysaccharides, but also the more potent *Acemannan* glyconutrient sugars, which are required by the immune system to be able to communicate.

Here is a highly recommended seaweed product, *Modifilan* (brown seaweed has at least 3 nutrients that kill cancer cells; *furanone, fucoiden, and algenic acid*): Go to:

naturallybetter.net/modifilan_main.htm

ALOE VERA

Aloe vera supplements can also be high in *polysaccharides* and the *glyconutrients*, but the glyconutrients are very difficult to process out of the aloe vera.

CHLORELLA AND SPIRULINA

Chlorella and spirulina contain: *polysaccharides* (required for immune system communications), vitamin B12, GLA, Chlorophyll Growth Factor (CGF) and a host of other powerful anti-cancer nutrients. A vegan diet simply cannot provide all of these things. Chlorella is the better of the two, since spirulina (grown in salt water) has more salt in it.

If you do choose to avoid these items, then make sure you eat plenty of fresh organic broccoli.

NO REFINED SALT - USE SEA SALT

Refined salt may be a major cause of cancer. **Refined salt, the wrong fats, margarine and butter are the main causes of red blood cells sticking together** (called *rouleau*), causing them to absorb less oxygen and making hemoglobin a free meal for yeast and fungus. The clumped together red blood cells do not get as much oxygen into the cells of the body. Also, the clumped together red blood cells cannot pass through the smaller arteries/capillaries, meaning much less (if any) oxygen gets to cells in these areas of the body, and some of these cells may be turned to anaerobic (i.e. cancerous). As if that weren't bad enough, once the cells are cancerous, the oxygen still can't get to the cancer cells to slow down their spreading or kill them.

Table salt today is primarily kiln-dried sodium chloride with anti-caking agents added. **Trace minerals, as well as calcium, magnesium and potassium salts are removed** in processing. Kiln-drying involves scorching salt at high heat to remove moisture. This refining process creates a product that is unnatural and hard on the body. It is the true culprit that contributes to high blood pressure, heart trouble, kidney disease and eczema, among other problems.

Natural sea salt has a very similar mineral content as human blood. It is truly a health food as long as you don't eat too much of it. Here is a quote:

Salts obtained from solar evaporation of sea water are entirely different from modern refined salt. The plural "salts" is deliberately used here, because sea water salts are actually a complex blend of trace minerals, as well as calcium and magnesium salts. This complex blend is essential to life.

Organic mineral cell salts found in vegetables, seaweed, etc. are also extremely important in the diet.

NO TRANS-FATTY ACIDS

Other foods you should absolutely avoid are **trans-fats**, meaning **trans-fatty acids** or **partially hydrogenated oils**. Trans-fatty acids may be one of the major causes of cancer. They become part of the cell's wall (replacing cholesterol) and make the cell wall rigid or sticky and can make the cell anaerobic (i.e. the first step to becoming cancerous) because large oxygen clusters cannot get into the cells.

Like refined salt, these fats also destroy the elec-

trical charge of red blood cells, causing them to "stick" together. When this happens, among other things, the red blood cells do not get to many cancer cells, meaning the cancer cells get far less oxygen (if any), meaning they thrive because they are anaerobic.

USE POLYUNSATURATED OILS

Because polyunsaturates are highly subject to rancidity, they increase the body's need for vitamin E and other antioxidants. Canola oil, in particular, can create severe vitamin E deficiency. Excess consumption of vegetable oils is especially damaging to the reproductive organs and the lungs--both of which are sites for huge increases in cancer in the US.

In test animals, diets high in polyunsaturates from vegetable oils inhibit the ability to learn, especially under conditions of stress; are toxic to the liver; compromise the integrity of the immune system; depress the mental and physical growth of infants; increase levels of uric acid in the blood; cause abnormal fatty acid profiles in the adipose tissues: have been linked to mental decline and chromosomal damage and accelerate aging. Excess consumption of polyunsaturates is associated with increasing rates of cancer, heart disease and weight gain.

Excess use of commercial vegetable oils interferes with the production of prostaglandins—localized tissue hormones—leading to an array of complaints such as autoimmune diseases, sterility and PMS. Polyunsaturated oils hardened to make margarine and shortening by a process called hydrogenation—deliver a double whammy of increased cancer, reproductive problems, learning disabilities and growth problems in children.

FLAXSEED OIL

The best oil is **flaxseed oil**—the richest source of Omega-3. Keep it in the freezer. Pour a little into a small jar, which is kept in the refrigerator. Take 2 tablespoons for breakfast and again for lunch. Barleans is best.

Also grind up **flaxseed**, keep in the refrigerator, and take 1 tablespoonful at breakfast and lunch.

WATER AND EXERCISE

Every cancer patient should drink as much natural water (i.e. natural spring water or natural artesian water, processed with ozone) as he can, up to a gallon a day. The many benefits of water are beyond the scope of this article, but rest assured it is important.

Also, a cancer patient should get as much exercise as reasonable. Exercise pumps the lymph system and helps get toxins out of the body. Even if a person can do no more than lift 3 pound weights for 10 minutes while sitting in a chair, it will help.

It is also good to sweat in order to release toxins.

EXERCISE TO HELP THE LYMPH SYSTEM

Another thing that will ease the burden on the liver is the lymph system. The lymph system also helps remove toxins from the blood, but the lymph system does not have a “pump,” such as the circulatory system has (the “pump” of the circulatory system is the heart). **The lymph system is only pumped by exercise.**

Like the cardiovascular system, the lymphatic system is made up of channels or vessels, valves and filters (nodes). Unlike the bloodstream system, however, there is no pump like the heart. Instead, the lymphatic fluid is forced through the system by the action of the muscles and breathing.

The lymphatic system is critical to the immune system, to the treatment of cancer and to taking a burden off of the liver. Many cancer patients, for a variety of reasons, are in no condition to go for long walks, jog, or do other types of exercise. However, the good news is that **the arm muscles are just as good, and perhaps better, at pumping the lymphatic system as are the legs.** Thus, lifting hand weights can accomplish much in helping the lymphatic system.

RAW FOOD DIET RECIPES

Here is a website with raw food diet recipes: myrawfooddietrecipes.com/

HELPS FOR THE LIVER

According to Dr. Max Gerson, and other researchers, even before the symptoms of cancer appear, the liver is damaged. As the cancer progresses, the damage to the liver also progresses.

The liver is the major organ in the body dealing with toxins. A person on an alternative cancer treatment releases a lot of toxins into the blood stream which end up in the liver. Because of this, the liver must be “detoxified” or “cleansed.”

There are some alternative treatments that contain liver detoxification elements in the treatment itself. The **grape protocol, Essiac Tea, barley greens,** and others, cleanse the liver along with the treatment.

There are also a slew of **herbs** which “stimulate” or “detoxify” the liver. One of the best is the

herb **Milk Thistle.**

Coffee enemas are an outstanding help in cleansing the liver! It is part of **the Gerson diet, the Kelley metabolic plan, the Hulda Clark treatment,** and others. **Coffee enemas open the bile duct of the liver so that it quickly sends material into the colon for elimination.** Occasionally, lemon enemas are also used.

Whatever protocol you use, the care of cleaning the liver is critical. If the toxins in the liver build up and are not removed, it can cause the death of the liver, which means death to the patient.

There are also a number of herbs that help the liver with its detoxification tasks. These include dandelion root, yellow dock, burdock, chickweed and barberry—which are more effective when taken in combination than singly.

Also eat less, drink more water, reduce the intake of toxins, exercise more, and eat more fiber.

COLON CLEANSING

However, prior to cleansing the liver of toxins, the colon must be cleansed so that the toxins can be dumped into the colon! This means that at the beginning of any alternative cancer treatment, there must be a colon cleanse.

It is important to make sure that the colon is in good shape before stimulating the healing of the liver. If toxins cannot be excreted, the liver may store them, causing harm.

NATURAL JUICE SOURCES

There are many different natural treatments for cancer where their effectiveness is completely a function of the quality of the product. For example, there are many Noni Juice manufacturers. Some of their products are terrific and others are total junk. There are many Essiac Tea vendors, some of their products are excellent, some are total junk. There are many vitamin manufacturers, and some of their products are good and some are total junk. Graviola is the same way, much of it is junk, but the tree has great nutrients. Pau d’ Arco is very difficult to process correctly and I am not sure any vendor does it right. No matter what you buy, you must be aware that the formula might be excellent, but the quality of the product may be poor.

I recommend using multiple treatments at the same time. One or two of the products may be inferior quality, but other products may make up for the slack. Yet doing this is another reason it is difficult to evaluate natural products. You do not know which of the products are working and which are not. The selling companies, or shipping companies,

may allow the product to be exposed to high temperatures which might destroy much of the value of the product.

Only when you make the product yourself, and buy the ingredients locally, can you be certain of its quality. That is why **it is always advisable that at least one or two key treatments in your protocol are purchased locally** at a grocery store or health food store, and put together at your home.

SEVERE CHANGE IN DIET CAN CAUSE DISTRESSING SYMPTOMS

When you go on a natural treatment for cancer, such as the grape diet, hydrogen peroxide, raw food diet (i.e. carrot-based vegetable juice), etc. you can expect some strong reactions from the body.

“The grape is, as far as I know, the most powerful nature solvent of some chemical deposits, and at the same time the most drastic eliminator. Because of its extraordinary properties, the avenues of excretion become superbly active under a proper grape diet.”—*Johanna Brandt, The Grape Cure, p. 102.*

Other foods and treatments can also yield these results. Here are a sample of things you may run into:

“[After starting an alternative treatment program] I had chemotherapy coming out the pores of my skin, even though it had been months since I had any. I had to take showers several times a day to wash this stuff off because it would burn my skin as it came out. It smelled putrid. It was just awful, the toxic stuff that was coming out of me.”

“Something else I noticed was that any time she had a bowel movement (which became quite frequent after the start of the diet) it was so foul smelling, almost like she was excreting rotten flesh!”

“He is doing well at taking everything as he is supposed to. My sister said that she noticed a foul odor ‘like it was coming out his pores’ last Sunday. She said it smelled horrible and was nauseating and unbearable.”

And if you are on a colon flush, it gets worse:

“He reported lumps of foul smelling substances that looked like ‘rotten hamburger’ flushing out of his colon, his urine was strong and dark, and he had occasional headaches.”

These symptoms, plus diarrhea, constipation, etc. can all result from a massive change in diet or the treatment itself. They are common, they are normal and usually they are an indication the treatment is working!

HERBS AND PLANTS FROM AROUND THE WORLD

BASIC PRINCIPLES

First, it is generally best to combine herbs in a sequence which provides several different functions working closely together at the same time. The chapter in this book on Essiac helps explain this pattern. While some herbs directly attack the cancer cell, other herbs work to cleanse the system, help evacuate the cancerous residue, and rebuild the body’s immune system.

Second, while we in America are used to working with certain indigenous herbs,—there are other which have been used for centuries in foreign lands. The best of all of these have been brought together in this chapter.

Many of the chemotherapies used to fight cancer in modern medicine were developed from natural substances.

For instance, scientists are increasingly focusing on plants used in traditional medicine in their search for new compounds. About three-quarters of the pharmaceutical compounds used today came from plants used in traditional medicine.

Professor Dr. Thomas Efferth from Deutsches Krebsforschungszentrum in Heidelberg, for example, has begun analyzing 76 Chinese medicinal plants that are believed to treat malignant tumors and other growths. Extracts from 18 of the plants were found to significantly suppress the growth of cancer cells.

“With this success rate of about 24 percent, we are way above the results that could be expected from searching through large chemical substance libraries,” Efferth said.

But, unfortunately, the objective of the pharmaceutical houses is to extract chemicals and combine them in wierd patterns—in order to produce something they can patent and sell.

Most pharmaceuticals that are derived from plants are typically from one “active” component of the plant that is then isolated and synthetically replicated. In contrast, **most traditional medicine remedies use whole plants, or plant parts, in their natural state**, which is a far cry from the lab-produced cancer treatments used in modern medicine.

Chemotherapy is rarely the best option for cancer treatment, as it usually does not cure cancer or extend life, nor does it improve the quality of life.

Dr. Ralph Moss, who is the author of eight books on cancer treatment, has reviewed thousands of studies as part of the research for his books—and he has not found one single good study that shows chemo cures cancer or extends life.

What chemo does do, however, is expose your body to toxins that kill all cells that multiply and divide rapidly. This includes not only cancer cells, but also other rapidly multiplying and dividing cells, such as bone marrow, reproductive system cells and hair follicles.

Chemo drugs are powerful drugs that present an assault on your system—one that your body must then overcome along with the cancer. And the effects do not end right after the treatment. One UCLA study found that chemotherapy can actually change the blood flow and metabolism of your brain in ways that can linger for 10 years or more after treatment.

In many instances, a person can *virtually eliminate* his risk of cancer and chronic disease, and radically improve his chances of recovering from cancer if he currently has it, *by following these twelve relatively simple risk reduction strategies:*

1. Reduce or eliminate your processed food, and sugar intake.

2. Control your fasting insulin and leptin levels. This is the end result, and can be easily monitored with the use of simple and relatively inexpensive blood tests.

3. Normalize your ratio of omega-3 to omega-6 fats by taking a high-quality flaxseed oil (Barleans is the best) and reducing—or totally eliminating—your intake of most processed vegetable oils.

4. Get regular exercise. This is not part of food and nutrition, per se, but regular exercise is a very important factor in reducing cancer risks and should be undertaken to supplement and support any cancer prevention diets. One of the primary reasons exercise works is that it drives your insulin levels down. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks.

5. Normalize your vitamin D levels by getting plenty of sunlight exposure and consider careful supplementation when this is not possible. If you take oral vitamin D and have a cancer, it would be very prudent to monitor your vitamin D blood levels regularly. Vitamin D3 is the best.

6. Get regular, good sleep. This takes self-control, but you can do it.

7. Eat according to your physical needs. Some can eat more because they work harder out-

of-doors. Others are more sedentary.

8. Reduce your exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution.

9. Limit your exposure and provide protection for yourself from information-carrying radio waves produced by cell phone towers, base stations, phones and WiFi stations.

10. Avoid frying or charbroiling your food. Boil, poach or steam your foods instead.

11. Take time each day to talk to God and learn to trust and obey what He tells you in the Bible. Even the CDC states that 85 percent of disease is caused by emotions. It is likely that this factor may be more important than all the other physical ones listed here, so make sure this is addressed.

12. Try to eat at least one-third of your food raw. Many are able to eat 85% raw.

13. Increase fruits and vegetables. At least five servings a day of fruits and vegetables can boost your health tremendously. In a recent report from the World Cancer Research Fund, it was stated that eating an estimated 400 grams of fruits and vegetables per day can reduce cancer risks by 20%. Fruits and vegetables are also packed with vitamins and minerals that produce an overall healthier you. Organic and raw foods are best as part of a healthy, anti cancer diet.

14. Increase whole grains and fiber intake. Whole grain foods are rich in complex carbohydrates. Complex carbohydrates increase stamina and energy, which can give you an incentive to get up and get moving. Whole grains and fiber also aid in eliminating wastes from your intestines and colon. Keeping the digestive system healthy and the bowels functioning properly goes a long way in keeping your body disease-free, that includes cancer-free.

15. Daily dietary supplements. It is difficult, in this age of busyness and toxicity, to get the correct balance of vitamins, minerals and other nutrients from a regular diet, even if you are eating healthy. As such, you may want to consider taking a multivitamin to supplement your cancer prevention diet and insure that you are getting all the nutrients your immune system needs. A healthy immune system is able to stave off a myriad of health issues, cancer included. We recommend supplements which are made from pure, organic whole foods.

These suggestions are just a few of the things

you can do to help prevent cancer from disturbing your life. Keep in mind that other factors can also contribute to cancer. These include smoking, alcohol abuse, and even genetics. A few lifestyle changes may be able to produce a long, healthy, cancer-free life for you and your family.

QUALITIES DESIRED IN AN ANTI-CANCER HERBAL FORMULA

Medical researchers, unacquainted with the field, will appreciate knowing that, in designing an anti-cancer herbal compound, *the best herbal formula for cancer should have these qualities:*

The following herbal listing is, with few exceptions, drawn from a listing of the herbs included in the best cancer formulas. Carefully examining the information which follows will help you understand the attributes of each of those herbs.

1 - ATTACK CANCER—The ideal anti-cancer formula should **attack and destroy cancer tissue.** *Here are the ones which destroy tumors.*

DISCUTIENTS—These are herbs which **dissolve and remove tumors and abnormal growths.** *They can be used as poultices, fomentations, and/ or taken internally.*

Burdock root, Red clover tops, Chaparral, Sorrel, Garlic

2 - DESTROY BACTERIA AND VIRUSES—The ideal anti-cancer formula **should attack and destroy bacteria and viruses.** Since there is good reason to believe that cancer may be a bacteria or virus, the formula should include an herb which is "antibiotic"; that is, which inhibits the growth of, and destroys, viruses and bacteria, and strengthens the body's immune system.

ANTIBIOTICS—These are herbs which **inhibit the growth of, and destroy, viruses and bacteria, and strengthen the body's immune system.**

Chaparral, Garlic, Echinacea, Goldenseal

ANTISEPTICS—These herbs prevent the growth of bacteria.

Barberry, Garlic, Echinacea, Goldenseal

3 - PURIFY THE BLOOD—The ideal anti-cancer formula should **purify the blood, in order to help rid the body of toxins,** in general, and also portions of the cancer tissue as it is being absorbed into the blood stream.

Here are herbs which do this:

ALTERATIVES—These are herbs which **purify the blood.** They usually do this by cleaning out the spleen, liver, kidneys, and bowels. As a rule, *these*

herbs are best used for a lengthy period of time, so that the detoxification will not occur too rapidly and overwhelm the body's abilities to discharge those toxins. Of course, nutrition must be corrected at the same time that alterative herbs are taken.

Barberry Goldenseal, Burdock root, Gotu kola, Cayenne, Licorice root, Chaparral, Oregon grape root, Chickweed, Poke root, Cleavers, Prickley ash, Comfrey, Red clover tops, Dandelion, Rhubarb, Echinacea, Sassafras, Garlic, Yellow dock, Ginseng

4a - LIVER CLEANSER—The ideal anti-cancer formula should **help clean out the liver.** This is crucial, since the blood stream sends the toxins from the broken-down tumor to the liver to be ejected. When the cleansing occurs too rapidly (which can easily happen if the diet and herbal formula is correct), the liver can become overloaded—and stop functioning. This is called hepatic coma, and death results.

CHOLAGOGUES—These herbs help **open the bile ducts and promote the flow of bile,** thus aiding the liver in cleaning itself out.

Barberry, Goldenseal, Cayenne, Yellow dock, Dandelion

Note: The Gerson Institute has found that **coffee enemas are far and away the most powerful, yet safe, means of emptying the bile ducts and thus cleaning out the liver.** But it must only be done when high levels of nutrients and vitamin and mineral replacement is being made!

4b - STRENGTHEN THE LIVER—It would be **helpful if, at the same time, the liver could be strengthened.** But this may not be crucial. The following herbs help do this:

HEPATICS—These are herbs which **strengthen, tone, and stimulate the secretive functions of the liver.**

Aloe vera, Barberry

5a - ENERGIZE THE LIVER—It would also be **helpful to strengthen the organs of elimination.**

LIVER TONICS—These herbs **increase the energy of the liver.**

Barberry, Cleavers, Buckthorn bark, Mistletoe

5b - STRENGTHEN THE GALLBLADDER—This should also include **the gallbladder:**

GALLBLADDER TONICS—The following herbs strengthen the gallbladder.

Goldenseal, Oregon grape root

5c - STRENGTHEN THE KIDNEYS—The kid-

neys should also be included:

KIDNEY TONICS—These herbs strengthen the kidneys so they can work better.

Burdock root, Mistletoe, Cleavers

5d - **STRENGTHEN THE INTESTINES**—The intestines should be strengthened:

INTESTINAL TONICS—These herbs energize the gastro-intestinal tract.

Barberry, Goldenseal, Cascara sagrada, Rhubarb

6a - **FLUSH TOXINS**—Other cleansings are also of value. One would be **the flushing of toxins**. This is also needed during the cleansing process.

LYMPHATICS—These herbs **stimulate and cleanse the lymphatic system**.

Chaparral, Oregon grape root, Dandelion, Poke root, Echinacea, Yellow dock, Garlic

ANTI-CATARRHALS—These herbs **help rid the body of catarrh**.

Bayberry, Garlic, Cayenne, Ginger, Comfrey

7 - **SOOTHE GI TRACT**—During the cleansing process, it would be well to **help soothe the gastrointestinal tract**.

MUCILAGES—These are herbs which tend to **soothe inflamed parts**. *Slippery elm is the best of them*.

Chickweed, Slippery elm, Comfrey

8 - **REDUCE PAIN**—It might be helpful if an herb could be included which **relieved pain during the recovery process**. Yet it is now known that *cancer never causes pain! It is not the tumor but the toxic overload in the later stages which produces the pain!* As soon as the toxins are being reduced, by elimination through the bowels and kidneys, the pain which cancer patients are experiencing lessens and stops. The Gerson Institute has found that, when pain occurs, coffee enemas flush out the liver and the pain subsides. They also use **chamomile** to lessen gastro-intestinal pains. (See pages 151-153, 245-247 for more on alleviating pain.)

NERVINES—These herbs **help relieve pain** (yet are unlikely to stop cancer pain since it is caused by a toxic overload).

Chamomile, Mistletoe, Gravel root, Wood betony

ANODYNES—The following herbs **relieve pain**. They do this by decreasing the excitability of the nerves and nerve centers. Anti-spasmodic (antiparalysis) herbs are quite similar in function.

Echinacea, White willow

SUMMARY

It is of interest that, in the above listings, certain herbs, known to have anti-cancer properties,

are continually repeated. They are:

Burdock root, Echinacea, Barberry

Also repeated frequently are **chaparral, goldenseal, mistletoe, dandelion**, etc. In addition, the four Essiac herbs are all there:

Burdock root, Sorrel, Rhubarb root, Slippery elm bark

Working from the above analysis, it would seem that Essiac, possibly with the addition of Echinacea and Barberry (please note: Large doses of barberry are harmful!), could provide the basic herbal formula. Yet it must be kept in mind that, if too many herbs were added to Essiac, the balance it already has might be lost

WHY ESSIAC HERBS ARE SPECIAL

All four main herbs in Essiac help to maintain balance in body systems by cleansing the blood, promoting cell repair, aiding in effective assimilation and elimination. When combined, their separate beneficial effects are enhanced. (*Essiac, page 87.*)

1. **Burdock Root** (*Arctum lappa*):

Used traditionally to help maintain a healthy gastrointestinal tract and stimulate a healthy immune response. It has vitamin A and selenium to help reduce free radicals and its chromium content helps maintain normal blood sugar levels.

2. **Slippery Elm Bark** (*Ulmus fulva*):

The inner bark nourishes and soothes organs, tissues and mucus membranes and supports lung health. It also helps normal digestion.

3. **Sheep Sorrel** (*Rumex acetosella*):

Used in traditional folk herbalism to cool the body, create sweating and detoxification through the skin; useful in maintaining a healthy kidney and urinary functions. It is thought to nourish the glandular system.

4. **Indian Rhubarb Root** (*Rheum australe*):

Used traditionally in small amounts, this herb helps purge the liver of toxic buildup and waste. Its malic acid also carries oxygen to all parts of the body, supporting the whole digestive system.

SPECIAL ANTI-CANCER FOODS

With 44% of men and 39% of women now being diagnosed with cancer, it has become more important than ever to understand the foods that will not only nourish your body, but also detoxify it of any cancer causing agents. Here are some of the most potent cancer destroying foods and herbs.

Sea Vegetables—Kelp, kombu, and nori are

three of the more common sea vegetables with remarkable effects on cancer. They are one of the richest and most bioavailable sources of iodine, a substance lacking in the average diet that is implicated in many patients with breast and ovarian cancer.

They are also rich in calcium and potassium, as well as all minerals, which assist in promoting a very alkaline environment, which makes it very difficult for existing cancer to survive.

Algae—Chlorella and spirulina are two of the most potent algae and are proven cancer fighters.

Due to their incredible detoxification action (including binding to and eliminating heavy metals) and immune boosting properties (by promoting production of healthy gut flora and fighting candida overgrowth), they are a must have when healing cancer. (Of the two, chlorella is best, for spirulina has some salt in it.)

Cruciferous Vegetables—Cruciferous vegetables like broccoli, cauliflower, and cabbage have been linked to lower cancer risks and have the ability to halt growth of cancer cells for tumors in the breast, uterine lining, lung, colon, liver, and cervix.

It appears that a phytochemical called sulforaphane can stimulate enzymes that detoxify carcinogens before they damage cells, as well as indole 3-carbinol and crambene, which are also suspected of activating detoxification enzymes.

Medicinal Mushrooms—Medicinal mushrooms such as reishi and chaga have had a number of bioactive molecules, including anti-tumor agents, identified in their structure. These bioactive compounds include polysaccharides, alkaloids, tocopherols, phenolics, flavonoids, carotenoids, folates, ascorbic acid enzymes, and organic acids.

Studies show that long-term consumption of reishi prevents tumor proliferation and growth by increasing the level of antioxidants in an individual's blood plasma while boosting the immunity of those suffering from advanced stage cancer.

Aloe Vera—Research shows strong immunomodulatory and anti-tumor properties for polysaccharides in aloe vera, which means it boosts immune system function and destroys cancer tumors.

A study in International Immunopharmacology showed that aloe vera polysaccharides exhibited potent macrophage activating activities including producing increased volumes of nitric oxide, which has anti-tumor potential.

Hemp—The hemp plant contains some of the most balanced and richest sources of oils on the planet, with an ideal ratio of 3:1 for omega 6 to

omega 3. Hemp seed oil also contains 80% essential fatty acids, the highest of any plant.

Essential fatty acids are fundamental to immune function due to their antioxidants and anti-inflammatory fatty acids, which helps oxidize the cells and restores health at a cellular level. Since cancer cannot survive in a highly oxygenated environment, the superb EFA content in hemp makes it a great option for healing cancer.

Garlic—A double blind, randomized study with over 3000 human subjects for seven clinical years showed that cancer risk was cut by 60% for those with the highest intake of allium containing vegetables, including aged garlic.

The miracle nutrient appears to be the enzyme alliinase (a nutrient in the Allium genus) which produces the anti-cancer compounds. The key is to crush it and let it sit for 15 minutes in order to release these anti-cancer compounds.

Turmeric—The Life Extension Foundation has conducted extensive research into the anti-cancer properties of turmeric (curcumin) and found that it targets 10 causative factors involved in cancer development, including DNA damage, chronic inflammation, and disruption of cell signaling pathways.

Hundreds of studies have also shown that curcumin is a potent anti-cancer food that blocks cancer development in a number of unique ways.

SPECIAL CANCER PLANTS

Garlic—Often underestimated because it is common, garlic is the number one anti-bacterial, antiviral, anti-fungal, and anti-parasitical herb. If something in the body needs killing, garlic is the herb for the job. Garlic is so powerful that people say they have killed their cancer from eating garlic alone.

If you have cancer, you need to be eating a minimum of 3-5 cloves of raw garlic per day. Eight cloves per day is a minimum if you are deathly ill.

Garlic is an herb that you cannot take too much of. Dr Richard Schulze, the master herbalist and successful natural healer, strongly advocates the liberal use of garlic to aid and strengthen the body. He has even gone as far as to say that if he is to use only one program or food for healing, it would be garlic. That's how powerful garlic can be as an herbal remedy for cancer.

Garlic is truly one of the most powerful herbs for cancer fighting, as well as battling other diseases. When you are seriously ill, then the more garlic you are eating, the better. If you have cancer, you are best off eating 8, 12, 16, 20, or even more cloves

per day (if you can do it!). Having reeking garlic breath is a small price to pay for beating cancer.

It is critical you use high quality organic garlic which is potent and raw. Organically grown garlic usually has stronger health properties.

Quality garlic is hard, and its cloves are white. A good quality bulb of garlic will have around 12, large cloves, with each clove being around an inch long and as thick as an adult's thumb. Garlic which has many small cloves (as many as 30 to 50) as well as being yellowish in color, is usually of inferior quality.

Chaparral—Chaparral is another one of the top herbs for cancer that has been used for centuries. Chaparral is a shrub that is abundant in the Mojave desert area. Chaparral is a powerful anti-cancer herb, and is also a powerful liver stimulant. Chaparral will flush up any toxins that are buried in your liver.

If this herb is not being used in a program of natural healing, the illusion of causing liver damage can be created, which has resulted in chaparral being labeled as dangerous by various government agencies.

(Pau D'Arco, from a Brazilian tree, has essentially the same properties, without the harshness that is in Chaparral.)

Pau d'Arco—is a natural herb retrieved from the inner bark of the *Tabebuia Avellanadae* or *Tabebuia Impetiginosa*, known as taheebo. The taheebo tree is grown predominantly in Central and South America, but may also be cultivated in southern Florida. Pau d'Arco, also known as ipe roxo or sometimes lapacho (its derivative), has been used for centuries by the indio tribes of South America, as well as the ancient Incas and Aztecs.

Pau d'Arco tea or tincture concoctions have had beneficial effects for the immune system and cancer victims, anywhere from alleviation of chemotherapy symptoms to complete remission of tumors. An article published by Dr. Daniel B. Mowrey on Pau d'Arco stated that "Lapacho has produced clinical anti-cancer effects without side effects." This taheebo tea has been helpful to many.

Candida Albicans, a fungus which causes yeast infections, has also been treated by the Pau d'Arco herb. Clinical studies also showed strong in vitro activity against various other bacteria, fungi and yeast, including: *Aspergillus*, *Staphylococcus aureus*, *Streptococcus*, *Helicobacter pylori* (common cause of stomach ulcers), *Bucella*, tuberculosis, pneumonia, and dysentery.

Antiviral properties have been displayed in vitro by Pau d'Arco against viruses such as: herpes I and II, influenza, polio virus and vesicular stomatitis

virus.

Pau d'Arco is also confirmed as being an anti parasitic against various parasites, including: malaria, schistosoma, and trypanosoma. Additionally, the herb has even demonstrated usefulness as an anti-inflammatory.

Pau d'Arco bark has active principles, mainly lapachol, quercetin and other flavonoids. Once the Pau d'Arco inner bark is dried and shredded it can be made into a tea which has a slight bitter or sour taste, and is brownish-colored. This herbal tea is used by many during the cold and flu season, and is a remedy for smoker's cough.

Another medicinal use of Pau d'Arco is as an expectorant: to promote "coughing up" by the lungs to free deeply embedded mucus and contaminates.

Red Clover—Red Clover is yet another useful tool in using an herbal treatment for cancer. It is a powerful anti cancer herb that grows like a weed in many areas of the world. Red clover can be used in tincture, tea, or poultice form. If you have cancer, the more red clover you are getting, the better. You need to use the blossoms when they are still a rich purple.

Poke Root—Poke root is an extremely powerful anti-cancer and anti-tumor herb that can literally burn a tumor away. Poultices containing poke root have been used by great natural healers to literally dissolve external tumors, such as in cases of breast cancer.

This herb is considered "dangerous" by the FDA, but not by natural healers who have used it as one of the main herbs for cancer treatment and cure for many centuries. It is also a powerful detoxification herb that will flush toxins up and out of the lymphatic system.

Echinacea—Echinacea is the most powerful herb for stimulating the immune system, which is vital if you want to beat cancer. Real echinacea produces a powerful tingling, and even numbing sensation within the mouth. Most echinacea preparations are so weak that they will barely help you to fight a cold, much less cancer. You need to make your own preparations, or buy a quality echinacea product.

Summing up the use of herbs for cancer

It is important to note that the herbs for cancer discussed above are some of the most powerful herbs known to fight cancer. Some of them are herbs that destroy cancer cells; some help to clean up or strengthen the body; some do both.

HERBS FOR LUNG CANCER

The University of Maryland Medical Center (UMMC) reports that three herbs -- **American ginseng, Asian ginseng and grape seed** -- are among the most helpful natural remedies in treating lung cancer. Other herbs known for their cancer-fighting ability include **astragalus, ginger, turmeric and thyme**.

Asian ginseng is a powerful herbal remedy that may be helpful in treating lung cancer. According to the UMMC, some studies suggest that this herbal remedy may lower the risk for certain types of cancer, including lung, liver, stomach, ovarian and pancreatic cancer. Other studies show that Asian ginseng may suppress tumor growth, although the UMMC concedes that further research may be required to verify this health effect. Asian ginseng may also be helpful in improving your mental and physical endurance levels.

ANTI-CANCER GARDEN HERBS

Everyday garden herbs possess legions of medicinal properties and, when eaten in conjunction with healthy vegetables and spices, have powerful cancer-preventive properties. "The easiest, least-expensive way to reduce your risk for cancer is just by eating a healthy diet," says Rachael Stolzenberg-Solomon, PhD, MPH, RD, a researcher at the National Cancer Institute in a recent article. Below are five, easily-found, herbs you might consider eating more of.

Rosemary—Commonly used in cooking, the leaves of this garden herb have a noticeable woody fragrance, thanks to the fatty acids of terpenes, a naturally occurring substance that encourages the cancer cells in tumors to stop reproducing and eventually die.

Today, research has discovered that when the terpene from rosemary is given alongside the chemotherapy drugs Adriamycin and Velban, cancer cells may begin to absorb the chemotherapy that they had previously resisted. In many cases the plant's natural terpene either brought about the demise of the cancerous cells or helped reduce their spread.

Parsley—This bright green herb, overlooked as "just a garnish" by many, has lately caught the attention of the medical community. Parsley contains apigenine, a natural oil that has been shown to prevent angiogenesis – the growth of blood vessels that supply cancerous tumors with nutrients. The apigenine from parsley cuts off the blood supply to a tumor, acting similarly to the prescription drug Avastin.

Thyme—With more than 350 species of thyme

around the planet, this herb has a long standing history of medicinal use. Ancient Roman warriors brewed it in tea form to enhance courage and vigor. While no medical studies have quite confirmed thyme for those reasons, there has been modern evidence to suggest that it contains cancer-preventative properties.

Thyme is brimming with an essential oil that is rich in thymol. Thymol, along with rosmarinic and ursolic acids are terpenes (similar to those in rosemary) and possess anti-cancer properties. Thyme can also be used as an antiseptic, antibacterial, and a strong antioxidant. When used in mouthwashes, it can treat inflammations of the mouth and throat.

Mint—A phytochemical in mint leaves has been found to cut off the blood supply to cancer tumors, resulting in their untimely death. It's yet another example of the healing power of nature and the medical efficacy of phytochemicals found in your own garden. Julep anyone?

Dill—Apart from offering strong tangy flavor, dill has many medicinal properties, which come from certain compounds called Monoterpenes. The protective Monoterpenes, are stimulants and activate secretions of an enzyme called glutathione-S-transferase (a powerful anti-oxidant) which is very effective in neutralizing carcinogens, particularly free radicals, thereby protecting from cancer. The essential oils present in dill are also a natural stimulant and activate bile and digestive juices while encouraging peristaltic motion of the intestine.

74 ANTI-CANCER HERBS FROM ALL OVER THE WORLD

ALOE VERA

Aloe vera is celebrated for its varied pharmacological properties and therapeutic uses, one of which being a promising treatment for certain types of cancers. A systematic review of *Aloe vera* had accumulated a good amount of data from extensive literature search on dermatology studies and clinical trials and supports the use of *Aloe vera* as a candidate for photodynamic therapy of some kinds of cancer. [1]

Aloe vera also contains a substance known as 1,8-dihydroxy-3-[hydroxymethyl]-anthraquinone (or simply AE), which has been proven to induce cell death among T24 cells (human bladder cancer cell line). AE has notable anticancer effects and inhibits cell viability while stimulating the arrest of G2/M of the cell cycle. [2]

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ASTRAGALUS

Astragalus (Huang Qi):

A Chinese herb; an immune system booster, known to stimulate the body's natural production of interferon. It also helps the immune system identify rogue cells. Work with the herb in both cancer and AIDS cases has been encouraging. The MD Anderson Cancer Centre in Texas conducted research showing that taking *Astragalus* when having Radiotherapy doubled survival times.

ASAFOETIDA

Asafoetida (Ferula asafoetida)

Ferula is a perennial herb commonly found in Afghanistan mountains but is also cultivated in nearby India. It contains ferulic acid, an antioxidant with anti-inflammatory activities and synergistic protective action against oxidative stress in skin and, by extension, photoaging and skin cancer. It also has alpha-pinene and luteolin, two compounds that have anticancer properties.

ARTEMISIA ANNUA

Artemisia annua, also known as sweet wormwood, sweet annie, sweet fern, sweet sage, or annual wormwood, [1] sprang to fame as a possible anticancer herb in 2001 when two researchers at the University of Washington noted that wormwood showed highly selective activity against breast cancer cells. [2]

In more recent research, artemisinin, a compound extracted from *A. annua*, has been demonstrated to have activity against malaria and cancer cells [3][4] and to inhibit a number of viruses, including herpes simplex 1 and hepatitis B and C. [5]

Artemisinin and its derivatives have been shown to induce apoptosis of prostate cancer cells and to possess activity against breast cancer, leukemia, colon cancer, and other cancer cells. [6] A significant body of scientific research investigating the anticancer properties of *Artemisia annua* has been performed since 2008, which indicated the potential for development of both therapeutic and preventative treatments.

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BERBERIS FAMILY

Berberis (Podophyllum peltatum)

Slow active purgative. Research has shown these herbs to have a strong action against cancer and they have been used with many cancers, especially Ovarian cancer.

BARBERRY

Barberry (Berberis vulgaris)

Barberry has been used in Ayurveda (traditional Indian medicine) for over 2,500 years. It is primarily used to treat fever, diarrhea, nausea, stomach upset, and fatigue, but most recently it has been recognized as an anticancer herb. [1]

Barberry is found to have powerful antioxidant, anti-inflammatory, and antibiotic properties. It is used interchangeably with goldenseal (more commonly used in the West) because the two share a similar chemical composition. Modern studies indicate that barberry improves immune function and reduces hypertension, and according to Ayurvedic tradition, it is an effective treatment for liver tumors. [2] The results of a study in Taiwan indicate that when administered at high doses to cancer patients over time, berberine - a potent alkaloid in barberry - killed cancer cells in humans. [3]

Barberry was one of the ingredients in the Hoxsey herbal formula, which was first marketed as a cancer cure in 1919. [4]

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BLESSED THISTLE

Blessed Thistle (*Cnicus benedictus*)

There is supporting research to suggest that blessed thistle has anti-tumor and anticancer effects. This adds another reason for those who are at risk for cancer to consider the use of blessed thistle as a tonic herb. 1,2

Side effects: Large doses, such as more than five grams in a cup of tea may provoke vomiting. Not recommended for use for those with an ulcer, or during pregnancy

BITTER MELON

Bitter Melon (*Momordica charantia*)

Evidences about the anticancer properties of bitter melon are vast. In a 2010 American study, bitter melon extract was effective against human breast cancer cells and primary human mammary epithelial cells. It was able to reduce the proliferation of cancer cells and induce cell death among breast cancer cells. [1]

Aside from breast cancer, the administration of bitter melon has also been proven beneficial for cervical and prostate cancer patients. Bitter melon can remarkably increase the number of natural killer (NK) cells, which is usually low or reduced in cervical cancer patients who have a defective immune system.[2] Its administration also results in the arrest of the cell cycle among prostate cancer cells and halts the progress of prostate tumor. [3]

References

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BLACKBERRY BUSH

Blackberry bush (*Rubus fruticosus*) owes much of its anticancer property to its ellagic acid content. Ellagic acid is a phenol antioxidant that can induce cancer cell death through apoptosis associated with decreased ATP production. More importantly however, this apoptotic activity comes without any toxic effect on the viability of normal human lung fibroblast cells. Ellagic acid expresses selective cytotoxicity and anti-proliferative activity as well. [1]

References

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BLACKBERRY

Blackberry (*Rubus*, *Rubus vulgaris*, *Rubus fruticosus*)

Recent pharmaceutical research indicates that a daily dose of blackberries might prevent cancer. Blackberries contain anthocyanins - which have anti-inflammatory and anti-oxidant properties. According to findings presented by the University of Kentucky, [1] the anthocyanins found in blackberries may have the potential to inhibit cancer cell growth and to kill existing cancer cells.

Naturally occurring in fruits such as blackberries, anthocyanins are not produced by the human body. While the addition of fresh blackberries, or blackberry jam, into your daily diet can increase your body's defense against free radicals, the most efficient way to unleash the fruit's disease-fighting power is to take blackberry extract in capsule form so that the anthocyanins are not immediately digested (and thus will be delivered to the gastrointestinal tract). [1]

References

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BLACK CUMIN

Black Cumin has impressive scientific research behind it that shows it stimulates the bone marrow to produce immune cells, increases interferon production, protects the body against viruses and inhibits infection. Black Cumin has also been proven effective against the development of cancer.

The Cancer Immuno-Biology Laboratory of South Carolina ran a series of experiments in which mice were infected with tumor cells. Two thirds of the animals treated with Black Cumin oil were still alive thirty days after being infected. In contrast, ALL of the mice that did not receive Black Cumin treatment died within thirty days.

BLEPHARIS EDULIS*Blepharis edulis*

Blepharis edulis is a species of plant belonging to the family Acanthaceae and is indigenous to the Middle East. Found today in Pakistan, India, and Egypt, it is used as an herbal remedy in Ayurvedic (traditional Indian) medicine to treat cases of mental confusion and nervousness. The seed of *Blepharis edulis* is a component of Carcatol, **a remedy used in India to increase vitality in cancer patients.**

BLOODROOT*Bloodroot (Sanguinaria canadensis)*

Research shows consistent anti-neoplastic activity. It is effective against cancer tumours, and can shrink them; and has proven useful with sarcomas.

Native to Nova Scotia, Canada, and the eastern North America, bloodroot was used by indigenous peoples as a respiratory aid. The external application of bloodroot has been used as a home remedy for skin cancer. [1] Opposing claims have been made regarding bloodroot as an anticancer agent: certain publications on the subject of anticancer herbs indicate that bloodroot is a powerful anticancer agent. However, medical research indicates that bloodroot cannot be relied upon as a means of removing tumors and should not be used as a home remedy. [2]

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BOSWELLIA SERRATA*Boswellia serrata* (Frankincense)

Boswellia serrata has been studied for its anticancer properties, especially acetyl-11-keto- β -boswellic acid (AKBA), the substance obtained from the gum resin of the said herb. A study from the University of Texas MD Anderson Cancer Center has demonstrated that AKBA inhibits the growth and proliferation of human pancreatic cancer lines, induces apoptosis, and suppresses the metastasis of pancreatic cancer cells to the spleen, liver, and lungs in an orthotopic nude mouse model. [1]

In another study, the oral administration of AKBA to mice resulted in the inhibition of colorectal cancer growth. AKBA was also found to be highly

effective against ascites (accumulation of fluid in the peritoneal cavity) and suppressed the metastasis of the cancer cells to the liver, lungs, and spleen in nude mice. [2]

It appears that *Boswellia serrata*'s effectiveness against cancer lies on its ability to regulate cellular epigenetic machinery [3] and to inhibit tumor growth and metastasis by downregulating cancer-related biomarkers. [2]

Frankincense contains a number of compounds that hinder cancer cells from spreading or migrating. Immunologist Mahmoud Suhail in a BBC News write-up states, "Cancer starts when the DNA code within the cell's nucleus becomes corrupted. It seems frankincense has a re-set function. It can tell the cell what the right DNA code should be." [4]

A 2009 study from the University of Oklahoma Health Sciences Center had reported that frankincense oil is effective in suppressing the viability of human bladder cancer cells, inducing death among cancer cells. More to this, frankincense oil appears to exert its anticancer effects without harming the normal bladder cells. [5] These findings are more or less similar to those of a 2012 study from Long Hua Hospital Shanghai University of Traditional Chinese Medicine, China. This Chinese study had demonstrated too that frankincense essential oil suppresses viability and stimulates cell death among cancer cells (in this case, human pancreatic cancer cells). Human pancreatic cancer cells seem to be sensitive to frankincense essential oil distillate fractions with higher-molecular-weight compounds. [6]

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BURDOCK ROOT

Burdock root (*Arctium lappa*)

Native to Europe and northern Asia, burdock root is described in historical texts as a "blood purifier." [1] Physicians in ancient China used burdock root to treat skin conditions, venereal diseases, respiratory infections, and kidney problems. In Medieval Europe, it was used to remedy various ailments including arthritis, gout, pneumonia, and scurvy. Although scientific data is lacking overall, recent diabetes research determined that **burdock root is an effective eliminator of cancer-causing toxins** that accumulate in the intestinal flora from improper digestion of certain foods. [2]

Burdock root has a long history of use in traditional/herbal anticancer formulas including "Flor Essence" and "Essiac."

Burdock was one of the ingredients in the Hoxsey herbal formula, which was first marketed as a cancer cure in 1919. [3]

References

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BUTCHERS BROOM

Butchers Broom (*Ruscus aculeatus*)

The active ingredients of this herb has been found to be the ruscogenins which have tumour-shrinking and anti-oestrogenic abilities. Thus its use in the treatment of breast cancer.

CACAO

Cacao (*Theobroma cacao*)

Cacao is a natural rich source of pentameric procyanidin, which exerts a cytotoxic effect against human breast cancer cells. [1]

References

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procyanidin from *Theobroma cacao* selectively inhibits growth of human breast cancer cells. *Molecular Cancer Therapeutics*, 4(4): 537-546.

CASCARA SAGRADA

Cascara sagrada (*Rhamnus purshiana*)

The medicinal bark of this plant, which is native to Mexico and the Pacific coastline, was highly revered by indigenous peoples as a cleanser of the body and mind. Spanish explorers, fascinated by its healing properties, referred to this healing botanical as Cascara sagrada - which means sacred bark. In modern times, its power to purge the body of impurities sparked the interest of the pharmaceutical industry - Cascara sagrada became the most common active ingredient in over-the-counter laxatives until it was banned by the FDA in May 2002. Cascara sagrada is used today by traditional healers, naturopaths, and health-minded individuals to cleanse the colon of toxic matter, and research indicates that Cascara sagrada not only increases vitality **but also protects against colon cancer.**

CAT'S CLAW

Cat's Claw (*Uncaria tomentosa*)

Cat's Claw is a woody vine that grows in the rain forests of Peru and is often called "Miracle Herb of the Rain Forest" by the Peruvian natives. This herb has undergone quite a bit of medical research since the 1970's. This research has shown that Cat's claw may be helpful in treating a variety of conditions, such as bursitis, arthritis, lupus, Lyme disease, diabetes, cancer and various stomach problems.

An adaptogen and powerful immuno-stimulant, it enhances the white cells clean up process (phagocytosis). It is an excellent companion to astragalus, curcumin and echinacea. Research indicates it can reduce tumour size, particularly with skin cancers. It also helps reduce the side-effects of chemo and radiotherapy.

CHAMOMILE

Chamomile (*Matricaria*)

Chamomile contains chemical constituents with anticancer properties. One of these is apigenin, a plant flavone with antioxidant and anticancer activities. It is principally linked to a decreased cancer risk, especially to cancers of the breast, digestive tract, skin, prostate, and blood. [1]

References

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CHAPARRAL

Chaparral (*Larrea tridentata*)

Cancer Watch covered a major research study from the US which heaped praise on this herb. It appears to boost the immune system, stop metastases and reduce tumour size. Seems especially interesting in treating breast cancer. It is also an anti-oxidant and anti-microbial, with low toxicity.

Indigenous to the American Southwest and Northern Mexico, chaparral has traditionally been used to heal skin abrasions, burns, cold sores, and contact dermatitis. [1] Although its healing potential has long been recognized by traditional healers, the benefits of chaparral have recently been validated by scientific studies in which chaparral was found to contain nordihydroguaiaretic acid (NDGA), which inhibits tumor growth. [2]

References

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Clove (*Syzygium aromaticum*, syn. *Eugenia aromaticum* or *Eugenia caryophyllata*)

Clove pertains to the dried flower buds of a tree native to Indonesia, India, Pakistan, Sri Lanka, Madagascar, and Zanzibar, and clove oil has been studied for its potential to improve immune function, [1] **which correlates with cancer prevention**. According to the American Pharmaceutical Association's Practical Guide to Natural Medicines, clove oil appears to have antioxidative properties and might have potential as an anticancer agent. However, more research must be carried out before any definitive claims can be made.[2] On the oxygen radical absorbance capacity (ORAC) scale, pharmaceutical-grade clove oil measures at 1,078,700 ute/100g; it has the highest concentration of antioxidant activity of any single ingredient tested by the ORAC. **its high antioxidant rating indicates that it is a powerful supplier of anthocyanins, which can inhibit the growth of tumors and existing cancer cells.**

References

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CURCUMIN

Curcumin (Turmeric) (*Curcuma longa*)

This spice (also called Turmeric root) has been

shown to have significant anti-microbial and anti-inflammatory activity. That alone seems enough for certain hospitals in America to consider using it in the treatment of polyps and colon cancer. However new research shows that it can both shrink cancer tumours and inhibit blood supply growth to tumours. It is a powerful antioxidant with liver protective benefits, and outperformed several anti-inflammatory drugs without side-effects in research.

DANDELION

Dandelion (*Taraxacum officinale*)

There is encouraging evidence that dandelion (*Taraxacum*) inhibits the growth and development of a wide range of cancer types and influences their metastasizing behavior.

Dandelion leaves are used by practitioners of both Ayurvedic and Chinese medicine to treat cysts and abscesses, water retention and tumors. [1]

A 2008 study provided scientific data on *Taraxacum officinale* that highly suggest that dandelion extracts or their constituents exert anticancer activities. In this study, three aqueous extracts prepared from the mature dandelion leaves, flowers, and roots were investigated for their activities on tumor progression and invasion. The results of this study had demonstrated that dandelion leaf extract suppresses the growth of MCF-7/AZ breast cancer cells in an ERK-dependent manner and blocks the invasion of LNCaP prostate cancer cells into collagen type I. On the other hand, dandelion root extract blocks the invasion of MCF-7/AZ breast cancer cells. [2]

The flower extract of dandelion also holds striking antioxidant activity in both biological and chemical models, as shown in a 2005 Canadian study in which extended lag phase and reduced propagation rate were observed in the oxidation of linoleic acid emulsion plus dandelion flower extract. In this study, the extract from dandelion had suppressed superoxide and hydroxyl radicals. [3] These results translate to dandelion being a potential novel anti-cancer agent.

Reference

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DANG SHEN ROOT

Dang Shen Root (*Codonopsis pilosula*)

Increases both the white blood cell and red blood cell levels, so can be extremely helpful to patients having chemotherapy and radiotherapy, or to patients whose cancer diminishes levels of either.

DIOSCOREA

Dioscorea (*Dioscorea bulbifera*, *D. membranacea*, *D. collettii* var. *hypoglauca*)

Dioscorea collettii var. hypoglauca has been a Chinese herbal remedy for renal/cervical/urinary cancer for centuries.

ECHINACEA

Echinacea (especially *E. purpurea*)

Another known immune system booster, it gained a populist reputation in treating colds. There is research on its helpfulness with brain tumours apart from its abilities to increase the levels of certain immune white cells in the body.

Of the nine different species of Echinacea, only three, namely, *E. purpurea*, *E. angustifolia*, and *E. pallida*, are used in marketed products. Native to North America, *E. angustifolia* was used by the Plains Indians to aid in preventing exhaustion. Other tribes used *E. angustifolia* to treat headaches and sore throats.

Echinacea can be purchased in capsules, tinctures, and teas. It can also be purchased as a liquid extract. All three commonly sold varieties of Echinacea are thought to have antifungal, antibacterial, and antiviral properties. Used to protect against sun damage, Echinacea is thought to be effective in preventing skin cancer. *E. purpurea* was commonly used by physicians to treat infections until it fell out of popularity in favor of antibiotics. Today, Echinacea is sometimes administered by physicians to cancer patients as a supplement to the normal course of treatment.

EVENING PRIMROSE

Evening Primrose (*Oenothera biennis*)

Evening primrose seeds contain a fragrant oil that plays an important part natural health. The seed oil contains gamma-linolenic acid (GLA), an omega-6 fatty acid that the body uses to manufacture a prostaglandin vital to soothing inflammation and supporting the immune system. It also helps keep the blood flowing freely, reduces high blood pressure, plays a role in reducing breast cancers, and lowers cholesterol.

Evening Primrose Side Effects: Suitable for food and cosmetic use, however bloating or abdominal

upset may occur from the excessive use of Evening Primrose Seed Oil internally.

FEVERFEW

Feverfew (*Chrysanthemum Parathenium* or *Tanacetum parthenium*)

This herb caused a storm when research from Rochester University in New York showed it to be more effective than the drug cytarabine in killing leukaemia cells. The US Food and Drug Agency put the active ingredient, parthenolide, on to its fast track programme. Nothing has yet been heard. But then, the FDA has never approved an herb for use as a cancer treatment.

GARLIC

Garlic (*Allium sativum*)

Garlic extracts have been used for thousands of years successfully to aid in a wide variety of conditions. Allicin is the natural defense mechanism of the garlic plant that science has proven to be effective as a defense for us as well. Some research-supported actions of Allicin are: reduces blood pressure, kills microscopic organisms, poisonous bacteria, parasites and fungal infections, aids in preventing neoplasm, reduces high blood cholesterol, removes heavy metals and other toxins, scavenges and removes free radicals, repairs immune system cells by providing high sulfur compounds, and increases blood circulation.

Garlic is a member of the Allium genus, a branch of the lily family that also includes hundreds of varieties of onions, leeks, chives, and shallots. The differences between garlic and onions is in the bulbs and leaves. While garlic produces heads that divides into sections, (cloves), onions produce a single multilayer globe. Garlic leaves are flat and almost grass-like, while onions tend to be hollow and erect. Shallots fall somewhere in between.

Studies have shown a protective relationship between consumption of high consumption of raw or cooked garlic and the relative risk of both colorectal and stomach cancer. But the same high level of help was not found for users of garlic supplements. Though the exact numbers are hard to determine, it is yet one more reason to get in the habit of cooking with fresh garlic, onions and including all the amazing allium genus plant foods in your daily diet.

Eating 2 to 3 fresh garlic cloves a day has many health benefits including diabetes, arthritis and heart health. To make it more palatable, mash the garlic cloves with a spoonful of honey. A simple garlic based broth may be more effective than chicken soup! Garlic and its close relatives (chives, leeks and onions) can be applied directly to burns in a

poultice. Or cut an onion in half and squeeze the juice on the burn. Garlic infused oils can be used topically or in cooking. Crushed garlic is a good addition to any homemade insecticide spray. Garlic cloves, placed in the ground around plants will deter slugs. Garlic is a natural pesticide against mosquito larvae.

GENTIAN

Gentian (*Gentiana triflora*)

Gentian has been identified as an anticancer agent by PrevPharma, which, according to their website, "was established to create a high quality of processed biologic materials with evidence-based evaluation in the field of preventative medicine for cancer, cancer-related issues and metabolic syndrome." Results from in vitro testing (of human tumor cells) indicate that gentian root extract has antiproliferative activity.

Prev-Pharma has implemented a strategy for the development of an antitumor drug using the antitumor component in gentian extract or its derivatives. This drug would be prescribed in cases of melanoma, lymphoma, and anaplastic thyroid carcinoma.

Gentian is an ingredient in Phytolacca Syrup, an herbal formula marketed as a cancer treatment in the late 1900s.

GINGER

Ginger Root (*Zingiber officinale*)

Results from pharmacological experiments indicate that ginger might inhibit the growth of tumors in humans. [1] Gingerol, the active component in ginger, has been the focus of clinical trials determining its potential to prevent certain cancers. Researchers determined that in cases of ovarian cancer, administration of gingerol contributed to cancer-cell death. [2] In cases of ovarian cancer, gingerol was found to reduce inflammation and boost immune function. It has been stated by researchers that gingerol might protect against colon cancer. [3]

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Ginger combines well with many herbs, improving taste and potency. Ginger speeds up the delivery of healthy plant chemicals into the bloodstream. Ginger is also a blood thinner, which may help reduce angina episodes by lowering cholesterol. The increase in blood flow helps relieve abdominal cramps and open the pelvis to bring on menstruation. (Gladstar, 36)

Ginger in Chinese herbal medicine: Ginger may be one of the most important plants used in herbal medicine, it is certainly one of the most used. The cultivation of this plant extends so far back in human history that specific origins are hard to trace, however, ginger is mentioned in the oldest medical texts from both India and China. Ginger is one of the most prescribed herbs in TCM, Sheng-jiang (fresh ginger) is used in the treatment of colds for its ability to eliminate toxins and raise body heat. (Foster, Steven, Chongxi)

Ginger Side Effects: Ginger is a blood thinner, if you are taking prescription blood thinners, have a bleeding disorder, or have gallbladder disease don't take medicinal doses of ginger. Pregnant women should be cautious in their use of ginger, it can stimulate the uterus. If this is a concern for you, consider using Cardamom instead.

GOLDENSEAL

Goldenseal (*Hydrastis Canadensis*)

One cause of stomach cancer can be the bacterium *Helicobacter pylori*. This burrows into the mucous lining of the stomach to hide from gastric acids, and then causes irritation, acid reflux, ulcers and even cancer. Goldenseal is generally anti-microbial and is used in the Caribbean and South East Asia against parasites. Goldenseal, helped by the mineral Bismuth, will kill *Helicobacter pylori*.

Native to North America, goldenseal has been used for centuries by indigenous peoples to treat infections of the gums, mouth, and throat. Today, it is often used as a key ingredient in natural toothpastes and mouthwash in order to inhibit bacterial growth and to prevent tooth decay. Studies show that berberine, a potent compound in goldenseal, has antibiotic properties. [1] Goldenseal is currently undergoing scientific analysis for its potential to lower cholesterol. Low cholesterol is associated with a decreased risk for developing certain types of cancer. [2]

References

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GRAPES

Grapes (*Vitis vinifera*)

Grape skins contain the powerful antioxidant compound resveratrol, which has been shown in studies to protect against the effects of a high fat diet, lowering cholesterol that could lead to heart disease. Resveratrol has also been shown to inhibit tumor initiation in studies leading many experts to believe consumption of red grapes could be a factor in lowering cancer rates.

There are many other important compounds in grape skins including anthocyanins, which protect the body's connective tissue from degradation during inflammatory illness and improve circulatory health.

Supplements like resveratrol and grapeseed extracts can be very worthwhile, but do not fully replace the broad spectrum of benefits from the many, many medicinal compounds present in the whole fruit.

Muscadine Grape Seed contains higher levels of antioxidants than blackberries, black raspberries, blueberries, cranberries, red raspberries, and strawberries. This finding was established in the early 1990s by Mississippi State University, as well as by the National Institutes of Health. Because it is so much higher in antioxidants, Muscadine Grape Seed protects and restores immune function resulting in a wide variety of protection throughout the body.

GRAVIOLA

Graviola / "Sour Sop" (*Annona muricata*)

The herb graviola has recently received an immense amount of attention due to its promising characteristics as a natural anticancer agent. Graviola is a flowering evergreen tree whose leaves, fruit, seeds, and stem are used as a remedy for bacterial and parasite infections, herpes, cough, and arthritis. [1] It often goes by the name "soursop," presumably because of the fruit's sour citrus flavor.

A 2012 study from the Department of Biochemistry and Molecular Biology, Omaha, Nebraska, has shown that graviola is effective against pancreatic cells, tumor cells that are known to be very resistant to conventional therapy. Graviola owes its ability to eliminate cancer cells to its compounds that inhibit several signaling pathways used by pancreatic cancer cells to regulate their metabolism, cell

cycle, survival, and metastatic properties. Because of such inhibition, the pancreatic tumors' rate to spread to other organs and to form new cancer cell growth become remarkably slower. [2]

In another study from the Department of Food Science and Technology, Virginia Tech, Blacksburg, Virginia, the extract from the graviola fruit had been found to inhibit the growth of breast cancer cells. The expression of epidermal growth factor receptor (EGFR) was also downregulated. [3] It should be noted that mutations that result in the overexpression of EGFR have been strongly linked to a number of cancers

There has also been some controversy over Graviola due to "hyped" claims over its cancer-killing abilities. These have been comprehensively discussed here: <http://www.hoax-slayer.com/soursop-cancer-cure.shtml>. Here also is the original study that is behind the "10,000 times stronger than chemo" claim: <http://www.ncbi.nlm.nih.gov/pubmed/8991944>

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GRAPE SEED

Grape Seed (*Namily Vitaceae*)

A research team from the University of Colorado Anschutz Medical Campus, Aurora, had furnished evidence on the efficacy of grape seed extract against colorectal cancer. In this study, the extract from grape seed induced the death of colorectal cancer cells. What's more interesting is the fact that the more advanced the colorectal cancer cells were, the better the grape seed extract suppresses and limits the growth and survival of these cancer cells. The administration of grape seed extract was not only effective against colorectal cancer but also safe to healthy cells of the body. [1]

Numerous studies have demonstrated that certain nutritive and nonnutritive phytochemicals with potential cancer-preventive or antitumor activity can be isolated from grape seeds. Of these compounds, proanthocyanidins are worthy of mention.

Grape seed proanthocyanidins have been found to suppress the potential of pancreatic cancer cells to migrate or spread. [2]

Proanthocyanidins have also been reported to inhibit the process of angiogenesis (creation of new blood vessels) induced by colon cancer and to suppress colon tumor growth itself. [3] The proanthocyanidins in grape seed extract act against colon cancer cells, significantly inhibiting cell viability while inducing cell death among cancer cells. [4] Proanthocyanidins can accumulate in high amounts in the colon because they are usually poorly absorbed along the gastrointestinal tract. [3] This is beneficial for the body as this means that grape seed proanthocyanidins can suppress colon cancer more efficiently in the colon.

References

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GUAVA

Guava (*Psidium*)

A study from Kyung Hee University, Seoul, Korea, had identified d-glucuronic acid, quercetin 3-glucuronide, loganin, and xanthyletin from the butanol fraction of guava leaf extract. The researchers of this study concluded that guava leaves could reduce lung cancer cell metastasis and that the fraction from guava leaves can suppress the expression

and activity of matrix metalloproteinase-9 and metalloproteinase-2 by downregulating ERK1/2 activation in lung cancer cells. [1]

In another study from Taiwan, guava leaf extract was determined to be effective in inhibiting brain-derived metastatic cancers because of its high polyphenolic and flavonoid contents. The extract from guava leaves can serve as both a chemopreventive and a chemotherapeutic agent. [2] Guava is a potential source of compounds associated with the prevention and treatment of cancer and overall interferes with multiple signaling cascades known to induce tumor growth and formation.[3]

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INDIAN SARSAPARILLA

Indian Sarsaparilla (*Hemidesmus indicus*)

Hemidesmus indicus is a plant found in South Asia. It is used in Ayurvedic herbal preparations. [1] A few studies appear investigating its anticancer potential.

Hemidesmus indicus is an ingredient in Carctol, an Ayurvedic herbal preparation that has been used as an anticancer treatment. Carctol is under strict legal restrictions in the UK although the website claims it has passed "strict toxicology tests."

References

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JASMINE

Jasmine (*Jasminum grandiflorum*)

A 2005 study found the oral administration of ethanolic extract of *Jasminum grandiflorum* flowers to have a potent (100%) chemopreventive efficacy in experimental mammary carcinogenesis in vivo. This is a very strong indicator for possible use

as a breast cancer preventive herbal remedy or a basis for investigation and isolation of the bioactive principle, although much further research needs to be done and I have seen no follow-up studies listed since 2005! The extract also demonstrated significant anti-lipid peroxidative effect and improved the antioxidant defense of test subjects. [1]

References

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LEPIDIUM SATIVUM

Lepidium sativum (Garden Cress)

In a 2002 Austrian study, *Lepidium sativum* (garden cress) was found to have chemoprotective effects. [1]

Lepidium sativum is an ingredient in Carctol, an Ayurvedic herbal preparation that has been used as an anticancer treatment. Carctol is under strict legal restrictions in the UK although the website claims it has passed "strict toxicology tests." [2]

References

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[2] Introduction to Carctol.

LICORICE ROOT

Licorice Root (*Glycyrrhiza glabra*)

Licorice root is one of the oldest botanicals in Chinese medicine and is most frequently used as an anti-inflammatory, antiviral, and antiulcer agent. A study has shown that it provides protection against DNA damage that may be induced by carcinogens. The polyphenols found in liquorice also stimulate apoptosis in cancer cells. [1]

A South Korean study had also demonstrated the ability of liquorice root to suppress the proliferation of human breast cancer cells. Liquorice root provides protection against human breast cancer by modulating the expression of the Bcl-2/Bax family of apoptotic regulatory factors. [2]

References

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Bcl-2/Bax family were involved in the chemopreventive effects of licorice root (*Glycyrrhiza uralensis* Fisch) in MCF-7 human breast cancer cell. *Journal of Agricultural and Food Chemistry*, 52(6): 1715-1719. Retrieved 6 June 2013 from <http://www.ncbi.nlm.nih.gov/pubmed/15030235>

Many herbalists regard licorice as a natural alternative to hydrocortisone as it acts much like your body's own natural corticosteroids. Among its many medicinal benefits, licorice is considered an adrenal tonic, in particular, it increases production of the very chemicals that aid in the body's recovery from chronic anxiety and stress. Linda B. White, M.D. The herb's action as a fast-acting anti-inflammatory agent are attributed to the steroid-like actions of the triterpenes glycyrrhizin and glycyrrhetic acid. Glycyrrhizin is a glycoside, a carbohydrate that yields a sugar and a non-sugar when broken. It tastes 50 times sweeter than sugar and is the major triterpenoid in licorice. Glycyrrhizin blocks prostaglandin production and inflammation with an antiarthritic action similar to hydrocortisone. Although it supports the body's release of cortisol, it also inhibits some of the more detrimental side effects of that hormone's presence. It is used in many formulations to activate and increase the effects of other herbs. Licorice can also be used topically to tame autoimmune inflammatory reactions such as psoriasis. (James Duke, Ph.D.)

Licorice Side Effects: Not for long term use without medical advice, the key to using licorice is moderation. Licorice root can elevate blood pressure, lower potassium and cause water retention. Not for those who have hypertension, kidney problems, diabetes or heart problems.

MEDICINAL MUSHROOMS

Medicinal mushrooms contain a wealth of bioactive compounds that exert cancer-preventive effects on the body and are themselves potentially novel anticancer agents. These compounds have a variety of biological activities, including immunomodulating, free radical-scavenging, anti-inflammatory, antibacterial, antifungal, antiviral, hepatoprotective, antidiabetic, and anticancer. Because of such, it comes without surprise that medicinal mushrooms have always played an integral role in traditional Chinese medicine (TCM) as an herb that prevents or treats a variety of diseases, including cancer. Modern research in fact associates the anticancer property of medicinal mushrooms with the ability of their active constituents to intervene with intracellular signaling pathways related to inflammation, cell differentiation and survival, apoptosis, angiogenesis, tumor progres-

sion, and metastasis. [1]

A study from the Cancer Research Laboratory of the Methodist Research Institute, Indianapolis, had demonstrated the therapeutic potential of medicinal mushrooms against breast cancer. According to this study, medicinal mushrooms retard the proliferation of highly invasive breast cancer cells by inducing cell cycle arrest at the G2/M phase and inhibiting the expression of genes that regulate the cell cycle of cancer cells. The ability of breast cancer cells to adhere, migrate, and invade was also suppressed by the medicinal mushroom blend. [2]

Mushrooms belonging to the following genera have been found to be with anticancer potential: ***Phellinus, Pleurotus, Agaricus, Ganoderma, Clitocybe, Antrodia, Trametes, Cordyceps, Xerocomus, Calvatia, Schizophyllum, Flammulina, Suillus, Inonotus, Inocybe, Funlia, Lactarius, Albatrellus, Russula, and Fomes.*** [3]

Numerous scientific studies (mostly from Asia) have investigated the anticancer properties of Reishi Mushroom - *Ganoderma lucidum*. 122 are listed with a search of PubMed.

References

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MILK THISTLE

Milk Thistle (*Silybum eburneum*, *S. marianum*)

Known for years to be helpful to the liver, this herb has now been shown to be capable of protecting the liver during chemotherapy. Research in America showed that leukaemia patients who took milk thistle had reduced liver toxicity and chemo side-effects. There is a little evidence that it has its own anti-cancer activity too.

Several studies have shown anticancer effects for the extract of the pericarp (seed coat) of milk thistle. Silymarin, a standardized extract of the milk thistle seeds, contains a mixture of flavonolignans consisting of, among others, silibinin, isosilibinin, silicristin, and silidianin. Of these, silibinin (the major active constituent) has demonstrated in vitro anticancer effects against human prostate adenocarcinoma cells, estrogen-dependent and estrogen-

independent human breast carcinoma cells, human ectocervical carcinoma cells, human colon cancer cells, and both small and nonsmall human lung carcinoma cells. [1][2][3][4] In addition, silymarin has been found to have very low toxicity - with no adverse effects observed even at high oral doses of 20 g/kg in mice and 1 g/kg in dogs. [5]

NEW (2013): Two University of Colorado (USA) Cancer Center studies, dated 2012 and 2013 respectively, have demonstrated that silibinin - the main active ingredient in milk thistle seed extract - has efficacy against both ultraviolet A (UVA)-induced and ultraviolet B (UVB)-induced skin carcinogenesis and photo-aging. What's truly astonishing is that silibinin has been found to act selectively, killing cells that have been mutated by UVA while simultaneously being nontoxic to healthy cells and also accelerating repair of UVB-damaged noncancerous cells. [6] [7]

References

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MISTLETOE

Mistletoe (*Viscum album*) extracts and the products from it, particularly Iscador, the most commonly used oncological drug in Europe, have been used as part of the treatment for cancer. In one prospective nonrandomized and randomized matched-pair study involving 10,226 cancer patients, Iscador treatment was determined to prolong the survival time of cancer patients and to induce self-regulation. In fact, the mean survival time of the Iscador group was around 40% longer than that of the control group. [1]

The use of mistletoe extract is also associated with better survival among cancer patients, and a good number of studies highlighting the positive effects of mistletoe extract on cancer patients are abundant. [2]

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OLDENLANDIA

Oldenlandia (diffusa) (*Bai Hua She She Cao* or *baihuasheshecao*)

Oldenlandia, or Bai He She She Cao (Chinese name), from the plant *Herba Hedyotis Diffusae* or *Oldenlandia Diffusae*, is used to relieve toxicity and clear heat. It is used in the treatment of colon, stomach, and esophageal cancer. It is said to activate the reticuloendothelial system and helps to increase phagocytosis by lymphocytes. It is also said to aid in granulocytic leukemia and acute lymphocytic by inhibiting vitro cells in high concentration.

Several sources state that *Oldenlandia* is a Chinese herb that is currently used in cancer treat-

ment. For example, according to <http://www.scumdoctor.com/disease-prevention/cancer/stomach-cancer/Stomach-Cancer-And-Chinese-Medicine.html>, *Oldenlandia* "is considered to be effective in treating stomach cancer." No reference is cited.

Oldenlandia is a genus of flowering plants with around 240 species. [1] I found an excellent and serious article on the use of *Oldenlandia* in Chinese medicine here: <http://www.itmonline.org/arts/oldenlandia.htm>. According to that web page, the principal species used is *Oldenlandia diffusa*, with several other species sometimes being used, such as *O. corymbosa*.

References

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ONION

Onion (Allium cepa)

Onion is associated with a wide array of pharmacological activities, including anticarcinogenic, anti-inflammatory, and antibiotic. [1] It has also a high antioxidant activity. One study in fact had reported an improvement in the antioxidant status of aged Sprague Dawley rats on onion flesh or peel diet. [2]

An inverse association between the frequency of onion consumption and the risk of numerous common cancers had been established by one Italian study from a data set in southern Europe. The researchers from Mario Negri Institute for Pharmacological Research used the data from an integrated network of Italian and Swiss case-control studies and multivariate logistic regression models to come up with odds ratios. The multivariate odds ratios for onion consumption were as follows: 0.16, oral cavity and pharynx cancers; 0.12, esophageal cancer; 0.44, colorectal cancer; 0.17, laryngeal cancer; 0.75, breast cancer; 0.27, ovarian cancer; 0.29, prostate cancer; and 0.62, renal cell cancer. [3]

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PAU D'ARCO

Pau D'Arco tree bark was original thought to be

a strong anti-cancer agent, but then its actions were clarified as strongly anti-bacterial, anti-yeast and anti-microbial. That alone might be enough in some cases of cancer cause. But new research on the differing ingredients has shown the quinoids possess immune strengthening abilities and seem to help in cases of blood and lymph cancers.

PERIWINKLE

Periwinkle (*Catharanthus Roseus*). Vinca alkaloids, which are used to treat malignant lymphomas, are made from periwinkle plants.

POLYGALA SENAGA

In vivo testing has confirmed that *Polygala senega* has the potential to protect against chemically induced lung cancer. [1] The article can be accessed through PubMed.

References

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PRICKLY ASH

Prickly Ash (*Zanthoxylum americanum*)

Researchers have found that the components of prickly ash might have antitumor effects. [1]

References

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Rabdosia rubescens (Dong Ling Cao, *Isodon rubescens*)

Rabdosia rubescens (whole plant) is a Chinese herb that is sometimes used in Traditional Chinese Medicine as treatment for cancer of the esophagus. Several scientific studies have associated the active components of *R. rubescens* and cancer treatment. [1]

References

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RED CLOVER

Red Clover (*Trifolium pratense*)

Research from a number of centres including the Royal Marsden has shown its potential as a part of a treatment programme against oestrogen-driven cancers, from breast to prostate. One active ingredient in the so-called Herb of Hippocrates is the anti-oestrogen Genistein.

Red clover is one of the ingredients in Flor Essence [Essiac], an ancient Ojibway Indian remedy and a still-popular herbal tonic taken by cancer patients. [1] According to findings presented by the

University of Maryland Medical Center, red clover might help to prevent certain types of cancer. [2][3]

References

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ROSEMARY

Rosemary (*Rosmarinus officinalis*)

Several studies have found antitumor effects of rosemary on various human cancer cell lines, including some very recent research. [1]

References

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RUE

Rue (*Ruta graveolens*)

Rue has been evidenced to reduce solid tumors. The extract that can be acquired from it is cytotoxic to Dalton's lymphoma ascites, Ehrlich ascites carcinoma, and L929 cells in culture. It has also been known to prolong the lifespan of experimental animals with tumors. [1] Ruta is a homeopathic medicine derived from rue. What sets it apart from other medicines is its ability to eliminate brain cancer cells, especially when used in combination with tricalcium phosphate. In one study from the Department of Molecular Genetics of M.D. Anderson Cancer Center, Texas, which included fifteen patients with intracranial tumors but treated with Ruta, six of the seven glioma patients manifested complete regression of tumors. [2]

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SAFFRON

Saffron (*Crocus sativum*)

The results of in vivo and in vitro experiments indicate that crocetin, a carotenoid constituent in saffron, might have potential as an antitumor agent. Saffron was found to inhibit skin cancer in mice.

References

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SELAGINAELLA

Selaginaella, or Shi Shang Bai (Chinese name), from the plant *Herba Selaginellae Doederleinii*, from the Selaginellaceae family.

It is used to relieve toxicity and to clear heat. It is used in the treatment of throat and lung cancer, as well as in malignant hydatidiform moles, showing remission in 50 percent of patients. It is used in China, to treat smaller body cancers in the lungs, liver, throat, and nose. It is said to increase cancer remissions when used with chemotherapy and radiation.

SCROPHULARIA

Scrophularia is a genus of around 200 species, several of which have found use in herbal anticancer preparations or research. *Scrophularia marilandica* was used by the Iroquois and was considered by Dr. Eli G. Jones, who had a forty-year career of treating cancer patients, to be "the most important item in his repertoire." [1]

Some scientific studies have investigated Scrophularia for its anticancer activity:

1. <http://www.ncbi.nlm.nih.gov/pubmed/15924924> (Scrophularia ningpoensis)
2. <http://www.ncbi.nlm.nih.gov/pubmed/8339032> (Scrophularia ningpoensis)
3. <http://www.academicjournals.org/jmpr/PDF/pdf2011/4June/Azadmehr%20et%20al.pdf> (Scrophularia megalantha)

References

- [1] Retrieved 6 June 2013 from http://www.cancersalves.com/botanical_approaches/sms_formulas/seneca_elixir.html

SCUTELLARIA BARBATA

Scutellaria barbata (*Banzhilian*, *Ban Zhi Lian*, *Barbed Skullcap*)

Research has shown action against many cancer types, for example against cancers of the lung, stomach and intestines.

Scutellaria barbata, not to be confused with

Scutellaria baicalensis, is a plant in the mint family. It has a number of applications in Chinese herbalism, including its use as an anticancer agent. It grows predominantly in southeastern China. It is often combined with Oldenlandia (*see above*). [1] Scutellaria barbata is also used in TCM for prostate cancer, and several scientific studies support this. [2]

References

- [1] Dharmananda S. (2004). Oldenlandia and Scutellaria: Antitoxin and anticancer herbs.
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SHEEP'S SORREL

Sheep's Sorrel (*Rumex acetosella*)

Used in Essiac and other herbal remedies it is a cleanser and aids healthy tissue regeneration. There is some suggestion from research that it helps normalise damaged cells and tissue. It is also a highly praised 'vermifuge' - intestinal worms have little or no resistance to this herb.

Also known as sour grass or sour weed, sheep's sorrel is often considered a weed. It has been used as a salad green. [1] It was one of the ingredients in the controversial Hoxsey Treatment - a 20th century herbal cancer formula that made both friends and enemies. [2]

References

- [1] Rumex acetosella. Wikipedia. Retrieved 6 June 2013 from http://en.wikipedia.org/wiki/Rumex_acetosella
- [2] The Health Experts of The Doctors' Prescription for Healthy Living. (2008). Natural cancer cures: The definitive guide to using dietary supplements to fight and prevent cancer. UK: Freedom Press. p.19
2. <http://www.botanicaldog.com/prod-detail.php?prod=Hoxsey>
3. http://en.wikipedia.org/wiki/Hoxsey_Therapy

SLIPPERY ELM BARK

Slippery Elm Bark (*Ulmus rubra*)

A botanical native to North America, slippery elm bark has cooling, anti-fever, and anti-inflammatory properties. It is considered by herbalists to be effective in treating stomach cancer. [1] Slippery elm bark is an ingredient in Essiac and Flor Essence - an ancient Ojibway Indian remedy and a still-popular herbal tonic taken by cancer patients. [2]

References

- [1] Tierra M. (2003). Treating cancer with herbs: An integrative approach. Twin Lakes, WI: Lotus Press.
- [2] The Health Experts of The Doctors' Prescrip-

tion for Healthy Living. (2008). Natural cancer cures: The definitive guide to using dietary supplements to fight and prevent cancer. UK: Freedom Press p. 19

SMILAX CHINA

A few scientific studies on the action of *Smilax china* on cancer have been done. [1] Smilax china is an ingredient in the product Carctol, an Ayurvedic herbal preparation that has been used as an anti-cancer treatment. Carctol is under strict legal restrictions in the UK although the website claims it has passed "strict toxology tests." [2]

References

[1] Retrieved 6 June 2013 from <http://www.ncbi.nlm.nih.gov/pubmed?term=smilax%20china%20cancer>

[2] Introduction to Carctol. Retrieved 6 June 2013 from <http://www.carctolhome.com/introduction.php>

SOPHORA ROOT

Sophora root, also Shan Dou Gen (Chinese name), from the plant *Radix Sophorae Tonkinensis*, from the family Leguminaceae.

It is used to relieve toxicity, and to clear heat. It is used in the treatment of acute lymphocytic/granulocytic leukemia. It was also found to have inhibiting properties in cellular respiration of malignant cells and dehydrogenase activity.

SUTHERLANDIA

Sutherlandia (Cancer Bush)

Peer reviewed research studies indicate that this herb is anti-inflammatory, anti-viral and anti-fungal. It boosts the immune system and inhibits Tumour Necrosis Factor, known to drive wasting in cancer patients.

THOROWAX

Thorowax or Hare's Ear (*Bulpleurum scorzoneraefolium*)

Research has shown its ability to enhance the production of natural interferon and it seems especially useful in bone cancer.

TRIBULUS TERRESTRIS

Native to North Africa, *Tribulus terrestris* was first documented in the Brazilian Pharmacopeia in 1950. [1] Scientific research indicates that *T. terrestris* might be beneficial in the treatment and prevention of cancer. [2] *T. terrestris* is an ingredient in Carctol, a herbal preparation used in India that has been used as an anticancer treatment. Carctol is under strict legal restrictions in the UK although the website claims it has passed "strict toxology tests." [3]

References

[1] Center for Mediterranean Corporation. (2005). A guide to medicinal plants in North Africa. Malaga, Spain: International Union for Conservation of Nature and Natural Resources Reproduction

[2] Retrieved 6 June 2013 from <http://www.ncbi.nlm.nih.gov/pubmed?term=Tribulus%20terrestris%20cancer>

[3] Introduction to Carctol. Retrieved 6 June 2013 from <http://www.carctolhome.com/introduction.php>

TURKEY TAIL

Turkey Tail (Trametes versicolor)

One of the more promising of the anticancer herbs, this one has been the subject of much study in recent years and even some favor within orthodox medical circles. We wrote a full report on this one here: <http://www.herbs-info.com/blog/video-amazing-cure-of-terminal-breast-cancer-with-turkey-tail/>

TURMERIC

Turmeric (Curcuma longa or Curcuma zedoaria)

Native to the Indian subcontinent and Southeast Asia, turmeric has been used - since 1900 BC - by Ayurvedic physicians to alleviate the symptoms of allergies and inflammation, liver complications, and rheumatism. [1] As a medicine, turmeric is taken as a tea or as an ingredient in chai, the traditional Indian preparation of black tea.

The component in turmeric with anticancer potential - curcumin - has been researched in depth. [1] In clinical trials, turmeric proved to be effective in preventing colon and pancreatic cancers. [1] While studies have been far reaching, few conclusions have been drawn as to whether turmeric should be used to treat cancer.

It is reported that curcumin induces apoptosis (cell death) of cancer cells without cytotoxic effects on healthy cells. Curcumin achieves this via suppression of the nuclear factor-kappaB activation pathway, the activation of nuclear factor-kappaB being linked to a number of inflammatory diseases - including cancer. [2] Recent studies indicate that curcumin might have anticancer potential. When administered orally to rats, curcumin proved to be effective in preventing cancer of the skin, stomach, colon, lung, and breast. [1]

According to an in vivo study in 2001, the rodent specimens that were given curcumin as a dietary supplement throughout their life cycle showed a significant reduction in potentially cancerous cellular activity as compared to those in the control group. [1] Recently, curcumin was determined to

be a regulator of genes involved in cancer formation - in clinical trials, it was found to inhibit the migration of lung cancer cells. [1]

The idea that curcumin might inhibit cancer cell growth has prompted the formation of subsequent hypotheses. Most recently, curcumin has been studied for its potential to treat myeloma and breast cancer. [1]

References

[1] Cho W. C. S. (Eds.). (2011). Evidence-based anticancer materia medica. London: Springer Science Business-Media.

[2] Aggarwal B. B. & Shishodia S. (2004). Suppression of the nuclear factor-kappaB activation pathway by spice-derived phytochemicals: reasoning for seasoning. *Annals of the New York Academy of Sciences*, 1030: 434-441. Retrieved 6 June 2013 from <http://www.ncbi.nlm.nih.gov/pubmed/15659827>

Western science confirms that turmeric is a first rate anti-inflammatory herb. It contains at least two chemicals, curcumin and curcuminoids, that act to decrease inflammation much like NSAID COX-2 that inhibit the production of prostaglandins which are linked to arthritic inflammation. This anti-inflammatory effect may be why consumption of turmeric is also connected to a reduced occurrence of cancers, cataracts and Alzheimers, memory and concentration. It has been shown to be an effective pain reliever in cases of rheumatoid arthritis. Modern studies confirm ancient wisdom that those with psoriasis can especially benefit from daily turmeric. Studies show that the curcumin in turmeric acts to disrupt the cycle of skin plaque formation, working in a similar manner to the new biologic TNF inhibitors.

Turmeric powder mixed in warm water has been used as a home remedy for cancer sores for many years. It has many medicinal properties such as anti-inflammatory, antioxidant, and antimicrobial activity that could explain why it is a useful dental and oral care treatment. In a recent study turmeric mouthwash (10 mg curcumin extract dissolved in 100 ml of water with a peppermint flavoring agent added was found to be as effective as a solution made from chlorhexidine gluconate (CHX), the gold standard compound to reduce plaque buildup in dentistry.

VENUS FLY TRAP

Venus Fly Trap (*Dionaea muscipula*)

Researchers claim that the extract of *D. muscipula*, under the trade name Carnivora, is an immunomodulator, benefiting the immune system by selectively responding to abnormal cells and leav-

ing regular cells unharmed. [1] PubMed does not list studies; however, some research is cited on carnivora.com

References

[1] Carnivora Research International. Retrieved 6 June 2013 from <http://www.carnivora.com/faq.html>

WHEATGRASS

Wheatgrass (*Triticum spp.*). One of the top private hospitals in South East Asia extols the benefits of freshly juiced wheatgrass. One shot gives you the chlorophyll of some 12 or more kilograms of broccoli. It acts as a blood purifier, and liver and kidney cleansing agent. After two weeks of daily use, blood and tissue oxygen levels improve, as does circulation. And oxygen is the enemy of the cancer cell, as Otto Warburg told the world.

WHITE CEDAR

White Cedar (*Thuja occidentalis*)

Thuja has a history of traditional use as a cancer remedy. [1][2] It was taken internally and also injected directly into tumors. [3] A 2009 study at the University of Kalyani found the thujone-rich fraction of crude ethanolic extract of *T. occidentalis* to have cytotoxic, antiproliferative, and apoptotic effects on the malignant melanoma cell line A375, with minimal inhibition of growth of normal cells. [4]

References

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[3] *Thuja occidentalis* (White Cedar, Arbor Vitae) 274.

[4] Biswas et al. (2011). Thujone-rich fraction of *Thuja occidentalis* demonstrates major anti-cancer potentials: Evidences from in vitro studies on A375 Cells. *Evidence-Based Complementary and Alternative Medicine*, 2011: 1-16.doi:10.1093/ecam/nej042.

WORMWOOD

Wormwood (*also see Artemesia*)

Another Chinese Herb, this has outperformed certain anti-malaria drugs and is now used by the aid agencies. It is strongly anti-microbial and anti-yeast and can be used as an effective part of an anti-candida diet. Also certain cancer treatments cause excesses of yeasts to form (for example, in Leukaemia treatment) threatening the patients health further. Excess yeasts are even felt by some

cancer experts to be one of the causes of cancer. However, in recent research Wormwood has been shown to have direct anti-cancer properties.

YEW TREE

Taxus baccata is a conifer native to western, central and southern Europe, northwest Africa, northern Iran and southwest Asia. It is the tree originally known as yew, though with other related trees becoming known, it may now be known as English yew, or European yew.

In 1021, Avicenna introduced the medicinal use of *T. baccata* for phytotherapy in The Canon of Medicine. He named this herbal drug “Zarnab” and used it as a cardiac remedy. This was the first known use of a calcium channel blocker drug, which were not in wide use in the Western world until the 1960s.

Taxanes used to treat prostate and breast cancer came from yew trees.

Certain compounds found in the bark of yew trees were discovered by Wall and Wani in 1967 to have efficacy as anti-cancer agents. The precursors of the chemotherapy drug paclitaxel (taxol) can be synthesized easily from the extracts of the leaves of European yew, which is a more renewable source than the bark of the Pacific yew (*Taxus brevifolia*). This ended a point of conflict in the early 1990s; many environmentalists, including Al Gore, had opposed the harvesting of yew for paclitaxel cancer treatments. Docetaxel can then be obtained by semi-synthetic conversion from the precursors.

In the Central Himalayas, the plant is used as a treatment for breast and ovarian cancer.

ZEDONIA

Zedonia, also E Zhu (Chinese name), from the plant *Rhizoma Curcumae Ezhu*, from the Zingiberaceae family.

It is used to invigorate blood. It is thought to inhibit granuloma, and is often administered with San Leng (*Rhizoma Sparganii Stoloniferi*). It is used in the treatment of cervical cancer, where 30 out of 80 patients were completely cured in China, and 15 were found to have a 50% tumor size reduction.

ANTI-CANCER SPICES

Here is a list of five spice herbs that have anti-cancer properties and could help in the fight against cancer:

BASIL

Primarily featured in Italian food, basil has been frequently examined to discover the secrets of its

health benefits. With its antibacterial, antiviral and antioxidant properties, there's already plenty of reasons to love basil. However, it's got even more goodness locked away in its leaves. New evidence suggests basil can actually decrease carcinogenesis (new tumors) and help protect against cancer.

CARDAMOM

Maybe making cardamom bread was a delightful part of your childhood, but there's now another reason to use the cardamom herbs. Much like many different spices, cardamom has antioxidant properties. This helps to purge the body of free radicals and help prevent carcinogenesis in some lab studies.

CINNAMON

Something as common as everyday cinnamon can be used to reduce your risk of cancer. In several different studies, cinnamon has been shown to reduce cancer risk. This may be due to its high levels of iron and calcium. Even as little as a single half-teaspoon of cinnamon every day may be enough to take advantage of its anti-cancer properties.

OREGANO

Another common spice, oregano is very high in antioxidant properties. This is due to its high content of flavonoids and phenolic acids that help give it its antimicrobial properties. These antimicrobial abilities help to prevent against colon cancer and restrict the growth of malignant cancer cells in the body.

ROSEMARY

A well-known spice (although one you may not normally use), rosemary is found in many Mediterranean dishes and contains very, very high antioxidant properties. There is some data to support rosemary (along with other herbs) can aid in preventing oxidative stress, one of the causes of cancer. Topical use of rosemary extract may also have some anti-cancer benefits, too.

ANTI-CANCER MUSHROOMS

MATSUTAKE MUSHROOMS

Agaricus Blazei (Hime matsutake),

In Japan, *Agaricus Blazei* was found to eliminate all cancerous tumors in 90% of the experimental mice. Additionally, when the mice were fed *Agaricus Blazei* as a preventative and then injected with a very powerful cancer causing agent (Sarcoma 180), 99.4% of them showed no tumor growth.

1- *Anti-tumor effect*: Polysaccharides including beta and protein glucan decrease and control can-

cerous cell proliferation.

2- *Cancer inhibition effect*: Steroids, nucleic acids, lipids and lectins restrain cancerous cell multiplication.

3- *Anti-cancer and metastasis inhibition effect*: *Agaricus blazei* prevents normal cells from becoming cancerous cells. The mushroom shows a remarkable cancer prevention rate of 99.4%.

4- *Reducing blood sugar*: The mushroom is effective in fighting diabetes.

5- *Controlling blood pressure*: It lowers cholesterol level and eases arteriosclerosis.

CHAGA MUSHROOMS

Tsi-Ahga (Chaga)

Tsi-Ahga is a Native American Sacramental Medicine derived from Conks that grow on certain cone-bearing trees. The 3-beta-D-glucans which make up part of the cellular structure of these Conks cause a pan-systemic modulation of T-Cells, Macrophages and Neutrophil White Blood Cells, when ingested. In fact, it has been established that the number and viability of these particular cells is increased by as much as 4000% within 20 hours after taking Tsi-Ahga!

Macrophages and Neutrophils are the two cells upon which all other Immune Cells depend. You can have many viable B-Cells and T-Cells, but they will not be effective without the programming provided by these "Communicator" cells.

Tsi-Ahga also contains bitter triterpene compounds that support the thymus and spleen (essential to insuring that immune cells are properly programmed), anti-tumor polysaccharides, blood pressure-reducing angiotensin re-uptake inhibitors, and perhaps the highest source of germanium in nature. Germanium is an oxygen catalyst and one of the most powerful free-radical scavengers found in nature.

CORDYCEPS SINENSIS MUSHROOM

Cordyceps Sinensis

Cordyceps Sinensis, known to the Chinese as "DongChongXiaCao" and to the Japanese as "Tochukaso" has been used in medicine for a very long time. The first known written record of this herbal medicine was in the Ben-Cao-Cong-Xin (*New Compilation of Materia Medica*) by the author Wu-Yiluo. Written around the year 1757 AD during the Qing Dynasty, this early medical text lists the traditional usage of *Cordyceps* as going to the Lung and Kidney meridian and being useful as a "Lung Protectorate", for "Kidney Improvement" and as a "Yin/Yang double invigorant". *Cordyceps* in Traditional Chinese Medicine (TCM) was, and usually still is, prepared by cooking the whole fruit body combi-

nation in vegetable soup. It has been used this way for the treatment of many conditions, such as respiratory diseases, renal dysfunction, hyperlipidemia and hyperglycemia. (Zhou, Halpern and Jones, 1998).

REISHI MUSHROOMS

Ganoderma Lucidum (Reishi)

Reishi mushrooms have a history dating back over 4000 years when they were considered to be a 'superior herb that improved health, resistance, longevity, energy and memory. Asian rulers would send out workmen to find out old plum trees. There, growing out of the trunk on three out of every ten thousand trees, was the *ganoderma lucidum*, the reishi mushroom. The Japanese gave it the name Reishi or Mannetake meaning "10,000 year mushroom" and in China and Korea it is known as Ling Chu or Ling Zhi.

The benefits of Reishi mushrooms have been recorded throughout time, appearing in written documents as far back as the Han Dynasty (206 B.C. to 8 A.D.).

The scientific community did not start to investigate the therapeutic properties of mushrooms until the late 1960s. One of the fundamental problems with Reishi research was that before the Japanese initiated commercial cultivation of the mushroom in the early 1970's, there was not enough standardized Reishi to conduct experimental evaluation of the properties. Fortunately, scientific research has discovered plentiful health benefits that corroborate the centuries of intrigue by ancient Asian royalty.

(1) Samorini G. New data on the ethnomycology of psychoactive mushrooms. *International Journal of Medicinal Mushrooms*. 2001; 3, 257-278.

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MAITAKE MUSHROOMS

Grifola frondosa (Maitake)

Prof. Dr. Hiroaki Nanba (professor in the Department of Microbial Chemistry of Kobe Pharmaceutical University in Kobe, Japan, in answering the question, which diseases can be alleviated with the

help of Maitake, said this: "Maitake can not only prevent the development of cancer, but also be used in the treatment of cancer and other serious diseases, such as AIDS and hepatitis. Maitake stimulates the immune system and therefore it is also able to reduce several side-effects of chemotherapy. The mushroom is also effective in the treatment of high blood pressure and diabetes."

Its antiviral effects against the HIV (AIDS) have been confirmed by the US National Cancer Institute. Research studies (for example by the National Health Department of Japan) have shown that by using Maitake D-fraction, the killing of helper-T cells by the HIV could be prevented up to 97% in vitro. According to this, one could assume that the development from HIV infection to AIDS could be either prevented completely or at least be slowed down considerably.

In a clinical trial with 165 patients at the age of 25-65 years with different advanced cancer diseases either a tumor regression or significant symptomatic improvements could be achieved with Maitake d-fraction in 73% of patients with breast cancer, 67% of patients with lung cancer and 47% of patients with liver cancer. In those cases in which Maitake extract was used in combination with chemotherapy the effects improved by 12%-28%. In cases of breast, prostate, lung and liver cancer significant effectiveness was evident; whereas in terms of bones and gastric cancer as well as of leukemia the extracts were not that effective.

ANTI-CANCER CRUCIFEROUS VEGETABLES

Cruciferous vegetables reduce risk of bladder cancer

Cruciferous vegetables, particularly when eaten raw, are well-known for their antioxidant properties as well as anti-cancer effects.

Recent research at the Roswell Park Cancer Institute has linked the consumption of raw cruciferous vegetables to lowered risk of getting bladder cancer.

One study was carried out on rats, with bladder cancer occurrence decreasing with an increase in the amount of freeze-dried broccoli sprout extract fed to them.

Another study found that people who consumed as little as three servings of cruciferous vegetables every month had 40% lower risk of getting bladder cancer. Important point though – the vegetables must be eaten raw, as no benefit was found for people who cooked them before eating.

The ability of cruciferous vegetables to fight can-

cer is mainly attributed to naturally occurring phytochemicals called isothiocyanates, which have been associated with reduced risk of cancerous as well as benign tumors. In fact, at least one specific type of isothiocyanates has been found to induce cell death in cancer cells which are resistant to chemotherapy.

Isothiocyanates, together with other compounds in cruciferous vegetables, are believed to play a part in regulating an enzyme response, which then assists in protecting the body against cancer. Other cancers which cruciferous vegetables have been found to offer protective effects against include breast cancer, cervical cancer, colon cancer, endometrium cancer, liver cancer as well as lung cancer.

But, as mentioned earlier, they must be eaten raw in order to attain their maximum health benefits, as cooking is said to be able to destroy between 60% and 90% of their isothiocyanate content.

"When they are eaten raw, they induce a kind of enzyme that may detoxify carcinogens," said James Marshall from Roswell Park Cancer Institute.

Cruciferous vegetables include arugula, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, daikon, garden cress, horseradish, kale, kohlrabi, mustard, radish, rape (canola), rapini, rutabaga, tatsoi, turnip, wasabi as well as watercress.

FRUITS AND VEGETABLES AND BREAST CANCER

Fruits and vegetables are an absolutely critical part of any health-promoting diet, and even more so when it comes to cancer prevention or anti-cancer dietary protocols.

They are high in vitamins, minerals, phytochemicals, antioxidants, enzymes and other nutrients, contain lots of fiber which helps to keep the intestines and colon clean, as well as contain countless compounds with anti-cancer properties. A good idea is to eat a wide variety of fruits and vegetables, preferably of varying colors. Organic is best, while raw fruits and vegetables retain a lot more of their nutrients.

For example, **blueberries** do a lot more than just taste delicious. These little super fruits are packed with powerful antioxidants and phytochemicals that can promote good health and keep us looking and feeling young. Research done by the USDA has found that blueberries have the highest ORAC rating of the most popular 20 fruits. ORAC stands for oxygen radical absorbance capacity and is a way to measure the antioxidant content of any food.

High Intake of Fruits and Vegetables may Lower Risk of Breast Cancer Relapse

The protective effects which one's diet, in particular fruits and vegetables, offers against cancer may, intuitively, seem to apply more to cancers which are related to the gastrointestinal tract, such as colon cancer, stomach cancer or intestinal cancer. On the other hand, for certain cancers, like those of the ovaries, prostate and breasts, one may be more inclined to believe that hormones play a bigger part. The truth, however, is that diet does play a significant role even in breast cancer. And a recent study has revealed that the consumption of good amounts of fruits and vegetables can reduce the risk of breast cancer recurrence by almost a third. This protective effect, however, only seemed to apply to certain women but not others.

Details of Study

The study team had looked at data pertaining to 3,000 breast cancer sufferers in a bid to analyze if low fat intake and consumption of high amounts of fruits and vegetables could play a part in preventing the return of the disease. Such a diet had previously already been linked to reduced breast cancer risk.

Half the women were told to consume 10 servings of fruits and vegetables every day, double the daily dose of 5 servings recommended by United States government agencies, as well as to boost fiber consumption and lower fat intake. This group was then compared with a group who were asked to stick to government guidelines. The average age of the study subjects was 53, and the study was published in the *Journal of Clinical Oncology*.

Findings of Study

About 900 of the entire group of women reported not experiencing hot flashes, which is a common side-effect of conventional breast cancer therapy. Analyzing the data on these subjects, the study team found that only 16% of those who doubled their fruit and vegetable intake suffered a relapse after 7 years, as compared to 23% of those in the control group. With specific regard to post-menopausal women, the reduction in risk was about 47%.

Put together, all this information implies that consuming additional servings of fruits and vegetables, much more than the government's suggested dose, could help in lowering the levels of estrogen in breast cancer survivors, thereby putting a lid on the possibility of relapse.

This distinguishing factor could help explain why, among previously conducted studies, some showed that increased fruit and vegetable intake could lower the risk of breast cancer relapse, while

others did not come to the same conclusion.

"It appears that a dietary pattern high in fruits, vegetables and fiber, which has been shown to reduce circulating estrogen levels, may only be important among women with circulating estrogen levels above a certain threshold," said John Pierce from the University of California San Diego.

Conclusion

In battling breast cancer, whether in prevention, recovery or warding off a relapse, there are many important strategies which one could adopt. On top of eating healthful plant foods, other recent studies have surfaced some of them. These include being happy and having optimistic attitudes, carrying out regular vigorous exercise, having sufficient amounts of sleep, and being in a happy marriage. In reality, these are steps which are useful not just in defeating breast cancer, but in promoting overall good health as well.

INSULIN LEVELS AND BREAST CANCER

A study conducted by researchers from the Albert Einstein College of Medicine in New York City has found that women who have high blood insulin levels seem to have a higher risk of getting breast cancer, as compared to those with lower blood insulin levels.

This, according to them, might be the reason behind the link between obesity and risk of breast cancer. Previously, an association has already been established between obesity and high blood levels of insulin.

For the study, published in the *Journal of the National Cancer Institute*, the insulin levels of 835 female breast cancer sufferers were compared to the levels of 816 women who did not have the disease. The women were part of the Women's Health Initiative study.

It was found that women whose fasting insulin levels were the greatest had 1.5 times higher risk of getting breast cancer, as compared to women with the lowest levels.

And the risk was magnified for women undergoing hormone therapy, with the study revealing that these women had 2.4 times the risk of getting breast cancer if their levels of insulin were high, as compared to if they were low.

In lab studies, insulin has been found to stimulate breast cell growth. And obesity is known to be a risk factor for breast cancer.

According to the study team, "these data suggest that hyperinsulinemia [excess insulin in the blood] is an independent risk factor for breast can-

cer and may have a substantial role in explaining the obesity-breast cancer relationship”.

OILS AND CANCER

The objective is to increase cellular oxygen uptake in the cells, using the best essential fatty acid oils in the correct ratio. But in order to do this, you must totally avoid the use of fish oils.

When your cell walls are not made with the right fats, they are not able to absorb oxygen efficiently. For decades the Budwig diet, focusing on a blend of flaxseed oil and cottage cheese has been used to fight cancer and cardiovascular disease in this way, and with good success.

Some nutritionists recommend that you limit fat intake to 30% of caloric intake. Most of us, however, do not want to do so much math when we are trying to eat healthier. So, one rule of thumb is to avoid saturated fats and trans-fats. We need some fats; choose the healthy ones such as olive oil and flaxseed oil. Also, your body needs the oils known as essential fatty acids.

AVOID FISH OILS—Stay away from fish oil if you have cancer. Fish oil is able to cause cancer to grow rapidly.

There are two studies that show that taking fish oils increase the growth of cancer.

In the *first research study* researchers injected rats with colon cancer cells. Then they fed them fish oil, safflower oil, or a low fat diet. They found that the rats fed fish oil had seven times more cancer tumors than the other groups. After three weeks the fish oil fed rats had 10 times more tumors than animals on the low fat diet.

In the *second study*, fish oil caused a huge increase in cancer infiltration into the spleens of mice, up to eight-fold. The authors said the “high prometastatic effect of dietary omega-3 fatty acids (fish oil) rules out the generalization that these oils inhibit tumor growth and progression.”

A *third study* showed a big problem with fish oil. Rats fed fish oil had an 85% loss of mitochondrial enzymes because the mitochondria were far more susceptible to oxidative stress damage. There was 55% less respiration, a huge decrease. This would certainly lead to the development of cancer cells.

OMEGA-3 AND OMEGA-6 OILS—The ideal is a natural cold pressed organic oil that has NOT been heated, NOT been chemically processed, AND retains enough naturally occurring antioxidants to remain fresh and physiologically active.

The best oils are the essential fatty acids, or

EFA's. They include omega-6 and Omega-3. **Omega-6** is also known as **linoleic acid** (LA), and **Omega-3** is known as **alpha-linoleic acid** (ALA). These oils must be eaten every day, because your body cannot manufacture them on its own.

The source of these Fatty Acids is extremely important. Even more crucial is their stability and freshness. Benefits depend on the ratio of Omega 6 to Omega-3 you use.

Most foods today are heated, pasteurized, preserved or irradiated. This damages these heat sensitive omega 3 and 6 oils, which when consumed, causes harm in the body and leads to cancer and cardiovascular disease.

As a result, the functional Omega 6 and Omega 3 content in our foods is low or absent, while the consumption of damaged oils is high. Thus, it is essential to supplement our diets with high quality fresh omega oils to recover optimal health.

One of the leaders in this research is Professor Brian Peskin, chief research scientist at the *Cambridge International Institute for Medical Science*. Peskin invented the term Parent Essential Oils (PEO's).

Brian Peskin popularized these formulations using the 2.5 to 1 ratio. Not only do they have a history of being vital for cancer prevention, but they improve a host of other health issues too.

Quality: Peskin contends that although our modern diet is over-loaded with “Omega-6 oils”, these oils and fats have been damaged to the degree that they no longer function as oxygen carriers—and in fact do the opposite, actually diminish oxygen levels. Current “bad Omega-6 oils” should not be counted as food, and need to be replaced with active healthy oils that have not been damaged by heat and chemicals. The best source of these is unadulterated plant seed oils which are the Parent Essential Oils (PEO's).

Ratio: The ratio of Omega-6 to Omega-3 fatty acids required to function optimally has been subject to much debate. Today's western diet provides far more Omega-6 fatty acids than necessary, but the vast majority of these are damaged to such a degree that they no longer work correctly in the body. So in reality, we do not get enough good quality omega 6 oils in our diet.

Peskin and his colleagues hold that the body needs a supply of GOOD Omega-6 to regain health. Using functional, un-denatured Omega-6 oils is needed to undo much of the damage already caused by the poor quality, heated Omega-6 oils. This is where Peskin differs from the industry standard. You'll find that most oil companies recommend the

exact opposite Omega 6 to 3 ratio. They do so because they count the Omega-6 you are currently eating as useful. Unfortunately, it is not, and actually causes damage in the body.

The Answer: Peskin's experimental results led him to use an Omega-6 to Omega-3 ratio of 2.5 to 1 to enable the best wellness recovery. His suggested use range is 725mg per 40 lb. of body weight -- thus a 160-lb person requires 3 g of this blend on a daily basis. (For fighting cancer use about 14 grams a day.)

9 year decrease in biological arterial age: In a study of 35 subjects, 13 male and 22 female, aged 35-75, all were supplemented with the "plant-based Parent Essential Oils" for between 3 months and 4 years. The average improvement was a 9 year decrease in biological arterial age, a clear marker for cardiovascular health.

Cancer, Oxygenation and Omega-6 Oils: Research shows that parent Omega-6 oils increases oxygen transfer into cells. They effectively increase the permeability of cell membranes to molecular oxygen by up to 50%. This is vital to cancer prevention when you consider that reducing cellular oxygen levels by just 35% causes cancer in most every case according to Otto Warburg's Nobel Prize winning research.

Regardless of where the cancer occurs, the prime cause is always the same – the cancerous tissue is the most oxygen impaired. Thus adding unadulterated PEO's in the correct ratio to the diet is critical in all cancers. (*Dr. Otto Warburg discovered that the prime cause of cancer is sustaining a 35% inhibition of cellular respiration. By experiments conducted in 1953 & 1955, and undisputed since.)

Weight Loss: Another major benefit from consuming these oils, in just the right ratio, is weight normalization. Relieved users consistently report dropping pounds and pounds effortlessly – and keeping them off as their overall health comes into balance.

Headache Relief: Simultaneously, fatigue, chronic weakness and pain levels fade away as oxygen gets to work again sparking the cells and organs back to better function.

Natural Inflammation Relief: Providing the body with the highest quality plant oils and a correct ratio of omega-6 to Omega-3 fatty acids brings the body back to balance, supporting the elimination of free-radicals, decreasing inflammation and encouraging healthy metabolism.

ANTI-CANCER OLIVES

Two recent studies have suggested that com-

pounds found in olives could be useful as anti-cancer weapons. One study had found that a compound in olive skin acts against colon cancer cells, while the other found that compounds in olive oil act against breast cancer cells.

Maslinic Acid in Olive Skin works against colon cancer cells

Maslinic acid is a triterpenoid compound found in olive skin. In the first study, a combined team comprising researchers from the University of Barcelona and the University of Granada showed that treatment using maslinic acid could slow down cell growth as well as cause apoptotic death in colon cancer cells.

What is apoptosis? Simply put, apoptosis is a form of programmed cell death, and is an important mechanism for the body to mop up unhealthy or dangerous cells. The process of apoptosis is often also described as cells "committing suicide". Many compounds have anti-cancer effects because they are able to induce apoptosis in cancerous cells.

Triterpenoid compounds can be found in many types of plants, while maslinic acid itself is present in certain plants with medicinal properties. In olive skin, however, the concentration of maslinic acid could be as high as 80%.

ScienceDaily.com summed up maslinic acid by stating that it is a "novel natural compound and it is able to induce apoptosis or programmed death in human HT29 colon-cancer cells via the intrinsic mitochondrial pathway".

Polyphenols in Extra-Virgin Olive Oil works against breast cancer cells

The other study, jointly conducted by researchers from the Catalan Institute of Oncology in Girona and the University of Granada, found that certain plant chemicals found in extra-virgin olive oil can fight breast cancer. Extra-virgin olive oil is produced by cold-pressing olives without using chemicals, a process that preserves beneficial compounds which would otherwise be lost.

The study team split olive oil in "fractions", each containing different plant compounds, and then tested the effects of these "fractions" against breast cancer cells in the lab. And they found that all the fractions inhibited the gene HER2, which promotes breast cancer; compounds in olive oil called "polyphenols" caused cells which had overactive HER2 to undergo apoptosis.

The effects of the olive compounds on breast cancer cells are somewhat similar to that of Herceptin, a well-known cancer drug, which also works on the HER2 gene. Herceptin, however, is said to be only selectively effective on some patients.

ANTI-CANCER SEED OILS

Cold pressed Blackberry seed oil contains high levels of antioxidants including multiple forms of vitamin E and a variety of carotinoids. Blackberry seed oil contains both lutein and zeaxanthin, carotinoids believed to support eye health. This oil is a good source of polyunsaturated fatty acids including omega-3 and omega-6 fatty acids.

Cold pressed Black Raspberry seed oil is rich in antioxidants, including both tocopherols and tocotrienols. The tocopherols are primarily the alpha and gamma type, and are superior free radical scavengers. This oil, which is also low in saturated fat, is a rich source of polyunsaturated omega-3 fatty acids. Research has demonstrated that black raspberry seed oil supports a healthy immune system and has anti-inflammatory and anti-microbial properties.

Cold Pressed Red Raspberry seed oil is a rich source of polyunsaturated fats including omega-3 fatty acids and antioxidants, including tocopherols and tocotrienols. Tocopherols are primarily gamma and alpha-tocopherol which contribute to the oil's superior free radical ion scavenging capability and lipid protection. It is very low in saturated fat. Red raspberry seed oil has very potent activity in inhibiting Cox-2 enzymes and can be used both topically and taken internally for inhibition of inflammation.

Chia seed is an ancient food source known for providing sustained energy over a prolonged period of time. It has been recognized as a super-food for thousands of years, AND is best absorbed by the body in oil form. Cold Pressed Chia seed oil has one of the highest (quality) omega-3 contents of any plant, which is converted into DHA (as needed) in the body and is essential in brain and nervous system functions.

Evening primrose oil, coined the "King's cure-all" in the 1700's, has remarkable anti-inflammatory and anti-oxidant properties and is especially crucial to women's reproductive health. (Used as per Peskin recommendations.)

Cold Pressed Black cumin seed has been used to promote health and fight disease. Hundreds of medical studies have been published in the Middle East, Asia and Europe focusing on its immune strengthening, anti-histamine, anti-tumor, anti-microbial, and anti-inflammatory activity. This cold pressed oil is exceptionally high in antioxidants and contains thymoquinone, nigellone and beta-sitosterol, a plant sterol known to lower serum cholesterol.

Cold Pressed Pumpkin seed oil is a highly nutritious food. The health benefits of pumpkin seed oil have been recognized in Europe for hundreds of years. In 1773 an Austrian court ruled that it could only be used as a medicine and was too valuable to be used as a culinary delicacy. It contains omega-3 and omega-6 essential fatty acids, vitamin E, carotinoids, and phytosterols. May prevent and alleviate prostate enlargement and bladder irritation. Researchers believe that the phytosterols help reduce hormonally induced damage to prostate cells. It is believed to contribute to cardiovascular health, smooth skin and increase energy.

Cold Pressed Hemp seed oil also provides an ample supply of carotene, phytosterols, and phospholipids, in addition to a large number of minerals including: calcium, sulfur, magnesium, phosphorus and potassium. It is also a good source of chlorophyll. Using Hemp seed oil alone can also improve energy levels, blood pressure, regularity, cholesterol levels, hair, finger nails, and help ease joint and arthritic pains.

Cold Pressed Pomegranate Seed Oil is a unique plant oil as it is one of only a few plant sources for conjugated linoleic acid (CLA). CLA inhibits the synthesis of prostaglandins, making it an effective anti-inflammatory agent. Research has shown that the CLA in pomegranate possesses more potent anti-cancer activity than other versions. Pomegranate seed oil is a rich source of bioactive estrogenic compounds that are considered to stabilize bone integrity.

Cold Pressed Cranberry seed oil is a rich source of antioxidants and proanthocyanidins with anti-bacterial adhesion properties that promote urinary tract health. Cranberry seed oil is also a rich source of omega-3 fatty acids, carotinoids and Vitamin E. The oil has anti-inflammatory, anti-microbial, broad-spectrum UV protection properties.

Cold Pressed Ruby Red Grape seed oil is a polyunsaturated fatty acid oil rich in plant sterols, which are effective at reducing blood cholesterol levels. Grape seed oil is also a good source of natural forms of Vitamin E, a powerful antioxidant which helps prevent heart disease and promotes healthy skin and muscle function.

Cold Pressed Milk Thistle seed is well known for its use as a both a general health supporter and a liver protector. The liver detoxifies blood, and milk thistle seed has been shown to help support liver function. Milk thistle seed oil has a fatty acid profile similar to that of sunflower oil.

Cold Pressed Sunflower seed oil differs from

mass produced sunflower oils which are extracted using damaging heat and chemicals. Cold pressing preserves natural antioxidants and nutrients. Sunflower oil has a higher vitamin E content than most other vegetable oils and a high level of unsaturated fat.

The addition of organic essential oils from **Orange, Lime, and Lemon** further enhance the benefits of this blend. These oils derived from the fruit peel are antiseptic, anti-depressant, antispasmodic and anti-inflammatory and add delicious flavor and protect the blend's freshness and stability.

Essential oil from **organic Peppermint** is excellent for mental fatigue and depression, refreshing the spirit and stimulating mental agility and improving concentration. For the digestive system, peppermint oil is effective for a range of ailments, as it stimulates the gall bladder and the secretion of bile.

Essential oil of **organic Cinnamon** tones and calms the respiratory tract, the nervous system, and it eases the pain associated with rheumatism and arthritis. It also provides antioxidant properties to protect freshness and effectiveness, and to broaden the wide spectrum of healing properties of these oils.

THE ACIDITY PROBLEM

There is plenty of research showing the link between acidic pH and cancer. Cancer thrives in an acidic environment and cannot survive in an alkaline environment. Cancer cells make your body even more acidic as they produce lactic acid. So if you have cancer, your pH levels are low and your body is too acidic.

Taking action to make your body more alkaline is vital in the battle against cancer.

Unfortunately...

The majority of food and drinks we consume are acidic, such as meat, grains and sugar, with colas and other soft drinks being highly acidic. So unless you have been eating a very healthy diet, full of fresh fruit and vegetables, chances are good your body is too acidic, providing the perfect environment for cancer to grow.

Actually, too much acidity is an underlying factor in many degenerative diseases -- diabetes, arthritis, fibromyalgia and more. A basic maxim of natural physicians is: Balance the biological terrain. Do this first, then everything can come back to normal.

Taking medicines or supplements for cancer while your pH is highly acidic is a bit like washing dishes in a sink of dirty water, even when you put in plenty of soap, you can't get the dishes clean.

According to Keiichi Morishita in his book, *Hidden Truth of Cancer*, when your blood starts to become acidic, your body deposits acidic substances (usually toxins) into cells to allow the blood to remain slightly alkaline. This causes your cells to become more acidic and toxic, which results in a decrease of their oxygen levels, and harms their DNA and respiratory enzymes.

Over time, he theorizes, these cells increase in acidity and some die. These dead cells themselves turn into acids. However, some of these acidified cells may adapt in that environment. In other words, instead of dying - as normal cells do in an acid environment - some cells survive by becoming abnormal cells.

These abnormal cells are called malignant cells. Malignant cells do not correspond with brain function nor with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order. This is cancer.

As you can see, he is describing, from a different point of view, the link between pH and cancer, a process by which low oxygen levels turn some cells cancerous. Alkaline water (including the water in cells) holds a lot of oxygen. Acidic water holds very little oxygen. So the more acidic your cells are, the less oxygenated they will be. To make matters worse, the fermentation process cancer cells use to produce energy creates lactic acid, further increasing acidity and reducing oxygen levels.

Sang Whang, in his book *Reverse Aging*, points out that toxins are acidic. If your blood is too acidic, toxins will not be released from your cells into the blood. So your cells can't be detoxified. This buildup of toxins in your cells results in acidic, poorly oxygenated cells, which can turn cancerous. He explains,

"In general, degenerative diseases are the result of acid waste buildup within us. When we are born, we have the highest alkaline mineral concentration and also the highest body pH. From that point on, the normal process of life is to gradually acidify. This is why these degenerative diseases do not occur when you are very young. Reverse aging requires two separate steps: chemical and physical. The first step is to lower the acidity of the body so that it can dispose of acidic wastes in the blood and cellular fluids safely and easily. The second step is to physically pull out old stored wastes into the blood stream so that they can be discharged from the body."

There is a long history of reversing cancer simply by alkalizing the body. It is one of the basic strategies in the battle against cancer and for im-

proving your health in general.

Virtually everyone with cancer has low pH levels. Low pH causes your body to store more toxins in cells, and reduces oxygen levels, both of which are fundamental to the development of cancer. When cancer cells grow, they produce even more acid, making it very difficult to raise pH levels.

When you take supplementation to increase pH levels, your cells notice the difference and start to dump some of the toxins they are holding back into the bloodstream now that they have a chance to get rid of them. Because the cells are releasing these stored toxins, your pH levels drop again. This detoxification process can take months to get through.

In addition, because cancer cells pump out lactic acid as a byproduct of their energy production, they create even more acidity. It can take a long time to normalize pH because of these factors, but, as you do, you can make your body, in a sense, "cancer proof".

THE VITAMIN D FACTOR AND CANCER

Getting enough Vitamin D is vital for fighting cancer. In fact, a lack of it may contribute to cancer. There is more cancer (and MS) in the higher latitudes of the North because weaker sunlight produces less vitamin D. Vitamin D has been used to treat breast, prostate and other cancers. Vitamin D is really not a vitamin. In fact, it is a steroid hormone, with a wide array of bioactive properties.

Vitamin D's link to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies, according to epidemiologist Cedric Garland, professor of family and preventive medicine at the UC San Diego School of Medicine.

Dr. Garland is regarded as the top epidemiologist on vitamin D and its relation to health. He led one of the latest studies on vitamin D for cancer prevention and his results, which were published in the *Annals of Epidemiology*, were nothing short of astonishing. Garland wrote:

"It is projected that raising the minimum year-around serum 25(OH)D [vitamin D] level to 40-60 ng/ml would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year, and three quarters of deaths from these diseases, in the US and Canada."

He proposed a new model of cancer development -- dubbed DINOMIT -- that is centered on a loss of cancer cells' ability to stick together. Accord-

ing to Dr. Garland:

"The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels. In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover, allowing more aggressive cancer cells to take over."

- Some 600,000 cases of breast and colorectal cancers could be prevented each year if vitamin D levels among populations worldwide were increased, according to previous research by Dr. Garland and colleagues.

- Optimizing your vitamin D levels could help you to prevent at least 16 different types of cancer including pancreatic, lung, ovarian, prostate, and skin cancers.

- A large-scale, randomized, placebo-controlled study on vitamin D and cancer showed that vitamin D can cut overall cancer risk by as much as 60 percent! This was such groundbreaking news that the Canadian Cancer Society has actually begun endorsing the vitamin as a cancer-prevention therapy.

- Light-skinned women who had high amounts of long-term sun exposure had half the risk of developing advanced breast cancer (cancer that spreads beyond your breast) as women with lower amounts of regular sun exposure, according to a study in the *American Journal of Epidemiology*.

- A study by Dr. William Grant, Ph.D., internationally recognized research scientist and vitamin D expert, found that about 30 percent of cancer deaths -- which amounts to 2 million worldwide and 200,000 in the United States -- could be prevented each year with higher levels of vitamin D.

Some health practitioners recommend 4000 to as much as 10,000 units a day on an ongoing basis. And some recommend 50,000 units a day for short periods of time like when you are fighting cancer.. Most people don't get enough vitamin D from the sun, even in the south.

SPECIAL CANCERS

Certain types of cancer require special attention. These are Brain Cancer, Bone Cancer, Leukemia, and Prostate Cancer.

1 - BRAIN CANCER

**WARNING: IF THERE IS
SWELLING, INFLMMATION,
OR PRESSURE**

First, if there is any swelling, inflammation or pressure of any kind in the brain, immediately consult an oncologist or surgeon and carefully consider what he has to say.

Swelling or pressure can cause the heart rate to drop,—sometimes leading to instant death. Let medical doctors make decisions about relieving the swelling or pressure. This will generally include steroids and in some cases even radiation.

Do NOT depend on ANY alternative cancer treatments to work fast enough to deal with swelling or pressure inside the skull. It is necessary that the problem of swelling, inflammation or pressure is solved before natural remedies can be applied.

Second, any brain cancer patient on any orthodox or alternative cancer treatment that kills cancer cells (which is what nearly all alternative cancer treatments do) **should have with them at all times anti-inflammatory drugs. Someone should be with them at all times who knows how to use these drugs.**

Third, brain tumors are very dangerous! By pressing on the wrong part of the brain, they can block the heart from beating.

In those instances where there is a dangerous tumor in the brain, it is best to use a high-frequency generator.

THE SKILLING PHOTON PROTOCOL

The expert you need, in order to help you work with those generators, is Ed Skilling at the Skilling Institute. When consulting with Ed, mention any other health conditions that affect the patient.

Skilling Institute

4340 E Indian School Rd #21,

Phoenix, AZ 85018 (877-777-4788)

The Skilling Institute is also a clinic where a person can go for help. But, of course, clinics can be somewhat expensive.

“The Skilling Institute is affiliated with the world’s most advanced doctors and alternative therapy practitioners (all modalities) in 41 countries. It provides the best alternative therapies available while specializing in alternative cancer therapy and alternative cancer treatments for all types and stages of cancer.”—*Skilling Institute*.

The Skilling Institute provides Ed Skilling’s advanced electromedicine alternative therapy, using the *Photon Genie* and new *Photon-Genius*.

The upgraded *Photon Genie* is used as alternative therapy for Cancer, Lyme disease, Autism, Fibromyalgia, Immune System Disorders, Chronic Pain, Infections, etc.

The *new Photon-Genius* combines the latest in

Skilling electromedicine and infrared energy transmission.

The Photon device, by itself, is not a cancer treatment. It is only half of a cancer treatment. The other half is the consultation with the Ed Skilling Institute. The consultation will lead to a nutritional protocol that will target the specific types of microbes which are causing the weak immune system.

There are two different Photon devices, the Photon Genie (\$3,000) and the much bigger Photon Genius (\$25,000). Both devices provide the same essential benefits, but the Photon Genius is far more powerful and also provides other benefits, such as infra-red.

For patients who are already weak, the Photon Genius is needed. However, for those who cannot afford to buy one, **the Ed Skilling Institute might be able to find one near the patient which is available to the general public for a per-use fee.**

If such a device cannot be found, a Quantum Pulse might be available on a per-use fee. The Quantum Pulse does not do all of the things a Photon Genius does, but it does energize cells for weak cancer patients! *To find one near you, go to: thequantumpulse.com*

When using the Photon Genius do not let your eyes get within 9 inches of the infra red panels, for it could cause reddening of the eyes.

The Photon Protocol can take several weeks to begin, so you can start with the Kelmun Protocol, or a combination of the therapies in the Inexpensive Protocol.

But a warning: **When the patient obtains the nutrients recommended by the Ed Skilling Institute, the patient must stop using the Kelmun Protocol (baking soda and maple syrup) and asparagus.** This is because not many highly alkaline protocols (the nutritional part of the Photon protocol and the Kelmun Protocol and Asparagus Protocol) can be used at the same time.

There is a cardinal rule in natural medicine that **a patient should not use two highly alkaline protocols at the same time.**

So, except for the Kelmun Protocol and Asparagus Protocol, the patient may continue any and all of the other protocols in the Inexpensive Protocols.

It is very advantageous to do this, because while the Inexpensive Protocols and Photon Protocol work in totally different ways,—their tactics are very synergistic.

WARNING ABOUT RADIATION

While radiation given in a hospital may be nec-

essary in cases of dangerous swelling and inflammation, **using hospital radiation to treat cancer is almost guaranteed to be useless.**

“Orthodox treatment for brain cancer, especially Children’s, is absolutely appalling. Chemotherapy and radiation treatment cause horrific side-effects and permanent retardation. Very few survive for five years with this treatment. Their quality of life is ghastly, constantly sick from the chemotherapy/radiation treatments, their immune system wrecked by this barbaric treatment.”—cancerinform.org/kids1.html

“As a rough estimate, neurosurgeons do well to heal one in every 1,000-brain cancer patients they operate on. Radiation therapy slows the growth of adult tumors, gaining perhaps one month of life, and may result in a remedy of only one in 500-1,000 patients. Similarly, chemotherapy, despite 30 years of clinical trials, has not resulted in the development of a single drug or drug combination that elicits more than an occasional transient response in primary brain tumors.”—*Dr. Robert Burdick, oncologist and professor at the University of Washington Medical School.*

THE BLOOD-BRAIN BARRIER

Brain cancer and brain tumors are somewhat unique because of the “blood-brain barrier,” which severely restricts the types of substances in the bloodstream that are allowed by the body into the brain. While the blood-brain barrier (BBB) is great for protecting the brain from danger, when the brain has cancer cells, the BBB can be a problem.

While there are new chemotherapy drugs which can penetrate the blood-brain barrier, because chemotherapy is worthless in the rest of the body, why would someone think that chemotherapy would do any good running around among the extremely delicate brain cells?

BRAIN STEM CANCER

Brain stem cancer may be the most deadly and difficult to deal with cancer on earth. At the current time the best chances for survival of a brain stem cancer patient may be to use the same treatment as dangerous tumors.

BUDWIG-CELLECT PROTOCOL WITH GB-4000 MOPA

The **Budwig-Cellect Protocol**, combined with the **GB-4000 MOPA (27 watt. \$4,220)**, **not the GB-4000 SR-4 (15 watt. \$2,320)**, can also shrink brain tumors and help prevent brain tumors from “coming back.”

Because brain cancer patients should not use any alternative cancer treatment which causes swelling or inflammation, and yet the pro-

tolocol should be very potent, the strongly recommended protocol for brain cancer is the Collect-Budwig protocol with the GB-4000 with MOPA.

The GB-4000 is required if you can afford it because electromedicine (frequency generators) can penetrate the skull and get to the cancer cells! **These treatments revert cancer cells into normal cells,—without producing any debris or inflammation in the brain.**

This protocol includes **the GB-4000 MOPA, which by itself costs about \$4,600.** It is by far the most effective replica of Royal Rife’s most effective cancer treatment – the plasma device. Today, these devices are commonly called “frequency generators.”

The Budwig-Cellect Protocol costs about \$450 a month.

If you cannot afford both of these items then consider the other two alternative protocols in this section (the Budwig-Cellect Protocol—without the GB-4000 MOPA, or the Bob Henderson Protocol-Bill Beck Protocol).

There are two different models of the GB-4000. The more potent model is the GB-4000 with **MOPA, which is a plasma device with 97 watts of power. This is an amazing cancer protocol by itself.** I do not recommend the GB-4000 with SR-4 for brain cancer because it is too difficult to place the electrodes for brain cancer, but **the SR-4 can be used as a Bob Beck device for cancer (explained soon below).**

A frequency generator is able to revert cancer cells into normal cells by killing the microbes inside the cancer cells, thus it does not cause swelling or inflammation. This is the safest possible way to eliminate cancer.

Articles on frequency generators frequently recommend drinking alkaline water as a supplement to electromedicine. The Collect-Budwig protocol will take care of this issue so alkalized water is not necessary unless you already have the equipment.

The ICRF step-by-step, High RF Frequency Research Protocols for using a frequency generator for cancer are not in this book. Due to FDA regulations the High RF Frequency Research Protocols must be obtained directly from the support team at the *Independent Cancer Research Foundation*. **The protocol information is free and technical support is available without charge through the ICRF:**

Independent Cancer Research Foundation,
Inc. P.O. 2074, Lees Summit, MO 64063
www.new-cancer-treatments.org,

Microbiologist, Dr. Royal R. Rife used the standard high frequency generating equipment of his day. **The two high RF frequency generator sys-**

tems GB-400 SR-4 and GB-400 MOPA) output the frequencies using the same method used in the original "Rife Machines" of the 1930s, which were designed by Rife. The difference today is that these newer devices use modern, high-tech circuits.

Both devices are so gentle that the person using one of them barely knows the device is turned on!

Warning: Almost all the frequency generators on the market today which are called "Rife Machines" output only low audio frequencies. They cannot output the high RF frequencies which Dr. Rife used, and are now found in the GB-400 MOPA. But it is expensive (currently \$4,220).

Where to obtain the GB-4000 MOPA frequency generator:

FrequencyStore.com
The Frequency Store
3214 North University Ave., Suite 115
Provo, Utah 84604 800-477-0066

Where do you go for an expert who can help you:

The Collect-Budwig protocol is one of the most potent of the nutritional alternative cancer treatments. **The Collect-Budwig has expert support available from cancer researcher Mike Vrentas. In fact, Mike Vrentas is also an expert in the use of the GB-4000 and can support both protocols.** Thus you only have to deal with one person on this protocol.

Collect: Info@collect.org. Phone:
866-692-3553 30 servings
for \$100.00, plus cod liver oil caps.
Fax: 631-509-5317 Collect, P.O. Box 132,
St. James, NY 11780-0132

Here is how to ask Mike a quick question or to set up a consultation: *For Mike Vrentas help:*
collectbudwig.com

The Collect-Budwig treatment is actually a combination of several treatments which work closely together, and so **do not cause any type of swelling or inflammation.** The treatment works very quickly and is very effective.

At least four scoops of Collect a day or more should be used, though Mike can tell you exactly how many scoops a day you need.

BUDWIG-COLLECT PROTOCOL WITHOUT GB-4000 MOPA

This protocol contains six different nutritional cancer treatments.

Because brain cancer patients should not use any alternative cancer treatment which causes swelling or inflammation, and yet the protocol should be very potent, a very effective treatment for brain cancer is the Budwig-Collect protocol.

It is a complete protocol to deal with the cancer and expert telephone support is very inexpensive (about \$230 which includes 5 hours of audio CDs and a two-hour telephone or Skype consultation).

For more information, go to the Budwig-Flaxseed-Cottage Cheese-Collect Protocol.

2 - BONE CANCER

Treating bone cancer, or cancer that has spread to the bones, is a very difficult task. First of all, the bone cancer itself must be dealt with. Secondly, with bone cancer the bones become very brittle and it is critical to keep the bones strong.

It can be extremely dangerous for a vertebrae to break, not only because of its location, but because of the severe mental trauma to the patient caused by such a break.

Fortunately, **there are several minerals that can greatly enhance the use of calcium supplements in strengthening the bones!**

Two of the most common supplements to add to calcium are:

1 - **Strontium**, the natural trace mineral (NOT the man-made radioactive substance),

2 - **Magnesium**. On a periodic table of the elements, magnesium is just above calcium and strontium is just below calcium.

While most forms of calcium are not absorbed by the bones very well, there is one form of calcium that has great promise for treatment of osteoporosis, and most likely fragile bones created by bone cancer. That product is *Microcrystalline Hydroxyapatite* (MCHC). It is extremely bioavailable and is also used in rheumatoid arthritis. It also reduces the pain of these diseases.

One of the reasons MCHC was high in absorption (in the studies) was that it had the correct ratio of calcium to phosphates.

(Important: Phosphorus should NOT be taken as a supplement and is one of many reasons cancer patients should never drink soda pops.) It definitely should not be used by people with bone cancer!

The typical Western diet, however, is imbalanced in their intake of calcium and phosphorus. **Most people who consume meat or processed foods and drinks consume roughly two to four times more phosphorus than calcium.** For example, meat and poultry contain 10 to 20 times as much phosphorus as calcium, and carbonated beverages such as colas have as much as 500 mg of phosphorus in one serving. When there is more phosphorus than calcium in the system, the body will draw on cal-

cium stored in bones. This can lead to reduced bone mass (namely, osteopenia or osteoporosis) that makes bones brittle and fragile. It can also lead to gum and teeth problems. **A balance of dietary calcium and phosphorus can lower the risk of osteoporosis, and relieve the symptoms of osteoarthritis** and other problems related to the body's ability to use calcium.

CESIUM CHLORIDE PROTOCOL

The experts have found that the best alternative cancer treatment for bone cancer is a mineral-based treatment, plus added minerals specific to bone cancer.

As long as a cancer patient does not have a type of cancer that is more dangerous than their bone cancer (such as lung cancer), it is best to design the cancer protocol to focus on the bone cancer.

Cesium chloride, being a mineral-based treatment, can help protect the bones. Moreover, **Larry of Essense of Life is the recommended vendor**, and he will add other key minerals to his normal protocol to protect the bones. He provides free telephone support to those on his protocol.

Essence-of-Life (Larry)

essence-of-life.com

800-760-4947

Very, very few alternative cancer treatments are actually strong enough to deal with bone cancer, but **cesium chloride, and in some cases with DMSO**, is one that can.

The treatment for bone cancer is much longer than with most cancers because the bones are slow to heal. A typical bone cancer protocol will last for a year or more. Throughout this time it is critical to strengthen the bones.

If you have bone cancer, or cancer that has spread to the bones, or a bone marrow cancer, **it is best if you go to the Cesium Chloride-DMSO Protocol in this book.**

Cesium Chloride / DMSO Protocol Article
Important Note About Brittle Bones

In case you have brittle bones, Using the Cesium Chloride Protocol, when you have hit your "cesium limit," continue using the minerals that Larry of Essense of Life has given you for the protection of your bones!

The product Collect, in the **Collect-Budwig protocol**, also has these minerals if you are on that protocol.

If you are not on Cesium Chloride or Collect-Budwig, you can contact an expert on minerals, True Ott, PhD. He can also advise you on minerals

to protect the bones. Here is his website:

meminerals.com/7cCheck=ON

In addition to the mineral treatments, **omega-3** has been shown to help prevent deterioration of the bones.

Vitamin C is also a good nutrient to use for bone cancer. The DMSO-Vitamin C protocol will help build the bones, it may "buy time" for the other treatments to work, and it may help get rid of some of the cancer cells. (*Check the DMSO-Vitamin C Protocol for how to combine Vitamin C with DMSO.*)

One of the reasons the bones of a cancer patient can become brittle is because of cachexia (ka-kek-see-ah). **The cachexia cycle is a dangerous cycle that allows cancer cells to steal minerals from healthy cells, including the bones**, thus forcing the bones and muscle to waste away.

The primary vendor for hydrazine sulphate is Larry of Essense of Life, who also knows how to work with bone cancer and hydrazine sulfate.

HYDRAZINE SULPHATE DOSAGE

Here is the Minnesota Wellness recommendation for taking Hydrazine Sulphate:

One 60 mg capsule every day for the first 3 days with or before breakfast.

One 60 mg capsule twice a day for the next 3 days, before breakfast and before dinner.

One 60 mg capsule three times a day thereafter. Approximately every 8 hours beginning with breakfast.

This plan is based on a patient weight of 55 Kg and above; for a patient weight of 50 Kg and below, half dosages have been reported effective. Generally it is reported that hydrazine sulphate is most effective when administered by itself before meals (with no other medications given one-half hour before or after administration of hydrazine sulphate). If adequate response is made on 2 capsules daily, patients have been reportedly maintained on this dosage schedule and not increased.

Best efficacy with hydrazine sulphate has been reported by maintaining daily treatment for 45 days followed by an interruption for 1 to 2 weeks, then re-institution of treatment; this interruption has been reported to prevent the development of peripheral neuritic symptoms. In addition, it has been reported that there is an incompatibility of hydrazine sulfate with ethanol, barbiturates, and tranquilizers. Patients receiving hydrazine sulfate should thus avoid alcoholic beverages, tranquilizers, and barbiturates.

This is Walter Last's suggested dosage of HS:

Take Hydrazine Sulphate in an amount of 60

mg 3 times daily with meals. Start with only one 60 mg capsule with breakfast for 3 days, and then add a second capsule with lunch for another 3 days and finally an additional capsule with dinner. If the body weight is less than about 55 kg then only 2 capsules per day may be taken and below about 43 kg 3 times 30 mg may be used. If you feel good on this schedule, then this program may be maintained for several months but more commonly it is interrupted by a 2-week rest period after about 6 weeks.

WARNINGS ABOUT HYDRAZINE SULPHATE

It is important to note that **there must be breaks** in treatment with Hydrazine Sulphate at specified intervals!!

Hydrazine sulphate should be taken in exact doses. Overdosing can do more harm than good.

Hydrazine Sulphate is an MAOI (*Monoamine Oxidase Inhibitor*). What it does is inhibit an enzyme that breaks down *monoamines* (serotonin, norepinephrine, and dopamine), those brain chemicals that make us happy. MAO (monoamine oxidase) inhibitors have been used as antidepressants. However, MAOs also have another job in the body: they metabolize (break down) tyramine, an amino acid. **When taking an MAO inhibitor (which is what Hydrazine Sulphate is), tyramine is broken down. Eating foods with tyramine can raise your blood pressure and heart beat dramatically and cause the worst headache you've ever experienced.** This is a very dangerous condition, especially for someone already battling cancer. **Most of the foods containing tyramine are not on the anti-cancer diet plan, and you should be avoiding them anyway.**

Foods containing tyramine are (mainly) aged, fermented, or pickled, such as most cheeses (except cottage cheese, cream cheese, and fresh Mozzarella), lunch meats, hot dogs, yogurt, wines and beers.

There is absolutely no accurate list of what foods have tyramine. If the cancer patient gets headaches, then it is highly likely he is eating something with tyramine in it. Start eliminating foods in the same food categories

Dr. Gold, developer of Hydrazine Sulphate, has warned that **a person taking it (HS) should not be taking drugs at the same time.** He wrote this:

"HS is an irreversible and potent MAO (monoamine oxidase) inhibitor, a class of compounds that can have potentially deadly interactions with other drugs. For over three decades it has been known that central nervous system depressants—such as barbiturates, tranquilizers and alcohol—are incompatible with MAO inhibi-

tors and use of the two together could result in extremely dangerous effects."

The following things should not be taken with Hydrazine Sulphate: ethanol, alcoholic beverages, barbiturates and tranquilizers (e.g. Thorazine, Compazine, Xanax, Valium, Dalmane, Ativan, Restoril, Halcion, Nembutal and Seconal, etc.), sedatives in doses greater than 100 mg per day, especially benzodiazepines and phenothiazines, antihistamines, antiemetics, other agents that depress the central nervous system (morphine, foods with tyramine,

Please remember that if you are on any prescription drugs, triple check the above lists to make sure they do not conflict with hydrazine sulphate.

Restrict usage of **Vitamin C** (to 250 mg) from all sources. Also avoid **Vitamin B6**, and any multivitamins or other supplements that contain these things. Avoid **Barley supplements** and **amino acid supplements**. In addition, **foods high in glucose** should be avoided.

Pay attention to the food and supplement restrictions. If the person gets a major headache it may be because he is eating a food with the amino acid tyramine.

HYDRAZINE SULPHATE STOPS THE CACHEXIA CYCLE

Warning: Using hydrazine sulphate can be very dangerous and even fatal if you do not follow the basic safety rules!!! It is a requirement to read this article on how to safely use hydrazine sulphate:

What is this cachexia cycle?

Cancer cells ferment glucose, a very inefficient mechanism. As part of this fermentation, cancer cells create lactic acid. This lactic acid goes to the liver which, in the process, makes the cancer cell very acidic. Because cancer cells are very inefficient at processing glucose (only about 5% as efficient), they use too much, and this wasted energy causes the cancer patient to become tired and malnourished, while the good cells do not receive enough glucose. This means that, as cancer worsens in the body, normal cells can literally starve to death, creating malnutrition and death.

The liver then converts this lactic acid back into glucose, consuming even more energy. Much of this glucose is consumed by the cancer cells and the cycle starts over.

Of all of the alternative treatments for cachexia, perhaps Hydrazine Sulphate is the best known. The reason is that it was designed specifically for cachexia.

Hydrazine Sulphate (or more commonly Hydrazine Sulfate) **interrupts the ability of the liver**

to convert the lactic acid sent it from tumors into glucose. By doing this, the HS helps starve the tumors and inhibit their ability to metastasize.

Dr. Joseph Gold was the one who discovered that Hydrazine Sulphate could stop cachexia. In his early animal studies, Dr Gold showed that, in greater than fifty percent of cancerous animals, he was able to stop the process of glycologenesis, end the cachexia, and the animals began gaining weight. With sugars cut off to the tumor, the tumors began shrinking.

How is cachexia different than normal weight loss? Cachexia is different than a normal weight loss (cause by improving the diet). In cachexia, the body is literally eating itself. It is eating the person's muscles, fat and many other parts of the body.

One key to determining whether a loss in weight is cachexia or not is knowing when the uncontrollable weight loss started. If it started before the switch to alternative treatments, it might be cachexia.

However, if the weight loss started at the same time as the switch to an alternative anti-cancer diet, most likely it is not cachexia, unless the weight loss continues for more than a few weeks.

CESIUM CHLORIDE ALSO HELPS STOP THE CACHEXIA CYCLE

One option to help hydrazine sulfate stop this cycle is Cesium Chloride (and a few other minerals). **Cesium Chloride makes the body more alkaline.** Dr. A. Keith Brewer, PhD, established that cesium chloride can get into cancer cells, when other nutrients cannot. The Cesium Chloride limits the intake of glucose into the cell (thus starving the cell), neutralizes the lactic acid (which is actually what causes the cell to multiply uncontrollably and eventually kills the cell) and makes it nontoxic. Cesium Chloride also stops the fermentation process, which is a second affect of limiting the glucose (fermentation is what creates lactic acid in the first place). In other words, cesium chloride will break the cycle in several different ways.

So we find that **Hydrazine Sulfate blocks the cachexia cycle in the liver and cesium chloride blocks the cachexia cycle in the cancer cells!**

EXCELLENT NUTRITION TO HELP REBUILD AFTER CACHEXIA

Normal cells have been literally starved to death by cachexia. The bones and muscles of a person have been literally eaten by the cachexia cycle in order to "feed" the cancer cells. It is critical now to restore the anti-cancerous cells to health with powerful nutrients,—such as Essense Health Blend, Xango Mangosteen, Tahitian Noni Juice, and wolf-

berry juice (e.g. Berry Young Juice). Essense Health Blend, Vibe is NOT on this list because it has added Vitamin C. But natural vitamin C from fruits is OK.

Essense Health Blend should be taken throughout your cancer treatment, whereas the fruit juices should only be taken while the anti-cancerous cells are starved for nutrition!

Both cesium chloride and hydrazine sulfate are complex treatments and have many restrictions. More will be said about this below.

3 - LEUKEMIA

Here are special points about Leukemia and Myelodysplastic Syndrome (MDS):

Leukemia and MDS (Myelodysplastic Syndrome) are very similar types of cancer. Apparently in both cases, microbes in the blood marrow are able to get inside of immature cells and prevent them from becoming mature (i.e. differentiated). Only leukemia will be discussed, but what is said about it also applies to MDS.

WARNINGS AND CAUTIONS

Melatonin should not be used by people with leukemia, Hodgkins disease, lymphoma or multiple myeloma. Melatonin's beneficial effect on immunity could worsen immune system cancers. **Calcium supplements** should also be taken with care to avoid hypercalcemia.

Certain types of alternative cancer treatments would have no affect on leukemia because they do not apply. For example, **shark cartilage** is primarily designed to stop the growth of tumors, which usually does not apply to leukemia. The **Rath Cellular Solution** is designed to work with the connective tissue, which also does not apply to leukemia. And there are other alternative treatments that do not apply.

Blood samples, looked at through a microscope, cannot detect which immature white blood cells are dead and which are alive. For this reason, **the white blood cell "count" may be very misleading** after a person has been on an alternative cancer treatment.

CESIUM CHLORIDE PLUS LIMU JUICE

The recommended treatment for leukemia is the Cesium Chloride-DMSO Protocol, plus Limu Juice. Cesium chloride is a strongly alkaline mineral and can work on the immature white blood cells (which are the primary problem), along with any fungus or bacteria, without raising the pH of the blood.

When dealing with leukemia, it is especially important to work with an expert, such as Larry of Essense of Life (the recommended cesium chloride

vendor). His protocol now includes helping in the use of the QRS device (Quantron Resonance System), which is an excellent addition to the cesium chloride protocol.

It is highly recommended that Limu Juice be added to the Cesium Chloride Protocol. **Limu Juice is superb at safely killing cancer cells.** While a person may think that cesium chloride works by killing cancer cells, the goal of the cesium chloride protocol is actually to kill microbes inside the cancer cells.

Limu juice, which is an optional treatment, actually kills cancer cells but lacks the power of cesium chloride to work quickly.

One brand of Limu Juice is the best because the company owns the key patents on the extraction of *fucoïdan*. For location of that firm, email:

info@cancertutor.com

and ICRF (Independent Cancer Research Foundation) will forward your request to that firm, which will contact you.

More about fucoïdan:

This cancer protocol involves a molecule called “fucoïdan.” This protocol is rated as a “Stage IV” protocol, which is the highest rating of alternative cancer treatments. Fucoïdan has been proven in many scientific studies to target and safely kill cancer cells. Fucoïdan is found in a product called limu juice, although not all brands of limu juice have the same amount of fucoïdan.

The dosage for liquid versions of limu juice involve 16 ounces a day (or 1/2 of a one-liter bottle). This dose should be divided into several small doses spread out during the day. Pill versions generally use 2 pills every day.

The cost of a case of Limu Juice is about \$120 plus shipping. The case (of 4 bottles) lasts for 8

days at recommended doses.

4 - PROSTATE CANCER

Here is a suggested therapy for prostate cancer:

1 - Reduce your **fat intake** to no more than 20 percent of your total calories.

2 - Eliminate virtually all sources of **saturated fat, including meat and dairy products**, as well as trans fatty acids found in processed foods (diets high in these types of fat have been shown to stimulate cancer growth).

3 - Eat a good source of the **omega-3** essential fatty acids that protect against prostate cancer. One of the best is **Flaxseed Oil**. Second best is **flaxseed**. Keep them refrigerated.

4 - Eat moderate servings of **protein**, and copious helpings of **fiber-rich vegetables, fruits, legumes and whole grains**. Plant foods are loaded with beneficial vitamins, minerals and phytonutrients that slow cancer growth.

5 - Eat **tomatoes**, which contain lycopene, and **leafy greens** and **beta-carotene-rich yellow and orange produce**, all of which have anticancer activity.

6 - Take **vitamin E**. Researchers from the National Cancer Institute reported that men with the highest blood levels of vitamin E were nearly half as likely to develop prostate cancer as those with the lowest levels. I recommend taking 800–1,600 IU of vitamin E daily.

(7) Take modified **citrus pectin** (MCP), which helps to keep prostate cancer from spreading to other areas of the body. MCP also boosts immune function by enhancing the activity of natural killer cells, which destroy infected and cancerous cells. I recommend PectaSol which you can find online or at the Whitaker Wellness Institute at 1-(800) 810-6655. The research dosage is 15 g per day.

7 - Eat **flaxseed**, which has been shown to slow prostate cancer growth. Flaxseed contains omega-3 fatty acids as well as compounds called lignans that modulate hormone metabolism, inhibit angiogenesis and fight free radicals. I recommend eating 1/4 cup of freshly ground flaxseed daily.

8 - Take **curcumin**. Research shows that curcumin, an extract of the spice turmeric, is a very effective prostate cancer treatment option, striking at prostate cancer on multiple fronts. So wide-ranging are its anticancer effects that European researchers recently concluded that curcumin is “a nontoxic alternative for prostate cancer prevention, treatment or co-treatment.” I recommend every man diagnosed with or at risk for prostate cancer

DISCLAIMER—All information throughout this book, is offered purely for educational, research, and experimental purposes—as an objective report, not as a recommendation or endorsement. Nothing on this book is intended to diagnose, treat or cure any physical or medical conditions. If you have a physical or medical condition, you should seek the advice of your medical professional immediately. The author and publisher assume no responsibility if the reader prescribes for himself without his doctor’s approval.

take 4–8 grams daily, or three capsules of a curcumin liposome product such as Meriva two to three times a day.

9 - If your cancer is potentially aggressive, talk to your doctor about a trial of high-dose **vitamin D2**. In a study of high-risk prostate cancer patients, men who were assigned to receive 40,000 IU of vitamin D2 daily for three to eight weeks had higher levels of microRNAs (protein regulators that block the growth of prostate cancer) and lower levels of a protein that indicates cancer growth.

WORLD WITHOUT CANCER

What would this world be like if everyone lived in accordance with the better way of life that we all so much want?

It would greatly help if we would build up the soil, choose better food, use clean water, breathe better air, obtain adequate rest at night, live temperately and, very importantly, take time to raise godly children.

But crucial to entering such a better way of life, we would need to read the Bible and obey the Ten Commandments. Morality on all levels is one of our most important needs, and the Ten Commandments is its only perfect standard.

As part of this better way of life, we would love the God of the Bible, and Jesus Christ whom He sent. **For only through the enabling grace of Christ could we be strengthened to obey the Ten Commandments.**

We would then live to help and bless others. If everyone did this, wars would stop,

and peace would come to our world. This would be a heaven on earth.

But how many of us would really want such a heaven on earth? It would entail very definite responsibilities: self-control, kindness, patience, helpfulness, and all-around unselfishness.

But individually, we can have these qualities. Through the enabling grace of Christ, we can come to God and surrender our lives to His guidance. In the strength Christ offers, we can repent of our sins, and put them away. Living daily close beside Him, trusting Jesus to care for us, crying to Him for help in time of need—*This is truly a wonderful way to live.* We encourage you to come enter this better path. All who do find a deep peace in their lives.

It is true that not everyone would want such a life, because of the cherished sins they would have to give up. —*But you and I can have it!* Go alone, by yourself. Fall on your knees and plead with Christ for help. He will not fail you. He died on Calvary to enable you to live this better life. He alone can start you on this new way to something far better.

Soon He is going to return to take those to heaven who want to live Him. Then, at last, we will be in a world without cancer.

Do you intend to be there? Do you determine that, through the enabling grace of Christ, you will obey God's holy, moral law and live a godly life? I want to meet you there.

—Vance Ferrell

“We are homeward bound. He who loved us so much as to die for us hath builded for us a city. The New Jerusalem is our place of rest. There will be no sadness in the city of God. No wail of sorrow, no dirge of crushed hopes and buried affections, will evermore be heard. Soon the garments of heaviness will be changed for the wedding garment. Soon we shall witness the coronation of our King. Those whose lives have been hidden with Christ, those who on this earth have fought the good fight of faith, will shine forth with the Redeemer's glory in the kingdom of God.

“It will not be long till we shall see Him in whom our hopes of eternal life are centered.

And in His presence, all the trials and sufferings of this life will be as nothingness. ‘Cast not away therefore your confidence, which hath great recompense of reward. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise. For yet a little while, and He that shall come will come, and will not tarry.’ verses 35-37. **Look up, look up, and let your faith continually increase. Let this faith guide you along the narrow path that leads through the gates of the city of God into the great beyond, the wide, unbounded future of glory that is for the redeemed.”**

—9 Testimonies, 287-288

PREVENTION DIET - NUTRITION RULES TO FOLLOW
(Adapted from the Cancer Control Society)

1 - Eat **natural foods** and **eat them raw** when possible.

2 - Eat only **foods that will spoil** and eat them before they do.

3 - See that 30% of your calories are proteins, 20% fats and 50% unrefined carbohydrates.

4 - Eat **organically grown fruits and vegetables**, if at all possible. Try to grow many of your own.

Do not eat sprayed, fumigated, dyed, waxed or irradiated fruits and vegetables.

Do not eat canned fruits and vegetables. Most fruits are over-sweetened, and many vegetables are overcooked.

5 - Obtain **good fresh produce in season and freeze** for later use. Eat kernels (seeds) of fruits. Sprout seeds and use daily.

Avoid rancid seeds, nuts, grains and foods cooked in rancid fats, for they contain carcinogens.

If you eat eggs, only used fertile ones, as they provide more nutrients. Obtain eggs from range hens that have access to green grass.

Eat whole grains. Make your own bakery products. Buy a flour mill and make your own flour.

Do not eat commercial white bread or other bakery products. Do not eat white rice.

Do not eat processed foods, such as sugar, white bread, cookies, crackers, TV dinners, etc.

Use **extra virgin olive oil or coconut but-**

ter for sauteing. Use flaxseed oil or olive oil for salads.

Do not use heat-treated oils with preservatives, or hydrogenated shortenings such as margarine.

Do not use deep fat frying as fatty acids break down at high temperatures. Avoid fried foods.

Eat only **fresh, non-rancid food**. Rancidity can be detected by its characteristic odor.

Drink **spring water and natural unsweetened juices** in place of other beverages. Use a juicer.

Drink **herb teas**.

Do not drink processed milk, such as pasteurized, homogenized, dried or canned; or pasteurized milk products which contain artificial flavoring and sweeteners.

Drink no soft drinks, with or without sugar. Avoid stimulating drinks which exhaust the adrenals and pancreas.

Drink and eat no coffee products.

Drink no wine, beer, whiskey, or other alcohol.

Shop in a Health Food Store and, in a supermarket, shop wisely and be a label detective.

Do not eat foods containing chemical preservatives, dyes, artificial colors, etc.

Do not eat or drink "foodless" snacks.

Do not buy and eat junk foods in a supermarket.

Do not eat at fast-food restaurants.

DISCLAIMER—Although everyone has a legal right to treat themselves, this book is designed for scientists attempting to provide us with better treatments. This material is a first step in the education process concerning cancer.