AN

OVERVIEW OF

ALTERNATIVE

CANCER

THERAPIES

compiled from our clinic library, books, seminars, internet
for your education and consideration

CANCER OVERVIEW

This information contained in this handout is meant for educational purposes only. None of it's contents are intended to diagnose, treat or cure any illness or disease. No statements have been evaluated by the FDA or Health Canada. The information herein was researched to educate ourselves and the public and include written documentaries, video documentaries, observations, made from research obtained from many sources. This is an ongoing project, and we will be adding to it as we are able, or as new information presents itself to us.

This paper is written for those that have cancer. More than one-half of the population in North America will have cancer at some point in their life. In the 20th century we became aware of cancer and it has grown and grown ever since. It is epidemic. The name strikes fear in our hearts when we hear it. Everyone knows someone who has died of cancer. But what you don't hear of are the many thousands of people that have healed themselves by changing their attitude, diet and lifestyle. No one particular cancer treatment will work for everyone.

Even the best cancer treatments are only around 50% effective. You hear someone found a treatment that worked for them, it doesn't mean it will work for you. At our clinic we try and guide those with cancer to make decisions as to what the best approach is, based on our 35 years of research and experience, and testing the body to see what is most likely accepted and rejected.

The important thing to remember is that none of the following information will heal you. Your body will heal itself as the cells regenerate and reproduce. What you want to do is to remove every bit of stress on the body to give it every opportunity to heal. That includes certain foods, toxins, poor water, light, exercise, and even the thoughts that enter your mind.

This is the holistic approach. You may be taking radiation or chemotherapy. That should not stop you from wanting to give your body every opportunity to heal. Radiation or chemotherapy may kill cancer cells, surgery can cut it out, but none of these address what caused it in the first place and as we have seen, there is a very good chance the cancer will return. It takes years and years of improper living and thinking to develop cancer cells. Start now to change to a more permanent healthier life and find out just how wonderful life can really be. If you are taking radiation or chemo, you will want to be on a strict health program afterwards for several years to give your body a chance to avoid the recurrence of the disease caused by the depletion of the vital energies from taking those treatments.

There are wonderful hospitals and clinics located in Tijuana, Mexico that treat holistically. We have visited these hospitals and work with our clients that are doing protocols and treatments from those hospitals. If you can afford to go to any of those hospitals, it is a wonderful experience and their success rate is very high - they are allowed to do therapies that we are forbidden to do in Canada and the U.S. (eg. injections of high doses potassium). However, many can't afford to go there - we can still do a lot to help you from our clinic. Our protocol follows the routines of the Mexican hospitals as we are legally capable of doing here and many, many people have done self-healing successfully, using these methods. We have been following these protocols for many years now and can help you understand the procedures as you need.

Unless you are following a specific formula treatment like Protocel (aka Cantron, Cancell), we find the best diet approach comes from Dr. Max Gerson (developed the Gerson Therapy

Treatment Center, now called Baja Nutri Care, SC in Tijuana and writer of the book "the Gerson Therapy for Cancer"). Gerson said the ideal task of cancer therapy is to restore the function of the oxidizing systems in the entire organism. This is difficult to accomplish. It involves detoxification of the whole body, providing the essential mineral contents of the potassium group, adding oxidizing enzymes continuously as long as they are not reactivated and built in the body (in the form of green leaf juice). This will create a near normal condition of the oxidizing system in the body, to which malignant cells with the fermentation system cannot adapt.

Gerson therapy is immune enhancing, combining medical regime resting on salt & water management, therapeutic nutrition, detoxification, and regulation of the rate of metabolism. Because this therapy relies on the stability of normal tissues, organs, bone marrow, blood vessels, and GI tract, its positive effects may be compromised by:

1. **Extensive pre-treatment with chemotherapy**
2. **Long term steroid usage eg. prednisone**
3. **Removal of any of: pituitary, adrenals, pancreas, more than 2/3 of the stomach, colon (with ileostomy).**
4. **Multiple tappings of lungs or abdomen.**
5. **Extreme liver damage.**
6. **Transplanted organs which require immune suppressing cyclophosphamide management.**

Although one may feel better in a short time following this regime, it should be kept up for a minimum of 24 months in order for the health to re-establish itself.

CAUSES OF CANCER

It is suggested that you watch Ty Bollinger's series regarding The Truth About Cancer. You can usually download it or watch it for free on YouTube. The series started in 2014 and again a further series in 2016.

Attitude

Some causes of cancer are obvious - such as being subjected to radiation poisoning, smoking, working in coal mines, eating a poor diet of fast foods, etc. But many other people get cancer that live quite healthy lifestyles. Can cancer be caused by emotions? Is there a cancer personality? DOUGLAS BRODIE, MD of Reno, Nevada believes there is a type of personality, it is an immunosuppressive personality with certain characteristics that correlate with cancer susceptibility. Remember, cancer isn't a disease you catch, it is a disease of degeneration.
Brodie believes cancer patients are typically conscientious, caring, intelligent, and hard-working. They tend to take on other people's burdens and accept extra obligations to such an extent that they have little time for themselves or for relaxation and pleasurable pursuits. Another feature of the cancer-prone psyche is that these individuals usually prefer to suffer in silence, bearing their burdens without complaint or even acknowledgment.

People who tend to develop cancer often are those who are plagued by depression, indecision, hopelessness, low self-esteem, chronic fatigue and physical weakness. Anxiety, grief, loneliness or isolation can also depress immune function, possibly increasing a person's susceptibility to cancer says Dr. Donovan. Fear is the "primary toxin" from which stem all other 'toxic' emotions, such as anxiety, hostility, resentment, bigotry and selfishness.

Burdens of their own as well as of others weight heavily, sometimes subconsciously, upon these individuals, because they tend to internalize their cares, concerns and problems. The carefree extrovert seems to be invulnerable or at least far less likely to develop cancer than the caring introvert. Also, stress causes a suppression of the immune system, but it does so more overwhelmingly in the cancer-susceptible individual. Excessive levels of stress combine with the underlying personality to promote the immune deficiency which allows cancer to thrive.

A good example is BERNARD JENSEN. He was renowned for all his healthy colon advice, healthy eating habits, iridology teaching, wrote many health books, but at the age of 87 he found out that he had prostate cancer that had spread to the bones. This man knew all about health and still got cancer. How? His own words "*I put my work before everything else. I was cheating on my rest, getting only 3 hours of sleep most nights. I could make myself stay awake and work, till I used up the last drop of energy. I traveled a great deal over the years, eventually to 65 countries, spending a lot of time in airline travel. I was living quite a lot on airline and restaurant food, going through jet lag and disrupted sleep, breathing secondhand air and air from hotel air conditioners. I was on the go so much, I wasn't taking responsibility for my health. My sanitarium work reached the place where I had 55 employees and we were looking after the welfare of 100 patients daily. A high-stress job. I became a workaholic. I almost worked myself to death."*

Here's some guidelines to help:

- **Lifestyle should be clean, orderly, active, real.**
- **Outlook should be peaceful, grateful, flexible, co-operative.**
- **Avoid: anything processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted, disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive**
- **Cancer is a disease of excess, avoid overeating. Chew food until food becomes liquefied. Avoid too much sun, too much exercise, too much sleep, too much...etc.**
- **Prayer, meditation, visualization focusing on images of healing will help to recovery.**
- **Mental relaxation, emotional support, awareness of being part of larger community can help reduce tumor development.**
- **Mental condition and psychological cooperation of the family and environment play important roles in the restoration of the body. Every patient needs faith, love, hope and encouragement. To accomplish this difficult task, the patient has to see progress on himself/herself and favourable results on others.**
- **Keep the environment open, happy, free of any dark or heavy features including reading material and conversation.**
- **Walking outdoors, self-massage, yoga can help, but don't become tired or overworked**
- **General fatigue, mental irritability, unnatural metabolism can result from being near high voltage lines, electrical appliances, communication equipment in vacinity. Suggest Q-link worn around neck to help protect. You can get Q-link at our office (about $100), or through the internet by googling 'Q Link'.**
- **Avoid cell phones, hand free phones, microwave ovens, sitting closer than 10 feet from a television set.**
- **Make sure computers have screens to protect you from radiation. Protect yourself from smart meters.**

Smoking

Do we even need to mention this. Even second hand smoke has been proven to cause cancer. Not everyone get cancer, some get emphysema or pulmonary obstruction. Smoking does not just cause lung cancer, it also affects the stomach and intestines, breast and lymph.

Excitotoxins

Dr. Russell Blaylock wrote a book "Excitotoxins, the Taste that Kills you"
An Excitotoxin is any substance that causes brain cells to become excited. They start firing their impulses very rapidly, so much so that the cells become exhausted and die. This occurs over about a 60 minute period, in that the cells look good for about an hour, then they suddenly die. This is not all the cells of the brain, just particular ones.
The number one source of excitotoxins is in our food, our natural foods, but food additives and they are adding it in very large concentrations.
Individuals with liver toxicity tend to accumulate ammonia in their blood and brain. Until recently, it was assumed that it was the ammonia that caused liver disease-associated brain injury and that glutamine was protective.

Newer studies indicate that actually it is the glutamine that is causing the brain's injury. Increasing glutamine in the diet would significantly aggravate this damage.

The major use for high-dose glutamine would be to repair gastrointestinal injury. In such cases, I would recommend short-term use only. Those with a history of the following conditions should avoid glutamine, even for short-term use:

- **Stroke**
- **Neurodegenerative disease**
- **Pregnancy**
- **Malignancy**
- **Recent vaccinations**
- **ADHD**
- **Hypoglycemia**
- **Autism**
- **Multiple sclerosis**
- **Other neurological disorders**

You can watch youtube of Dr. Blaylock talking about excitotoxins: https://www.youtube.com/watch?v=tTSvlGniHok, or read his book.
Food-borne excitotoxins include such additives as MSG, aspartame(nutrasweet), hydrolyzed protein and soy protein extract.

Cancer cells use two major fuels: glucose (sugar), and glutamine.

Blaylock further tells us: Excitotoxins have been found to dramatically promote cancer growth and metastasis. In fact, one aspartame researcher noticed that, when cancer cells were exposed to aspartame, they became more mobile, and you see the same effect with MSG. It also causes a cancer cell to become more mobile, and that enhances metastasis, or spread. These MSG-exposed cancer cells developed all of these pseudopodians and started moving through tissues, which is one of the earlier observations from cancer.
When you increase the glutamate level, cancer just grows like wildfire, and then when you block glutamate, it dramatically slows the growth of the cancer. Researchers have done some experiments in which they looked at using glutamate blockers in combination with conventional drugs, like chemotherapy, and it worked very well. It significantly enhanced the effectiveness of these cancer drugs.

Every cell in the body has glutamate receptors, not just the brain. Glutamate receptors trigger and stimulate the growth of all cancers (not just brain tumours). It was found that if you have high glutamate levels around the tumour, it became very invasive and grew twice as fast as a tumor that had low glutamate levels. If you block the receptor, the tumor started to stunt its growth and the cancer cells start dying. They find give glutamate blockers to a chemotherapy patient, and the chemo works better. However, you must be selective in the blocking method

because the brain still needs to receive its nutrition. An enzyme we have called glutamanize which converts glutamine into glutamate so if you block that enzyme, the tumor starts shrinking.

Knowing the additives are causing disease, you would think that the food industry would opt to use healthier choices, but no they have not. Instead of a product saying it contains MSG, they have changed the name to be any of: Hydrolyzed vegetable protein, Vegetable protein, Textured protein, Protein extract, Whey protein extract, Enzymes, Yeast extract, Autolyzed yeast, Natural flavoring, Spices, Soy protein, Sodium or Calcium Caseinate, Carrageenan, Broth, Stock, etc.

Commercial foods high in Glutamate(Excitotoxins): Gravies, Salad Dressings, Soups (Campbells is said to be the worst), Diet foods and drinks, Liquid Amino Acid(anytime you break down a protein to its free amino acid, you are getting a high concentration of excitotoxin).

Natural foods high in glutamine: black beans, mushrooms. Soy is naturally high in glutamate and glutamine, especially in liquid form as in soy milk – doesn't matter if it is organic, it is natural to the plant.

Natural glutamine blockers include: Flavonoids, Ellagic acid, Quercetin, Reversatrol.

Coconut oil is a good way to keep your energy up without resorting to sugar, and cancer can't use it.

Sugar

It has now been determined that sugar not just encourages the growth of cancer cells and impairs the immune system, but actually creates cancer cells (oncogenesis).
Only use natural sugars such as honey, sugars that occur naturally in fruit. Corn syrup is not a natural sugar.

Chemicals

After the Chernoble meltdown in Russia, leukemia was rampant in that area so we know radiation causes leukemia. Pesticides, herbicides, food preservatives, just about any type of chemical can cause the body to have weakened immunity and cancer result.

Dental Damage

The dental associations in North America are slow to respond to scientific research. It has taken many years to convince the dentists that mercury should not be put into the mouth. Finally, they are starting to admit to the damage they have created from the mercury fillings and switching to use porcelain as the material of choice. However, they still are doing root canals which have been linked to cancer and other disabilities. It may take another 10 or 20 years for the truth to be accepted in North America. In Europe, they seem to be ahead of the game and most dentists are not doing root canals, or if they are, they are doing biological medicine such as ozone or hydrogen peroxide therapy to try and protect the patient.

The Lancet (medical journal) recently labelled fluoride as a neurotoxin. It tells you on the toothpaste container that contains fluoride that you call the poison control center if swallowed. Causing cancer, sarcoma, and death (yes children have died from eating toothpaste). This is not difficult to avoid. Get a water filter for your home, use toothpaste that is fluoride free, do not do fluoride treatments.

Vaccines

If the immune system needs to be strong to protect the body from disease and cancer, then giving vaccines does not make sense. Look at the chemicals and heavy metals included in the vaccines: aluminum, mercury, formaldehyde. More proof is coming forth all the time to give us more worry about the damage these vaccines are doing. Millions of Dollars are being given out every year to those that can prove damage done by vaccines. It is not easy to prove. Even

so, some manage to succeed.

ADJUDICATED SETTLEMENTS

August 16 2014 to November 15, 2014 (this is only a 3 month period!)

Vaccine	Alleged Injury	Petition Filing to Settlement Filing
Tdap	Bilateral peripheral neuropathy	1 year, 1 month
Flu	Acute disseminated encephalo-myelitis, transverse myelitis, death	2 yr, 8 months
Flu	Guillain Barre Syndrome	9 months
Flu	Guillain Barre Syndrome	2 years, 10 months
Hep B	Shoulder injury related to vaccine administration	1 year, 10 months
Flu	Shingles (herpes zoster)	1 year, 6 months
Flu	Neuropathic demyelination and/or myelitis	1 year, 5 months
Flu	Guillain Barr Syndrome	1 year, 1 month
Tdap	Shoulder Injury related to vaccine adminsitration	11 months
Flu	Guillain Barre Syndrome	8 months
Hep B	Transverse myelitis	2 years, 3 months
Flu	Guillain Barr Syndrome	1 year, 7 months
MMR, Varicella, Hep A, PCV, DtaP, Hib	Thrombocytopenic purpurea	1 year, 4 months
Flu	Guillain-Barre Syndrome	1 year, 1 month
Flu	Guillain-Barre Syndrome	1 year
Flu	Guillain-Barre Syndrome	10 months
Flu, Tdap	Bilateral shoulder pain	5 months
HPV	Systemic lupus	2 years, 8 months
Flu	Shoulder Injury related to vaccine administration	10 months
Flu	Illness involving progressive respiratory distress resulting in death	2 years
Flu	Guillain Barre Syndrome	1 year, 9 months
Flu	Transverse myelitis and/or neuromyelitis optica	1 year, 9 months
MMR	Anaphylaxid and chronic cross-reactive allergies	1 year
Flu	Weakness and numbness in arms, legs, feet, hands and overall weakness, severe headaches, postural tarchycardia, palpitations, blurred vision, dizziness, fatigue, tinnitus, weight loss and chest pain; Guillian Barre Syndrome and/or acute complication or sequeta of an illness, disability, injury or condition; and/or autonomic dysfunction and/or automatic syndrome.	4 years, 9 months
MMR, DtaP, Varicella, IPV	Optic neuritis	2 years, 10 months
Flu	Chronic inflammatory	2 years, 8 months

	demyelinating polyneuropathy	
Flu	Seizures secondary to acute demyelinating encephalomyelitis	2 years
Flu	Guillain Barre Syndrome	1 year, 10 months
Flu	Guillain Barre Syndrome	1 year, 6 months
Flu	Guillain Barre Syndrome	1 year, 2 months
Flu	Peripheral neuropathy	1 year, 11 months
Flu	Guillain Barre Syndrome	1 year, 4 months
Flu	Guillain Barre Syndrome, or in the alternative transverse myelitis	7 months
Flu, Td	Anaphylaxis or anaphylactic shock, injuries to respiratory tract and esophagus and/or brachial neuritis	3 years, 11 months
MMR	Transverse myelitis	3 years, 2 months
Flu	Guillain Barre Syndrome	2 years, 11 months
Flu	Guillian Barre Syndrome	1 year, 9 months
Flu	Chronic inflammatory demye-linating poly neuropathy	1 year, 8 months
Flu	Transverse myelitis	11 months
Flu	Guillain Barre Syndrome	11 months
DtaP, Hep B, IPV, PCV	Encephalopathy or encephalitis, death	9 months
Flu	Guillain Barre Syndrome	1 year, 5 months
Hep B	Myasthenia gravis, fatigue, muscle weakness, eyelid drooping, and fatigue induced diplopia	2 years, 3 months
Flu	Guillain Barre Syndrome	1 year, 9 months
Flu	Guillain Barre Syndrome	1 year, 1 month
Flu	Guillain Barre Syndrome	9 months
Flu	Guillain Barre Syndrome	1 year, 6 months
Varicella	Guillain Barre Syndrome	1 year, 6 months
Hep B	Severe asthma and chronic sinus disease	1 year, 4 months
Tdap, Flu	Deltoid bursitis	1 year, 1 month
Flu	Guillain Barre Synrome	1 year
Tdap	Charonic inflammatory demyelinating polyradiculo-neuropathy	11 months
Flu	Acute disseminated encephalo-myelitis	11 months
Flu	Guillain Barre Syndrome	10 months
Flu	Brachial plexopathy	10 months
Flu	Guillain Barre Syndrome	8 months
Flu	Guillain Barre Syndrome	4 years, 3 months
DtaP, Hib, PCV, MMR	Streptococcal A Infection, Streptococcal toxic shock syndrome, and multi-organ system failure	3 years, 8 months
Flu	Myelitis	2 years, 8 months
Flu	Shoulder injury related to vaccine administration	11 months
Flu	Guillain Barre Syndrome	1 year, 7 months

Tdap	**Guillain Barre Syndrome**	**1 year, 6 months**
Flu	**Guillain Barre Syndrome**	**11 months**
Flu	**Guillain Barre Syndrome**	**2 years, 9 months**
DtaP, PCV	**Tic disorder, seizures and other injuries**	**1 year, 7 months**
Flu	**Guillain Barre Syndrome**	**1 year, 2 months**
Flu	**Progressive multifocal motor neuropathy, death**	**1 year, 2 months**
Flu	**Transverse myelitis**	**3 years, 10 months**
Flu	**Shoulder inury related to vaccine administration**	**1 year**
Flu	**Guillain Barre Syndrome**	**8 months**
Flu	**Neuromuscular symptoms and/or fibromyalgia**	**3 years, 1 month**
Flu	**Permanent myalgia, arthralgia, and/or fibromyalgia**	**3 years**
Flu	**Guillain Barre Syndrome**	**1 year, 7 months**
Tdap, MMR	**Demyelinating polneuropathy**	**1 year**
MMR, Hib,	**Chronic inflammatory demye-linating polyneuropathy and/or Guillain Barre Syndrome**	**2 years, 6 months**
Flu	**Guillain Barre Syndrome and brachial neuritis**	**9 months**
Flu	**Guillain Barre Syndrome**	**2 years, 3 months**
Flu	**Guillain Barre Syndrome**	**1 year, 11 months**
MMR	**Sensorineural hearing loss**	**11 months**
Flu	**Guillain Barre Syndrome**	**1 year, 8 months**
Flu	**Guillain Barre Syndrome**	**1 year**
Flu	**Rheumatoid Arthritis**	**11 months**
Flu	**Transverse myelitis**	**1 year, 5 months**
Flu	**Injuries to right arm and shoulder**	**1 year**
Flu	**Transverse myelitis**	**11 months**
Tdap	**Acute disseminated encephalomyelitis**	**2 years, 1 month**
Flu	**Shoulder injury**	**1 year, 9 months**

- See more at:
http://vaccineimpact.com/2014/government-pays-compensation-to-80-flu-vaccine-injuries-and-deaths-in-3-month-period/#sthash.8XK6fU3m.dpuf

Hundreds of People are Afflicted with Guillain-Barré Syndrome every year from the Flu Shot
As can be seen in this report and other reports of government payments for vaccine injuries, Guillain-Barré Syndrome (GBS) is the most common side effect and injury due to the flu vaccination. In February 13, 2015 - Nurse's Aide Sarah Behie was awarded $11.6 million for being paralyzed from the flu vaccine when she became ill with Guillain-Barre.
Sayer Ji informs us that since 1986 the Vaccine Fund has paid out over three billion dollars in damages – and those are the ones that could prove it successfully.

We are not opposed to vaccines. But we believe we are not hearing the truth about the vaccines and their effectiveness. The latest mess of vaccinations developed for a lab made disease called "Covid" in 2019 is another example of where we stand as a society. Perhaps in the future this will sort itself out. Until then many are choosing to stay away from vaccines. In 2020-2023 they demanded everyone get the new vaccine, and when many decided not to, they were threatened and treated as being the perpetrators of the spreading of the disease. People

were not allowed to work, go to church, socialize. Any who went against the push, was humiliated, ostracized and in our area they near the end of that time, they were talking about rounding up all the 'unvaccinated' and put them in concentration camps. We have learned a lot about those vaccines since that time. If this is of interest to you, spend some time investigating on your own so you are prepared in the future should it happen again.

Chemotherapy

Chemotherapy wipes out your immune system and it is very common that cancer comes back within 1-3 years. It is amazing that a program of rebuilding the immune system are not given to patients when they take chemotherapy. Many find taking cannabis helps with the devastating effects of pain and suffering caused from chemotherapy.

Lack of Iodine

The immune system can't function without iodine. You can't fight infection without iodine. It protects the breast, thyroid, prostate, ovaries, uterus. Most people are deficient in iodine and it is easy to get into the diet by drops or tablets derived from a natural source such as seaweed. Cysts start to form which iodine is not available. Cysts form into nodules that are harder and if it continues to progress it becomes hyperplasia/hyper plastic tissue, which is the precursor to cancer. Iodine can help stop a cancer from continue to divide and spread.
Protect yourself from getting cancer, diabetes, polycystic ovarian syndrome by including iodine into your daily regime.

Stress

Of course we all have stress, but it is our ability to deal with our stress that seems to be in question. If it is the immune system that holds cancer in check, and stress can undermine the immune system, then it makes perfect sense that stress can cause cancer. Indeed, sometimes that is the one thing that we can pinpoint as to what is the underlying cause of a person's disease.

DIET

The diet is one of the most important things you can do to heal the body of cancer or any other type of disease. Given enough time, diet alone can correct damage of years of abuse. But many people like to speed things up by adding herbs and cleansing problems. Also, if there is not enough time to self-correct, you may need surgery or other severe measures to buy yourself more time while working on reversing the disease process. We do not find late stage cancers heal with diet alone; more help is needed.

The longer you have had cancer, the longer it will take to rejuvenate and reclaim the body. The difficulty is that you don't always know how long it was there before it was diagnosed. Bone cancer can sit for 10 years or more before it is finally diagnosed. We suggest therefore that you do the regime for 2 years, and then maintenance for the rest of your life so you don't weaken the body to encourage further degenerative disease.

During your healing it will be very difficult to eat out at restaurants, friends homes, eat travel type foods etc. Put your health first for the next few years and not be attached to your old habits. If you are using the Hoxsey tonic you will also be asked to refrain from certain foods that interfere with the tonic. If you are doing Protocel or some other formula there are rules you must follow regarding supplements and foods.

You will want to get a copy of our cookbook called "Cooking for Degenerative Diseases". There

are lots of recipes that work beautifully with the Gerson Therapy.

Alkaline Diet

There is increasing evidence that having an alkaline diet is beneficial to retard cancer growth. Cancer cells have an acidic pH and are oxygen depleted, whereas healthy cells have a slightly alkaline pH and a high oxygen content. Drinking high alkaline water is not the answer to alkalanize the body - when it hits the stomach it goes through a very acid medium. The way to alkalanize the body is to eat foods that when they metabolize, they leave an alkaline ash (fruits and vegetables) and to avoid those that leave an acid ash (meat, dairy, sugars, some heavy grains). It is easy to get a chart of foods so you know what are the best foods.

Proteolytic Enzymes

Your body requires enzymes and minerals to regulate every biochemical and metabolic process in our bodies as well as all living things. Raw foods contain enzymes, once cooked the enzymes are killed off. Proteolytic enzymes (also referred to as 'proteases" are enzymes that break down proteins into their smallest elements. If the breakdown of proteins happens in the gut, we call the enzymes 'digestive' because they help us digest our food.

Proteolytic enzymes have been found to increase the white blood cell activity by up to 700% to enhance your immunity (and increases T cell activity by as much as 1300%).

A normal healthy body will manufacture these enzymes, but when disease sets in such as pancreas, or poor digestion, then supplements should be used.

Proteolytic Enzyme Supplements may be listed as: Trypsin, Chymotrypsin, Bromelain, Pancreatin, Papain, Serrapeptase (proteolytic enzymes can be broken down by stomach acid therefore they are often enteric coated to protect them from dissolving in the stomach). Papaya and pineapple are two rich plant sources which contain proteolytic enzymes 'papain and bromelain' respectively; the enzymes made in your body are called trypsin and chymotrypsin.

When you take proteolytic enzymes with meals, they are used as digestive enzymes, but when taken on an empty stomach, they pass through the stomach, entering the circulatory system and circulate throughout the body, often being used for pain and inflammation by breaking down excess fibrin in the circulatory system and in other connective tissue like the muscles. These enzymes bring nutrients and oxygen-rich blood that remove the metabolic waste produced by inflammation and excess fibrin.

DOS

- **Get into the habit of juicing. This increases the enzymes greatly. If you can use a press type juicer, you are fortunate, but the Champion Juicer works quite well. The Vita Mix serves as both a blender and juicer and although a little expensive, has the best rating for preserving the nutrients.**
- **Cooking and enema water must be free of fluoride, chlorine, water softeners, other chemicals.**
- **Only use permitted seasonings.**
- **Eat as much raw foods and fresh juices as possible to get the high levels of enzymes in the body.**
- **Oils allowed: cold pressed flax seed oil (it should never be heated), organic coconut oil**
- **Daily enemas are necessary. You must have a clean and healthy colon for the body to heal. Two enemas, after meals, but not before bedtime.**
- **Minimize exposure to sunshine and TV.**
- **Use organic vegetables and fruits, Nutrient content of organic produce is often several**

times that of non-organic produce. Remember insecticides can stop the healing process.

- **Mental condition and psychological cooperation of the family and environment play important roles in the restoration of the body. Every patient needs faith, love, hope and encouragement. To accomplish this difficult task, the patient has to see progress on himself and favourable results on others.**
- **Understand reactions, flare-ups and importance of detoxification. During reactions, flare-ups or any pain or discomfort, enemas should be given more frequently to encourage the poisons to leave the body faster. Castor oil treatments can be beneficial.**
- **Food should be varied and appetizing.**
- **Use a food mill make the soup if you can obtain one. Gerson used Foley Mill.**
- **Use only tart apples, McIntosh, pippin, granny smith, winesap etc. Don't use delicious apples.**
- **Teas: Peppermint tea can be used when food is not well tolerated, in case of indigestion, or during reaction period (flare-ups), nausea or gas. Prepare: 2 tsp. dried peppermint leaves to 2 cups boiling water. Steep 5 minutes, strain. Add honey and lemon juice if desired.**
- **You may also drink Kuchika Tea, Green Bancha tea or Bancha stem tea. These are alkaline type teas.**
- **Rest and conserve energy to promote healing.**
- **Cleanse the bowel and organs of the body - especially the liver/gallbladder, and lymphatics. This can be done with homeopathics and/or herbs.**
- **Free circulation of air and open sunshine in the room. Airbathing during the winter for 15-20 minutes a day is good (lie naked on a blanket on the floor and let sun come in through window onto body).**

DON'TS (Forbidden)
As important as what you do - is what you don't do. Most of these are obvious but we set them out in case there may be any doubt.

- **Tobacco (smoking or chewing)**
- **Marjiuana, Cocaine, Heroin, and other 'street' drugs**
- **Salt and all substitutes (you can use kelp, dulse, and a pinch of Himalayan salt if you wish)**
- **Soy milk and soy products**
- **Products that are bottled, refined, canned, salted, frozen, preserved, smoked, sulphured**
- **Alcohol**
- **Aluminum cooking utensils, deodorants that contain aluminum**
- **Bathing: only short hot baths or showers as they deplete the supply of minerals in the body. Water must be free of chlorine, fluoride.**
- **Bicarbonate of soda in food (baking soda)**
- **Black tea**
- **Candy, cake, chocolate, cocoa**
- **Chemicals: eliminate all aerosol sprays, air fresheners, insecticides, paint fumes, and similar materials from the home. Eliminate all un-natural deodorants, hair dye, permanents, lipstick. If you have carpets or rugs in your home or work place less than 6 months old, the fumes will compromise your healing and you should remove them.**
- **Coffee, also instant coffee, decaffeinated coffee**
- **Epsom salts**
- **White or enriched flour**
- **White or brown sugar, corn syrup and any products containing them**

- **If you are taking the Hoxsey Tonic, avoid tomatoes or any product containing tomatoes**
- **Vinegar or anything containing vinegar**
- **Pork or pork products are even forbidden by the Hoxsey remedy**
- **Carbonated beverages**
- **Artificial sweeteners**
- **Tinned foods**
- **Fat**
- **Fluorine in toothpaste, gargle**
- **Fluoridated water**
- **Foods that may be difficult to digest: berries, pineapples, nuts and avocados (because of high fatty acid content), cucumbers, soy beans and soy products**
- **Dairy Products, except as mentioned**
- **All meats, fish, fowl except as mentioned**
- **Hair dying and hair permanents**
- **Ice cream**
- **All oils including vegetable oils, except Flaxseed oil**
- **Sleep: don't eat for three hours before going to bed. Food eating during that time often becomes surplus and still serves to accelerate indigestion, gas, mucus and fat formation and enhance development of cancer.**
- **Soaps: avoid chemical soaps, shampoos, laundry detergents.**
- **Spices (pepper, paprika)**
- **Synthetic clothing**
- **Drinking tap water**
- **If you have breast cancer avoid Vitamin E, Soy products,**

OTHER:

Helping Alleviate Chemotherapy Effects

Tea made of slippery elm and caraway seeds taken regularly before and after chemotherapy will help alleviate symptoms such as nausea.
A 40 minute bath with 1 cup baking soda and 1 cup sea salt added to the bathwater will help detoxify the symptoms of chemotherapy. Wait for 3 hours or more after taking the chemo treatment before doing the salt and soda bath to give the chemo a chance to work.

Anti-angiogenesis – Eating to Starve Cancer

Dr. William Li has studied anti-angiogenesis with respect to cancer. He believes that starving cancer cells, hopefully early in their development by restricting the blood supply to those cells, is an answer to treating cancer.

He says the best way is through diet because certain foods contain inhibitors that restrict blood to cancer cells. Here is a list of those foods:
Green tea, Strawberries, Blackberries, Raspberries, Blueberries, Oranges, Grapefruit, Lemons, Apples, Pineapple, Cherries, Red Grapes, Red wine, Bok Choy, Kale, Soy beans, Ginseng, Maitake mushroom, Licorice, Turmeric, Nutmeg, Artichokes, Lavender, Pumpkin, Sea Cucumber, Tuna, Parsley, Garlic, Tomato, Olive oil, Grape seed oil, Dark chocolate.

He further tested the varieties of foods to see what had the most anti-angiogenic potency. For instance with Green Tea, he found the least effective was Dragon Pearl Jasmine, then Sencha, then Earl Grey, and the best was blending Sencha and Jasmine (which was done by combining the two less potent teas together!) - this means there is food synergy (more power by combining certain foods). His tests showed they were just as effective and sometimes more

effective than common cancer drugs.

Drugs

Gerson says do not take any drugs except aspirin without consulting your physician. After detoxification, the body becomes hypersensitive and the usual anesthetic dose may be dangerous. Gerson says your dentist should be advised to use .7cc Novocain instead of the usual 2cc with or without adrenalin. No other anesthetics or drugs, including those used for dental purposes should be taken without previous consultation with your doctor. Heavy or shock reactions may result.

Enemas

It is crucial to get the poisonous residue out of the body so it doesn't recycle. When you start on these cleansing diets, huge amounts of toxins will be dumping out of the body and you will feel really ill if you don't help them leave. Doing enemas morning and evening for the first week is recommended. Depending on your level of toxin, you may be able to cut down to once a day after that. If you are incapacitated and unable to do enemas you have two choices. One is to go to a place and have it done for you (colonic) which will be quite expensive, the other is to do Bioxy powder or caps (look online). The Bioxy will cause loosening of the stools and provide oxygenation and if you have bowel cancer you will want to do both the enemas and Bioxy. We make a bowel tonic for people that works well without damaging the delicate lining of the bowel and sphincter muscle.

If you visit the Gerson Institute, you will be taking about 4 coffee enemas daily and drinking fresh raw organic juices every hour on the hour.

There are however a lot of reasons why coffee should not be used in the enema. Because what you put into the colon, gets absorbed and can end up in the blood stream. Coffee has tannins. However, it is still being used successfully and it may be that all the other things you do with the coffee enema, like eating raw and fresh foods and drinking lots of water, taking herbs, is the real helper. For our part, we advise in using just plain pure water.

Exercise

Only gentle exercise should be done. Do not use your energy up doing forceful exercise. Instead, let that energy go inside to heal your body. Best exercise would be walking in the fresh air. Swimming in non-chlorinated water would be refreshing.

Pain

For cancer patients, even in advanced stages, pain relief was obtained by the use of enemas, given every two hours in some cases. In the first few days of the therapy, it was sometimes necessary to add "pain relief". In these cases Dr. Gerson allowed the use of the following, used together:
1 tablet (5 gr) aspirin - taken with food
100 mg Vitamin C
50 mg Niacin
up to 4 times in the course of 24 hours.
These three pills also produced restful sleep. Their action was surprisingly effective once spasms and edema are eliminated through large doses of potassium given immediately at the start of the treatment with detoxification.

Inflammation

Turmeric (curcumin) is a good anti-inflammatory however inflammation should lessen quite quickly as the poisons leave the body.

Reactions

Some people within the first two weeks of therapy say they cannot stand the diet and wish to discontinue it. They experience nausea, headaches, spasms in the intestines, gas, lack of appetite, inability to drink the juices, difficulties taking the enemas, and even vomiting. These symptoms are what is called "the reaction period".
The reactions appear from 3-6 days after the start of treatment, in more difficult cases, after 8-10 days and they recur almost every 10-14 days, and later: once a month.

Sometimes you may need large quantities of peppermint tea, served with some honey and a bit of lemon, 2 or more quarts of it a day to wash out the accumulation of bile from the stomach and duodenum to help relieve spasms and discomfort.

The juices can be mixed with gruel, those who refuse cooked food usually accept raw grated apples, mashed bananas, applesauce.

Such a flare up may last 1-3 days but after the person feels greatly relieved, normal circulation resumes, the yellowish colour with a occasional tinge of jaundice which sometimes is noticed on the sclera of the eyes at these periods, disappears, and the person is able to eat and drink.

With the treatment, and more frequent enemas, the flare up period for the most part is confined to 24-48 hours.

Some people suffer outbreaks of perspiration or offensive odor during these period, these persisting a little longer than other symptoms.

Special Diet Treatments for Specific Cancers:

For Female cancers (cervical, uterine, ovarian, breast) which feeds on female sex hormones: daily gobble up vegetables in the mustard family: mustard, broccoli, cauliflower, bok choy, cabbage, Brussels sprouts. Dr. Write explains these contain molecule 13C. Most women that have these cancers are too estrogen receptive, so avoid foods that increase your estrogen: soy and soy products, Vit. E.

For Male (prostate) cancers: Lycopene is considered good for prostate cancer and the best food that contains Lycopene is fresh ripe tomatoes. Pesticides and herbicides could be causing problems with testosterone turning into estrogen - avoid them. There is an herb that can help stop testosterone from turning into estrogen, it is passionflower and taking it regularly can help regain healthy testosterone balance.

Spices
To vary flavors you may also use very small quantities of the following (No Others):

Allspice	**Anise**	**Bailiffs**	**Coriander**	**Dill**	**Fennel**
Cardamom	**Cloves**	**Mace**	**Marjoram**	**Rosemary**	**Sage**
Saffron	**Tarragon**	**Thyme**	**Sorrel**	**Summer savory**	
Grated ginger	**Horseradish**	**Radish**	**Grated daikon**		

Chives, onions, garlic, parsley, green mustard can be used in larger amounts and can often be helpful to improve the taste.
Spices must be used sparingly as they may counteract the healing reaction.
Avoid strong spices: cayenne, cumin, black pepper, ginseng, aromatic herbs, vinegar.

Sunlight

Restrict sunlight to early mornings (before 10:30 am) and late afternoons. Best to only have 15-30 minutes a day. Use sunscreen and cover up if necessary.

Supplements

Different therapies require various supplements, specific to that therapy.

One person found that people were damaged with Vitamin A, E, B and B6. Vitamin A and D is picked up by the cancer cells immediately. Niacin was used well (B3). Folic acid treatment was found to be contra-indicated during treatment of cancer (other cancer treatments find it is not a problem).

It was found calcium and many other minerals cannot be added to the diet easily. They bring the system out of harmony. He believed with calcium you can produce cancer. We believe natural calcium's are quite different and are found in vegetables and ionic minerals which are easily taken into the body's system. Best vegetables loaded with calcium: bok choy, kale. Best herbs: horsetail tea.

The one mineral necessary is large doses of potassium which is depleted in cancer patients. In Canada we can only get 99 mg per capsule and we do not give injections, however we can take the smaller doses throughout the day to assist.

Fat free lecithin is O.K. after 6 weeks.

Algae (blue green) due to its high chlorophyll contain can counteract the harmful effects on living cells of known cancer-causing chemicals. However, cooking destroys chlorophyll, so it is suggested the powders and tablets not be heated.

Sweeteners

Use organic honey, unsulphured molasses, stevia or pure maple syrup, or monk fruit.
Pure Maple Sugar crystals may also be used in cooking.
If you are diabetic, only stevia may be used.
Completely avoid aspartame (nutria-sweet), Sweet n' low, or any other synthetic sweetener

Television:

Television, esp. colour, exerts draining influence on organism, view in moderation.

Warnings:

These may cause failure to heal: taking L-DOPA, tyrosine, phenylalanine.
Avoid massage which has been known to spread cancer cells.
Taking the Hoxsey tonic may lead to a hypothyroid (low functioning), however once you stop taking the tonic the thyroid generally returns to normal.

As this is an educational package about cancer, we have included the following information giving an idea of what types of cancer there are, the symptoms and risks involved.

CANCER SYMPTOMS

Type	Possible Symptoms	Possible Risks
Bladder cancer	Blood in urine, making it look bright red or rust coloured; pain or burning upon urination; frequent urination; feeling the need to urinate but nothing comes out; urine may appear	Twice as high in whites as in blacks. 2-3 times higher in men as in women; 2-3 times higher in cigarette smokers as in nonsmokers, machinists, truck

	cloudy because it contains pus.	drivers, and workers exposed to chemicals
Breast cancer	A lump or thickening of breast; discharge from nipple; retraction of nipple; change in skin of breast, such as dimpling or puckering; redness, swelling, feeling of heat; enlarged lymph nodes under arm	Increasing age; early menstruation; late menopause; not having a child or having a child or having first child after 30; family or personal history; inherited breast cancer gene.
Colorectal cancer	Rectal bleeding (red blood in stools or black stools); abdominal cramps; constipation alternating with diarrhea; weight loss, loss of appetite; weakness, pallid complexion.	Polyps, ulcerative colitis or Crohn's; family history; residence in urban or industrial area; specific genetic mutations
Kidney cancer	Blood in urine; dull ache or pain in back or or side; lump in kidney area; sometimes accompanied by high blood pressure or abnormal red blood cell count	Being overweight; twice as high in men as women; twice as high in cigarette smokers as in nonsmokers; coke-oven and asbestos workers.
Leukemia	Weakness, paleness, fever and flu-like symptoms; bruising and prolonged bleeding; enlarged lymph nodes, spleen, liver; pain in bones and joints; frequent infections; weight loss; night sweats.	Specific genetic abnormalities (eg. Down + Bloom syndromes); excessive exposure to ionizing radiation and chemicals such as benzene; HTLF-1 virus exposure.
Lung cancer	Wheezing "smoker's cough" persisting for months or years; increased, sometimes blood-streaked, sputum; persistent ache in chest; congestion in lungs, enlarged lymph nodes in the neck.	Cigarette smoking; secondary smoke; asbestos, radiation, radon or other toxic exposure
Lymph cancer	see Leukemia. The lymph nodes are suppose to help cleanse the blood, however they get blocked up and unable to do the job. The stagnation can create an good environment for cancer cells to proliferate.	Poor diet. Lack of exercise. Poor circulation. Smoking. Cancer in other Areas also can migrate into the lymph system.
Melanoma	Change in a mole or other bump on the skin including bleeding or change in size, shape, color or texture	Sun exposure, particularly during childhood; sunburning or freckling easily; 40 times higher in whites than in blacks
Non-Hodgkin's Lymphoma	Painless swelling in lymph nodes of the neck, underarm, or groin; persistent fever; feeling of fatigue; unexplained weight loss of more than 10% in a 6 month period; itchy skin and rashes; small lumps in skin; bone pain; swelling in some part of abdomen, liver, and spleen enlargement.	Lowered immune system function as with HIV and HTLV-1 viruses; recipients of organ transplants; possibly exposure to herbicides.
Oral cancer (oral	May often feel a lump in the mouth with the tongue; sometimes a sore spot can be felt while eating or drinking; ulceration of the lips, tongue or other area inside the mouth that does not heal within 2 weeks; dentures may no longer fit well; or in advanced cases, oral pain, bleeding, foul breath, loose teeth, and changes in speech.	More prominent in males, with predisposing factors including tobacco and pipe smoking and chewing tobacco; radiation and other toxic exposures.
Ovarian Cancer	Frequently, few symptoms; abdominal swelling; in rare cases, abnormal vaginal bleeding; women over 40 may experience generalized digestive discomfort.	Increasing age; never pregnant; residence in industrial country (Japan excluded); family history of breast or ovarian cancer; inherited breast cancer gene.
Pancreatic Cancer	Upper abdominal pain and unexplained	Increasing age; cigarette smoking; higher

	weight loss; pain near the center of the back; loss of appetite; intolerance of fatty foods; yellowing of the skin (jaundice); abdominal masses; enlargement of liver and spleen.	**in countries with high-fat diets; higher in blacks than whites.**
Prostate Cancer	**Urination difficulties due to blockage of the urethra; bladder retains urine, creating frequent feelings of urgency to urinate, especially at night; may have difficulty stopping urination; urine stream may be narrow; bladder doesn't empty completely; burning, painful urination; sometimes bloody urine; tenderness over bladder, dull ache in the pelvis and back.**	**Increasing age; 37% higher in blacks than in whites, with twice the mortality rate.**
Stomach Cancer	**Bleeding from Bowel (stomach is bleeding and it seeps down through digestive system into the bowel)**	**Lymph: cancer may migrate to surrounding lymph cells to spread. Cigarette smoking often linked to stomach cancer. Long term abuse eating poorly, stress causing damage to stomach**
Uterine Cancer	**Abnormal vaginal bleeding of fresh blood, or a watery bloody discharge in a post-menopausal woman (70-75% of all cases are postmenopausal); a collection of fluid may also occur in the uterus, painful urination; pain during intercourse, pain in pelvic area.**	**Cervical: cigarette smoking; sex before 18; many sexual partners; low socioeconomic status. mortality rate twice as high for blacks as whites. Endometrial: early menopause, late menopause; never pregnant; estrogen exposure, estrogen replacement therapy without progestin; tamoxifen; diabetes, gallbladder disease, hypertension, and obesity.**

Among the 150 different types of cancer, five major groups are conventionally recognized.

1. **Carcinomas form in the epithelial cells that cover the surface of the skin, mouth, nose, throat, lung airways, and genitourinary and gastrointestinal tract, or that line glands such as the breast or thyroid. Lung, breast, prostate, skin, stomach and colon cancers are called carcinomas and are solid tumors.**
2. **Sarcomas are those that form in the bones and soft connective and supportive tissues surrounding organs and tissues, such as cartilage, muscles, tendons, fat and the outer linings o the lungs, abdomen, heart, central nervous system, and blood vessels. Sarcomas are also solid tumors, but sarcomas are both the most rare of malignant tumors and the most deadly.**
3. **Leukemias form in the blood and bone marrow and the abnormal white blood cells produced there travel through the bloodstream creating problems in the spleen and other tissues. Leukemias are not solid tumors; they are characterized by an overproduction of abnormal white blood cells.**
4. **Lymphomas are cancers of the lymph glands. Lymph glands act as a filter for the body's impurities and are concentrated mostly in the neck, groin, armpits, spleen, the center of the chest, and around the intestines. Lymphomas are cancers of the lymph glands. Lymph glands act as a filter for the body's impurities and are concentrated mostly in the neck, groin, armpits, spleen, the center of the chest, and around the intestines. Lymphomas are usually made up of abnormal lymphocytes (white blood cells) that congregate in lymph glands to produce solid masses. Hodgkin's disease and non-Hodgkin's lymphomas are the two most prevalent types of lymphoma in the United States, while Burkitt's lymphoma, rare in the U.S. , is common in Central Africa.**
5. **Myelomas are rare tumors that arise in the anti-body-producing plasma cells or hemopoietic (blood cell-producing) cells in various tissues in the bone marrow.**

The age-adjusted mortality rate for cancer has remained unchanged for over 60 years. Dr. Zajicek says that the standard treatments devised to 'kill' tumors have failed because they are based on false premises. He says 'this hypothesis implies that tumor removal should cure the patient, yet 60 years of intensive effort to remove the tumor did not change the biological outcome of the disease. Obviously, the hypothesis is wrong and should be modified'. He argues that focus on medical efforts at removing the tumor is fundamentally a mistake and will not cure cancer because cancer is 'a metabolically systemic deficiency and 'a chronic system disease' and the hypothesis of removing tumors is flawed because it emphasized the tumor and ignores the patient.

A key characteristic of cancer cells is their greatly prolonged life spans compared to that of normal cells. It's ironic, given that cancer can potentially prove fatal to its host and thus to itself as an unwelcome 'parasite' that cancer cells are essentially immortal. Not only do cancer cells not die when they are suppose to, they also fail to develop the specialized functions of their normal counterparts. Masses of cancer cells may become like parasites, developing their own network of blood vessels to siphon nourishment away from the body's main blood supply. It is this process that, unchecked, will eventually lead to the formation of tumor - a swelling caused by the abnormal growth of cells. If the tumor invades adjacent normal tissue or spreads through lymph vessels or the blood vessels to other normal tissues, this tumor is considered malignant.

Technically, many people carry harmless tumors within their bodies, even until their death, from other causes. Such benign tumors are encapsulated by fiber, functionally insulating the body from otherwise toxic effects. At a certain point, these tumors simply stop enlarging; and since they do not 'seed' other tumors, they are considered benign. It is the body's way of protecting the rest of the body from something it can't get rid of, eg. a parasite nest, a deposit of toxic material, a fungal ball.

If the cancer cells do not spread beyond the tissue or organ where they originated, the cancer is considered to be localized; if the cancer spreads to other parts of the body, it is then said to have metastasized. The pathological character of such tumors stems from their cells' ability to invade other tissues and travel through the blood and lymphatic vessels to other areas of the body. Most cancer victims die not from the initial multiplication of these abnormal cells, but as a result of this secondary process, metastasis - the spread of cancer to other organs and tissues of the body. This process represents the cancer cells' tendency to break off from the original tumor, float in the bloodstream, and colonize other tissues.

Cancer cells have an advantage over other cells because they are free-floating and can move anywhere. Most normal cells adhere to one another. Kidney cells remain in the kidney, bowel cells remain in the bowel, but cancer cells are not attached and can move about, thereby causing the cancer to metastasize in another area completely away from the initial site.

If a cancer metastasizes fast, it is considered aggressive, or more malignant.

> **Aggressive cancer has a doubling time of 60 days or less (meaning how long it takes for the mass to double in size);**
> **Moderate cancers: 61-150 days;**
> **Indolent cancer: 151-300 days and very indolent cancer up to 300 days.**

ALTERNATIVE REMEDIES

Why would someone look at alternative remedies for cancer and other forms of illness, rather than the conventional medical treatments? Some times it is because they have not been satisfied with the treatments they have received by doctors and hospitals in the past. Sometimes it is because they all know someone who tried the conventional route only to die a prolonged and painful death. Sometimes it is because they have a belief system that feels more comfortable using natural foods and herbs instead of chemicals with harsh side effects.

In Canada we do not keep track of how many die from what diseases. But in the U.S. They do so we often use those figures. The Centre for Poison Control and the Food and Drug Administration admit that properly prescribed drugs are the 4th leading cause of death in the U.S. Unfortunately, many of the deaths resulting in heart attacks, kidney failure and strokes are written up as such and not attributed to the initial cause as being drug induced so you can perhaps understand why the public are fearful of using conventional medicine. One American dies of cancer every minute: over 1,400 people per day!

In 2000 Dr. Barbara Starfield reported in the July issue of JAMA (Journal of American Medical Association) that over 225,000 documented deaths each year are due to medical errors. Harvard University Professor Lucian Leape in a study, found that 1,000,,000 patients are injured by errors during hospital treatment annually, with some 120,000 deaths. One out of every 200 patients in hospitals in New York State had an iatrogenic death (caused by medical treatment). What percentage of medical mistakes are actually reported to hospital authorities? www.progress.org/fold107.htm

In 2006 an independent review by The Nutrition Institute of American reported there were 783,936 deaths attributed to iotragenic causes. Here is how it was broken down:

Outpatient problems	**199,000**
Bedsores	**115,000**
Malnutrition	**108,800**
Non-error, negative effects of drugs:	**106,000**
Medical error	**98,000**
Hospital infections	**88,000**
Unnecessary procedures	**37,136**
Surgery-related	**32,000**

The FDA's own website admits that prescription drugs kill over 100,000 Americans yearly and injure over 2,000,000 Americans yearly. Wonder why people are fearful of going to the hospital? The above list says it all. Are you surprised at the deaths from bedsores? We do space travel, but can't correct the cause behind bed sores!

Unfortunately, in the U.S. And Canada, only one kind of medicine: conventional, is supported. People are expected to follow doctors orders and doctors are expected to follow the dictates established by the Medical Association.

Regardless which remedies you would like to pursue, remember, food therapy is the number one therapy and will address the actual cause of a weakened immune system. Many people have tried remedies that are successful, only to have the cancer eventually reoccur years later. In order to prevent this, a change in lifestyle and how the body is respected is necessary.

It is interesting to note that a full reveal of the effectiveness of chemotherapy is hard to exact from the doctors, but a few have indicated the success rate is only about 8% because of the high rate of re-occurrence within a year or two. Yet, the patients are not given any special diet or nutritional program to rebuild the damage ravaged to the body from the chemo poison.

The next many pages are going to give a little information about the various treatments we have heard about that are alternative to chemo and radiation – and there are lots. Many sound quite interesting and you may want to try them. Everyone has to make their own decisions about how they want to treat their body and their life.

WHY DO WE FOCUS ON LIFESTYLE?

In a Pogo cartoon, there was a caption "we looked at the enemy and he is us". We (humans) have created the perfect environment for disease to manifest in our bodies:

- **Each year we spray over a billion pounds of pesticides on our crops**
- **We feed millions of pounds of antibiotics to our farm animals**
- **We inject our cattle with cycle after cycle of growth hormone.**
- **We eat grains contaminated with mycotoxins (fungal toxins).**
- **We dump billions of tons of toxic waste into our waste sites and rivers**
- **We unknowingly poison our children with vaccinations**
- **We drink water that has been poisoned by chlorine and fluoride and other chemicals.**
- **We drink diet sodas contaminated with aspartame.**
- **We have mouths full of mercury fillings and root canals.**
- **We breathe air that has been polluted with 'chemtrails'.**
- **We let doctors destroy our bodies with x-rays, antibiotics and drugs.**
- **We smoke cigarettes and drink lots of alcohol.**
- **We eat mainly junk food, fast food and processed foods.**
- **We are still using toxic gas and oil to fuel cars, trucks, planes etc. which we know to be dangerous and should be obsolete.**
- **Since 1945 various countries in the world collectively have set off 2053 atomic bombs. www.youtube.com/watch?v=NQ1ApOa9tgA This does not include the melt down problem in Russia and Japan.**

Is it any wonder that we get sick with cancer, heart disease, diabetes, bowel disease, arteriosclerosis, headaches, unexplained skin rashes. The body can only handle so much abuse. Some can handle more abuse than others because their genetic makeup is less fragile and less prone to disease, but eventually poor living habits do catch up with everyone.

VARIOUS TREATMENTS, REMEDIES

Essiac Cancer Remedy:

We have often recommended doing Essiac formula. We can make the formula for you, or you can do it yourself.
It was developed by Renee Caisse in 1920's (she got the recipe from the Ojibway tribe in Ontario), and is taken orally like a tea. You may buy this in health food stores, or make it yourself (recipe follows). This has a good effect on cleansing and healing the liver and many people swear by its effectiveness. We believe the liver cleansing is always important no matter what type of cancer you have. The liver is a main detoxification organ and always needs to be cleansed. Either use the Essiac formula or do other liver cleansing (eg. milk thistle, dandelion root, burdock root), for at least a year.

6 1/2 cups burdock root - cut (Arctic Lapp)
16 oz(1 pd) Sheep Sorrel herb-powdered (Rumen Acetossela)
1 oz Turkey Rhubarb root - powdered (Rheum Palmate)
4 oz Slippery Elm Bark - powdered (Umlauts Five)

The burdock root is an excellent blood and liver cleanser. The rhubarb root will help the bowel get rid of the poisons ejected by the liver. The slippery elm also helps move everything alone

and protects the lining of the intestines. The sheep sorrel is anti-inflammatory and the lemon taste helps the mixture taste a bit better.

Mix all the herbs together thoroughly, shake together in plastic bag. Infuse energy of love from mind, and store in sealed glass jar. This makes enough for 10 two gallon batches.

1. **Bring 2 gallons of (sodium free) distilled water to a rolling boil in a 2-3 gallon stainless steel pot. Keep the lid on at all times except while stirring.**
2. **Stir in 1 cup Essiac formula. Placed lid, continue boiling 10 minutes.**
3. **Turn off stove. Scrape down sides of pot with spatula, stir thoroughly, replace lid.**
4. **Allow pot to remain closed for 6 hours, stirring thoroughly, let stand another 6 hours. Turn on heat, bring to a boil.**
5. **At boiling point, turn off stove, Strain liquid into a clean sterilized pot, then strain filtered liquid back into the original first pot.**
6. **Use funnel to pour hot liquid into sterilized bottles (just boil the bottles and lids in water for 10 minutes, immediately tighten caps. Allow to cool, tighten caps again. Store in dark cabinet.**
7. **Once opened, keep refrigerated. If mold develops, discard immediately.**

Usage of Essiac:

Heat 4 tablespoons(2 oz) (sodium free) distilled water. Don't use anything aluminum.
Add 4 tablespoons Essiac (after you shake the bottle first). Mix and drink.
Take at bedtime on empty stomach or 2 hours after eating, or in morning before eating, then don't eat for 2 hours.

NOTE: We did find this made a lot of tea, so we cut it to a quarter or half of the recipe and stored it in a stainless steel thermos for a few days until we made the next batch.

<u>Who Should Not Take Essiac?</u>

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 can be 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 it's contents through). In the case of bowel obstruction, last time I checked this was considered a medical emergency. The last thing you would want to do is to rely on tea to help it. The first thing you should do is see your doctor immediately. 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.

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.

If you have tumors that are encroaching on a major blood supply or an area of an organ that 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. (One of the reasons she was adamant that they take very small doses.) If you notice any sudden pain or untoward symptoms after beginning this tea, stop taking it, and immediately consult with your physician.

If you have a brain tumor. In Rene Caisse's work, as mentioned, 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.

WHEN TO USE CAUTION IN TAKING ESSIAC:

Those who are taking anticoagulant therapy/drugs. This tea contains constituents which may affect blood clotting. Advise your physician that you are taking this tea. If he/she detects any changes in your laboratory values, discontinue the tea immediately.

Diabetics who are insulin dependent may need to adjust their dosage – also those on anti-diabetes medications. All 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. This is not always the case, but is worthy of mention.

Consult with your physician if you have had a cholecystectomy (removal of the gallbladder). As this tea stimulates many of the digestive organs and processes, your doctor may deem it inadvisable for you to take this tea.

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 drug(s) more efficiently.

One symptom that may present when taking essiac tea is the presence of a high level of iron in the body. It has been noted that once the person stopped taking essiac, their blood iron levels began to return to normal. Iron is present in Burdock root (Arctium lappa) in rather substantial amounts, with Slippery Elm inner bark (Ulmus fulva/rubra) and Turkey Rhubarb (Rheum palmatum) containing lesser amounts. Root and woody parts of plants may hold higher levels of many constituents than the leafy, above ground portions – specifically many minerals. These levels can fluctuate from place of harvest, each plant, time of harvest, etc. Many factors play a role including the actual "health" of the soil and water used. When looking at the amount of potential iron contained in essiac, you should take into account the iron you are receiving from your diet. The food items that are said to be good sources of iron are: liver, meat, eggs, whole grains, enriched breads and cereals, dark green vegetables, legumes, nuts and the use of iron cookware. Another factor which should be considered is that absorption controls the availability of iron in your body, which is favored by acidity, and some vitamins. It is hindered or reduced by stomach acid, infection and losses through the gastrointestinal tract such as diarrhea.

Gut dysfunction can be linked to virtually every disease and can cause conditions like fatigue, depression, food sensitivities, chronic pain, allergies and more. These conditions are by and large preventable!

Laetrile Therapy (Amygdalin)

Classified by many as a vitamin (B17). Made from apricot pits although other pits such as apple seeds also contain Laetrile. This therapy is used by both Dr. Castile and Gerson in Tijuana. Amygdalin has been found to have strong cancer fighting potential, especially regarding secondary cancers, including lung metastases. Some have rejected its use because of its cyanide content but advocates say that laetrile is a selective substance that attacks only the cancerous cells, leaving the normal cells intact because cancer cells are completely deficient in rhodanese and instead are surrounded by another enzyme, abeta-glucosidase, which releases the bound cyanide from the laetrile at the site of malignancy. Research indicates it can extend the lives of breast and bone cancer patients. Many naturopathic type doctors like to combine this therapy with combination of other therapies. It is available in its natural 'pit' form, and recently also the liquid vials. The shelf life is short on this so you need to get it relatively fresh from the sources.

The source of laetrile is usually apricot seeds. They are dried eaten or ground and eaten. They say about 5-6 seeds a day is the usual. You should look up the information to satisfy yourself. Some of the information says that breast cancer favours laetrile therapy. Laetrile is also found in apple seeds but it is almost always apricot seeds that are being sold. Again, look to the internet to get information.

Hoxsey Tonic

This is an herbal tonic designed by Hoxsey and is still being used by his clinic today. Dr. Castillo also uses the Hoxsey tonic. We may or may not recommend this formula depending on your circumstances. When taking the Hoxsey Tonic you can not eat tomatoes, pork, sugar, white flour, vinegar, preservatives. What we like to do is individually test each person to see what the body accepts and rejects in the way of herbs and custom make the formula.

Graviola

Graviola herb is taken from the leaves and stems of a tree that grows in the Amazon. It is said to be a safe natural therapy for cancer that doesn't cause extreme nausea, weight loss and hair loss as does chemotherapy. It's action is to help protect the immune system as well as kill cancer cells without harming healthy cells. This can be taken as a tea as well as capsules. It is now widely distributed and can be easily incorporated in a regime.

Paw Paw

Paw Paw is a cousin of the graviola, guanabana and soursop trees however the acetogenins extracted from Paw Paw are more effective against cancer than those of the other sources. Paw Paw extract contains acetogenins which modulate the production of ATP in mitochondria of cancer cells reducing the growth of blood vessels that nourish cancer cells. It also inhibits the growth of multiple drug resistance cells. Dosage is usually 2 tablets in the morning on empty stomach and two in the afternoon. It has shown to be a fast cancer and tumor alternative for many people with results in as little as 3 weeks. Sunshine Herbs are the only place we know that sells this and as of lately, they were not able to get a NPN number to sell in Canada.
NOTE: Paw Paw is neutralized by DMSO/CD protocol.

Cancell **(aka Entelev, Cantron, Protocel, Jim's Juice, Crocinic Acid, Sheridan's Formula)**

This is taken as a dark liquid, made up of common chemicals including nitric acid, sodium sulfite, potassium hydroxide, sulfuric acid, inositol, and catechol. Various people have been working on this formula for over 20 years however, it was removed by the FDA in 1989 and the manufacturing process subsequently moved to the Bahamas. It has also been used for AIDS, Herpes, Chronic Fatigue, M.S., Lupus and a whole range of other diseases. It seems the product 'Cancell' is not being used, and 'Cantron' or 'Protocel' are now available. The dosage is 1/4 tsp held under the tongue for several minutes before swallowing (it can be diluted in liquids if desired). This is repeated several times a day. If it can't be taken by mouth, it can be taken rectally.

During the first month of treatment tumors may increase in size and PSA for those with prostate cancer, may notice the PSA goes up instead of down. Many people may feel temporary, moderate fatigue and flu-like symptoms after taking the product.

Cesium Chloride

Cesium high pH therapy is another powerful approach to treat cancer. When it comes to treating advanced cancers, such as Stage IV cancers, fast growing cancers, cancers that have spread significantly, high fatality cancers, etc., the cesium chloride protocol is one of the most proven cancer treatments in existence. This treatment can be used on newly diagnosed cancer patients or cancer patients being fed by feeding tubes or cancer patients being fed by I.V.

The only downside to this treatment is the potential side effects: swelling and inflammation caused by the immune system attacking cancer cells which are in the process of dying. Other temporary side effects are diarrhea and tingling sensations in the skin. This doesn't sound like much but if you have brain cancer and it swells, you can experience migraines and even seizures. If the swelling should happen in the gall duct you will experience jaundice and you may need a stint put in.

This therapy should not be done if there are any interruptions or days skipped here and there - it won't work. It must be followed to the letter. It is different from Protocel. Protocel biochemically interferes with the cell respiration of cancer cells by blocking their production of ATP. Cesium raises the pH within the cancer cells to such a high alkalinity that the cancer cells can't function and die off as a result. Anaerobic cells are much more acidic than normal healthy cells and must maintain their acidic intracellular environment in order to survive.

Cesium high pH therapy alkalizes cancer cells to death from the inside out. It has been used since the 1980's but recently has become more popular with the development of Liquid Ionic Minerals. Cesium is also able to limit the transport of glucose across the cancer cell's membrane which causes an immediate decrease in fermentation, resulting in decrease of lactic acid formation. Many find pain subsiding within a day after starting cesium.

There are other nutrients that help the cellular uptake of cesium: Vitamin A, C, Zinc and Selenium and it is thought Laetrile would enhance the uptake of cesium by cancer cells also.

This therapy is not to be taken lightly. It must be done exactly right and side effects are common. High doses of cesium can create a potassium deficiency which can bring on a heart attack therefore taking ionic liquid potassium must be taken to compensate; however if you take too much potassium you can have kidney damage (drinking high levels of water generally takes care of this problem). Taking enough cesium to kill cancer cells can upset the stomach and cause nausea therefore it is taken right after a meal.

Other side effects may be diarrhea, numbness of the lips and tip of the nose, vomiting, yellow vision, dark hue to the skin accompanied by cold hands or feet - stop the

therapy for 3-4 days or until side effects subside, then start back at 1/2 the previous dose for a while. You must be careful taking this if you have high blood pressure or other heart condition.

Some people are reluctant to go on cesium chloride because of the safety warnings but if you have advanced cancer there are very few alternative treatments available and this may be your choice. We have a handout regarding Cesium if you wish more information.

NOTE: only One highly alkaline protocol should be used at a time. Cesium, Cellect, Baking soda, High doses of Barley, High pH ionized water etc. are all highly alkaline and only ONE should be used at a time.

DMSO and MSM

Dimethyl sulfoxide (DMSO) is a non-toxic 100% natural product that id derived from the wood industry.
MSM (Methyl sulfonyl methane) is similar to DMSO but has an additional oxygen atom attached to the sulfur atom, forming a molecule with a total of 2 attached oxygen atoms. MSM occurs in fresh fruit and vegetables, raw milk, wheat grass juice and aloe vera.
A study in 1968 revealed DMSO has an affinity for cancer cells. The study showed DMSO dissolve substances and can penetrate human skin to carry the dissolved substances along with it.

Ivermectin

Ivermectin became popular around the world as a choice medication for COVID 2020 and onward. In Canada it was forbidden for the doctors to use it, but in other parts of the world it was very successful. Does it cure cancer? Ivermectin is anti-microbial meaning it kills parasites, fungus, bacteria and virus. So if the body is being compromised by any of these microbes, it will help. Some people are combining it with Fenben (see online) and report success.

Pacific Yew aka Montana Yew

This is used by some of the clinics in Tijuana. It is obtained from the outer 6" of the tree branches which contain the taxol compound. Taxol belongs to family of compounds called taxanes that are unique to the yew species. During the taxol studies researchers found several yew taxanes in addition to the taxol taxane which were found to exert anti-cancer properties.

Taxanes have been found to be able to destroy cancer cells. Cancer cells send out spindle fibers, and at the end of these fibers a new cancer cell forms. When the new cancer cell matures, the spindle fiber which connects it to its parent cell disintegrates and the new cell is now separate and able to give birth to more cancer cells.

This process creates uncontrolled cell growth which forms tumors and radically interferes with normal body functioning. Most chemotherapeutic agents work by destroying the cancer cells ability to form the spindle fibers (aka micro tubules) which allow for cancer cell reproduction. However the micro tubules may regrow when the drug is stopped. The yew taxanes allow the cancer cell to grow its microtubules but then prevents the microtubule from disintegrating which paralyzes cell division and permanently stops the growth of the cancer cells.

In addition to taxane, Taxus brevifolia also contains other compounds such as lignans which exhibit anticancer, antibacterial, antifungal, antiviral and anti-inflammatory activity. Taxus brevifolia contains several types of lignans such as lariciresinol and taxiresinol.

Flavonoids are also present in Taxus brevifolia such as quercitin, rhamnetin and

sciadopitysin. Flavonoids are plant compounds known for their anti-inflammatory, anti-allergenic, anti-viral and anti-cancer properties. Flavonoids also act as powerful antioxidants, providing protection against free radical damage.

Raw Food Therapy

Best to use organic produce of course. Because of the high enzyme action and nutrition, this has been used by many to help the body self-correct any disease. It is said the body can heal itself given the opportunity. The difficulty is that if you only have a few days left of life on earth, it is most likely too late to correct because there isn't enough energy left in the vital tissues to do what is necessary. This therapy most likely works well on blood or systemic type problems.

Rudolf Breuss Cancer Cure

Over 45,000 people attested to the fact that his Total Cancer Treatment cured their therapy. It is very rigid and must be followed precisely. It lasts 42 days and consists of vegetables juices and herbal teas. His belief was that whenever cancer occurs in the body, it feeds and grows from protein. He claimed that cancer cells are not able to feed upon vegetable juices and the cancers will die if a person ingests only vegetable juices and special teas for 42 days. Therefore, there is no protein in this treatment plan.

You can see his treatment plan in a separate file.

This treatment has been used to cure a variety of ailments from cancers, leukemia, prostate disorders, hay fevers, infertility, arthritis. Breuss died in 1990, age 91.
The Breuss Cancer Cure (also can be done as cancer prevention, as regeneration treatment- take 1/1-1 cup a day and before eating always drink a small amount of the juice and sage tea and kidney tea); for losing weight; as a springtime elimination; to cleanse and improve the blood and for joint/arthritis improvements)

IMPORTANT NOTES: Do not bother doing this treatment if: you continue to smoke; if you have poisons in the house (such as moth powder, insecticides, sprays, air fresheners). Watch for naphthalene, camphor, DDT, Fly spray, air cleansers. Avoid eating warmed up leftover food If the cancer is far advanced. It is better to use organic vegetables and follow the juice mixture precisely.

Breuss believes cancer is not a disease, but an independent growth and medication, even homeopathics can't help. The growth can only be starved off with the juice treatment. If heart support needed use 20-40 drops hawthorn tincture in the morning (according to body size). In 1990 just before his death Breuss substituted calcium and potassium with a tea made from Plantago lanceolata, Plantago Major, Iceland Moss, Lungwort, Ground Ivy, Mullein and Meum mutellina (Ligusticum mutellina).

Royal Rife

In the 1920's Dr. Royal Rife, a pathologist worked on developing a Universal Microscope (darkfield) that magnified 50,000 times and was able to see things that no one else had ever seen. Electron microscopes are examining dead cells, but what Rife was looking at was live pathogens. In 1931 he worked on over 20,000 cancer tissues and discovered and isolated microorganisms. He felt that cancer was possibly a virus because of the nature of a virus. He next developed frequency machines to use against the pathogens and was able to check the results with his microscope. What he also discovered was that when the terrain of the cells was low in pH, the cancer could replicate itself faster then he could destroy it. He also discovered pleomorphism witnessing what we now see in biological medicine that as the terrain of the body changes, the bacteria upgrades and downgrades. Therefore, cancer was a symptom of

other problems eg. Incorrect pH, toxic build somewhere, blockages. See Youtube https://www.youtube.com/watch?v=S7M6cK6ki1E
We still do this today using dark field analysis and we are able to see distortion in live blood and as well as healing taking place as pathogens and harmful micro-organisms are eliminated.

Dr. Rife developed the 'rife machine' which he was using to help the body correct the cancer disease. Rife machines, sometimes now called Frequency Generators, are available through the internet. Used for several hours each day to treat cancer, they eliminate some of the underlying problems that may be causing the cancer or inhibiting the body from healing itself.

Fasting

Some sources say it is good, some say not at all. Do not fast unless you are quite strong. Breuss therapy has been recommended as the best fasting therapy for cancer. We have also been told that a person with cancer has a body so depleted, if they fast, they go downhill quickly.

Cannabis Oil

In the last 20 years many people have been experimenting with Cannabis (marijuana) oil to reverse cancer. This is not the same as taking marijuana for help with the pain from cancer, it is taking a specific oil into the body to kill cancer cells.
CBD International states that when THC connects to the CB1 or CB2 cannabinoid receptor site on the cancer cell, it induces an increase in ceramide synthesis that leads to cell death. A normal cell does not produce ceramide when it is near THC; therefore it is not affected by the cannabinoid.

The reason the cancer cell dies is not because of the cytotoxic chemicals, but because there of a small shift in the mitochondria. The purpose of the mitochondria within a cell is to produce energy for the cell to use. As the ceramide is produced, it turns up the sphingolipid rheostat. This production increases the mitochondrial membrane permeability to cytochrome c, which is vital protein in energy synthesis. The cytochrome c is then pushed out of the mitochondria, which ultimately kills the source of energy for that particular cell.

The presence of ceramide leaves no possibility of cancer cell survival. This is because it causes genotoxic stress in the cancer cell that generates a protein call p53, which disrupts the calcium metabolism in the mitochondria. Ceramide also disrupts the cell's digestive system that produces nutrients for all cell function, and actively inhibits pro-survival pathways.

The key to the cancer killing process is the accumulation of ceramide in the system. This means that by taking any amount of CBD and THC, at a steady rate over a period of time, the patient will keep metabolic pressure on these cancer cell death pathways.

Many people are now making their own cannabis oils. There are instruction videos on how to make the oil on YouTube on the internet. It is important that you get the right product to start with. You need about 1 pound or more of cannabis (we understand Indica is a good quality, and 2 gallons of solvent to make 60 grams/ml of oil. Rick Simpson started this whole push to use cannabis to cure cancer. He uses a solvent of 99-100% Isopropyl Alcohol or 190 proof grain alcohol (Everclear).

To make Rick Simpson Oil (RSO), start with one ounce of dried herb. One ounce will typically produce 3-4 grams of oil, although the amount of oil produced per ounce will vary strain to strain. A pound of dried material will yield about two ounces of high quality oil.

1. **Place the completely dry material in a plastic bucket.**
2. **Dampen the material with the solvent you are using. Many solvents can be used. You can use pure naphtha, ether, butane, 99% isopropyl alcohol, or even water. Two gallons of solvent is required to extract the THC from one pound, and 500 ml is enough for an ounce.**

3. **Crush the plant material using a stick of clean, untreated wood or any other similar device. Although the material will be damp, it will still be relatively easy to crush up because it is so dry.**
4. **Continue to crush the material with the stick, while adding solvent until the plant material is completely covered and soaked. Remain stirring the mixture for about three minutes. As you do this, the THC is dissolved off the material into the solvent.**
5. **Pour the solvent oil mixture off the plant material into another bucket. At this point you have stripped the material of about 80% of its THC.**
6. **Second wash: again add solvent to the mixture and work for another three minutes to extract the remaining THC.**
7. **Pour this solvent oil mix into the bucket containing the first mix that was previously poured out.**
8. **Discard the twice washed plant material.**
9. **Pour the solvent oil mixture through a coffee filter into a clean container.**
10. **Boil the solvent off: a rice cooker will boil the solvent off nicely, and will hold over a half gallon of solvent mixture. CAUTION: avoid stove-tops, red hot elements, sparks, cigarettes, and open flames as the fumes are extremely flammable.**
11. **Add solvent to rice cooker until it is about ¾ full and turn on HIGH heat. Make sure you are in a well-ventilated area and set up a fan to carry the solvent fumes away. Continue to add mixture to cooker as solvent evaporates until you have added it all to the cooker.**
12. **As the level in the rice cooker decreases for the last time, add a few drops of water (about 10 drops of water for a pound of dry material). This will help to release the solvent residue, and protect the oil from too much heat.**
13. **When there is about one inch of solvent-water mixture in the rice cooker, put on your oven mitts and pick the unit up and swirl the contents until the solvent has finished boiling off.**
14. **When the solvent has been boiled off, turn the cooker to LOW heat. At no point should the oil ever reach over 290˚ F or 140˚ C.**
15. **Keep your oven mitts on and remove the pot containing the oil from the rice cooker. Gently pour the oil into a stainless steel container**
16. **Place the stainless steel container in a dehydrator, or put it on a gentle heating device such as a coffee warmer. It may take a few hours but the water and volatile terpenes will be evaporated from the oil. When there is no longer any surface activity on the oil, it is ready for use.**
17. **Suck the oil up in a plastic syringe, or in any other container you see fit. A syringe will make the oil easy to dispense. When the oil cools completely it will have the consistency of thick grease.**

There is more information on making the oil on www.cureyourowncancer.org/make-the-oil.html). And we notice many good instructions on making the oil using olive oil or coconut oil, without using the alcohol.

There is still much information missing as to what is the best strain of cannabis to use for cancer – or perhaps different strains for different cancers. Rick Simpson says to use a high THC because cancer people need to rest and sleep to heal. CBD also states it is good for cancer. There are over 10,000 strains but lots of information on the internet when you are ready to learn how to make or use cannabis. leafly.com is a good information site to start with. Look at https://www.leafly.com/news/health/cannabis-and-cancer

For skin cancer they suggest applying oil directly onto the skin cancer as Rick Simpson did, covering it with a clean bandage, changing the application every 3-4 days and using a new bandage until the cancer is all gone. Then continue for another 2 weeks just to make sure. You can also make suppositories with 100 grams cocoa butter, melted then add 1-2 grams cannabis oil, mix well and pour into the suppository molds and let cool (put in the refrigerator

or freezer to cool faster). Some people suggest doing it internally and well as externally. It will depend on what type of cancer you are addressing.

The nice part about using cannabis for skin cancer is that it doesn't leave a scar like the black salve or PDQ. You can grow your own cannabis, you can buy the buds on the internet without prescription and make your own, and you can buy the finished product with or without prescription.

Massage Therapy

Do not have massage treatments. However, rubbing of the skin to open the capillaries and help body stimulate circulation is valuable. 2-3 rubs a day before meals with a solution of 1/2 glass water with 2 tablespoons rubbing alcohol and 2 tablespoons of wine vinegar. To rub whole body is very refreshing and helps circulation.

Enzyme Therapy

Dr. John Beard, 1902, proposed that Trypsin, an enzyme from the pancreas, could be a defense against cancer and used in cancer treatment. He felt that Trophoblasts were cells that were very invasive, not unlike cancer cells in many ways and that trophoblasts shifted from a malignant nature to a benign nature in pregnancy when in the presence of enzymes.
There are many ways enzymes can improve the body:

- **help immune cells communicate with each other via cytokine chemical messengers**
- **activates macrophages that clean up the body eg. cancer cells**
- **help production of cytokines which help kill off tumor cells and cancer cells**
- **it is though that inflammation may make cancer worse, and enzyme therapy can help this.**
- **enzymes may improve the potency of white blood cells such as natural killer cells to strengthen the immune system**
- **enzymes may break down fibrin a protein that may mask cancer cells from being attacked by the immune system**

Proteolytic enzymes (aka protease, proteinase, peptidase) break down protein for digestion. They include: pancreatic proteases chymotrypsin and trypsin, bromelain (pineapple), papain (papaya), fungal proteases, Serratia peptidase (silk worm enzyme). Dr. Michael Murray tells us that: "Once absorbed the body prevents digestion of proteins in the blood and other body tissues producing antiproteases. The production of these antiproteases is critical to the mechanism of action of proteolytic enzymes. These antiproteinases block the invasiveness of tumor cells as well as prevent the formation of new blood vessels (angiogenesis). Proteolytic enzymes exert a number of other interesting anti-cancer mechanisms including the inhibition of metastasis (the spread of cancer) and the enhancement of the immune response. "

Bromelain is a proteolytic enzyme extracted from pineapple stems, and in recent research, it has been seen to have better anti-tumoral effects than chemotherapy (animal studies).

The Gerson Clinic always includes pancreatic enzymes with each meal, telling us they are an integral part of cancer therapy through food. Pancreatin (pancreatic acid) is a mixture of several digestive enzymes produced by our pancreas. The mixture is composed of amylase, lipase and protease. Many people do not produce sufficient pancreatic enzymes and therefore adding it to the diet can help when the digestive system is in stress.

You notice that everything is about breaking down proteins. It is the proteins in our diet that we have difficulty with. We can understand why so many cancer hospitals recommend a vegetarian or macrobiotic diet to take the stress off the body of trying to deal with animal

proteins when it is sick and stressed.

Ozone and Oxygen Therapy

There are several methods of introducing oxygen into the body. The reports we have been getting are positive however after a period of 3 or 4 months, the body acclimatizes to the change and the effect is diminished. We are not suggesting to avoid this therapy, indeed, Stabilized Oxygen is a great product to assist, especially at the beginning. Just be aware that our research is finding the body will get used to the molecular change after a period of time and may loose its effectiveness. Also be aware that using oxygen or ozone may only temporarily fix the problem, you have addressed the underlying issue as to why it was there in the first place.

Dr. Dominic D'Agostino's Ketogenic diet

Dr. D'Agostino develops and tests nutritional and metabolic therapies. He uses ketogenic diets and agents for Central Nervous System oxygen toxicity (seizures), epilepsy, metabolic disorders, Alzheimer's, ALS, muscle wasting and Cancer.
Ketogenic diet focuses on very low intake of carbohydrates which lowers blood sugar and insulin levels. Higher fat and protein intake is recommended however the fats are not vegetable oils, deep fried foods, but they are fats from avocados, olives, macadamia nuts, butter, coconut oil. High amounts of protein can place stress on the kidneys, however, fats can be used in place of protein thereby reducing the amount of protein consumed.
He combines this with hyperbaric oxygen therapy several times a week.
We know that cancer cells feed from sugar, however, they do not have the ability to use ketones as its food source.

Grape Cure by Johanna Brandt

The original recipe in the 1920's called for 12 hours avoiding eating but drinking natural water (drink a gallon spread over 24 hr), followed by 12 hours of consuming grapes or grape mush slowly over many hours (consume 2-4 quarts). You can drink water during the time you eat the grapes or mush(concord type). The diet was given for several weeks.
This is all you take in - no coffee, smoking, drinking anything else, no food, no teas.
You should do enemas to wash the bowel during this time because once you stop eating, the normal bowel flow slows down also. The water can be reverse osmosis, ionized but not just filtered water. During a water fast, the cancer cells get very hungry and when they finally do get food, what they get is grapes which they gobble up since grapes contain a lot of natural sugar and cancer cells love sugar (cancer cells consume 18 times more sugar than normal healthy cells). However grapes contain resveratrol which is suppose to activate p53 gene, inducing normal cell death. Grapes, especially purple concord type, contain several other nutrients that are known to kill cancers such as ellagic acid, lycopene, OPC's, selenium, catechin, quercetin, gallic acid and vitamin B17. So we 'fool' the cancer cells into ingesting the cancer fighting nutrients.

Nausea and diarrhea or constipation are often a problem with this treatment. The 6th week you can eat any uncooked, raw, whole vegetables and fruits you wish. If you have tumors you can now start to take Paw Paw during the 6th week.

Repeat this 6 week cycle as many times as needed in order to cure the cancer.
You can not use Cesium Chloride while doing this treatment. You can take Cellect (1 scoop a day the first week; 2 scoops a day second week; 3 scoops a day 3rd week; then doing 4 scoops a day or more if cancer is advanced.
You can also take oleander pills (then come from South Africa).

The Grape cure can be used with prescription drugs and medical treatments.

If you want to do the Bob Beck Protocol of blood cleansing using his wrist device (Silver Pulser), do not do the Grape Cure at the same time because both strongly detox. Do the Grape cure, then a week later start the Bob Beck Cleanse using the Silver Pulser.

Oleander Pure Concentrate are known as Rose Laurel OPC pills, can be obtained over the internet for $75 plus shipping, exchange etc. Utopia Silver Supplements in Texas at 1-888-213-4338 or 1-830-966-2315 Collect can be ordered from 1 866-692-3553 or email: order@cellect.org

Bob Beck Protocol

His treatment works by eliminating microbes from the body. It takes 2-3 months to be effective and so for many cancer patients that don't have much time left, this might not the the best protocol. The therapy uses the Silver Pulser attached to the wrist, emanating electric waves as the blood goes through the arteries in the wrist. The protocol doesn't address nutritional help and this should be done as well. The Silver Pulser can be bought for a few hundred dollars. There is another problem with Dr. Beck's protocol. It must be used by itself – no drugs, no herbs etc.

Rife Protocol

As mentioned before, Dr. Royal Rife (1888 – 1971) developed the technology that used electricity to kill harmful microbes. His wife had cancer which he cured by using this technology. The premises, as with the Bob Beck Protocol, is that by killing off the various parasites, bacteria, fungi and viruses in the body, it gives the body the added strengthen to heal itself of afflictions. The machine can be bought for about $1,700 U.S.

Magnet Therapy

Using the magnets has helped many people for temporary assistance, but we do find that using longer than 3 months and the effectiveness starts to diminish. So you may use this therapy as a quick therapy at the beginning. Remember, the magnet therapy does not eradicate the problem that caused the cancer in the first place which most likely was the lifestyle and diet and pollution over a period of time. Do not use magnets near homeopathics.

Budwig Oil Therapy

This was found to be very effective because it increases the body's production of interferon. Emulsify (mix well) 3 tablespoon in 500g of quark or low fat cottage cheese and eat this every day for 4 months. You can mix other foods in with it such as fruit or vegetables. It sounds easy but after a week some people can't stomach eating any more and say they would rather die! Others said they could handle it and it worked for them. Don't forget you still have to fix the initial problem.

Burzynski Cancer Treatment

Dr. Stanislaw Burzynski was trained as a biochemist and physician and spent 35 years developing and treating cancer from some of the most lethal forms of cancer at his clinic in Houston, Texas. He developed a gene targeted approach using non-toxic peptides and amino acids, known as Antineoplastons. He says its all about the peptides in the blood and urine. Chemically extract the healthy peptides from healthy people and give them to cancer patients? Urine Therapy (shades of Premarin). Antineoplastons are synthesized in his lab in Texas. Antineoplastons target the specific genes that allow cancer to grow and flourish - they work on close to 100 different genes, most other cancer drugs can only target single genes.

Our bodies have 2 categories of genes that allow cancer to grow and flourish: Oncogenes and Tumor Suppressor Genes. When someone has cancer they have a higher level of Oncogenes switched on with a higher level of Tumor Suppressor Genes switched off. The goal is to tell the body to switch back on the Tumor Suppressor Genes and switch off as many Oncogenes as possible.

He treats a lot of brain cancer successfully, which is usually difficult to treat.

The FDA has spent tens of millions of dollars and almost two decades trying to stop Burzynski since 1995 in spite of his successes. In Nov. 2012 the Texas Medical Board's case against him was dismissed when it was revealed that the FDA had pressured the Texas medical board to revoke Dr. Burzynki's medical license despite the fact that no laws were broken and his treatment was proven safe and effective. The reason has a lot to do with money, lots of it - because Burzynski owns the patent for his treatment and should it gain FDA approval, it would threaten conventional chemotherapy and radiation and result in billions of dollars of cancer research funds being funneled over to the one single scientist who has exclusive patent rights - Dr. Burzynski. Until Nov 2012 Dr. Burzynski's therapy was only allowed to be used if the patient had first used Chemo and it had failed. However in some aggressive cancers, people have gone right on the therapy and it has been successful.

2008 Clinical trials show that those with Anaplastic Astrocytoma (brain tumors), treated with radiation and chemotherapy was only 9% effective at the end of treatment. Patients treated with only Antineoplastons were 25% cancer free with no toxic side effects.

One of the most difficult types of cancer to treat is inoperable Brainstem Glioma. It usually occurs in the brain of a child and radiation is the only treatment that may help slow it down but does not cure it and has terrible side effects of burning tissue in the brain and head parts. Using Antineoplastons has been successful.

We believe Burzynski is correct but we also think that our lifestyle, attitudes and foods can affect our genes. Wonder why so many cancer hospitals are in Mexico? The U.S. and Canada make it very difficult to function. November, 2015 Burzynski is back in court, this time they are trying to take away his medical licence.

Dr. Gonzalez

Dr. Gonzalez has been treating thousands of cancer patients since 1987. His protocol is metabolic nutrition and he believes there are 10 different types that need different diets. Patients take about 150 vitamins/minerals and enzymes daily and about 4 coffee enemas daily including doing these at 2 and 3:30 in the morning. Liver flushes and bowel flushes are done monthly, organic foods are eaten. If you are allowed meat, they have to be without hormones or antibiotics, no canned or processed foods. Other therapies include skin rubs, salt & soda baths, mustard foot soaks, castor oil packs to draw out the toxins from the body.
In many ways it is similar to the Gerson therapy except Gerson doesn't allow any animal meats. He is in New York. Phone (212) 213-3337. On the internet you can find him at: www.dr-gonzalez.com

The China Study

This is a good book by T. Colin Campbell, PhD and Thomas M. Campbell II, MD. Colin Campbell has been doing research and clinical studies for almost 50 years and he has his own laboratory. The China Study is a well documented analysis of the fallacies of the modern diet, lifestyle and medicine, pointing out that the quick fix approach often fails.

He feels the main cause of cancer is our intake of protein. Any kind of protein. He has worked with people all over the world and also done testing on lab rats which all gave him the same conclusion. He feels that a diet of 5% protein is correct and when they increased the diet to any more protein than 5%, they triggered liver cancer. What he used was casein which makes up 87% of cow's milk protein. The proteins from plants including wheat and soy, he found to be safe.

He also discusses the fact that both peanuts (peanut butter especially) and corn are

often contaminated with a fungus produced toxin called Aflatoxin which has been shown to cause liver cancer in rats and where those foods are consumed in the world, there is a high level of liver cancer in children. When testing jars of peanut butter from the grocery store, all had levels as much as 300 times the amount acceptable of Aflatoxin.

Campbell also found that eating a whole food plant based diet reversed heart disease, diabetes and obesity as well as cancers and other diseases. He is not in favour of doing vitamin/mineral supplements, just the pure diet. There is just too much to talk about in this limited space, get the book on line, it is a worthwhile read.

Dr. Jerry Tennant

This man is somewhat of a genius and takes a different approach to looking at cancer. He says there is no one cause of cancer. He believes that cancer is a lack of electrons due to electron stealers. He said that our concept of atoms and energy is out of date by 50 years and that electrons whirling around a little ball of a nucleus is not true. Electron is a vortex of energy and atoms are likely opposing vorteces of energy like two tornadoes and where the noses touch they begin to concentrate the energy. Those vorteces of energy assume platonic shapes.

He also says that cells are designed to run on a very narrow range of pH. Cellular biology says that healthy cells have to run between -20 and -25 millivolts. Some children and athletes can run at -35 millivolts. To make a new cell you need -50 millivolts. An example he gives is to look at your thumb, which is running on -25 millivolts; when you hit it with a hammer, it immediately goes to -50 millivolts to heal the tissue by making new cells to replace the damaged ones. At -50 millivolts the capillaries dilate to make available the ingredients to make new cells. When this happens, you thumb is swollen, red, warm, has pulsing pain; therefore this process of healing has to do with this thing we call inflammation. If when you hit your thumb with the hammer, you don't have enough voltage in you to get up to -50 millivolts which you need to do the repairing and making new cells. If you are hypothyroid you can run out of voltage. When you consume fluoride, it replaces its cousen iodine and so you make a fake thyroid hormone which shows up in your blood tests, but doesn't work and blood tests erroneously reveal the thyroid is working just fine. The conversion of T4 to T3 (the active form of hormone that the thyroid uses which is converted by the body). The conversion from T4 to T3 requires iodine, selenium, zinc, iron, cortosol, esterol and glutathione. If you are missing one of those you can't convert and you make another fake hormone called Reverse T3. Taking a pill that has T4 in it while you are deficient in one or more iodine, selenium, etc... and the body makes a fake hormone, then the hormone you are taking doesn't work.
That's one of the main reasons why people end up with low voltage and chronic disease.
What are electron stealers? poor food, dental infections, chemical toxicity, drugs, smoking, gmo foods, environmental toxicity eg. Black mold, asbestos, radiation poisoning etc.
Electron doners: good healthy food, hugging a tree or dog, laughter, breathing fresh air, having the feet touch the earth, good sleep, good friends.
Most people are too acidic (low voltage/acidic pH). Cancer thrives in a low voltage environment of +30 millivolts. Remember + is an electron stealer. As the millivolts become less and you become sicker, oxygen drops then your metabolism and energy production system become faulty. We have lots of bugs in our body, which are asleep when oxygen is around, but when it depletes they wake up and produce enzymes to dissolve cells which they can then feed off from. Those enzymes can then escape and go to other areas of the body dissolving other cells which cause diseases elsewhere in the body.
Watch Youtube: https://www.youtube.com/watch?v=X_k1BNenl_c and other Jerry Tennant videos.

Dr. Leonard Coldwell

Dr. Coldwell has seen over 35,000 patients and has over 7 million readers of his newsletters and

reports. He challenges the medical community to better his rate of success with treating cancer. He starts with a 21 day full body and colon cleanse. Then he recommends awesomesupplements.com. He keeps the body slightly alkaline (pH 7.36) which protocol you can get from that website.
He also addresses candida overgrowth, the protocol which can be taken from that website.
Other things he uses:
Hydrosol silver (helpingamerica.com)
Metal cleanse
Taking B17 (laetrile)
Use baking soda and maple syrup (1 tsp baking soda with 5 tsp maple syrup)
He recommends essiac capsules
Eat only organic whole foods if you can afford it
Get as much sun as possible – he does not believe sun causes cancer.
Do juicing of fresh fruits with greens added.
Exercise a little every day (eg. 2 min at least 3 times a week)
Eat a vegetarian organic life food diet (raw food if possible) www.PaulNison.com
The main part of the diet should be raw veggies and sprouts like leafy green veggies, wheatgrass, algae, sea veggies, sunflower sprouts. Nuts and seeds are good – soak them for 6-12 hr to release enzymes so they can be digested easier. Sprout the grains first.
Use Enzymes, Vit. E, Calcium-magnesium.
In severe cases, add oxygen therapy and/or 35% hydrogen peroxide therapy. 8 drops of 35% hydrogen peroxide in 1 cup of zloe juice for at least 35 days.
Address emotional and mental stress – it can be the main cause of cancer.
His monthly newsletter can be obtained from: www.instinctbasedmedicine.com
Don't eat late in the day (nighttime). Go to sleep on an empty stomach.

Using Vaccines and Viruses for Cancer

Coley's toxins

Dr. Coley, in 1920's, found using bacteria eg. Streptococcus pyogenes and Serratia marcescens, he was able to stimulate the body's defenses against cancer.

Immune Vaccine Predating Chemotherapy

Coley was having good success with long term injections of his vaccines and the numbers for survival were impressive, but he died in 1936 which was about the time chemotherapy was being researched and used.

Immuno-Augmentative Therapy (IAT)

Dr. Lawrence Burton, a biologist and cancer researcher found blood protein components were involved with the development of cancer. His theory was that all the blood protein components should be in balance and if they were not, the body could not defend itself. By injecting the lacking components into the patient he brought about remissions of many types of cancer.

T/Tn Antigen Breast Cancer Vaccine

Because cancer cells have proteins or antigens on their surface, the immune system can recognize them. Dr. Georg Springer found 2 antigens (T and Tn) were important for the immune system to respond to cancer. T and Tn antigens were found in over 90% of all cancers. The less aggressive cancers produce a higher proportion of the T antigen; the Tn antigen is the more aggressive cancer. He has been using the vaccine since the 1980's along with nutritional support.

Bacillus Calmette-Guerin Vaccine

This has been used since 1921 for tuberculosis but when used against a very aggressive form of bladder cancer, the vaccine evokes a strong immune response to the presence of these very weak TB microbes in the vaccine.

Autogenous Bacterial Vaccine

Dr. Virginia Livingstone was involved in a germ theory of cancer and vaccines that she used successfully to eliminate cancer. She proved that the bacterium Progenitor cryptocides feeds the development of cancer and this is present in everyone at birth, but controlled by the immune system. This bacterium can morph into a more lethal form of itself. She used the bacteria in a patient's body to fight the same bacteria so it was tailored to match.

Anti-Mycoplasma Auto-Vaccine

A culture is taken from the patient's blood for a cell wall deficient bacterium called mycoplasma which is found in all cancer patients. A vaccine is produced and reintroduced into the patient and the cancer is often them regressed or stopped.

The subject of using viruses to kill cancer cells was covered on HBO Vice, Special Report Killing Cancer. You can download it and watch it on Youtube. The premises is to inject viruses that attack cancer cells, without harming the normal cells that are also present. It started in 1910 when women were given rabies shots to prostitutes that were at risk for rabies and cervical cancer because of the sex trade and they noticed that the cervical tumours went into remission when treated with the rabies vaccine.

In 2014 Dr. John Bell, Senior Scientist at the Center for Innovative Cancer Research in Ottawa, Canada is accredited to being the first to figure out that some viruses can attack cancer cells. In the Mayo clinic, doctors are fighting bone marrow cancer with the a modified measle virus. Their results are good. Dr. Juan Fueyo of the Anderson Cancer Center is working with the common cold virus (adenovirus), against cancer cells – their first trial had a 12% success rate. They are trying to inject the virus directly into the tumor as well as generally having the virus throughout the body, depending on the cancer.
Scientists are very hopeful that by 2020 they will have locked down this therapy and it will be successful.

HIV virus is being used successfully at the Children's Hospital in Philadelphia, to treat Leukemia. T cell therapy is the brain child of Dr. Carl June, which manipulates the patients T cells. Our white blood cells move throughout our blood stream, seeking out and destroying pathogens. He learned how to use HIV to reprogram those T cells so that know what to kill and what not to kill. There is extremely high fevers and perhaps coma after the treatment for several weeks, and some are surviving successfully with 90% remission.

Rigvir is a virotherapy medicine, approved by Latvia. It was developed in the 1960's and 70's, patented in 2002. This is a drug that contains live, natural virus which has cytolytic and immunomodulating effects. Cytolytic action – finding and destroying malignant cells, applies only to the cancer cells without affecting the normal tissue cells. Regarding immunomodulation, because of its structure Rigvir selectively affects cells in sensitive tumors. Rigvir activates cells of the immune system due to what causes specific immune response against itself. It is not genetically modified and not pathogenic virus, it is not able to replicate in human body. It is issued in oncology for the prevention of secondary immunodeficiency. In 2015 RIGVIR was registered in Georgia and included in the Latvian national guidelines for skin cancer and melanoma treatment.

Recent retrospective study published in Melanoma Research showed that IB-IIC

melanoma patients treated with oncolytic virus Rigvir were 4.39–6.57-fold lower mortality than those, who according to melanoma treatment guidelines did not receive virotherapy and were only observed.

It passed all phases of clinical trials and registered in Latvia (Reg. No.: 04-0229) and is used as a prescription drug for the treatment of cancer. Rigvir – 7 strain ECHO-virus, a solution for intramuscular injection. Code: ATX: L03AX. It must be stored and transported at a temperature of -20°C ± 2°C.

We should hear more about using vaccines and viruses in the coming years.

Beta Glucan Immunotherapy

Beta Glucan has been the most studied natural immunomodulator on earth. Beta Glucan is safe, all natural, fiber molecule that scientists all over the world are researching. This helps the body's immune system attack cancer by training it to recognize and destroy cancer cells by stimulating your own immune system against tumor antigens.

Shark Cartilage Therapy

This has been very effective for tumors. It literally starves them. You can't do this if you have had surgery in the previous 3 months. We really do not like to suggest this therapy because it not only takes the life of another animal that is becoming endangered, but once again, it may buy you time in eradicating the tumor, but you haven't fixed the underlying problem of what caused the cancer. An adult will need about 12 tablespoons a day and it is recommended it be taken by enema right into the bowel.

Bloodroot Salve

We have experimented with bloodroot which is an herbal treatment. Used topically, within a few days it will eat a hole on the skin, right down to the bone, and the offending tumor will fall out. It is therefore used for Melanomas. It is extremely painful and has been used only when surgery has not been possible.

Again, it hasn't fixed the initial problem and to why the cancer occurred, but will buy time in the extreme.

We have also used this internally but the people found it disturbing when the poisons started leaking out through the skin of the body and they stopped the treatment.

Baking Soda Treatment

The idea is to quickly raise the pH of the body so the cancer can not survive. The treatment should not be used for more than 3 weeks at a time. During the first week no more than 2 teaspoons a day of baking soda should be taken orally. During the second and third week, reduce the amount to no more than 1 teaspoon a day.

This is only for internal cancers, not skin cancers or external cancers. Other information says that sodium bicarbonate (baking soda) is an irresistible chemical, cyanide to cancer cells, hitting cancer cells with a shock wave of alkalinity, which allows more oxygen into the cancers than they can tolerate.

NOTE: If you are doing Baking Soda, do not also do other alkaline protocols such as Cesium, High pH ionized water.

The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. The blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.4. At a pH slightly above 7.4 cancer cells become dormant and at pH 8.5 cancer cells will die while healthy cells will live.

This has given rise to a variety of treatments based on increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and

rubidium. But they say nothing can compare to the instant alkalinizing power of sodium bicarbonate for safe and effective treatment of cancer.

Our question is once you get rid of the cancer, will it come back? Have you fixed what caused it in the first place?

Baking Soda and Molasses:

see the website: www.phkillscancer.com
2 tsp baking soda in cup, add 1 tsp molasses, 1 cup water. Stir. Drink. If you wish you can warm up the baking soda and water on the stove and as soon as warmed, add the molasses, stir and drink. Can start at 1 tsp a day, then up it to 2 twice a day. see website for more exact information.

Baking Soda and Maple Syrup

We've probably heard dozens of stories about how this and that 'cured' cancer. Why does this combination of maple syrup and baking soda work? Perhaps it shocks the immune system into action and perhaps just might work: Mix 1 part aluminum free baking soda (no substitutes, just baking soda) with 3 parts 100% pure maple syrup in a small saucepan. Stir quickly as it heats for 5 minutes (do not use very high heat). Take 1 teaspoon daily.

Baking Soda for Skin Cancer

Hanna Kroeger tells us how to use baking soda for skin cancer:
Make a paste of baking soda and witch hazel (liquid you can get in any drug store), tape it on especially at night. If not gone in 4 weeks, switch to using camphor and baking soda.

STARVING CANCER CELLS

Otto Warburg, in 1924, discovered that cancer cells feed off sugars, more than normal cells. It loves an anaerobic (lack of oxygen) atmosphere, a pH acidic environment. Many of the treatments contained here will be taking this into effect. You can see the charts in the Addendum for Acid-Alkaline balancing.

If cancer thrives in an acid environment then you will want to keep the environment alkaline. When foods metabolize, they 'burn' up, leaving an ash behind, and that can be acid, or alkaline. Drinking alkaline water is not the answer, your body needs to eat the right foods to help the body be alkaline and discourage cancer cells from multiplying.

The worst offenders for ph acid foods: Sugar, pop, meat, coffee, processed grains and pasta, artificial sweeteners. Some healthy foods also increase the pH: eggs, cheese, lentils, nuts, seeds and so if you eat these, it should be in moderation, bulking up on the foods that leave an alkaline pH: vegetables,, fruits, sprouts, sauerkraut, apple civer vinegar, algaes, olive oil, herbs, herbal teas, green tea. In 2023 new videos started to appear about starving tumors (cancerous or non—cancerous).

The information as been swirling around for a while but seems to now have found favourable audience with many doctors and alternative health professionals. As always, the most serious offenders are glucose (sugars) that you take into the body so no pop, cake, cookies, candies. Whole fruits are the way to get sugar for the body. Small amounts of honey or pure maple syrup are also natural.

Dr. William Li is promoting using food as medicine. Where have we heard that before? The idea is to cut off the energy supply that tumors need to survive. Cutting down on the calories seems to have a big impact also. Fasting is another way of helping to keep the weight lower and eating less. Intermittent fasting is what everyone is doing now. Eat nothing past supper eg. 6pm, until noon the next day. They you have 6 hours to eat your healthy foods in the afternoon.

Immunotherapy is the new kid on the block – this doesn't poison the body like chemo, it is more natural, using the body's own immune system to heal problems. It is starting to be used around the world in many countries. We are hoping this finds its way into the mainstream of medicine. Dr. Laurel Cipogle of France's Institute Gustafrasi did studies to find out why some people respond so well to Immunotherapy and some do not. She boiled it down to one bacteria that was present in the intestines of those that were successful – Acromancia Mucinophila.

The good news is that you can grow this bacteria in your gut with your diet! You need to have a diet that helps your body secrete mucus. Our gut naturally secretes mucus. When you eat foods like pomegranates or pomegranate juice, or cranberries, or concord grapes or its juice, it prompts the gut to secrete healthy mucus. Other foods to help: green tea powder, concord grapes/juice. Metformin the drug used to help diabetes, also has been used to increase A. Mucinophila which might explain why Metformin is being tested strongly against cancer. A high fat diet seems to reduce the A. Mucinophila. They are also saying alcohol can restrict the production of this healthy bacteria. MD Anderson Cancer Research published a paper shortly after, saying they found a second bacteria called Rheumenococcus – and the dietary intake that helped this bacteria grow was dietary fiber – for every 5 grams of fiber a day, they got a 30% decrease in mortality. 5 grams of fiber is equal to one average size pear Soy is a food that we previously thought should be avoided by women who had cancer, now we find that is not true.

Tomatoes have been studied and men who eat 3 servings of cooked tomato again have a 30% lower risk of developing prostate cancer. Organic plants have more bioactive qualities. Example: Organic strawberries have twice the amount of elagic acid as commercial grown strawberries with pesticides. It is worth the extra money to get organics, especially with thin skinned foods eg. Carrots, apples. Dried organic fruit is also good because you are eating the skin. Eat no packaged or processed foods – eat a whole food diet, heavy into the plant based.

Hydrazine Sulfate

This has been used for a long time with good results. Why the medical doctors don't use it more often is a mystery. Hydrazine Sulfate is a monozmine oxidase (MAO) inhibitor.

When cancer cells use sugar (glucose) as fuel, they only partially metabolize it. Lactic acid, the waste product of this incomplete combustion, is recycled by the liver back into glucose. As the cancer grows, its production of lactic acid increases, and normal body energy "pools" become depleted. Eventually dietary energy intake can no longer keep up and rapid weight loss and debilitation supervene. This is the onset of cachexia.
Hydrazine sulfate dramatically reverses cachexia, the wasting-away process that kills two-thirds of all cancer patients. Hydrazine sulfate can shut down the enzyme necessary for the production of glucose from lactic acid.

On the negative side, you must avoid combining MAO inhibitors with tyramine (found in certain foods such almonds, avocados, bananas, meat served in restaurants (fresh meat seems o.k.), smoked/fermented/pickled/aged fish or meat, beer, cheese (including cottage cheese), chocolate, coffee, fava beans, herring, meat tenderizer, peanuts, pickles, pineapples, pumpkin seeds, raisins, sausage, bologna, spinach, sesame seeds, sour cream, soy sauce, wine, yeast extracts (including brewer's yeast), yogurt, raspberries, caffeine, sauerkraut, shrimp paste, ginseng, sage, pepperoni, salami soups that contain protein extracts,or miso - these cause the blood pressure to soar and could cause a stroke. Also, central nervous system depressants such as barbiturates, tranquilizers and alcohol—are incompatible with MAO inhibitors and use of the two together could result in extremely dangerous effects.

On the positive side, Hydrazine Sulfate is inexpensive, and has a long history of usage successfully to curtail cachexia, and inhibit tumor growth.

Dosage:

60ml cap with or before breakfast every day for first 3 days. Then 60 ml cap twice a day for the next three days, before breakfast and before dinner.
Finally, One 60 mg cap three times a day thereafter approx every 8 hr beginning with breakfast.
Half the dosage if weigh below 50kg (110 pd) or reduce amount to 30mg three times a day.
Take alone, not with anything else, before meals.
Maintain daily treatment for 45 days, then stop 1-2 weeks and start again.

Glutathione and N-Acetyl-Cysteine (NAC)

Glutathione is a protein that contains the amino acids cysteine, glycine and glutamic acid. NAC is a derivative of cysteine, and is an amino acid precursor for the body's production of glutathione. Cysteine accounts for glutathione's antioxidant activity and its role in the key antioxidant enzyme, glutathione peroxidase. Blood levels of glutathione peroxidase tend to decrease after 60 years of age and are typically lower in those with malignant cancers. Supplementing regularly with a combination of glutathione and NAC may be important for the elderly who have been exposed to numerous toxins in their diet and environment.

Glutathione reduces free-radical damage to DNA and prevents depletion of other antioxidants. It also helps metabolize carcinogens, activates certain immune cells, helps repair DNA and may inhibit angiogenesis.

Glutathione is also a component of an enzyme that assists in the liver's metabolism of drugs and toxic chemicals.

Both supplements have been found to diminish the toxic side effects of chemotherapy and other conventional treatments.

The best way to take Glutathione is under the tongue (typical dose is 100-500mg daily) rather than swallowing it because stomach acid and digestive enzymes can degrade it. Typical NAC dosage is 1200 every other day for a 150 pd person, less for people under that weight etc.

High Alkaline Water

This may be helpful to some that have an overacidic pH body. Read over the Baking Soda Treatment to understand a bit more about the pH. Doing high alkaline water may be detrimental to those that are already alkaline but most people who have cancer are very acidic. It is said that an acidic body invites disease - disease likes the pH on the acid side. Foods that metabolize to an acid pH are the proteins, sugars, heavy grains. Foods that metabolize to alkaline pH are the fruits and vegetables.

Alkaline water may or may not be a real help for you, but if you just take the water, without changing the bad habits, it will only be a temporary help. High doses of Vitamin C will also alkalinize the body.

It is suggested to take a formula to alkalinize the body such as Alkala (BioMed), ideally about 10am and 4pm, away from foods. It is also suggested that if you are drinking highly alkalinized water, that you do not do this near your meals when you need your stomach to be acidic for the digestion of your foods.

NOTE: If you are doing high alkaline water, don't also do baking soda or cesium. Only ONE highly alkaline protocol should be used at a time.

Fucoidan

Many years ago we heard about Fucoidan being used for cancer. We obtained some and did some research and sent a sample to a friend for analysis. It was reported that fucoidan which was a brown seaweed derived from the waters surrounding Japan, was very effective at causing certain cancers to self destruct; it apparently interfered with the cancer cell's ability to adhere to tissue and spread, and build up the immune system for protection.

We were very excited until we heard back from our friend that they found radiation poisoning in the fucoidan, this would have been left over from Hiroshima nuclear blast. We

dropped the product line at that point.

In the spring of 2011 Japan suffered a devastating earthquake and nuclear explosion, poisoning the surrounding ocean even more so this definitely will not be one treatment to pursue. However, some manufacturers are using fucoidan from cleaner parts of the world and this would be a healthier choice.

AHCC

AHCC (Activated Hexose Correlate Compound) is an extract from hybridized mushrooms that have immune-enhancing properties. It was developed in Japan in 1989, and around 2009 it started appearing in North America. They use an extract of the mycelium which is the little threads that branch off the mushroom under the soil. It is a little expensive but as it becomes more well know and more competitors are entering the field, the prices are coming down. They suggest taking 1-2 capsules of 500mg each for at least a couple of months. This product focuses on immune strengthening, specifically by helping the natural killer cells and phagocytes, the body's first line of defense. If you want to include it in your regime of healthy food supplements we think it is good, but we do not think you should expect it to 'cure' cancer as it doesn't correct what caused the cancer.

AGS (Aglycon Sapogenin)

This comes from the ginseng herb. It is suppose to stop cancer dead in its tracts without side effects. The active compound "Ginsenosides" are extracted from ginseng, but it takes about 100 lb of ginseng to create 1 gram of AGS so it is expensive and that is why it is not flooding the market. Pegasus Pharmaceuticals Group Inc. in Canada is a biotech firm that specializes in deriving pharmaceuticals from nature. This have been proven to treat many types of cancer including brain cancer. Expect to hear more about it in the future.

Lactoferrin

When a healthy immune system recognizes a foreign substance such as a virus or cancer cell, it works to fight to eliminate it. However, a pregnant woman does not reject a fetus which contains foreign material from the father! Science has discovered that shortly after conception, a woman's immune system is down-regulated.
Immediately after delivery, the mother produces colostrum, or the first milk which restores her immune system and provides powerful immunity to the baby (Lactoferrin is the primary immune chemical in the first milk).
Lactoferrin binds to iron in the blood, keeping it away from cancer cells, bacteria, viruses and other pathogens that require iron to grow. This helps prevent harmful oxidative reactions, therefor Lactoferrin is a good antioxidant. It also activates strands of DNA that help the immune response. It is often used as an anti-inflammatory for joint pain and used as an antimicrobial agent against Candida. Taking 100 mg lactoferrin at bedtime can help the immune system. If you use it in cancer recovery, up to 1500 mg a day can be taken without side effects.

DCA (Dichloracetic acid)

Salts of DCA have been studied as potential drugs because they inhibit the enzyme pyruvate dehydrogenase kinase. Cancer cells change the way they metabolize oxygen in a way that ensures their survival.

Studies of isolated cancer cells grown in tissue culture showed DCA restored the original metabolism and promoted the self destruction of cancer cells. Individuals have been experimenting with it as a non-approved drug and many have reported satisfaction. DCA side effects are minimal. Studies are being conducted to see the effectiveness of DCA There have been warnings not to add DCA to hot or warm beverages and advising it is unstable at higher temperatures. There are many stories of success on the internet but how to get it may pose a problem for some Some websites recommend www.PureDCA.com as a place to obtain if you

wanted to experiment on yourself.

Modified Citrus Pectin (MCP) aka fractionated pectin

MCP comes from pulp and rinds of citrus fruits like oranges and grapefruits that have been modified so they produce shorter sugar chains. The source is the pulp and peel of citrus fruits rich in galactoside residue and has an affinity for certain types of cancer cells. MCP is more easily absorbed through the intestine into the blood and investigation is looking into how MCP helps stop cancer cells from clumping together.

It is being used for melanomas, prostate and breast cancer strengthening the T cell activity and helping to stop cancer from spreading to other areas. Research is in early stages.

Yeast - Candida Therapy

Most, if not all, people with cancer, seem to have an imbalance of yeasts/bacteria in the body. It may be from taking antibiotics or birth control pills or steroids or drugs of some sort that have a sterilization effect on the bacteria of the intestines, setting up a really problem over a period of time that may ultimately lead to a weakened immune system, thereby allowing cancer to take hold. It is important to work towards a correction of this problem for a permanent long term solution.

Visualization

Twenty years ago, some people started to visualize that little 'pac men' where going through their body, eating up cancer cells. They practiced this for hours a day and actually got results because the mind is a powerful tool when used correctly. It can make you sick, or well.

Avemar

Since 1996 over a 100 studies have been done on Avemar. It is derived from fermenting wheat germ with baker's yeast. It has been used as an adjunct treatment to enhance the effects of standard treatment agents such as chemo, and seems to help cancer from recurring by 50-60%. It also seems to help reduce common side effects of nausea, fatigue, weight loss and immune suppression. If you have wheat or gluten intolerance, this might give allergic reactions. People with fructose intolerance should not take it. If you have bleeding ulcers, stop Avemar 2 days before undergoing a barium X-ray contrast exam, then start it again 2 days after the exam is completed. There is also a precaution about using wheat germ because it contains lectin which can cause red blood cells to clump. BioSciences offer an instant drink mix called Ave which combines Avemar with orange flavoring fructose and they say to take a packet a day mixed with 8 ox cold water, consume within 30 minutes of mixing the batch on an empty stomach away from taking drugs or other supplements. If you weight over 200 pd,use 2 packets a day. If you are under 100 pd, use only 1/2 packet a day. Within 3 weeks most notice an improvement in appetite, energy and feeling of wellbeing. Needs to be continued long term.

Asparagus for Cancer

Dr. Richard R. Vensal gave an article reciting case histories where he believed asparagus could cure cancer. Not much research has been done on its yet, but we understand that asparagus is effective on fungus if you take it long term - so much of the cancer can be fungal cancer and therefore it may be possible. It is easy to do:
Put asparagus (raw or cooked) in a blender, puree to liquify. Store in the refrigerator. Take 4 full tablespoons morning and again in the afternoon or evening. Usually improvement within 4 weeks. If you like you can dilute it with water (cold or hot).
Asparagus is high in glutathione and a wonderful medicinal food. Although this wouldn't hurt you to use this remedy and in fact we encourage you to do it if you so choose, but we certainly

wouldn't recommend relying it as a 'cure' for cancer. We have been unable to find Dr. Vensal anywhere to validate the claims made; he seems to have disappeared. Remember, if you don't make changes to your lifestyle, it is another bandaid approach to fixing a problem without correcting the cause.

Everyone would just love to do one simple thing to correct all their problems - take one pill a day, eat one special food, or take one cup of tea - but good health is much more complex than that. You have to stop the abuse that is causing the dis-ease.

In the 1960's Dr. Joseph M. Hill began injecting a bacterial extract "L-asparaginase" into leukemia patients successfully. The L-asparaginase destroys the amino acid L-asparagine. Normally cells manufacture L-asparagine but leukemia cells are often unable to do so and as a result they steal it from normal cells, causing leukemia. L-asparaginase is now referred to as 'Elspar" and is now part of treatment for lymphoblastic leukemia and some rare tumors Asparagus contains a lot of L-asparagine and therefore if you are on a regimen using

Elspar, it would be counterproductive to eat asparagus during your treatment.

In 2009 researchers in Nanjing, China reported the presence of a compound called Asparanin A from plain ol' regular asparagus - contained an active cytotoxic component. Asparanin A arrested cell growth, induced apoptosis in human liver cancer cells and shows promise as a preventive or therapeutic agent against liver cancer.

BROCCOLI FOR CANCER

Broccoli sprouts are now being sold in cream bases and in capsules as a strong antioxidant. The BroccoFusion Sulforaphane Lotion also contains zinc, kelp, pomegrante seed oil, shea butter, aloe vera and other ingredients to made a skin care cream they are hoping will battle skin dilemmas. They also have an ointment with different ingredients but all contain broccoli seed oil.

The capsules are made from broccoli sprouts (BroccoGen) and they are a little expensive, but good news: you can also grow your own!

APIGENIN

One of the things with cancer cells is that they can live forever, they don't have programmed cell death. There is a compound in the Mediterranean diet that makes cancer cells mortal. They have isolate this compound, called 'apigenin' and this is found in parsley, celery and chamomile. This is a very interesting compound that actually helps the body with cancer prevention. It establishes a relationship with a specific set of proteins, establishing the normal profile in cancer cells. Apigenin has a relationship with proteins that have 3 specific functions, among the most important is a protein called 'hnRNPA2'. This protein influences the activity of messenger RNA. Messenger RNA contains the instructions that are needed to produce specific proteins. The production of messenger RNA results from splicing or modifying RNA that occurs as part of gene activation. The abnormal splicing is the culprit in an estimated 80% of all cancer.

In cancer cells two types of splicing occur, when only one would take place in a normal cell. The key on the cancer cell's apart is to keep them alive and reproducing. It was observed that the apigenin connection to the hnRNPA2 protein restored the single splice characteristic to breast cancer cells, suggesting what when splicing is normal, cells die in a programmed way (apoptosis). The product Laminaria by Physica stimulates natural apoptosis. I'm sure we'll hear more of this in the years to come.

HOW TO USE A CABBAGE PACK:

Be undertaking the cabbage leaf wrapping, the patient must be covered warmly. It is best for the patient to already be resting in a bed that has been pre-warmed with a hot water bottle. 3 Savoy cabbage leaves, washed in warm water until no dirt left on the leaves. Outside leaves are the

best. Then roll the leaves with a bottle or rolling pin until all veins of the leaves are rolled flat. Put folded wool blanket (folded to approx 20" wide (50cm) on the bed. Place a linen cloth over top (approx 10-12" (25-30cm). On top of this place another cloth with the 3 cabbage leaves (2 leaves next to each other, and one on top of them). Put the inside sheet with the cabbage leaves on the patient's back or onto the affected area, then wrap the linen cloth tightly over it with the wool cover on top. Fasten pack as tightly as possible so it will not slip. If it doesn't sit firmly in place the patient will feel cold and may start shivering which would be detrimental. In the morning take off the pack, wash the area with warm water, dry off thoroughly with a towel. Now rub 1 - 2 teaspoons warmed oil of St. John's Wort into the affected area, put a warm towel over it. Towel can be removed a few minutes later.

MAKE YOUR OWN BEC5 for Melanoma

BEC5 is a cream developed from natural substances to cure melanoma (skin cancer). To make your own, grind or chop up a medium size eggplant, put it in a glass gar and fill up the jar with white or organic apple cider vinegar. Put the jar into the refrigerator for 3 days (no less). Apply it directly to tumors often with a cotton ball, or secure the soaked cotton onto the tumor with tape. Treatment may take a couple of weeks or more.

This can also work for worts or other skin defects

Vitamin C and Cancer

People with cancer test with low vitamin C reserves, but it seems that large amounts of vitamin C are present to cancer cells, which means cancer cells are taking in large amounts of vitamin C. This could be due to the molecular shape of vitamin C which is similar to glucose and which cancer cells feed from. In unusually large concentrations, the antioxidant vitamin C will start behaving as a pro-oxidant as it interacts with intracellular copper and iron. Because cancer cells are relatively low in an intracellular anti-oxidant enzyme called catalase, the high dose vitamin C induction of peroxide will continue to build up until it eventually lyses the cancer cell from the inside out. Dr. Riordan has been able to prove that Vit. C was selectively toxic to cancer cells if given intravenously.

VITAMIN C INJECTIONS This has been used successfully for many years. There was some fear that small doses of vitamin C may actually help cancer cells arm themselves against the fee-radical induced damage caused by chemotherapy and radiation and only markedly higher doses of vitamin C would selectively build up as peroxide in the cancer cells. They are saying that this can only be done intravenously.

Dr. Riordan tells us that intravenous vitamin C also does more than just kill cancer cells. It boosts immunity. It can stimulate collagen formation to help the body wall off the tumor. It inhibits hyaluronidase, an enzyme that tumors use to metastasize and invade other organs throughout the body. It induces apoptosis to help program cancer cells into dying early. It corrects the almost universal scurvy in cancer patients. Cancer patients are tired, listless, bruise easily, and have a poor appetite. They don't sleep well and have a low threshold for pain. This adds up to a very classic picture of scurvy that generally goes unrecognized by their conventional physicians.

Many doctors are turning to using Vitamin C injections for treatment of cancer. Many cancer patients have decreased Vitamin C even down to the level of scurvy. They develop a highload of reactive oxygen species (radicals). often have extremely high inflammation tendency and therefore would need much higher antioxidative capacity.

Vitamin C is given by infusion in high dosages (10-45 10 grams) 1-3 times a peek which

increases the liver quality, has a cytotoxic effect on cancer cells without damaging the healthy cells, and increases the survival time of cancer. It also helps to counteract the effects of chemotherapy and radiation and even increases the effect of chemotherapy. Cancers that are especially sensitive to Vitamin C therapy would be Lymphoma cells; breast cancer depending on the genetic type; lung cancer, kidney cancer and melanoma. Healthy cells need about 5-10 times higher serum concentration of Vitamin C to be damaged. Pancreas cancer cells are also very sensitive and effects can be increased in ovarian, lung and pancreas cancer by intrapleural infusions with Vit. K and Vit. C.

Often magnesium orotate is added to the infusion to help against vascular spasms

Stem Cell Transplants

In a typical stem cell transplant for cancer very high doses of chemo are used, often along with radiation therapy, to try to destroy all the cancer cells. This treatment also kills the stem cells in the bone marrow. Soon after treatment, stem cells are given to replace those that were destroyed. These stem cells are given into a vein, much like a blood transfusion. Over time they settle in the bone marrow and begin to grow and make healthy blood cells.

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Hyperthermia and Oncothermia

Hyperthermia has been used for many years but has been more refined and researched lately making it a plausible treatment, and now used by many holistic cancer centers. 1-2 times a week, for 2-4 hours, a treatment is done where the patient's temperature is pushed up to 104oF. This increases the leukocyte activity, increases cytokine production and is an intensive

stimulation of the parasympathetic nervous system. It is often combined with lactic acid and alkaline as well as vitamin infusions.

Oncothermia is a special form of hyperthermia combining the positive effects of hyperthermia and the additional benefit of self-selection of tumor cells as well as disruption of cell metabolism and activating self-destruction of the cell.
Saturated radio waves of 13.56 MHz are induced. The difference between malignant and healthy tissue is that of the better conductivity of malignant tissue resulting in the so called self-focusing of the field on the tumor. The tumor tissue is overheated from the otuside, aiming to destroy with temperatures above 39.5ºC, tumor cells or to inhibit their growth and at the same time not to damage the healthy tissue with the heat. The overheating of tumor cells cause a lack of oxygen which leads to acidification of the heated cells and a nutrient deficiency in the tumor, resulting in the metabolism of the cells being disturbed, ultimately causing the death of the tumor cells. For more information (774) 553-5324 at Paracelsus Clinic.

Using Insulin Against Cancer Cells

This is called Insulin Potentiation Therapy. We know that sugar feeds cancer, so we always use a low glycemic/sugar diet when helping the body correct a cancer problem.
If you give a cancer patient insulin, it lowers their blood sugar. A cancer cell membrane is made up of very waxy, hard stearic acid. When the blood sugar is lowered to 40 (american) 2.2 (canadian), an enzyme called Delta 9-Desaturase turns the membrane from stearic acid, to oleic acid which is an essential fatty acid.
The cell membrane becomes ready to accept almost anything you put into the body. You could use things like chemo therapy or anti-virals or anti-fungals. If you give them that at the therapeutic moment when there is this sift on the cancer membrane from stearic acid to oleic acid, the agents you decide to use will go right into the cancer cell. This membrane shift does happen to normal cells.

Ozone Therapy

This is being used in some holistic cancer hospitals to inhibit cancer cells and activate the cells normal metabolism. It intensively increases the oxygenation of the cells, weakening the cancer cells and destroying the non-stable cell membranes. They are even injecting ozone directly into tumors. Oxygen radicals damage the cell walls of the cancer, which has no protective functions against this oxygenation. The Paracelsus Klinik hospital in Switzerland and the Gerson hospital in Tijuana, Mexico.

Light and Sound Therapy

Sono-Photo Dynamic Therapy is a non-invasive, non-toxic therapy that can destroy cancer cells without side effects. It treats the whole body with light and sound with specific frequencies that explode into free radical oxygen, instantly killing the cancer cells which cannot survive in oxygen.

We think this is where healing is headed in the future. It may even come to people being able to treat themselves at home with small devices that can perform this task.
The Hope4Cancer clinic (1-888-544-5993) is in Tijuana, Mexico and this is one of the programs it offers cancer patients.

pHenomenal Water

This is something new on the scene. It is not just a high pH alkalinity water that you drink, it is water that is absent of Hydrogen (hydrogen causes the body to be acidic). The water therefore attracts hydrogen, removing it from the body, and the hydrogen is replaced with molecules of oxygen. Web Labs in Nevada has certified it. You can find it on the internet for purchase.

Parasites

This is often a problem. A weakened body invites pathogens of all sorts to set up home. It is easy to do some parasite cleansing just to be sure. Use either herbs or homeopathics for a few months.

Enemas

It is always recommended to do enemas daily for the first week or two when cleansing to rid the bowel of putrefied matter. The colon will recycle poisonous water through the bowel wall.

Herbal Helpers

The following North American Herbs help the fight against cancer. Some cleanse the toxins out of the body, some build up the immune system.

Blue Flag	**For the liver, lymphatic, blood, internal/external**
Burdock Root	**Alterative, decongesting lymphatics, urinary**
Cat's Claw	**Used for cancer, arthritis; imune and digesting enhancing.**
Chaparral	**Specific for cancer and arthritis; esp for urethral and lymphatics, lower bowel**
Cleavers	**Apply bruised green herb as poultice, and take juice internally for skin cancer, used for lymphatic cleansing**
Comfrey	**Skin cancers, external application**
Echinacea	**Tumors, blood, prostate. Inhibits growth of Walker carcinosarcoma. Anti-tumor lipid component.**
Frankincense essential oil	**Can be dabbed onto tumors each day (eg. breast tumors). Use high quality oils such as "Young Living"**
Fu Zhen	**This is a group of chinese anticancaer herbs: ginseng, ligustrum, astragalus, codonopsis, atracylodes and ganoderma. Helps restore energy, digestion, immune system.**
Garden Carrot	**Juice for its high beta carotene content, cleansing, improves intestinal flora**
Gentian	**For the early stages of cancer.**
Ginkgo Biloba	**For free radical damage, kidney disorders.**
Green Tea	**Inhibits growth of cancer, reduces risk of cancer of liver and throat.**
Kampo	**Japanese therapy. Over 140 versions but the one most looked at**
Liu Wei Di Huang	**is Called Six Flavour Tes or Jin Gui Shen Qi, used for small cell lung cancer.**
Maitake Mushroom	**Increases tumor fighting activity of natural killer cells, helps antibody responses, exhibits activity against cancer (including metastasis)**
Mistletoe(European)	**Kills cancer cells, stimulates immune system, inhibits tumor formation.**
Mullein	**Hemorrhoid/rectal cancer, cancerous skin sores**
Parsley	**Cancer prevention putrefactive to non-putrefactive type.**
Pau d'Arco/Lapacho	**Induses activity against cancer, helps shrink tumors.**
Poke root	**Specific to glands, lymphatics, breast cancer**
Pomegranate	**For cancer of mouth use fruit rind or flowers**
Pycnologenol	**Neutralizes free radical damage,even more effective than Vit. E and Vit. C**
Red Clover Blossom	**Cleanses blood, recommended for cancer in any part of the body.**
Reishi Mushroom	**For sarcomas. Reishi has had 80-98% success in helping the immune system attack tumors. Reishi mushroom arrests metastic cancer in mice.**
Shi un hou	**which blocks formation of skin tumors in animals - contains**

	astragalus, angelica, cinnamon, foxglove, ginseng, licorice, nettle, peony root and more. Others contain bupleurum root, pinellia tuber, scutellaria, jujube fruit, ginseng, licorice, ginger.
Shiitake mushroom	**Also good, lots of positive experiments, often combined in AHCC formula.**
Thuja	**Use extract (20 drops three times a day) along with good program to help lymph & tumors. Can also be made into a cream for external use on lymph nodes.**
Turmeric	**Curcumin suppresses colon tumor size, may inhibit progress of cancer.**
White Pond Lily	**Removes morbid matter while soothing membranes, esp. in uterine cancer.**

SUGGESTIONS

If you can afford to attend one of the Bio-Cancer Tijuana clinics you can expect to pay $25,000 - $30,000 within a period of a year. It is well worth it. We like the ones that teach you how to look after yourself such as the Gerson clinic (Oasis of Hope) because ultimately you are on your own to keep your health in good condition. The clinics in Europe can cost up to $100,000 and are also worth it.

You can visit Dr. Burzynski for a few thousand dollars and he will test you to see if his protocol will have a positive effect. The treatment itself will be extra. He has success even with stage 5 brain cancer. But he needs to test you to see if you will be able to do his treatments, they are not for everyone.

Although chemo has about an 7-8% success rate, we have not witnessed good results ourselves and it appears to 'finish' patients off quite quickly in some cases and it can cause a lot of pain and suffering, ultimately still ending in death. It appears the whole health industry is desperately trying to find a better solution than using chemotherapy. We do not make decisions for people one way or the other and if patients want to use chemo and/or radiation, we support their decisions. We also advise our clients that if they take the chemo and/or radiation route, they still have not corrected the underlying cause of their disease and if they live through the chemo/radiation, they should spend the next couple of years following a holistic approach to help prevent the cancer from returning.

Here is a list of the various cancer clinics that we are aware of (we are sure there may be many more that we are not aware of):

The Gerson Institute, natural treatments developed by Dr. Max Gerson in the 1920's using organic, vegetarian diet, coffee enemas, hydrogen peroxide, vitamin/mineral therapy. It has an Institute located in San Diego, and a hospital/clinic in Tijuana, Mexico called Oasis of Hope Hospital that you can stay at where they teach you how to cook while undergoing therapy. We understand they have a brand new clinic in Tijuana therefore they now have 2 different clinics in Mexico. Best to contact them at 1-800-838-2256 or 1-888-443-7766 or (1-800 838-2256 U.S. only). Email: ccf@cancure.org or info@gerson.org.

The Hoxsey Clinic is in Tijuana, Mexico, now called BioMedical Center. They are not set up to have people stay, so basically people pick up their formula from the clinic. They focus heavily on is skin cancers and skin problems. Their formula is an herbal tincture. They look for a 5 year commitment to doing a diet and taking their tonic. The expense is traveling there to pick up the tonic when needed. 011 52664 684-9011 biomedicalcenter@prodigy.net.mx

Dr. Isai Castillo's Clinic (IMAQ) is located in Tijuana, Mexico. You can stay at the clinic/hospital but they do not serve food so they recommend you stay in San Diego at the Best Western, and

bus down to the clinic every day for treatments. You can visit them at www.drcastillo.com. Phone 011.52(664)683-5700 or 1-800-296-9881. email: eldoc@drcastillo.com. Dr. Castillo does use the Hoxsey formula, and does use chelation therapy and chemotherapy occasionally as well as many other methods.

Paracelsus Klinik has been run by Dr. Rau in Switzerland. It has been in operation for 50 years. They also handle dental health changes at the clinic. They use many methods including homeopathics, light and sound therapy, ozone, Mistletoe, hyperthermia, specialized diet and cleansing programs. info@paracelsus.ch is their email. The clinic has their own restaurant, hotel, dental office and hospital all at the same location.
Phone: +41 71 335 71 71

The Hope4Cancer clinic is in Tijuana, Mexico and uses many natural methods to help cancer including light and sound therapy (Sono-Photo) and hyperthermia. It is run by Dr. Tony Jimenez. You can find information on the internet and you can reach them at 1-888-544-5993

Dr. Stanislaw Burzynski is at #200 - 9432 Old Katy Rd, Houston Texas 77055. (713) 335-5697. He specializes in peptide therapy. You can have some tests run at his clinic to see if you will be a good candidate for his therapy. www.burzynskipatientgroup.org

IF YOU CAN'T AFFORD TO GO TO A CANCER CLINIC

If you can't afford to pay money out to a cancer clinic (usually $25,000-$30,000 over a period of a year), you can try and duplicate some of their work, in your own home. It has worked for thousands of people, especially if the cancer is not too far advanced, but we have even met people on their last leg who have healed themselves.

We will give you a synopsis of what our research has turned up. If our clinic can help you with supplements or guidance, we will be happy to do so.

The diet is the most important aspect of helping the body overcome the ravages of cancer. It is a strict diet that does not feed cancer cells but supports the body's healing process and immune support.

There can be no constipation, take bowel tonics or enemas or colonics - whatever you wish, but constipation keeps you in a toxic condition, that feeds the problem.
You must detox the chemical and heavy metal toxins from the body - homeopathics or herbs can help you with this You must get the pH of the body into an alkaline state which doesn't support the cancer cells.

The attitude should be that you acknowledge somehow you created the mess you are in, because cancer is a degenerative disease, feeding off an already weakened and diseased body, but you now are clued in and are going to make changes that support health for the rest of your life.

Take supplements to assist in the healing process. It will cost several hundred dollars a month, but will really help the body's ability to turn around the disease process.

If you can not afford supplements, then spend the money on healthy organic food - make everything that you eat count, absolutely no junk.

What follows is the Gerson Cancer Diet. Is this the only program that will work? No, of course not. Doing a raw whole food diet is powerful and if you want to do that, go ahead. For many, the raw food diet is too difficult to cope with. The Hoxsey diet forbids pork and tomatoes but doesn't quite go far enough to empower the body to heal itself.

The Gerson Diet allows some cooked foods and some spices for flavouring and they have a 50 year history of success, It is relatively simple to follow. Use organic as much as possible.

GERSON'S CANCER DIET

DOS

- ***Use a press type juicer if available. Green Star, Vita Mix are good. They are more expensive. If limited budget get what you can.**
- **Cooking and enema water must be free of fluoride, chlorine, water softeners, other chemicals.**
- **Only use these permitted seasonings:**

Allspice	**Anise**	**Bay leaves**	**Coriander**	**Dill**
Fennel	**Cardamon**	**Cloves**	**Mace**	
Marjoram	**Rosemary**	**Sage**	**Saffron**	
Tarragon	**Thyme**	**Sorrel**	**Summer savory**	**Radish**
Grated ginger	**Horsesradish**	**Grated daikon**		

- **Chives, onions, garlic, parsley, green mustard can be used in larger amounts and can often be helpful to improve the taste.**
- **Spices must be used sparingly as they may counteract the healing reaction.**
- **Avoid strong spices: cayenne, cumin, black pepper, ginseng, aromatic herbs, vinegar.**
- **The only oil allowed is cold pressed flax seed oil. It can not be heated above 105O F**
- **Daily Enemas. Gerson recommends after meals but many find first thing in the morning is a quiet time to do the enema.**
- **Minimize exposure to sunshine and TV.**
- **Vegetables and fruit for the diet and juices should be organic. Nutrient content of organic produce is often several times that of non-organic produce. Insecticides can stop healing.**
- **Mental condition and psychological cooperation of the family and environment play important roles in the restoration of the body. Every person needs faith, love, hope and encouragement. To accomplish this difficult task, the person has to see progress on himself and favourable results on others.**
- **Do you understand reactions, flare-ups and importance of detoxification. Understand that during reactions, flare-ups or any pain or discomfort, enemas should possibly be given more frequently? You may also do castor oil treatments.**
- **Rest and conserve energy to promote healing.**
- **Food should be varied and appetizing.**
- **Sometimes a return to a strict, intensive program is occasionally necessary - same as you did initially in the program.**
- **The Gerson clinic use a food mill being used to make the soup. 2 qt Foley Food Mill is what they recommend. We believe you can use a food processor or just chew your soup well.**
- **Use only tart apples, McIntosh, pippin, granny smith, winesap etc. Don't use delicious apples.**

<u>Necessary Foods</u>:
Fruit
Juices of fruit, vegetables and leaves
Vegetables, salads
Special vegetable soup
Potatoes

Oatmeal, bread, etc.
All freshly prepared and saltless.

Specifics:
fresh fruit in large quantities:
apples, apricots, bananas, cherries, currants, grapes, grapefruit, mangoes, melons, oranges, peaches, pears, plums, tangerines, etc.

Pears and plus are more easily digested when stewed. Stewed fruits may also be used.

Unsulphured dried fruit may be used, such as raisins, peaches, dates, figs, apricots, prunes or mixed fruit - wash, soak and stew.

After 3-4 weeks, depending on severity of condition and on patient's reaction, add defatted, plain yogurt, 2 cups daily, or one cup plus 1/2 lb. uncreamed, unsalted cottage cheese. You can mix it with onions, chives, garlic, etc. or mix with fruit, raw or stewed, and honey. If these proteins cause renewed symptoms or disturbances, omit again.

Two level tablespoons of bee pollen may be used daily.

Depending on condition, add lean fish or lean range free organic chicken, boiled or broiled after 4-6 months.
Start with the use of a small portion once a week, add more only if no trouble is noted. If renewed symptoms occur, omit immediately.

Sample Menu:

Breakfast:	**1 glass juice**
	large portion oatmeal
	bread: dark rye toasted or plain, with honey or stewed fruit (no preserves)
Lunch	**Salad (raw)**
	1 glass warm soup
	1 glass juice
	large baked potato
	cooked vegetables
	dessert: fruit, stewed or raw
Dinner	**Raw salad**
	Pot cheese (if prescribed)
	1 glass warm soup
	1 glass juice
	large baked potato
	2 vegetables, cooked
	Dessert: raw or stewed fruit

Supplementation
6-8 Potassium daily (99 mg each), eg. 2 per meal. (note potassium may not be able to be taken if kidneys are damaged. May need to repair kidneys first).
1 tablet of niacin 50 mg 3 times a day with meals
2 capsules 400 IU Vitamin E in the morning (mixed tocopherols)
2 drops liquid iodine in your glass of juice, morning and night
2 tablets Pancreatin enzyme three times daily with meals
2 capsules Vitamin A from fish liver oil 25,000 units each or equivalent, at night before retiring
500 mg Vitamin C twice daily, morning and night.
4 tablets 3 times daily of brewer's yeast (or 2 rounded tbsp. daily)

2 Wobenzyme with each meal

For pain relief: 1 aspirin, 1 Vitamin C (100 mg), 1 niacin (50 mg). This medication no more than 4 times in 24 hours.

DONT'S
<u>Forbidden:</u>
Nicotine
Salt and all substitutes
bottled, refined, canned, salted, frozen, preserved, smoked, sulphured
alcohol
berries (all) - the hypersensitive find them difficult to digest
beverages
bicarbonate of soda in food, toothpaste, gargle
candy cake chocolate cocoa
coffee, also instant
cream
cucumbers
epsom salts
fat
flour (white)
fluoride in toothpaste, gargles
hair dying and permanents
ice cream
mushrooms
nuts (too much fatty acid)
oil
pineapples
spices (pepper, paprika)
soy beans and products (contain fat)
sugar (white)
tea
drinking water.

Temporarily forbidden until further notice:
butter, cheese, eggs, fish, meat, milk

NOTE: if you are taking the Hoxsey formula, you must avoid tomatoes while taking that formula.

- **Gerson advised do not take drugs except aspirin without consulting your physician. After detoxification by this treatment, the body becomes hypersensitive and the usual anesthetic dose may be dangerous.**
  Therefore your dentist should be advised to use .7cc novocaine instead of the usual 2cc with or without adrenalin. No other anesthetics or drugs, including those used for dental purposes should be taken without previous consultation with your doctor. Heavy or shock reactions may result.
- **Do not use toothpaste that has been treated with fluoride, eliminate bicarbonate of soda, salt. Some health food store toothpastes are o.k.**
- **Do not use pressure cookers or any aluminum pots or utensils.**
  Use stainless steel, glass, enamel, earthenware, cast iron and tin.
- **Do not cook with aluminum.**
- **Do not fast. A person with cancer has a body so depleted, if they fast, they go downhill.**
- **Eliminate all aerosol sprays, air fresheners, insecticides, paint fumes, and similiar**

materials from the home.

- **Eliminate all deodorants, hair dye, hair permanents, lipstick.**
- **Do not have massage treatments. Rubbing of the skin to open the capillaries and help body stimulate circulation is valuable. 2-3 rubs a day before meals with a solution of 1/2 glass water with 2 tablespoons rubbing alcohol and 2 tablespoons of wine vinegar. To rub whole body is very refreshing and helps circulation.**
- **If you have carpets or rugs in your home or work place less than 6 months old, the fumes will compromise your healing and you should remove them.**
- **Do not drive in new cars (newer than 6 months old).**
- **Do not live in home that has recently been built or renovated (newer than 6 months)**
- **Do not eat forbidden proteins, fats, oils, other foods**
- **All salt, tobacco, alcohol, and back tea has been eliminated from the diet.**
- **No oil in diet except fresh flax seed oil. You may use it in salad dressing. It must be stored in the refrigerator as the shelf life is very short.**
- **Bread, Flour, etc.**
  Use saltless rye bread.
  You may use occasionally:
  Brown or wild rice
  Potato flour, tapioca
  Corn starch, barley, lentils
  Bread crumbs (grate unsalted dried pumpernickel left-overs)

Coffee
Coffee as a drink can be used only when you take the castor oil because coffee increases the motility of the stomach so the castor oil moves more quickly out of the stomach. Otherwise, coffee as a drink disturbs the function of the capillaries and therefore it has to be avoided.

Drugs
A clean, pure body is more sensitive to what enters it.

Do not take drugs except aspirin without consulting your physician. After detoxification by this treatment, the body becomes hypersensitive and the usual anesthetic dose may be dangerous.

Your dentist should be advised to use .7cc novocaine instead of the usual 2cc with or without adrenalin. No other anesthetics or drugs, including those used for dental purposes should be taken without previous consultation with your doctor. Heavy or shock reactions may result.

Enemas
Gerson clinic does coffee enemas: coffee enema if you should choose to do: 3 tbsp ground (drip) coffee (not instant) to 1 quart water. Boil 3 minutes, then simmer 15 minutes more. Strain, use at body temperature. Daily amount can be prepared at one time (a coffee concentrate can be made, then diluted to required strength). Coffee enemas opens the bile ducts.
A person with a colostomy may use the coffee enema also. They often start with 1/2 coffee water and 1/2 chamomile tea water which is a more gentle combination.

Chamomile tea enema: take 1 level cup of dried chamomile flowers, simmer in one pint of water for 30 minutes in covered saucepan. Strain and keep in covered glass bottle, not longer than 3 days. Take one quart of water at body temperature, add half a glass of chamomile extract and 30 caffeine drops.

Plain water enema - they work well also, perhaps not as well as the coffee enema, but they

certainly work and will not leave coffee residue in the bowel.

TAKE ALL ENEMAS LYING DOWN ON THE RIGHT SIDE WITH THE KNEES PULLED UP TOWARDS THE CHIN. Retain fluid 10-15 minutes. If you stay at the Gerson clinic, they are doing several enemas a day.

Juices
Suggest drinking at least 2 glasses of green juices and at least 3 glasses of fruit type juices. You can also blend
them together.

Citrus: squeeze only with a reamer type juicer of glass, plastic, porcelain or an electric machine.
Do not use any juicer into which the half orange is inserted with the skin. If the skin is also pressed out, it will emit harmful fatty acids and aromatic substances contained in its surface. Nortake is a good juicer to obtain.
Others are VitaMix, GreenStar.

Do not use an aluminum juicer (or any aluminum cooking utensils).

Apple and carrot juice: use apples and carrots in equal portions. Wash apples, do not peel. Cut and remove core with seed. Wash carrots, do not scrape. Use separate grinder and separate press. Do not use liquifiers, centrifuges, juice mixers or masters, etc.
If you go to work again, apple and carrot juice only may be taken and kept in a thermos no longer than 2-3 hours.

Why do juices need to be fresh? Juices consist of living matter with active ferments, fast neutralizing oxidizing enzymes, which are most necessary for the sick body. The body needs an equilibrium of active oxidizing enzymes, supplied through the day. These cannot be maintained active except by freshly pressed juices, given at hourly intervals.

Green Leaf Juice: get as many various kinds of leaves as possible:

lettuce	**red cabbage (2-3 leaves)**	**endives**
beet tops (young)	**swiss chard**	**escarole**
watercress (1/4 bunch)	**green pepper (1/4 of small one)**	

Add 1 medium apple for each glass when grinding. Grind Twice, press, drink immediately.

Pressing process: take 1-2 coarsely woven cloths, nylon - 12" square, place cupful of pulp into center of moistened cloth, fold in thirds in both directions and press.

Rinse cloth after each juice preparation and boil in soap water every night, rinse thoroughly. Keep machine clean.

If juice retains taste of cloth, take a new cloth.

Amount of fresh juices can be reduced to 4-5 glasses a day plus one glass of citrus juice. Carrot and apple juice can be mixed in the course of preparation with the green leaf juice and a centrifugal type juicer may be used. In order to speed up healing, more juices and press-type juicers are recommended.

MICROPLASTICS

We think they are building up in our arteries, causing circulation problems to our brain and heart. It could be much more.

They are sneaking into your diet! Watch your foods being stored in plastic. Use glass containers to store foods, cheap containers can be obtained at a dollar store, or supermarkets, big box stores.

Avoid teas that use those little tea bags. It can be difficult to get loose teas, but we found lots at the bulk barn.

Don't cook with any type of plastic.

Oatmeal

Have it in the morning for breakfast
You may have a large portion of oatmeal daily; use old fashioned oats - scotch, irish or plain eg. quaker oats. To make the recipe is 1/2 cup oatmeal to 1 cup water.
Cook slowly in water until done--about 5 minutes.
Take oatmeal with: (no milk)

Raw grated apples	**Bananas**
Honey	**Apple sauce**
Blackstrap molasses	**Raisins**
Stewed prunes	**Peaches etc.**
Apricots.	

Oil
Only oil allowed is a little fresh flax seed oil. It must be refrigerated. It cannot be heated. It's shelf life is only a few weeks.

Pain
For cancer patients, even in advanced stages, pain relief was promptly obtained by the use of coffee enemas, given every two hours in some cases. In the first few days of the therapy, it was sometimes necessary to add "pain relief". In these cases Dr. Gerson allowed the use of the following, used together:
1 tablet (5 gr) aspirin
100 mg Vitamin C
50 mg Niacin
up to 4 times in the course of 24 hours. These three pills also produced restful sleep. Their action was surprisingly effective once spasms and edema are eliminated through large doses of potassium given immediately at the start of the treatment with detoxification.

Salads:
The following raw vegetables are important to the diet. They may be finely grated if necessary or chopped, mixed or separate:

Apples and carrots	**Tomatoes**	**Radishes**
Lettuce	**Escarole**	**Scallions**
Chicory	**Cauliflower**	**Endives**
Watercress	**Romaine**	**Knob celery**
Green Peppers	**Chives**	

Salad Dressing:
Flaxseed oil with lemon juice or lime juice, or just plain flaxseed oil. You can also add a little honey, or dijon mustard or diced onion.

Daily Special Soup:
For 1 person use a 2 quart pot (glass or stainless steel), use the following vegetables, then cover with water:
1 medium celery knob, if not in season, substitute 3-4 stalks of branch celery

1 medium parsley root (if available)
2 small leeks (substitute 2 small onions)
2 medium onions
little parsley only
1 1/2 pounds tomatoes or more
1 lb. potatoes
Do NOT peel any of the vegetables, just wash and scrub well and cut coarsely; cook them slowly for 3 hours, then put through food mill in small portions if you are using a food mill; scarcely any fibers should be left. Vary the amount of water used for cooking according to taste and desired consistency. Let soup cool off before storing.
Keep well covered in refrigerator NO LONGER than 2 days; warm up as much as needed each time.

Spices
To vary flavors you may also use very small quantities of the following (No Others):

Allspice	**Anise**	**Bayleaves**	**Coriander**
Dill	**Fennel**	**Mace**	**Marjoram**
Rosemary	**Sage**	**Saffron**	**Tarragon**
Thyme	**Sorrel**	**Summer savory**	**Grated Ginger**

Chives, onions, garlic and parsley can be used in larger amounts and can often be helpful to improve the taste.
Spices must be used sparingly as they may counteract the healing reaction.

Sweeteners
Use honey, unsulphured molasses, or pure maple syrup.
Pure Maple Sugar Candy may also be used.
Stevia (plant) can be used - it is 100 times sweeter than sugar so you only need a tiny bit.

Teas
Peppermint tea can be used when food is not well tolerated, in case of indigestion, or during reaction period (flare-ups), nausea or gas. Prepare: 2 tsp. dried peppermint leaves to 2 cups boiling water. Steep 5 minutes, strain. Add honey and lemon juice if desired.
Another tea that is good is Kukicha tea which is twig tea.

Mix a little spearmint with some red clover blossom and nettle leaves - use this as a tea which helps detox the blood as well.

Be careful of teas that have been flavoured with chemicals and phony, synthetic flavours

Dr. William Li says Earl Gray tea is best for the immune system. Next is English Breakfast tea, and of course next is the Green Tea.

Matcha is a super enriched polyphenol trea. It is made with green tea leaves, but it is green under a shade before harvesting, then the tea leaf, and only grind up the leaf, no stems. It has has fiber which is good for the gut health, inflammation. Also found in a lab to kill breast cancer stem cells. (ref. Dr. William Li)

Vegetables
Use all vegetables except mushrooms, leaves of carrots, radishes and mustard green.

Cook without water, slowly on low flame until well done. To prevent burning, place on asbestos mat or two under the saucepan. You may add some stock of the special soup. Spinach water is too bitter to use and should be drained off. Onions, leeks and tomatoes have enough liquid of their own to keep them moist while cooking.

Beets should be cooked like potatoes in their jackets with water. Wash and scrub vegetables thoroughly but DO NOT peel or scrape them. The saucepan must be tightly covered to prevent steam from escaping. Covers must be heavy or close fitting (you may place wax paper under lid). Patients must have freshly cooked foods only.

No carrots, fruits or vegetables should be bought in plastic bags, neither potatoes nor oranges with colour added should be used.

Sprayed insecticides (poisons) cannot be removed by washing as they are absorbed into the plants, having been taken up by the roots from the soil.

Potatoes: Baked potatoes may be eaten daily. You can eat them with soup, apple sauce or yogurt. For a change you may also use potatoes boiled in their jackets, or mashed with a little soup) Sweet potatoes are permitted once a week (no color added).
Potato salad is allowed if you use boiled potatoes (see above), peel, slice and while hot, add dressing (see above).

Vitamins
Gerson found that people were damaged with Vitamin A, E, B and B6. Vitamin A and D is picked up by the cancer cells immediately. We use vitamin D cream which by-passes the liver. Niacin was used alright (B3).

Folic acid treatment was found to be contra-indicated during treatment of cancer.

Gerson found calcium and many other minerals cannot be added to the diet easily. They bring the system out of harmony. He said with calcium you can produce cancer.

The one mineral necessary is large doses of potassium which is depleted in cancer patients.

Fat free lecithin is o.k. after 6 weeks.

Water
If water supply is chlorinated or fluoridated, use spring or distilled water for making soup, teas, stewed fruit etc.

If fluoridated or chlorinated water, attach filter to shower, and bath so that when you bath you are not having these chemicals being absorbed through the skin. In 2009 when visiting the clinic, we were told that even the filters are not sufficient to filter out the tiny particles of chemicals and they found some didn't heal their cancers until they bathed in distilled water.

When visiting the clinic in 2009, we were told that 40 minute hot baths were done weekly with a cup of food grade hydrogen peroxide added. The tub looked like a jacuzzi with jets in it.

They use hydrogen peroxide to sterilize swimming pool water instead of chemicals.

Since March 11, 2011, when the Japanese nuclear toxicity started to spread around the world after a major earthquake in Japan, the whole world has become toxic. This is not the only thing that is making the world toxic, but it is something you can't fix. Those that are weak, as we become more and more toxic, will succumb. Others that are stronger will begin to mutate and evolve to be able to handle higher toxicity on the planet.

If you are thinking that you can use a distiller or reverse osmosis to purify your water - it will work, but not for radiation. The radiation particles are too small. As well, the radiation is in the

soil, the air, the food, the animals - in everything.

IDEAS FOR MEALS:
Breakfast:
Most popular is oatmeal (if you have no gluten intolerance). You can top with chopped fresh fruit, raisins, blackstrap molasses or honey, cinnamon. (No milk, just use water or fruit juice such as apple juice if you wish to add liquid on top).
Rye bread with any of chopped bananas, stewed prunes, apricots, peaches etc.
Smoothie: juice apples as the base, add 1/2 banana, 1 tsp honey, and handful of any other fruit you wish.

Lunch and Dinner (interchangeable):
Special Soup
Sandwiches - rye bread, homemade mayo, various vegetables, or almond butter, mock tuna, etc. etc.
Steamed or stir fried vegetables
Salads
Raw nuts and seeds (not peanuts)
See our cookbook "Cook Book for Degenerative Diseases" for lots of recipes.

SUGGESTED DAILY SUPPLEMENTS FOR THERAPIES:

VITAMINS & MINERALS:

- **6-8 Potassium daily (99 mg each), eg. 2 per meal. (note potassium may not be able to be taken if kidneys are damaged. May need to repair kidneys first).**
- **2 Wobenzyme with meals (enzymes)**
- **3-4 Tbsp flaxseed oil - can use on food or in smoothies**
- **1 tablet of niacin 50 mg 3 times a day with meals**
- **2 capsules 400 IU Vitamin E in the morning (mixed tocopherols)**
- **200 mcg Selenium**
- **600 mg Magnesium**
- **1-2 grams Vitamin C in divided doses**
- **30 mg zinc gluconate**
- **150 mg Coenzyme Q10**
- **2 drops liquid iodine in your glass of juice, morning and night**
- **2 tablets Pancreatin enzyme three times daily with meals**
- **2 capsules Vitamin A from fish liver oil 25,000 units each or equivalent, at night before retiring**
- **1 Curcumin with black pepper**
- **Ivermectin pills/paste**
- **Hydroxychloroquine**
- **2000 mg Vitamin C twice daily, morning and night.**

<u>Specific Helpers:</u>
1/2 tsp Alkala twice a day in 1/2 glass of warm water to change the pH to alkaline
20-40 drops Sanuvis for the lactic acid created by the cancer cells
Citro for the citrate acid created by the cancer cells
San Serra (if you can obtain)
Bowel tonics if you do not have 2-3 soft stools daily

<u>Cleansing teas:</u>
Essiac tea to cleanse the liver
Red Clover blossom and Nettle to cleanse the blood
Herbal and homeopathic preparations for cleansing heavy metals and chemicals
Parasite cleanse
Fungal cleanse and probiotics to restore flora in intestine (may need preparations to assist)
Chlorella and Spirulina to help detox - 2 twice a day

<u>Other:</u>
2 enemas in the morning
Drink 8+ glasses of pure water daily