SUPPORT AND PREVENTION FOR CANCER

For most people, the reason they have cancer is because the amount of toxic residue has built up in the system and the body can no longer clean up its own mess. Try especially hard to eat ORGANIC, you don't need to be pumping poisons in your body, making an even more difficult job for the body to heal itself.

FAVOURABLE FOODS:

- **Fruit: whole, juiced**
- **Vegetables: juiced, raw in salads, steamed, baked. Salad dressings: flaxseed oil, lemon juice, apple cider vinegar.**
- **Soups: homemade vegetable soups**
- **Grains, breads, cereals: whole grains (whole wheat, rye, bulghur wheat, amaranth, quinoa, oats, barley, teff, kamut, spelt, corn)**
- **Rices: Brown Rice, Wild Rice**
- **Noodles: whole grain type (rice, whole wheat, kamut, udon, spelt, kamut,**
- **quinoa, corn**
- **Proteins: Limited Nuts and seeds, raw nut butters, limited organic eggs (chickens must run free and get sunshine), small amount of raw milk cheese.**
- **Oils: extra virgin olive oil, avocado oil, coconut oil - you should not cook with any oils**
- **Sweeteners: Unpasteurized honey, pure maple syrup, unsulphured molasses, agave, stevia**
- **Spices, herbs: nothing too spicy or difficult to digest**
- **As much raw live food as possible. Remember cooked food is dead food.**
- **Seasalt, cayenne pepper, limited amount of black pepper**
- **Seaweeds**

Why is meat not included? Because it takes too long to digest and process, leaving it to putrify in the colon, causing more toxic build up. For every year you have had cancer, you should be on this restrictive diet for one month. For most people that means about a year and a half of restrictive eating giving the body an opportunity to clean and heal itself.

DAILY SUPPLEMENTS:

1-2 capsules 400 IU Vitamin E in the morning (mixed tocopherols)
2 tablets Pancreatin, three times daily with meals
2 capsules Vitamin A from fish liver oil 25,000 units each or equivalent, at night before retiring
99 mg Potassium – two taken with each meal
50,000 IU Beta Carotene
500 mg Vitamin C with each meal
400 mcg Selenium
Aerobic Oxygen
Nutritional Supplementation - vitamins, minerals, green powders etc.
HERBAL TEAS: Red Clover Blossom, Stinging Nettle. Both cleanse the blood.

Essiac tea
1/3 cup flaxoil blended with 2/3 cup cottage cheese. Can add fruit to it as a smoothie if you wish.

FORBIDDEN (THESE POLLUTE, ANTAGONIZE and STRESS THE BODY):

- **Products that are bottled, refined, canned, salted, frozen, preserved, smoked, sulphured**
- **Alcohol**
- **Avocados (too much fatty acid) if advanced cancer**
- **If you are hypersensitive to berries, avoid them**
- **Beverages, except pure water and fruit juices**
- **Bicarbonate of soda in food, toothpaste, gargle**
- **Candy, cake, chocolate, cocoa**
- **Coffee, also instant and decaffeinated (it's the oils that's the problem, making the body toooo acidic)**
- **Dairy products (milk, cream, cheese, butter)**
- **Drinking water from tap (use reverse osmosis, spring water, or distilled water with minerals added)**
- **Epsom salts**
- **Fat (also, do not cook with any oils or fats, have cold pressed oils raw on salads - Udo Erasmus found the only one that did**
- **not feed cancer cells was Flaxseed oil)**
- **Fish, shellfish if advanced cancer. Wild salmon allowed in early stages.**
- **Flour (white)**
- **Fluorine in toothpaste, gargles**
- **Hair dying and permanents (henna is an herbal colouring and should not toxify through the skin)**
- **Ice cream**
- **Meats (beef, chicken, pork, deer, rabbit, lamb)**
- **Mercury dental fillings**
- **Nicotine (chewing, smoking)**
- **Root canal dental work**
- **Salt and all substitutes (use powdered dulse, kelp, seasalt in moderation)**
- **Strong spices (pepper, paprika)**
- **Soy beans and products (contain fat), however especially not for breast cancer**
- **Sugar (white or brown sugar and products made with them)**
- **Sugar substitutes**
- **Toothpaste that has sugar or fluoride**
- **Don't eat for three hours before going to bed.**
- **Avoid anything that is processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted,**
- **disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive.**
- **Avoid overeating. Chew food well.**
- **Limit exposure to sun to 20 minutes daily.**
- **Limit exposure to television to 1 hour a day**
- **If breast cancer - no soy products or Vitamin E until the scientists can make up**

their mind if they are problematic

HERBS TO HELP CANCER:

For cleansing blood: red clover blossom, stinging nettle
For cleansing liver: milk thistle, dandelion root, burdock root

Essiac Formula if you wish to make your own. This is very good to help cleanse the liver:

6 1/2 cup burdock rt (cut), pwdr
16 oz Sheep Sorrel, powder
1 oz Turkey Rhubarb rt., powder
4 oz Slippery Elm Bark, powder

Mix all = 10 cups powder. Use 1 cup powder to each 2 gallons distilled water.
Bring to boil, keep lid on, stir in 1 cup formula, cover, boil 10 mintues. Turn off stove.
Scrape sides of pot with spatula, stir well, cover.
Let stand covered 6 hr, stir well, then let stand covered for another 6 hr.
Turn on heat, bring to a boil. At boiling point turn off stove. Strain into clean glass or stainless steel pot, (clean old pot), then return to first pot.
Use funnel, pour into bottles, cap, allow to cool, tighten caps again. Store in dark cabinet.
Once opened, keep refrigerated. If it becomes mouldy, throw it out.
To use: take 4 tablespoons heated distilled water, add 4 tablespoons Essiac (Shake bottle first). Mix and drink 2-3 times a day.
You may find this too large an amount to make all at once. Cut the dosage in half or even quarter and make it more often. Storing in a stainless steel thermos worked well for several days.

SOME SPECIAL HELP:
These have been working for many people. Of course not everything works for everyone, but these are getting a high ratio of success:

____ Hydrogen peroxide: Use stabilized oxygen. Do about 20 drops three times a day
____ Thymus extract (eg. Thymo Lyph by Nutriwest) to help the immunity
____ Paw Paw - green papaya, especially good for tumors
____ Laetrile has worked for some (apricot or apple seeds)
____ Graviola is product from a tree in South America
____ Cancell (aka Protocel, Cantron). Taken as a liquid several times a day.
____ Budwig Oil & Protein Therapy. Mix 1 tbsp flaxseed oil in 500g cottage cheese, mix it in well and eat this daily for at least 21 days - for tumor activity this increases natural interferon.
____ Vitamin C injections have been getting good reviews by many.
____ Bioxy Cleanse for the bowel - oxygen bowel cleansing