CANCER

The faster you can address diseases, the more chance you have of enabling the body to heal itself. As disease ravages the body, the tissues and vital energy become weaker and weaker and eventually it becomes extremely difficult to fix your disease.

Take action immediately. Most of the anti-cancer diets are similar with a variation or two here and there. Use 'Gerson Therapy' diet as the best approach of what to eat and do.
Get into doing cleansing to help the body recover. Most cancers are caused by chemicals that have entered the body and so helping the organs to cleanse is vital.
Restrict t.v. to watching to only happy, healthy shows. Do moderate exercise and sunlight so as to not stress the body.
Put nothing into the body that has any chemical in it. No alcohol, coffee, black tea, tobacco, pop, dairy, meat, fish. Eat organic if possible.
No constipation, do enemas if you have to, but you must get toxic waste out of the body.

Will this information we pass on to you save your life and correct the cancer? Perhaps. Many people that had cancer and no longer have any symptoms. And they did it naturally, without chemical intervention. So here is a list of what can help take the stresses off the body to enable it to heal itself. Remember, the body is designed to heal itself, always repairing cellular activity 24 hours a day - just help it do what it is supposed to do!

For most people, the reason they have cancer is the amount of toxic residue has built up in the system and the body can no longer clean up its own mess. 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. DON'T PUT POISON INTO YOUR BODY.

FAVOURABLE FOODS:

- **Fruit: whole fruit juiced, avoid packaged or frozen fruit juices, need to eat the whole fruit , unsprayed**
- **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). Of course if you test sensitive to any of these, you must avoid.**
- **Rices: Brown Rice, Wild Rice**
- **Noodles: whole grain type (brown 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: cold pressed oils esp. extra virgin olive oil, avocado oil, coconut oil - do 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 if your digestive system can handle it. Remember cooked food is dead food.**
- **Seasalt, cayenne pepper, limited amount of black pepper**
- **Seaweeds**
- **Dark Chocolate (sweetened with stevia is acceptable)**

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**
- **50,000 IU Beta Carotene**
- **500 mg Vitamin C with each meal**
- **400 mcg Selenium**
- **Aerobic Oxygen (food grade 3% hydrogen peroxide) - 20 drops three times a day in a cup of water**
- **Nutritional Supplementation - vitamins, minerals, green powders etc.**
- **HERBAL TEAS: Red Clover Blossom, Stinging Nettle. Both cleanse the blood. Essiac Tea. For a drinking tea: twig tea.**

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**
- **Mouthwash**
- **Meats (beef, chicken, pork, deer, rabbit, lamb)**
- **Nicotine (chewing, smoking)**
- **Salt and all substitutes (use powdered dulse, kelp, seasalt in moderation)**
- **Strong spices (pepper, paprika)**
- **Soy beans and products (contain fat)**
- **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.**

HERBS TO HELP CANCER:

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

Essiac Formula for cancer. **If you wish to make your own, this is the original remedy. Many new remedies have added – such as red clover blossom or nettle to the mix. This is very good to help cleanse the liver and blood:**

6 1/2 cup burdock rt (cut into tiny pieces)

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 minutes. 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.

MAPLE SYRUP & BAKING SODA

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.

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.

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.

Asparagus for Cancer

This is long term. 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!

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. One to two bowls of onion broth should be taken every day (just the liquid, not the onion). If you have liver or gallbladder cancer, never eat a whole bowl of onion broth in one sitting. Take 10 tablespoons of the warm liquid every hour. In addition drink 1/2 (125ml) wormwood tea per day. To prepare tea for the first 5-6 days steep one small pinch wormwood in hot water for 10 seconds. After that steep only 3 seconds because otherwise it will be too strong.
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).

Breuss Vegetable Juice Mixture:

3-5 beets (9.6 oz)
1-5 carrots (3.2 oz)
1-5 celeriac (3.2 oz)
a little black radish
one potato (size of an egg)
It is not crucial to use potato juice unless you have cancer of the liver, then it is absolutely necessary. Instead of adding the potato to the juice mixture, you can drink a cup of potato peel tea each day. This tea is to be slowly sipped cold.
To prepare the tea, take a handful of potato peelings in one cup of water and boil for 2-4 minutes. If this tea does not taste good, then your liver does not need it, so you do not have to drink it.
Using a juicer,(or press the vegetables the old fashions way), then put the juices through a tea strainer or a linen towel. There is a tablespoon of sediment for each quarter liter of juice which must NOT be consumed. This sediment would made the juice more difficult to drink and would serve as food for the cancer.

During this time you may lose 11-33 lb but should feel quite well during treatment. It is better if, a few days before starting this treatment, you drink approximately 1/4 liter (1 cup or 250 ml) of this juice a day

Drink the juice slowly with the help of a spoon. Don't swallow it immediately but let the uric remain in the mouth for a few moments. Every now and again Breuss allowed a patient to have a mouthful of sauerkraut juice which was beneficial to the patient. This juice is now available on the market already made for you if you can find it.

Sage Tea:

If you use as a gargle, steep in hot water 10 minutes.
But to use as a drink, you must boil exactly 3 minutes.
Place 1-2 teaspoons of sage leaf bits in 2 cups (500 ml) of boiling water. Boil for 3 minutes, let cool.
Sage contains a large amount of essential oils which are good for gargling, but for drinking these oils must be removed and after 3 minutes the oils are boiled away and the vital enzymes are released which are important for the health of all glands, the bone marrow and the spinal discs.
Once the sage tea has been boiled, you should add 1 teaspoon each of St. John's Wort, Peppermint and Lemon Balm, then let everything steep for another 10 minutes.
This tea is the most important of all the teas and should be drunk throughout your life.

Kidney Tea:

15g (.53 oz) Horsetail (equisetum)
10g (.35 oz) stinging nettle, best collected in springtime
8g (.28oz) knotgrass (polygonum aviculare)
6g (.21oz) St. John's Wort
This makes enough to last for 3 weeks. Place a pinch *(the amount you can hold between your thumb and two fingers, for coarsely cut herb; if finely cut, take 1/2 a tablespoon)* into 1/2 cup hot water, let step 10 minutes, then strain out the tea leaves, set aside the liquid. Add another cup of hot water to the strained tea leaves, then boil for 10 minutes. After this strain and pour the two liquids together.
Why is the kidney tea prepared like this? Kidney tea contains 5 substances which must not be boiled away. But there is a sixth substance, silica, which dissolves only after 10 minutes of constant boiling.
Kidney tea treatment is to be taken ONLY THREE WEEKS. One 1/4 cup (60ml) taken cold, should be sipped on an empty stomach first thing in the morning; take another quarter cup just before lunch and the last quarter cup at night before going to sleep. During this time all meat should be avoided.
Kidney tea should be taken during every illness for a period of three weeks. It is especially important before surgery and when suffering from infections and inflammations. As a disease preventative, the kidney tea treatment can be taken 3-4 times a year, but allow intervals of at least 2-3 weeks between treatments.

Cranesbill Tea:

Steep a pinch of leaves of herb Robert (Geranium robertianum) also known as red cranesbill, in one half cup of hot water for 10 minutes. Slowly sip one half cupful of cold tea each day. If you notice any side effects, consult your naturopathic doctor. Cranesbill tea is vital for all malignancies, especially if you have received radiation treatment, because the tea contains a small amount of radium.

Onion Broth:

Cut an onion the size of a lemon into small pieces without removing the outer brown skin. Roast the onion golden brown in a little olive oil, then add 1/2 liter (2 cups or 500ml) cold water. Cook until onion is soft, then stir in a vegetable bouillon cube. Pass the broth through a sieve taking only the clear liquid without the onion. You will find the broth very tasty.

THE TREATMENT:

Follow it exactly. No you can't eat a little bread, honey, eggs or vegetables, or drink juices unless it is stipulated.
The juices mentioned are to be taken as indicated. A little lemon juice can be added, but never apple juice. Freshly squeezed apple juice is allowed in between by itself, but never nixed with other juices.
You can drink as much sage tea with St. John's Wort, peppermint and lemon balm as you want, but do not add any sugar.

It is preferable not to eat anything. The only medication Breuss recommended was insulin for diabetes.

He said if you don't solely rely upon the vegetable juices and teas he recommended, the treatment would not work. He said 40,000 cancer patients recovered from his treatment.

What about exercise and fresh air? Yes, that is good. Do a little work to take the mind off eating and the illness rather than rest in bed most of the time.

1. **First thing in the morning, slowly drink 1/4 cup (60ml) of cold kidney tea.**
   30-60 minutes after, sip 1/2 - 1 cup warm sage tea with St. John's Wort, peppermint and lemonbalm.
   30-60 minutes later take a small mouthful of the juice mixture - don't swallow it right away, allow it to get thoroughly mixed with saliva in the mouth.
   15-30 minutes later take another small mouthful of vegetable juice or wait until hungry again.
   During the morning take the juice approximately 10-15 times but only if you crave it. In between drink sage tea which can now be taken cold and in any desired quantity. Never add sugar during the juice treatment.

2. **At noon drink another 1/4 cup kidney tea.**
   In the afternoon the patient will frequently need a mouthful of the juice.
   No more than 1/2 liter (2 cups or 500ml) of juice per day is allowed, but less may be taken

3. **Before going to sleep drink another 1/4 cup kidney tea.**

Remember to drink the kidney tea only during the first 3 treatment weeks.

When following the Total Cancer Treatment (6 weeks) and the Half Treatment (3 weeks), the vegetable juice must be taken as specified and in conjunction with the teas. Do not drink the vegetable juice alone. Take it only by the mouthful and mix with saliva.

Take 1/2 cup cold cranesbill tea a day, sipping it by the mouthful, mixing it with saliva which aids in the digestion.

Special Treatments

Besides the kidney tea and sage tea, some special cases (cancer in different areas of the body) require additional teas:

<u>For Constipation:</u>
If this becomes bothersome, start a series of enemas using camomile tea or drink a mild laxative tea or gently insert a piece of hard butter into the anus. Because of the juice treatment, the blood in the portal vein becomes so stimulated that whatever is in the intestines is fully utilized by the body, therefore there may be hardly any bowel movements or even none.

<u>Cerebral Tumor:</u>
1/2 - 1 cup lemon balm tea a day. Swallow it slowly when cold. Place a pinch of lemon balm in one half cup very hot water and let steep 10 minutes.

<u>For all Cancers:</u>
A tea rich in calcium such as the ones recommended for bone and lung cancer, are also good for other types of cancer. The patient will not experience any lack of calcium or potassium while drinking this tea for treatment.

<u>Cancer of Eyes:</u>
1/2 cup cold eyebright tea a day, swallowed slowly. Steep pinch of the herb in 1/2 cup very hot water 10 minutes, strain and let cool.

<u>Cancer of the Stomach:</u>
One cup of cold wormwood tea or lesser centaury tea, swallowed daily. To make: small pinch for only 3 seconds in a cup of very very hot water to draw. Should your stomach still feel jumpy, then also drink a cup of valerian tea with wormwood every day: 1/2 tsp of valerian root in a cup of water and cook for 3 minutes, then in 3 seconds pour over a small pinch of wormwood.

Cancer of Spleen or Pancreas:
Drink a least 1 liter of warm or cold sage tea per day.

Bone and Lung Cancer and Lung Tuberculosis:
Drink tea made from plantain lanceolata or broadleaved plantain (major), Iceland Moss, Lungwort, Ground Ivy, Mullein and Meum mutellina herb. These teas are rich in calcium. Put the herbs together in very hot water and steep for 10 minutes. Not all the herbs need to be included in the tea. Drink as much of this tea as you want, the more the better. For TB swallow one teaspoonful of broad plantain lance per day with some water or tea.

Breast, Ovarian and Uterine Cancers:
Drink 1/2 cup cold silvery lady's mantle tea and white dead nettle aka blind nettle. Swallow slowly. To prepare take a pinch of silvery lady's mantle tea, add a small pinch of white dead nettle and steep in one half cup very hot water 10 minutes. Leukemia
Breuss feels leukemias are not cancer of the blood but a decomposition of blood because the portal vein circulation is diseased. He also believes that Leukemia is an emotional disease and feels the disease is caused by mental depression. Hanna Kroeger also found Leukemia to be an emotional disease and when she examined the homes of the children with leukemia, she found the parents were fighting and causing emotional upset in the child.

Watch your frame of mind. Depression can be caused by a simple thing - find the cause of your depression, try to eliminate it through deep relaxation.

For the Leukemia treatment:

> **Each day drink 1 cup (1/4 liter) of the Breuss vegetable juice for at least 42 days but do not do the complete treatment.**
> **Aside from drinking the juice you can eat what you enjoy except no beef soup and no pork. Drink the vegetable juice by swallowing it slowly. Use it throughout the day but especially shortly before meals.**
> **It is also important to take careful note of the information on kidney tea, sage tea. Avoid warmed up meals and poisons (such as moth powder, insecticides, sprays, air fresheners in the house)..**

Prostate/Testicular Cancer:
Daily sip one cup of cold tea made from the small flowering willow herb (epilobrium parviflorum). Put a pinch into very hot water and steep for 10 minutes.

Liver or Gall Cancer:
Never eat a whole bowl of onion broth in one sitting. Take 10 tablespoons of the warm liquid every hour. In addition drink 1/2 (125ml) wormwood tea per day. To prepare tea for the first 5-6 days steep one small pinch wormwood in very hot water for 10 seconds. After that steep only 3 seconds because otherwise it will be too strong.

In 1990 Breuss said those with liver or gallbladder problems should drink a broth of bean pods instead of onion broth.

For cancer of the Liver drink 1 very hot or cold cup of potato peeling tea a day. Put a handful of raw potato peelings in one cup of very hot water, boil for 2-4 minutes. If this tea tastes agreeable, then the liver needs it. If it tastes disagreeable, you do not need it.

If you suffer from cancer of the liver, prepare cabbage packs or compresses, then rub the affected areas with olive oil or oil of St. John's Wort(St. John's Wort steeped in olive oil). These cabbage packs or compresses are to be recommended to treat all forms of cancer and are best applied to the small of the back. For instructions preparing cabbage compress/pack, see later in these instructions.

Cancer of the Gums, Lips, Tongue, Neck Glands and Larynx:
Use pimpernel tea (pimpinella magna - Greater Burnet Saxifrage) as in diphtheria but drink throughout the entire 42 day treatment. Put a tablespoonful of this tea into your mouth, rinse your mouth with it or gargle and then spit it out again. Do the same with the second tablespoonful. With the third tablespoonful do the same, but this time swallow. Do this several times per day. To prepare, put one

teaspoonful of pimpernel herb into one half cup of water and boil for three minutes.

Skin Cancer (approx 1/2 - 1 cm in diameter)
Swab the affected part several times daily with fresh Greater Celandine juice (chelidonium majus). The herb yields a yellow, bitter juice when plucked. If the spot is quite large, swab only around the part touching the healthy skin. In winter use Greater Celandine herb tea for swabbing or washing but only around the affected area. Put a pinch of Greater Celandine herb into one half cup of very hot water and let steep for 10 minutes. Apply still lukewarm. Do not apply this solution to open wounds!

AFTER OPERATIONS:

Immediately following an operation, you must not start the Breuss Cancer Treatment. Wait at least 2-5 months, depending on how you feel. During the waiting period drink 1/4-1/2 cup a day of vegetable juice, and eat food such as gruel soup, vegetable soup, vegetables and maybe organic chicken or veal or other light foods.

Before each meal, sip the juice and drink the teas recommended earlier (sage tea and kidney tea). Only start the Breuss Treatment when you feel well and strong enough.

AFTER DOING THE 42 DAY TREATMENT

It is important to SLOWLY start to eat light food again. The food should be low in salt. For a 2-4 week period after the treatment continue to take 1/4 cup of vegetable juice a day, taking one mouthful at a time prior to eating your meals. To feel must better faster, three times daily take a tsp of BIO-Strath Elixir or 2 Bio-Strath Yeast Tablets.
These natural remedies can be taken for a few months or until you feel well again.

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 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.

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 leucocyte 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.

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.
Lots of experiments now using Metformin drug for cancer which helps the blood sugar in diabetes patients.

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.

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. 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	**Can be dabbed onto tumors each day (eg. breast tumors). essential oil. Use high quality oils such as "Young Living"**
Fu Zhen	**This is a group of chinese anticancer 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, 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 make 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.**

CANCER CLINICS:

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.

Although chemo has about an 7-8% success rate, we also see a lot of pain and suffering during chemo treatments which often end in death. The difficulty is that the cancer usually comes back within a year after you finish treatment. Why? Because you have not dealt with the cause of the cancer (toxins, diet, smoking, stress, pollution etc).

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. Has been successful with stage 4-5 brain cancer!!! 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 for a month), 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.

Here is a synopsis of what our research has turned up.

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.