TUMORS

Emotion:
Nursing old hurts and shocks. Building remorse. New thought pattern: I lovingly release the past and turn my attention to this new day. All is well.

DIET:
Eliminate:
- **All animal protein including dairy products**
- **Table Salt (use dulse, kelp, sea salt, tamari)**
- **Sugars (white, brown, corn syrup, fructose, glucose)**
- **White flour products, processed and packaged foods**

Half the diet should be raw fruits and vegetables
Remainder of diet include seeds, nuts, whole grains
No oils except flax seed oil (can make salad dressing with it)
After 3 months you can have fish, organic eggs

SUPPLEMENTS:
Especially antioxidants: Vitamins A, C, E, Beta Carotene, B Complex, Selenium, Zinc, Cysteine.
Flax Seed Oil
Glutathione, coenzyme Q10, germanium, all the bioflavonoids esp. pycnogenol and quercetin.
Laetrile (apricot seeds, apple seeds etc.), Digestive Enzymes and Vit. A

HERBAL:
Essiac (combination of Burdock Root, Slippery Elm, Sheep Sorrel, Turkish Rhubarb) to detox the liver
Red Clover Blossom to detox the blood Echinacea to bolster the immune system (only for 10 days at a time)
Pau D-Arco for controlling yeasts
Shark Cartilage is suppose to prevent the blood from feeding the tumor. It is not a cure for cancer however and it is expensive.

POULTICES:
Poultices made with horsetail, swedish bitters, calendula have been used effectively.

Castor oil poultice can be done daily.
Castor oil penetrates 4" into the body.
Dip cotton or wool flannel of at least two thicknesses, large enough to cover the area being treated into unheated castor oil (cotton gauze squares also work for small areas). Cover the area with plastic to act as a vapor barrier holding the castor oil in.
Tape or use an elastic wrap to secure everything in place. Then apply heat (eg. hot water bottle, heating pad). When applying over a large area, wear an old sweater, sock etc. to protect and keep the area warm for better absorption. This will also help protect bedding from staining.
Packs may be applied in specific cycles such as 12 hours on and 12 hours off or 2 days of use, 2 days of rest etc. Re-apply castor oil as needed. Store packs in protected containers or heavy sip lock bags between uses as the flannels can be used over and over. Castor oil is not recommended for internal use or used on open wounds.

STARVING TUMORS
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.

Hanna Kroeger says to reduce tumors: Drink Concord Grape Juice (high trace minerals) from morning to noon. Just take one quart, no food. At noon have salad for lunch, and have a vegetable supper. Do same next day. Repeat for 5-6 weeks.

Kroeger's Poultices for Brain Tumor:

If non-cancerous: Tofu. Leave on till it gets painful. Repeat for 10 days. If cancerous: Raw tomato chopped poultice on head overnight. Remove when it gets painful. Repeat for 10 days.

Other from Kroeger:

- **Test for parasites and eliminate any that are present**
- **To reduce tumors: Concord Grape Juice (high trace minerals) from morning to noon. Just take one quart, no food. At noon have lunch, and have a vegetable supper. Do same next day. Repeat for 5-6 weeks.**
- **For tumor on Lip: Milkweed juice applied to lip.**
- **Parasite tumor in brain: notice the eye and mouth will sag on that side.**
- **Melanoma: this is fungus based, often mistaken for retrovirus.**
- **Breast tumors: topically on the area of 1 drop 3 times a day of quality frankincense oil for 3 months. Also check for parasite, strep infection, strep in bone often present.**
- **Non cancerous lung tumor: Rosehips, Rosemary, Echinacea, Thyme.**
- **Non cancerous in Pancreas: Calamus Root (1/2 cup 4 X/day)**
- **Non cancerous in Liver: Golden Rod, Nettle**
- **Non cancerous on Female Organ: Calendula, Yarrow, Nettle**

Using Laetrile (Vit. B17) for Tumors:

12 apricot kernels a day
5 dried apricots a day
40,000 IU Vitamin A a day
Digestive enzyme with each meal.

Using Flax Oil to treat tumors:

- **Dr. Joahanna Budwig's remedy: 1 cup cottage cheese (quark type or dry curd) with 3 tbsp flax seed oil each day helps body produce Interleukin-2, an interferon protein necessary against cancer. Emulsify this very well so it is well mixed. Vary the recipe by adding spices, celery, paprika, parsley, chives, onion, tomatoes, spinach, peaches, honey, nuts etc.**
- **Udo Erasmus says that people using fresh, unrefined flax oil in the treatment of terminal cancer may consume up to 100 grams of the oil (mixed with skim milk yogurt or baker's cheese containing 40-50 grams protein) daily until the tumor dissolves. This much flax oil contains about 60 grams of Alpha-Linolenic Acid(LNA) or about 20% of daily calories. No side effects are seen at this dosage in the short term if whole foods rich in minerals, vitamins and fiber are eaten. As health is reestablished, the amount of flax oil is**

OTHER:

- **hands on therapy: reiki or pranic healing**
- **visualization therapy: visualize the tumor being broken up and dissolved and the area healthy ***
- **color therapy: mentally think of the area bathed in pale green for a couple of minutes, then pale orange, then pale blue, and finally pale violet.**
- **Max Gerson of the Gerson Clinic said that fibroid tumors are mostly benign. Benign tumors take 10-20 times as much time to absorb as malignant tumors. This goes for adhesions and scars. Fibroid and benign tumors are dissolved only very slowly because they are not abnormal. It is difficult for the parenteral system to bring its digestive powers to bear on these benign tumors. But when they turn malignant, then they are quickly dissolved.**
- **Some tumors are parasites. Make sure body is cleaned of parasites.**
- **A compress for Tumors: Swedish Bitter plus Horsetail**