

Taking the Mystery Out Of Cancer

**Cancer Prevention and Cure
Is Possible**

The Soaring Heights Health Optimization Series

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**Safe Evidence-Based Protocols
Non-Toxic Do-It-Yourself Therapies**

By Dr. David W. Tanton, Ph.D.

Disclaimer

Every effort has been made by the author to ensure that the information in this book is as complete and accurate as possible, although the author cannot, and does not render judgment or advice regarding a particular individual. As our bodies are each unique, we will not always experience the same results that another might from the very same therapy.

The author believes in both prevention and the superiority of a natural non-invasive approach over drugs and surgery.

The information herein is presented by an independent research scientist, whose sources of information include 47 years of his own personal experience, along with researching the world's medical and scientific literature, patient records, and other clinical and anecdotal reports for decades.

The leading cause of death and disability today appears to be the lack of awareness of natural therapies, by both doctors and their patients, known to prevent and treat many common degenerative diseases. This book is dedicated to making as many as possible aware that they no longer need to suffer and die needlessly from diseases that may already have cures. Unfortunately, the general public is seldom aware of many valuable resources available for preventing or effectively eliminating serious health conditions, as they are often suppressed due to their lack of profitability.

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Preface

As the title indicates, you are about to discover what causes normal cells to turn cancerous to begin with, and how that process can often be reversed. You will also learn why the traditional cancer protocol (surgery, radiation, and chemotherapy), which is “capable of creating or promoting cancer”, is total insanity! Especially due to the poor success rate, and unnecessary collateral damage to millions of once healthy cells (and thus organs).

Most importantly, you will find there are many different perfectly safe, yet surprisingly effective, natural options to choose from. You will also be incorporating therapies that, rather than compromising your overall health (as traditional therapies are well known for), our options are not only inexpensive, but will also improve your overall health – a major issue.

This book is rather unique, actually unlike any book ever written on cancer. It is based on nearly a half-century of basically researching the research, conducted by some of the most brilliant scientists in the entire world. It’s important that we think outside the box. The problem is – a great deal of the peer reviewed information published in “supposedly scientific” journals, which most doctors rely on, are often far from scientific! They are all too often bought and paid for by special interests. That’s especially a concern regarding any information published on cancer protocols, (the most toxic and expensive).

Natural therapies are considered as unscientific – basically implying that so-called scientists, relying on toxic manmade inorganic chemicals, are somehow more credible than anything found in nature (God’s creations)! Common sense should be sufficient to convince us that whoever created our highly complex, yet extremely efficient bodies, is far more brilliant than all the scientists combined. It should also be obvious who is motivated strictly by money. One thing that also

makes this book unique is, it's totally free! Our Creator is not motivated by money, nor am I.

You will soon discover that this is “much more” than just a book on cancer. You will learn a great deal about the politics of medicine, and why many are being conned into extremely expensive, highly toxic therapies, when much better options are available – options that are not really much like a therapy, but instead just a healthy lifestyle. Most natural therapies are very inexpensive, perfectly safe, and surprisingly effective. Most are also do-it-yourself protocols. The more options you incorporate in your regimen, the better your success rate should be.

You will learn how to begin improving your overall health (contrary to typical cancer therapies). You will also learn a surprising number of things that even few doctors are aware of. In fact, one option with tremendous potential was actually my discovery. Possibly most importantly, you will learn how to avoid acquiring cancer in the future. That should be the objective of all oncologists (cancer specialists), and that will be ours.

Only by understanding what causes normal cells to turn cancers to begin with, is that possible. Thus, that is something you will be learning, and it should make perfect sense, (contrary to treating cancer with toxic drugs and radiation – capable of causing cancer)!

Introduction

The Critical Information All Cancer Patients Must Become Aware Of – What Causes Cells to Turn Cancerous, And Who or What is Responsible?

Although my original objective was to kill the cancer, (the enemy within), after considerable research, I eventually discovered what I would consider an entirely different approach. It's also the best option for cancer prevention. It involves looking at cancerous cells from an entirely different perspective. As it turns out, they are just victims of an environment they have absolutely no control of, (although we do).

The good news is, we can often come to their rescue, and actually reverse the very process that forced them to turn cancerous in the first place. By so doing, they would finally have sufficient energy to once again oxidize, as normal cells do, rather than ferment. Once we understand what was responsible for basically stealing their energy, the solution should be obvious. You will learn exactly how we can come to their rescue.

It's amazing how much less stressful, what I would consider as the compassionate approach, can be. No dangerous enemy within – just desperate cells waiting to be rescued (something only we can accomplish). Far different from the traditional toxic approach that most oncologists rely on – kill all fast growing cells. They totally ignore the fact that many non-cancerous cells are also fast growing. And thus, the collateral damage throughout the body and brain. Damage the “victim” will be forced to live with for the remainder of his or her life.

How can they possibly get by with such obvious deception all these years? The answer – just make sure the cause of cancer remains some deep dark secret that nobody seems to understand. And also make sure that “seemingly high-tech” super expensive therapies are the only options that anyone “in their right mind” should consider!

Fortunately, I have the good fortune to be left-brained, thus I tend to be very logical and analytical. I couldn't possibly imagine any cancer patient considering such highly toxic therapies (capable of causing cancer)! Their objective is to attempt to kill the cancer before they kill you! Yet, in spite of the exorbitant cost, and tremendous suffering, seldom does the patient outlive the cancer. Then if they do, they will be dealing with serious health issues, due to the therapy. Often for the remainder of their lives.

One thing that the genius Royal Rife discovered many years ago, is that pathogens can morph or change into different forms, similar to a caterpillar eventually becoming a butterfly – obviously a major transformation. It appears that a fungus or yeast (such as candida) can morph into bacteria, which can at times even become a virus.

Interestingly, one doctor claimed that he never encountered a cancer patient that didn't have candida (yeast). Then, Royal rife discovered that injecting rats with a virus caused them to develop cancer. Then, by zapping the virus with a specific radio frequency he was able to eliminate the cancer. The virus contains a protein coating, which allows them to bond to the cell wall, and gain access to the DNA of the mitochondria inside the cell. This allows it to begin stealing the energy of the cell, as it's the mitochondria in cells that produce the energy. The virus soon begins replicating (creating more virus), and invading more and more mitochondria. Incidentally, cells have many mitochondria. How many, is based on the cell's function. The virus produces toxic micotoxins, which eventually depletes the cell's energy to the point it can no longer metabolize oxygen. Thus the cell has no option but to convert to anaerobic (without oxygen) fermentation. A more primitive form that produces "far less energy", even when consuming more glucose than non-cancerous cells – a very inefficient process.

One thing we should take away is, cancer is obviously the victim, yet only we can come to the rescue. Cells don't deliberately turn cancerous – they are forced into it. The question is: Which approach should we choose? We could attempt to reverse the process, by killing the pathogens (be they a virus, bacteria, fungus, or possibly even a parasite), which are all possible threats. The other option would be to totally destroy all cancerous cells, which would in turn create toxins (millions of dead cancer cells) that must be digested via proteolytic (protein digesting) enzymes, and removed by the liver. Either way, surgery is seldom necessary.

Yet, either approach would make “far more sense” than killing or damaging many more perfectly normal cells, than cancer cells, thus damaging major organs. Then we can't forget the damage to the immune system, and red blood cells. The best possible way to reduce the potential for long-term survival and instead increase the risk of dying from complications, resulting from exposing the entire body (and brain) to some of the “most serious toxins” in the entire world!

I think we would all agree that the least toxic option would be the most desirable. The fact that we have several options available that appear to reverse the process, and thus rescue (rather than destroy) cancer cells – that would be my first choice. Although, if there might possibly be a tumor obstructing a major function, it might be necessary to either destroy or remove the cancerous tumor.

The Question Is: Where Are These Pathogens Coming From?

It all comes down to the current medical paradigm that traditional doctors follow religiously – referred to as the “gold standard”, which Dr. Bruce West refers to as the “drugs for everything, and nothing but drugs for anything” approach, (although surgery is always an acceptable option as well). Disease prevention is never a consideration – it's basically off limits! The best way for a traditional doctor to basically stay out of trouble is to adhere to that protocol, and avoid recommending any nutritional approach.

The more you evaluate the medications millions are taking on a daily basis, (often for the remainder of their lives), the more apparent it is that they are creating far more risks than any real benefit. Then upon closer observation, it soon becomes obvious that drugs actually promote even more drugs – what I refer to as “the typical domino effect”. All it takes is the very first drug to get the process started. The majority of drugs are being prescribed just to treat side effects associated with other drugs – a highly successful marketing strategy!

Now let’s get down to specifics, and evaluate exactly how some commonly prescribed medications actually contribute to cancer. First, we must ask ourselves, where are these pathogens actually coming from, and what can we do to stop them? That obviously should be the very basis of our cancer prevention protocol. We will be learning which medications are responsible for allowing pathogens to enter the body, while also creating an environment that actually allows them to thrive. Then if that’s not enough, many are placed on “immune suppressing” drugs for autoimmune conditions, promoted by some “popular drugs”, rather than addressing the source of the condition to begin with, (the sensible approach).

For example, the non-calorie artificial sweetener aspartame (NutraSweet™) not only increases the risk of brain cancer, but also interacts with medications and vaccines, actually increasing their risks. Then one contributor to autoimmune conditions is the highly toxic methyl (wood) alcohol, found in aspartame (NutraSweet™). Guess what – it converts rapidly into formaldehyde (embalming fluid)! Thus it eventually embalms tissue that the immune system in turn detects as foreign tissue, creating an autoimmune response. The medical paradigm often involves – killing the immune system (our very best defense against cancer).

Not only are most medications a serious concern, but also more and more “non-foods”, which have become a major part of our diets, are compounding the

problem. For example, many artificial sweeteners, preservatives, colorings and flavor enhancers, are known to be carcinogens (cancer causing).

Now that we are aware that pathogens are perfectly capable of invading a healthy cell, and establishing a process that is responsible for gradually stealing its energy, and suffocating the cell with excitotoxins, we must intervene ASAP. They are very similar to the ameba that penetrates red blood cells and produces toxins, which is responsible for the many symptoms associated with Malaria. In fact, it was discovered that the virus not only creates toxins, but also creates an enzyme responsible for producing a protein coating, which surrounds the cell. It is thus able to hide from the immune system, while also suffocating the cell. By mutating into various forms, and propagating (producing offspring), while creating a pathogen-friendly environment – it's obvious they have developed very efficient survival skills. The good news is – we also have survival skills, which we will be taking advantage of.

It's important that we prevent them from gaining access whenever possible. Our bodies were designed to do just that (given the opportunity), and that's where we come in. Yet, we are about to learn that by following the traditional paradigm, doctors (via drugs they recommend) are unknowingly promoting the pathogens' agenda. Thus, by doing so, they are also "promoting cancer". Although likely unintentional on their part, I believe you will soon discover it's actually a "major flaw" in the current medical paradigm, beginning with the training of our doctors. We will be evaluating the drugs responsible, and exactly how they contribute to the development of cancer, by basically promoting the agenda of the pathogens responsible, (obviously not a good idea). It's actually the "extremely acidic" environment in the stomach that should stop them in their tracks – by basically destroying them.

The problem is – one day someone discovered a new disease called Acid Reflux. It's not really a disease, but normally caused by insufficient hydrochloric acid (which can be resolved by supplementation), or improper food combining (or both). Their proposed solution was antacid medications, which of course will be covered by your insurance! The last thing we should do is to create an alkaline environment in the stomach, which should be acid. That alone contributes to at least three different problems.

First, pathogens can now gain access to the intestine, and eventually the remainder of the body. Second, it prevents the absorption of critical minerals that rely on an acidic environment. And finally, the hydrochloric acid, (being depleted by antacids), is important for the digestion of proteins! For one thing, protein is important for building and maintaining cells, and creating many different enzymes. Another concern is, undigested proteins actually putrefy (rot) in the large intestine, creating carcinogens, which increase the cancer risk (especially colon cancer).

Then we have the antibiotics, which incidentally many doctors admit to at times prescribing as a placebo! Unfortunately, antibiotics are far from a placebo. They basically assist the bad bacteria build a resistance to the antibiotic, (for its future survival). Then due to their overuse, they are becoming more and more resistant to antibiotics. Then just as chemotherapy is not selective, and thus kills normal cells along with cancer cells, antibiotics also kill the good bacteria, along with the bad bacteria – an important part of our immune system. In fact, it's thought that about 80% of our immune system resides in the intestinal tract. At least it's supposed to! The problem is – the bad bacteria seem to be more resilient. They, like viruses, have excellent survival skills.

Once the antibiotics have finished doing their job, you will soon be dealing with the candida yeast infection, (or basically fungus). It, like cancer, thrives on sugar and ferments carbohydrates, creating alcohol and the even more toxic

acetaldehyde (similar to formaldehyde). It was discovered that the candida can eventually mutate into a more aggressive form. Sounds familiar, doesn't it? It validates Royal Rife's theory.

If not checked soon enough, it converts to a more aggressive form that can penetrate the intestinal wall, and escape to its destination, (wherever that might be). Even if it is eventually killed in the process, there will still be a hole where undigested food particles can escape, creating a condition called Leaky Gut Syndrome, which causes an immune reaction. It will also allow medications to basically bypass the liver, and thus subject surrounding cells to toxic drugs – a potentially serious concern for those taking several medications. This results in an immune response, basically hijacking the immune system, when we need it the most.

Candida can eventually enter the bloodstream, and travel throughout the body, referred to as “systemic”. For that reason, I decided to describe how to resolve Candida in the index. Just remember, cancer and candida both thrive on sugar, and in an anaerobic (oxygen deficient) environment. They are both fermenters.

Incidentally, colloidal silver will kill the bad bacteria, while leaving the beneficial bacteria still in tact. It's also perfectly safe, as well as inexpensive. As it's very effective at destroying “all pathogens”, it's also one resource we can incorporate to assist cancer cells regain their ability to once again metabolize oxygen – back to normal. Over and over, natural therapies “always” make more sense. Then as we just discovered, medications can be even more risky if a person develops Leaky Gut Syndrome, sometimes caused by the more aggressive form of candida.

Possibly worse, the formaldehyde produced by the methyl (wood) alcohol in aspartame, can also exit the intestine, and bypass the liver. That, along with undigested proteins, often sets off an autoimmune response, for which many

doctors in turn prescribe “immune suppressing” medications. One thing they have in common with chemo medications – just shut down the immune system (our best defense against cancer). Cancer would likely welcome that approach – but what about you? In my opinion, it’s totally insane if our objective is to prevent (rather than promote) cancer!

We are starting to hear terms such as “functional medicine”, and “evidence-based medicine”, based on therapies that are the most effective. Not just treating different organs or conditions as a separate entity – they are all inter-related. Just as the natural solutions normally influence the entire body and brain in a positive way. The health of every single cell is important.

You will find that throughout this book we will be discussing not only cancer, but also conditions such as diabetes, heart disorders, lung disorders, thyroid disorder, candida yeast, and liver disorders. By doing so, our chances of resolving, or preventing cancer, will be much greater. Most importantly, your overall health and energy level will improve dramatically as well. Your long-term benefit should be the ultimate goal, thus that will be ours. Not just surviving, but also thriving – something no drug (or combination of drugs) is capable of.

You will likely be amazed at the potential there is, when you begin incorporating the resources we will be discussing. Just keep in mind that, although I will be providing many different resources to choose from, you don’t necessarily have to apply them all! As many are inexpensive and readily available, and will enhance your overall health in the process, normally the more the better. If you are on a limited budget, you might consider trying the least expensive options. Remember, the deception is – if it’s very expensive, “such as chemo drugs”, it must be good, (something they take advantage of). The truth is – the price has very little to do with any potential benefit. **So why don’t we get started on our life-changing journey of discovery!**

Some Potential Contributors to Cancer

- Poor immune system
- Excess sugar consumption
- Acid pH (soft drinks, coffee and bad diet)
- Drugs
- Fluoride – drinking water and Prozac™
- Chlorine – drinking water and Sucralose (Splenda™)
- Compromised mitochondrial function
- Low thyroid (hypothyroidism) – low energy
- High fructose corn syrup
- Herbicides
- Pesticides
- Aspartame (NutraSweet™)
- Acid blockers – pathogens (undigested proteins)
- Poor elimination
- Cardiomyopathy (weakened heart)
- Fat tissue loaded with toxins
- Poor liver function (congestion)
- Environmental toxins
- Smoking
- Drinking alcohol
- Poor circulation
- Lung disorders
- Anemia (poor oxygen delivery)

CHAPTER ONE

Good and Bad Cancer Therapies – You Decide Which You Would Prefer

Over and over, alternative therapies have cured cancer victims, when traditional therapies (surgery, radiation, and chemotherapy) have failed miserably. After doctors gave patients their ultimate death sentences, (normally a few months to live), it was then in desperation that some finally turned to alternative therapies, which quite often totally resolves the cancer. Unfortunately, the damage caused by the radiation and chemotherapy was at times too extensive for any therapy to be effective.

One problem with resorting to alternative therapies as a **last** resort, (after the traditional therapies have obviously failed), is that resolving cancer at that point is much more difficult, due to the immune suppression, and destruction of many red blood cells. Then if an alternative therapy was successful, oncologists often attribute any success to the radiation or chemotherapy, rather than admitting it had anything to do with the natural therapy. It's only after the traditional therapy fails, that some patients finally resort to one or more natural therapies, which have far more potential for successfully killing the cancer, rather than the patient! Yet oncologists continue applying the exact same toxic therapies, known to have a dismal success rate to their other patients, totally ignoring the obvious. That is why it's critical that you become aware of the alternative options available, so you can make an unbiased, educated decision, based on the facts – not profit motivated promotion.

It's a well known fact that, by far the majority of oncologists have admitted (off the record, of course) that they would **not** resort to the same toxic therapies that they continue recommending for their patients, if either they or a family member acquired cancer. For that very reason, many travel over seas to receive

alternative therapies for themselves or a family member, and hope that no one will be the wiser.

FDA officials sneak off to Germany for the treatments they deny you

“You wouldn’t believe how many FDA officials or relatives or acquaintances of FDA officials come to see me as patients in Hanover. You wouldn’t believe this – or directors of the American Medical Association (AMA), or American Cancer Society (ACS), or the presidents of orthodox cancer institutes. That’s the fact.” - Dr. Hans Nieper

FDA officials and their colleagues want you to submit to disfiguring surgery, poisonous chemo, and burning radiation when you get cancer. But when they get cancer – well, that’s different! They go to Germany to get rid of their cancer. For themselves, they prefer treatments that are more effective and don’t have any side effects (<http://germancancerbreakthrough.com/>).

One can only conclude that they have to be fully aware of the toxicity of the therapies that they continue exposing their patients to daily. Just the warnings that come with all chemo drugs should be a clue, as to how toxic they can be. Most oncologists have likely heard success stories over the years, of patients who were cured by natural therapies, even after their therapies had obviously failed. They also likely saw them suffer with nausea and fatigue, lose their hair, and all too often die, from their therapies – something they wouldn’t want to endure, nor subject a family member to.

If I could just clone an individual (or possibly hundreds), it wouldn’t take long to prove, beyond a doubt, which therapies are the most effective. Although, it wouldn’t be fair to subject one copy of each, to the traditional “toxic option”, (knowing full well which one would suffer the most, and have the least potential for long-term survival). Yet, that’s exactly what millions of cancer patients are unnecessarily dealing with daily. And worst of all, most cancer patients aren’t

aware of the non-toxic, far more effective options that are available, (thus this book).

Cloning would likely be illegal (even if it were possible), and one copy would have to be the victim. The next best thing would be to show you exactly how the current therapy, which oncologists continue subjecting their patients to, actually promotes the metastasis (spreading of cancer), and even protects it from our immune system as well. Thus, that will be our approach. We might begin by evaluating the multiple problems initiated by the surgical removal of the primary tumor, as it is normally the first procedure oncologists normally rely on, after a patient has been diagnosed with the dreaded cancer.

It's my objective to prove that curing cancer, (especially long-term), doesn't require surgery, nor does it require the toxic radiation or chemotherapy. In my opinion, it's actually the best possible way to promote cancer – especially long term! I'm convinced that cancer patients would stand an even better chance for survival if they did absolutely nothing. Although, I would instead recommend doing something. When you do, just make sure you have the facts, and that they make sense. Even if the natural therapies did not cure the cancer, they would extend your life, and improve your overall health, contrary to traditional cancer therapies. It just doesn't make a bit of sense to rely on the very same expensive, highly toxic therapies, with such a poor success rate. I've heard from several sources that, long-term survival is only 2.1 percent!

Due to the scare tactics of oncologists, many patients are coerced into toxic therapies, sometimes referred to as the typical slash/burn "approved" cancer procedures. Unfortunately, these standard cancer treatments not only often fail, but instead can actually worsen the cancer!

This is also the opinion of Dr. Max Wicha, founder of the University of Michigan's Comprehensive Cancer Center, and pioneer in research on why cancers recur and spread to other parts of the body.

Following is a portion of an article by Mark Roth, published February 24, 2010, in the *Pittsburgh Post-Gazette*, titled "**Cancer Expert Tells How Treatment Can Be Problem**".

*The reason breast cancer and other malignancies often return aggressively after treatment is that **when tumor cells die under assault from chemotherapy and radiation, they give off substances that can reactivate a special set of master cells known as cancer stem cells**, Dr. Wicha said in an interview Tuesday.*

Dr. Wicha's lab has found that inflammatory molecules secreted by dying tumor cells can hook up with the stem cells and cause them in effect to come out of hibernation.

Adult stem cells exist in most tissues, and go into action to repair damage from wounds or infections.

*In cancer, they can mutate and no longer obey normal bodily signals to stop growing,
Dr. Wicha said.*

He and other researchers say that even when chemotherapy and radiation cause tumors to shrink dramatically, these stem cells can stay alive, living under the radar until they are once again spurred into action.

They also believe stem cells are probably the ones that break away from an original tumor and cause cancer to spread elsewhere in the body.

Chemo and radiation kill off the fastest-growing cells in the body, which applies to most cancer cells, but the cancer stem cells that create those rapidly dividing tumor cells actually grow much more slowly themselves, and are less susceptible to those therapies, he said (<http://www.post-gazette.com/pg/10055/1038056-114.stm>).

It's only when their cancer metastasizes (spreads), their condition worsens, and the patients are given a few months to live, that some patients finally resort to alternative therapies. The fact is – there are several such therapies, which are far cheaper, non-toxic, and work even when traditional therapies have not only failed miserably, but also damaged healthy cells, and even the immune system. It's important you get it right the first time – not as a last resort.

The obvious question is: Why in the world do we continue promoting the same traditional, highly expensive, and extremely toxic, therapies with such a poor success rate, as the one and only therapy oncologists should consider? The truth is – the current therapies are “highly profitable”! A great deal of oncologists' income comes from commissions on chemo drugs. Surgery is also very profitable, as is radiation (especially once the equipment is paid for).

The *Life Extension Foundation* once built a large facility to treat cancer patients – without the toxic therapies. Every single oncologist they approached to possibly work with them, wanted to know first what kind of commission they would receive on the chemo drugs they prescribed. Not one was interested when they discovered they wouldn't be using chemo drugs! It all comes down to incentive – something pharmaceutical companies are fully aware of. As they charge “exorbitant prices” for their chemo drugs, they have plenty to share with oncologists, (the incentive). It also encourages them to use excessive doses of chemo, even if doing so would have little additional benefit. They often continue giving patients chemotherapy, even when it's obvious the patient won't survive. Their justification: “We don't want the patients to think we have given up on them.” The truth is – they are not only killing the patient faster, but also assuring they will be so miserable that death would likely be welcome! Someone is paying for their

torture, and you can rest assured, it's reflected in our highly inflated insurance rates, (although it's the cancer patients that are paying the ultimate price).

Many cancer patients admit dreading the therapy, even more than the cancer, and I can't say that I would blame them. Placing profit potential, before the patient's best interest, is obvious when it comes to traditional cancer therapy. It's easy to see why cancer is considered one of the most dreaded diseases. People often have cancer for many years before it's finally diagnosed. They often don't seem to experience any pain, and are thus unaware they even have cancer – that is until the therapy starts. That's the most painful experience of all. Worst of all, it's "totally unnecessary"! Natural therapies are not only pain-free, but they also stimulate, rather than destroy, the immune system, and improve the overall health. Alternative therapies reduce the risk of acquiring cancer in the future – contrary to traditional therapies.

How to Politely Say “No” To Your Oncologist

Most oncologists both recommend, and perform, the exact same toxic, yet profitable procedures, recommended by the American Cancer Society, and approved by the AMA, that they have for years. That makes it both convenient, and very profitable for them. I just want you to know that traditional therapies (surgery, chemo, and radiation) are not in your best interest! Nor are they the therapies that most oncologists personally would consider if they acquired cancer! Something that by far the majority admits to, “off the record”. Hopefully, once you read this book, it will soon become obvious that there are “much better” options available.

First, try to be respectful, yet firm. You could say something like the following:

I have done a considerable amount of research on alternative cancer therapies that are available. Those that are not toxic to the body, as radiation and chemotherapy are so well known to be. I have looked at the statistics of various therapies, and from both research and prayer, I am convinced there is a better chance of my long-term survival, by resorting to therapies that are non-toxic, and have the potential for improving my overall health.

You could also add:

I personally would rather take my chances of dying from the cancer, than to subject my body to the radiation and chemotherapy, and then suffer and die from the therapy instead. If you would be willing to assist me in tracking my progress, I would appreciate it. If not, I will have to find another doctor who can.

Also keep in mind that there are cancer clinics throughout the nation that do practice alternative therapies. Even if you choose one or more do-it-yourself therapies, for the sake of convenience or cost (or both), they would likely be willing to help with your evaluation. For that matter, they might very well learn of some alternate therapies they were unaware of, which they could possibly incorporate in their practice in the future. I believe you will find that natural practitioners are normally more interested in other options, than most oncologists might be.

So as not to overwhelm you, I have chosen to include only the therapies that, at least to me, appear to have the most potential – focusing primarily on those that are the least expensive, and that don't require the assistance of a doctor for. Basically do-it-yourself solutions. As they are all perfectly safe, they can be easily combined, in order to increase the potential for curing the cancer that much faster.

I am also including just a couple proven cancer therapies, which would require a doctor, although you wouldn't experience the toxic side effects normally associated with the traditional high dose chemo, and radiation wouldn't be

required either. One would require a prescription of an inexpensive, yet surprisingly safe medication called Low Dose Naltrexone (LDN) – rather rare when it comes to drugs! Another is called Insulin Potentiation Therapy (IPT), which uses only a minute dose of chemo, and would be administered, in a clinic.

You can also include other options, such as supplements, along with the LDN and IPT, if you choose, as they should help potentiate either therapy, as anything that would improve your immune function, should help eliminate the cancer. In fact, each natural therapy you include will just increase your chance of success. Not only that but, it should also improve your overall health – our ultimate objective. Although curing or preventing cancer is the focus of this book, we will also consider avoiding other conditions as well.

For example, traditional cancer therapies can be especially troubling regarding Alzheimer's – one side effect of chemotherapy is referred to as Chemo Brain. As you are likely aware, Alzheimer's is one of the most dreaded diseases there are. Yet, from my experience, there is a lot we can do to prevent it. First and foremost, stop all toxic cancer therapies, and then eliminate as many medications as possible. Also, the majority (over 90%) of heart bypass surgeries are unnecessary. The problem is – many experience memory problems following the surgery. There is much more that I will be addressing in an upcoming book on Alzheimer's disease.

CHAPTER TWO

The Surgical Removal of Cancer

You are about to learn exactly how surgery actually contributes to the metastasis (spread) of cancer via the blood stream, or lymphatic system, to organs throughout the body. If we evaluate the suppression of the immune system due to the surgery itself, as well as the anesthesia administered during surgery, and even the painkiller morphine following surgery, we are talking about serious immune suppression. Thus, it's easy to see why any cancer cells that were basically turned loose during surgery would have a far greater chance for survival – although unfortunately, you wouldn't!

In fact, a study published August 2010 online, in the *British Journal of Surgery* confirms that *“surgical operations are not always beneficial to patients.”* According to this study of more than 400 men and women, *“A year after their surgeries, 17 percent of patients reported more pain than before, 14 percent indicated reduced functional ability and 16 percent said their mental states had declined”* (<http://www.bjs.co.uk/view/0/podcasts.html>).

One long-term side effect of surgery noted is “chronic post-surgical pain”, and according to recent studies, *“the number of cases of this condition have increased at an alarmingly high rate over the past few years”* (http://www.naturalnews.com/z030839_surgery_patients.html).

Then regarding the painkiller morphine, commonly used following surgery, it has been found that *“many cancers have morphine receptors that speed up the growth of cancer when morphine or its derivatives are used to treat pain”* (Dr. James Howenstine, *A Physician's Guide To Natural Health Products That Work*, 2007, p. 357).

Incidentally, as I just happen to be writing two books concurrently, (the other on Alzheimer's disease), I'm reminded that the anesthesia used during the surgical

removal of cancer, and the follow up chemotherapy, are both toxic to the brain. We must always look at the potential for damage to all organs, (including the brain), as well as our future overall health, and potential for long-term survival. It makes absolutely no sense whatsoever for resorting to the use of therapies known to be toxic to the body and brain, when it is “totally unnecessary”!

Another concern is – as all cells (cancerous, or healthy) are microscopic in size, there is no way a surgeon can possibly determine how many cancer cells might have managed to escape during surgery. Once again, the surgery, the anesthesia, and even the painkiller morphine, all suppress the immune system. Combined, they result in major immune suppression! The problem is – our immune system (our best defense against cancer), has been greatly compromised during the surgery. And that’s just the beginning!

A great deal of the body’s resources (including the immune system) is being diverted to the number one priority – healing all the tissue that was damaged during surgery. That’s something that just can’t wait. It’s similar to recovering from an accident. While the body is busy healing the incisions made during removal of the primary tumor, the body releases two different substances necessary for healing. One is produced to help the new cells bond or adhere, in order to close the wound. The other is to stimulate the creation of new capillaries, to supply new cells created during the healing process, with oxygen and nutrients. The problem is – both substances produced following surgery to promote healing, also benefit the metastasized cancer cells. As it turns out, we are basically increasing their chance for survival, (obviously not our objective).

Scientists have discovered that following surgery, the binding of cancer cells to the blood vessel walls, is increased by an amazing 250%! The first step of runaway cancer cells is to bind to, and burrow through, the basement membrane

lining the vascular (artery) wall, and finally gain access to some organ, being supplied by the blood vessels. No one knows where they might dock next. Then due to the immune suppression from the surgical procedure, their chances of not being detected, and destroyed by the NK (Natural Killer cells), as they travel through the bloodstream, is far greater. Then the adhesion molecules, created to promote healing from surgery, also help the cancer cells clump together, forming a new ever-expanding colony, (building a new tumor). They then take advantage of another resource now at their disposal – the vascular endothelium grown factor (VEGF), which is increased following surgery. It's basically promoting a process known as angiogenesis. Just stay with me, and I'll attempt to explain what angiogenesis is all about.

Although the body's intent was to build new blood vessels to help supply the new cells created as part of the healing process following surgery, the metastasized cancer cells have something else in mind. They are out there looking for a new home. Once they find one, they will begin creating a new network of blood vessels to accommodate their ever-expanding colony, (a process known as angiogenesis). It's actually the surgery that stimulates the production of new blood vessels, which cancer takes advantage of. Thus, our objective will be to avoid surgery unless it's absolutely necessary.

It appears that the primary cancer is normally focusing on its own growth, and not really interested in metastasizing, or spreading, to other organs. That all changes following surgery. The problem is – the more organs that eventually develop cancerous tumors during metastasis, the less your chances for survival will be, (especially long term). For example, colon cancer often spreads to the liver, or with prostate cancer, it may be the lungs, although there is no way of knowing for sure where the cancer might show up next.

Destroy the Cancer – Not the Body

It often starts with the removal of the primary tumor. As it turns out, the surgery can actually stimulate metastasis (the spread of cancer), in more than one way. Any surgery, when you have cancer, should be avoided if at all possible, until the cancer has been killed! We should then allow the immune system to break down the dead cancer cells, by enzyme action, and remove it naturally – something our bodies are capable of, when given the opportunity. When attempting to surgically remove a cancer, many healthy cells will be destroyed, and thus must be replaced. Some cancer cells can be easily missed, or cut loose and released into the circulation, on their way to one or more new destinations.

Other than surgery, the best way to turn cancer cells loose is by performing a biopsy, to determine if a tumor might be cancerous. Once the protein coating, enclosing the cancer, has been penetrated by the biopsy, you have provided a perfect opportunity for the cancer to begin metastasizing (spreading). That's an excellent way of releasing cancer cells. Then, the surgery that normally follows, would greatly promote cancer's agenda in several ways. Even if the surgeon had successfully removed the entire tumor, guess what – many cancer cells had already been turned loose. Sometimes, just from the diagnosis (the biopsy)! That's one reason so many eventually experience a recurrence in a few years, even when the oncologist claims, *"I'm convinced that we got it all!"* The truth is – they might very well have gotten all the cancer cells that hadn't escaped, yet that's all too often "far from all" the remaining cancer cells! Millions could be out there somewhere, building one or more new colonies.

As it often takes several years before the newly developing cancer finally develops to the point it can be detected, many assume they are cancer free, only to eventually receive the bad news – "your cancer has returned." Yet, if it's more

than five years from the original diagnosis, (based on current criteria), they are still considered as cured! Basically, underhanded tactics attempting to convince the public that progress is somehow being made – basically out-and-out deception. Although tens of billions of dollars have been devoted to fighting the war on cancer, for several decades, we are still employing the same basic therapies, and have achieved a success rate of only 2.1 percent! What have they been doing with all that money? That doesn't include all the money being spent by the millions of cancer patients on their highly toxic therapies.

Considering the greatly increased risk for metastasis, and immune system suppression, it's obvious that **surgery greatly reduces a cancer patient's chances of long-term survival.** With surgery as the initial procedure, followed by two very toxic, highly questionable therapies (radiation and chemotherapy), it's easy to see why patients would likely have a better chance of survival, if they did absolutely nothing! Although that's not what we will be recommending, as we have many perfectly safe options to choose from.

Blood Transfusions – and Even “More” Immune Suppression – Increases the Risk of Acquiring an Infection or Autoimmune Condition

One more issue that is seldom discussed is, the immune suppression that can result from blood transfusions, following or during surgery. The following article published by *New Scientists*, titled “Could Blood Transfusions Cause Harm?” (retrieved from http://www.eurekalert.org/pub_releases/2008-04/ns-cbt042308.php), explains the concern, as follows:

A priority is to find out how transfusions can be harmful. One possibility is that they affect the patient's immune system. Blood transfusions are typically teeming with cytokines – chemicals that modify immune cells – and both the cytokines and white blood cells in donated blood have been shown to affect

the action of “recipient” immune cells in the lab. **Before modern immunosuppressant drugs were developed, blood transfusions were sometimes used to achieve immunosuppression during kidney transplants.** [To deliberately suppress the immune system.]

Then Dr. David G. Williams goes on to share his concerns and findings:

Now, research shows that the odds of having any kind of an infection is three times greater in any patient who receives a blood transfusion when compared to a similar patient who doesn't.

*They discovered that **individuals who received blood transfusions were five times more likely to die within 100 days of their operation compared to those who did not** (Am Heart J 06;252(6):1028-1034)*

*What seems to be overlooked is the fact that these infections are not the typical ones that start at the site of the surgical incision, but rather infections that pop up at random places in the body. **This indicates that the transfusions are placing an enormous burden on the body's immune system – an event which has far more serious consequences.** The body's natural defenses may be overwhelmed, allowing even the most minor infections to spread unchecked **to the point of killing the patient.***

***Our blood contains dozens, if not hundreds, of various antigens – substances that trigger an immune response. There are also tumor antigens.** It is through the recognition of tumor antigens that our immune system is able to locate and hopefully destroy these abnormal clumps of cells.*

*In many individuals the blood also contains what are called autoantigens. These are actually normal cells that the immune system has mistakenly “tagged” as abnormal. **The result is that one's immune system begins to destroy normal tissue.** This malfunction is **the basis of autoimmune diseases such as rheumatoid arthritis, lupus, and multiple sclerosis.***

[MY NOTE: Could you imagine the implication that just from a blood transfusion, you could acquire (one or more of) the serious autoimmune diseases noted, that immune suppressing drugs are all too often prescribed just to control – not actually cure – the condition!]

*These infectious pathogens, antigens, allergens, and pollutants are transferred in donor blood to the new host. **The result is an immediate assault on your immune system – one which probably couldn't come at a worse time [especially a concern for a cancer patient!]***

(Dr. David G. Williams' Unabridged Library of Medical Lies, 2009, pp. 44-45).

If surgery is required, due to an obstruction, there is a way to prevent blood loss, so a transfusion shouldn't be necessary. Unfortunately, it's being totally ignored, as it's not a drug, but instead a super cheap herb – cayenne pepper. It's basically a highly intelligent herb that knows how to rapidly eliminate any unwanted blood loss during surgery, or possibly an aneurysm, potentially resulting in loss of blood in the brain during a stroke. Cayenne seems to know instinctively when clotting is appropriate, and when it obviously isn't. Only God is capable of creating such a miracle. In spite of its tremendous potential, it has still been ignored for decades, just because it can't be patented, and is thus not profitable. It's also an important part of my "Stroke and Heart Attack Emergency Kit", which is provided in my book *A Drug-Free Approach To Healthcare* (now available in the 2009 Revised Edition). It can stop a stroke, or heart attack, in about five minutes, according to the prominent herbalist, the late Dr. John Christopher, who claims he has seen it work hundreds of times, and not once fail!

The well-known herbalist Dr. James Duke, a foremost authority on herbs, has written extensively on the phytopharmacy of herbs and plant extracts, (Our Creator's pharmacy), which are being totally ignored by most doctors. Once again, it was not part of most doctors' curriculum in medical school. That must change, as we can no longer afford to continue subsidizing the pharmaceutical industry, and placing patients' lives at risk!

Blood transfusions just happen to be one more way the surgical removal of cancer can actually suppress the immune system even further. Although, we will

no longer recommend removing cancer surgically, (unless absolutely necessary), I felt it best to at least show you “all the threats” to cancer patients, just from the surgery alone. You will soon discover that’s just the beginning, when it comes to traditional cancer therapies. In my opinion, (due to the many risks created by the surgery), it is not the way at least most cancers should be removed, nor should radiation or chemotherapy be options to consider either. In rare cases, when a tumor might be creating an obstruction in the intestine for instance, surgical removal of the tumor might be necessary.

Avoiding Metastasis and the Recurrence of Cancer

So now we might take a moment and review what we just learned about how surgery basically sets the stage for metastasis of cancer cells, and assures they will arrive undetected at their new destinations. The immune system will be preoccupied, helping repair the damage caused by the surgery. Its top priority must be to break down and remove any necrotic (dead) or damaged tissue that results from surgery, and initiate the healing process following surgery. That’s one important function of the immune system.

Part of the healing process involves closing the wound by producing adhesion molecules (similar to glue or Velcro). The body then stimulates a process known as angiogenesis (growth of blood vessels), to supply the billions of new cells that must be created in order to complete the healing process. Unfortunately, during the healing process, the body is utilizing the very same resources needed by the surviving cancer cells, (which are often missed, or were basically turned loose, during surgery), for their own survival. This basically increases the cancer’s chance of survival.

It often starts with the removal of the primary tumor. As it turns out, the surgery can actually stimulate metastasis (the spread of cancer), in more than one

way. Any surgery, when you have cancer, should be avoided if at all possible, until the cancer has been killed! We should then allow the immune system to break down the dead cancer cells, by enzyme action, and remove it naturally – something our bodies are capable of, when given the opportunity. When attempting to surgically remove a cancer, many healthy cells will be destroyed, and thus must be replaced. Some cancer cells can be easily missed, or cut loose and released into the circulation, on their way to one or more new destinations. Then, the follow-up radiation and chemotherapy, in turn, create an environment in which the surviving cancer cells can more easily take hold and thrive. The question is: Whose side are we on anyway? To date, it appears that cancer is winning the war, although hopefully that's about to change!

It appears that far too many doctors have forgotten their Hippocratic oath: ***“First Do No Harm”***. Apparently, they somehow overlooked the “no”, as they seem to be doing just the opposite. They actually start out by doing harm, (attempting to remove the primary tumor with surgery). The problem is – they never stop harming the patient. The truth is – it's not really necessary to cut up, poison, and then burn, a patient in order to kill the cancer! In my opinion, that's the best possible way I know of to promote cancer, and eventually kill the patient! That appears to be the case, if you just look at the “real statistics”, rather than those deliberately manipulated, in order to convince the public that they are somehow making progress, after all these years. As they can't possibly explain why oncologists are still employing the same failed therapies they have been using for more than seventy years, they have found several ways to fudge the figures – nothing more than deception. It's easier than acknowledging their failure.

If you then consider how costly our current therapies are, and the suffering that patients are required to endure, I believe it's about time we finally get serious

about the war on cancer. One example is regarding mammograms – only by stopping such nonsense, can we possibly win the war on cancer. On the surface, it would appear as though it might help prevent cancer, by early detection. The truth is – the more mammograms a woman receives, the more radiation she will receive, and thus the greater her risk of acquiring cancer. It all comes down to the fact that radiation can cause cancer, and mammograms expose women to radiation. The sooner women start, and the more mammograms they receive, the greater their risk of acquiring breast cancer, creating more victims for the cancer industry to exploit. Mammograms are also known for false-positives, resulting in incorrect diagnosis, which we will discuss later.

We need to begin applying common sense. Although some are currently becoming very wealthy, by following traditional cancer therapies, unfortunately millions are paying the ultimate price – often with their lives. Don't become one of their victims. Also, once you better understand cancer's tactics, you will then know how you can become, and remain, cancer free! In my opinion, cancer is both curable, and avoidable.

As it often takes many years for cancer to develop to the point that it's finally detected, patients often assume they are cancer-free, only to discover it's back with a vengeance. Yet, according to established criteria, if a cancer patient survives five years after diagnosis, they are considered as cured, even if they die the very next day, (of cancer). They are doing their best to deceive the public by obvious deception. Although, if everyone learned the rules, and applied the necessary discipline, cancer could become a rare disease – rather than an epidemic.

God gave us each a brain, and I challenge you to use it. You might begin by reading this book thoroughly, before you decide what therapy makes sense.

Consider which therapy might be promoted, just because it's so profitable. You will soon discover that the cost of a therapy, or how high-tech it might appear, has little to do with its potential. Never forget – anything that God created is far more complex than anything man could possibly create, and much more affordable as well.

You should also consider the wisdom of not exposing your body to anything toxic, if it's not really necessary, and I can assure you that it's definitely not. I will not be making any unsubstantiated claims, with no substance, but instead backed by science, which should soon begin making sense, once you thoroughly analyze the facts presented. I will also attempt to explain everything in plain simple terms that you can understand, even if you are not a doctor.

Never forget that any traditional oncologist attempting to play God, by dictating how long you have to live, is not only violating the Hippocratic oath they once took, but also even the very laws of nature! Exposing their patients to toxic therapies, capable of destroying the health, and even threatening the life, of a perfectly healthy individual, defies all logic. Considering the dismal 2.1% success rate, (far less than doing absolutely nothing), continuing such therapies is in my opinion, absolute insanity! Is excessive profit potential really worth unnecessarily placing patients' lives at risk – not to mention, exposing them to undue pain and suffering? An ethical issue every oncologist must confront. Can they, "in good conscience", continue the obvious deception any longer? Especially as we will be proving there are many non-toxic, much more effective options available. Even more important is the fact that natural therapies not only improve your overall health, but are also "far cheaper" than traditional toxic cancer therapies being employed today.

Incidentally, quite a bit of the information discussed in this chapter was found in an excellent article, by Dr. Steven Nemeroff, N.D., in the December 2009 issue of *Life Extension* magazine, titled “Preventing Surgery-Induced Cancer Metastasis”. The author notes that, **“The metastatic recurrence is far more serious than the original tumor”** – something to look forward to in the future! I have been a member of the Life Extension Foundation for many years, and look forward to each monthly publication. They are on the forefront of scientific research in not only longevity, but also many different diseases and conditions.

CHAPTER THREE

Don't Be Forced Into the Dangers of Chemotherapy or Radiation Therapy!

According to Dr. Nicholas Gonzalez, M.D., *“The fact of the matter is that **for all the major cancer killers** – metastatic breast, lung, prostate, and pancreatic – **chemotherapy does absolutely nothing... zero**”* (Suzanne Somers, *Knockout*, 2009, p. 95).

Dr. Gonzalez goes on to point out that *“**95 percent of the patients who call my office have been brutalized by the orthodox system. These people were given regimens that never could have worked, and so often they're dying and we cannot help them because it is too late. They lost their window of opportunity**”* (Suzanne Somers, *Knockout*, 2009, p. 96).

My guess is – Dr. Gonzalez didn't really believe that it was too late to attempt to recover from the damage many cancer patients are unnecessarily subjected to by most oncologists. He was likely as exasperated as I, that they are still allowed to continue the deception, and promote “toxic poisons” as the “only” approved cancer procedures. In fact, he and many other natural healers have successfully cured patients of cancer, in spite of the damage caused by traditional oncologists, although they all admit that it is definitely a greater challenge. Our bodies have tremendous restorative capability, and there are many non-toxic resources with unbelievable potential at your disposal.

The following excerpt, taken from Suzanne Somers' 2009 book *Knockout*, is Dr. Stanislaw Burzynski's reply when asked *“What about liver cancer?”*

We now know that chemotherapy will speed up the progress of liver cancer! There is no reason to use it. *Scientific works have proven beyond any doubt that **chemo is completely ineffective, yet doctors are using chemotherapy for liver cancer over and over again Practically all patients with advanced liver cancer will die.***

If you do manage to survive, please spread the word and warn others! Something we can all thank Suzanne Somers for, as she obviously isn't doing it for the money – nor am I.

And as if they don't get enough money from chemotherapy, there is currently the best-selling cancer drug in the world, Avastin™ (generic name Bevacizumab), produced by the biotech drug maker Genentech, that **costs each patient about \$8,000 per month – although it has not been proven to extend life or even improve the quality of life!** Incidentally, it was announced that shares of Genentech had soared 25% in the first year, after announcing that Avastin™ showed promise in keeping lung cancer patients alive.

Genentech also noted potentially fatal risks of the drug, which include gastrointestinal perforation hemorrhage, slow wound healing, stroke, severe hypertension, severe kidney malfunction, and the list goes on (retrieved from <http://articles.mercola.com/sites/articles/archive/2010/08/23/why-does-medicine-have-to-profit-so-much-and-kill-cancer-victims-prematurely.aspx>). One can't help but imagine the influence of the already inflated cost of Medicare and Medicaid. And just to prolong the suffering a couple months, while introducing many rather serious risks in the process! Following is more proof of how cancer patients often receive unnecessary and ineffective cancer therapy to the very end.

Terminal Cancer Patients Spend Final Days Suffering from Radiation Therapy That Does Nothing

*A new analysis just published in the journal Cancer concludes that a significant proportion of terminally ill cancer patients spend most of their final days and weeks subjected to grueling radiation therapy (radiotherapy). **What makes this extra heartbreaking and downright outrageous is that irradiating dying cancer patients does absolutely nothing for the vast majority—except to cause more end-of-life suffering and to keep countless people in the hospital, instead of allowing them to die at home.***

So-called palliative radiotherapy is often ordered for end-stage cancer patients. The rationale? It's supposed to control cancer-related pain and other symptoms by reducing the number of cancer cells. Unfortunately, it doesn't work. In all, they studied 33 of these patients, all of whom died within 30 days of receiving radiation therapy.

Bottom line: for most patients, the treatment were not effective and patients who were close to death and wanted to die in their own homes were instead kept in the hospital so they could be irradiated. And they often ended up dying in the hospital while suffering greatly from the effects of the radiation treatment.

*The **Cancer** study found that radiotherapy was delivered to 91 percent of dying cancer patients and half of those patients spent more than 60 percent of their remaining lifespan on radiotherapy. In fact, only 58 percent of patients completed radiotherapy, primarily because they died. **The therapy did not reduce pain in the vast majority. In fact, it increased pain and suffering in more than half of the patients.***

***Among cancer patients who died within one month, about one in five of their physicians had predicted more than six months survival. Excessive radiotherapy in end-stage cancer patients may reflect overoptimistic prognoses and unrealistic concerns about radiation damage. Radiation oncologists have fallen short in accurately determining the life span of terminally ill cancer patients. This has resulted in unduly prolonged radiation therapy regimens that often go uncompleted due to death or withdrawal from treatment** (retrieved from http://www.naturalnews.com/028764_cancer_patients_radiation.html).*

Hopefully, it's not "too late" for you. It's obviously best if you get it right the first time, and not allow the cancer industry to totally destroy your health. Never forget that, even if you were already conned into it, don't give up. In my opinion, if you are still alive, it's not too late, although it will just require more diligence on your part. So if that applies to you, get started ASAP! Many victims of radiation and chemotherapy still managed to survive, so don't give up yet.

Just Say “No” To Chemo – If It’s Not Too Late! The Most Toxic Substance You Can Expose Your Body To!

The following information was retrieved from the American Cancer Society website (<http://www.cancer.org>), regarding the side effects you can expect from chemotherapy. Interestingly, they actually recommend chemotherapy! However, once you read the following warnings, you will likely be asking the question: Why?

What causes side effects?

*Cancer cells tend to grow fast, and **chemo drugs kill fast-growing cells.** But because these drugs travel throughout the body, **they can affect normal, healthy cells that are fast-growing, too.** Damage to healthy tissue causes side effects.*

The normal cells most likely to be damaged by chemo are blood-forming cells in the bone marrow; hair follicles; and cells in the mouth, digestive tract, and reproductive system. Some chemo drugs can damage cells in the heart, kidneys, bladder, lungs, and nervous system.

The most common side effects of chemo are listed here.

- *Anemia (low red blood cell count)*
- *Fatigue (extreme tiredness)*
- *Hair loss*
- *Increased chance of bruising, bleeding, and infection*
- *Nausea and vomiting*

Chemo may affect parts of your body in the following ways:

- *Intestinal and stomach problems*
- *Appetite and weight changes*
- *Sore mouth, gums, and throat*
- *Nerve and muscle problems*
- *Dry and/or discolored skin*
- *Kidney and bladder irritation*
- *Sexual and fertility issues because of effects on reproductive organs*

Although side effects can be unpleasant, they must be measured against the need to kill the cancer cells.

How long do side effects last?

*Many side effects go away fairly quickly, but some may take months or years to completely go away. **Sometimes the side effects can last a lifetime, such as when chemo causes long-term damage to the heart, lungs, kidneys, or reproductive organs. Certain types of chemo sometimes cause delayed effects, such as a second cancer that may show up many years later.***

If your red blood cell count falls too low, you may need a blood transfusion.

[MY NOTE: The problem is – blood transfusions are known to suppress the immune system, which as we discovered is already suppressed from the loss of white blood cells caused by chemo drugs!]

Fatigue is one of the most common side effects of cancer treatment.

How will chemo affect my blood cell counts?

The bone marrow produces 3 important parts of your blood:

- *Red blood cells, which carry oxygen to cells throughout the body*
- *White blood cells, which fight infection*
- *Platelets, which help blood to clot and stop bleeding*

Chemo destroys some of the bone marrow cells so fewer blood cells are produced.

Infection

Having a low white blood cell count decreases your body's ability to fight infections. One type of white blood cell, the neutrophil, is especially important in fighting infections. A shortage of neutrophils is called neutropenia.

Infections can begin in almost any part of your body and most often start in your mouth, skin, lungs, urinary tract, and rectum.

Nausea and vomiting

About half of the people getting chemo feel queasy even before treatment begins. This is called anticipatory nausea, and it is very real. [The mind-body connection.] The best way to handle anticipatory nausea is by taking effective anti-emetics to prevent vomiting, and by using relaxation techniques.

Appetite changes

There may be days when you just can't eat because of things like nausea or mouth and throat problems. You also can lose your appetite if you feel depressed or tired.

Constipation

Some people become constipated from chemo.

Diarrhea

When chemo affects the cells lining the intestine, it can cause diarrhea.

[MY NOTE: As 80% of the immune system resides in the intestine, any damage to the intestine would compromise the immune system – our best resource for resolving cancer!]

Mouth, gum, and throat problems

*Good mouth care is important during cancer treatment. **Chemo can cause sores in the mouth and throat.** It can make these areas dry and irritated or cause them to bleed. Mouth sores are not only painful, but they can also become infected by the many germs that normally live in your mouth. **Infections can be hard to fight during chemo and can lead to serious problems.***

Nerve and muscle problems

Certain chemo drugs can cause peripheral neuropathy, a nerve problem that causes tingly, pins and needles, burning sensations, weakness, and/or numbness in your hands and feet.

Urine changes and bladder and kidney problems

Some chemo drugs can irritate your bladder or cause short- or long-term kidney damage. They may also cause your urine to change color (orange, red, or yellow) or take on a strong or medicine-like odor.

Weight gain

Some people, usually women, put on weight during chemo.

Do You Value Your Brain? If So, Avoid Chemotherapy!

Dr. Grace E. Jackson, M.D. explains the phenomenon of "Chemo Brain" in her article titled "Chemo Brain: A Psychiatric Drug Phenomenon", published in the 2007 Number 4 issue of the *ICSP* (*International Center for the Study of Psychiatry and Psychology, Inc.*) newsletter, as follows:

Chemo brain is a phenomenon which refers to the immediate or delayed onset of cognitive dysfunction arising from cancer-fighting drugs. Symptoms can include impairment of language, memory, concentration, attention, judgment, planning, information processing, and/or reaction time.

It is only recently that concerned clinicians from around the world have called attention to the reality and significance of chemo brain.

Then the following article, adapted from materials provided by the University of Rochester Medical Center, based on a study published April 22, 2008 in the *Journal of Biology*, further explains:

Chemotherapy's Damage to the Brain Detailed

A commonly used chemotherapy drug causes healthy brain cells to die off long after treatment has ended and may be one of the underlying biological causes of the cognitive side effects -- or "chemo brain" -- that many cancer patients experience.

A team of researchers at the University of Rochester Medical Center (URMC) and Harvard Medical School have linked the widely used

chemotherapy drug 5-fluorouracil (5-FU) to a progressing collapse of populations of stem cells and their progeny [offspring] in the central nervous system.

"This study is the first model of a delayed degeneration syndrome that involves a global disruption of the myelin-forming cells that are essential for normal neuronal function," said Mark Noble, Ph.D., director of the University of Rochester Stem Cell and Regenerative Medicine Institute and senior author of the study.

Cancer patients have long complained of neurological side effects such as short-term memory loss and, in extreme cases, seizures, vision loss, and even dementia. Until very recently, these cognitive side effects were often dismissed as the byproduct of fatigue, depression, and anxiety related to cancer diagnosis and treatment.

Virtually all cancer survivors experience short-term memory loss and difficulty concentrating during and shortly after treatment. A study two years ago by researchers with the James P. Wilmot Cancer Center at the University of Rochester showed that **upwards of 82% of breast cancer patients reported that they suffer from some form of cognitive impairment.**

While these effects tend to wear off over time, a subset of patients, particularly those who have been administered high doses of chemotherapy, begin to experience these cognitive side effects months or longer after treatment has ceased and the drugs have long since departed their systems.

For example, a recent study estimates that somewhere between 15 and 20 percent of the nation's 2.4 million female breast cancer survivors have lingering cognitive problems years after treatment. Another study showed that **50 percent of women had not recovered their previous level of cognitive function one year after treatment.**

Two years ago, Noble and his team showed that **three common chemotherapy drugs used to treat a wide range of cancers were more toxic to healthy brain cells than the cancer cells they were intended to treat.**

The drug, which is often administered in a "cocktail" with other chemotherapy drugs, is currently used to treat breast, ovarian, stomach, colon, pancreatic and other forms of cancer.

The researchers discovered that months after exposure, specific populations of cells in the central nervous -- oligodendrocytes and dividing precursor cells from which they are generated -- underwent such extensive damage that, after 6 months, these cells had all but disappeared in the mice.

*Oligodendrocytes play an important role in the central nervous system and are responsible for producing myelin, the fatty substance that, like insulation on electrical wires, coats nerve cells and enables signals between cells to be transmitted rapidly and efficiently. **The myelin membranes are constantly being turned over,** and without a healthy population of oligodendrocytes, the membranes cannot be renewed and eventually break down, resulting in a disruption of normal impulse transmission between nerve cells.*

*These findings parallel observations in studies of cancer survivors with cognitive difficulties. MRI scans of these patients' brains revealed a condition similar to leukoencephalopathy. **This demyelination -- or the loss of white matter -- can be associated with multiple neurological problems.***

*"It is clear that, in some patients, chemotherapy appears to trigger a degenerative condition in the central nervous system," said Noble. **These treatments will clearly remain the standard of care for many years to come,** it is critical that we understand their precise impact on the central nervous system, and then use this knowledge as the basis for discovering means of preventing such side effects" (retrieved from <http://www.sciencedaily.com/releases/2008/04/080422103947.htm>).*

Hopefully, Dr. Noble might be wrong, regarding his assumption that the current cancer therapies will remain the standard of care for many years to come. It's obvious why he might come to that conclusion, as it has been promoted for so many years, although hopefully that is about to change. In my opinion, avoiding exposing the brain to the highly toxic chemotherapy makes far more sense. Thus it won't be part of any therapy we will be recommending. In fact, the brain is

obviously not the only part of the body that receives long-lasting damage, as you are about to learn.

Dangerous Chemo Drugs Place Nurses and Pharmacists at Risk

Long before any safety guidelines were established, thousands of health care workers were chronically exposed to chemotherapy agents on the job, and are now being diagnosed with cancers potentially linked to that exposure. *“Last year, [a] Danish study of more than 92,000 nurses found an elevated risk for breast, thyroid, nervous system and brain cancers in the nursing population”* (MSNBC, July 11, 2010).

Chemotherapy drugs are extremely toxic, even when used “as directed”, and could end up eventually causing cancer. In 2004, researchers issued an alert from the National Institute for Occupational Safety and Health (NIOSH), urging health care practitioners to take extensive precautions when handling high-risk drugs like chemotherapy agents. Special gowns, double layer of gloves, special ventilation hoods, respirators and face shields were among the safety measures recommended. Although the guidelines are not enforced, and it is thought that many health care workers are likely still not aware of the risks they face when working with these toxic drugs. Yet these “extremely toxic” drugs are being injected intravenously into cancer patients daily – total insanity!

Research by Thomas Connor, NIOSH biologist, found chemotherapy drugs in the blood and urine of nurses and other health care workers. According to NOISH, other health effects identified to date include:

In addition to acute or short-term effects, there are a number of long-term or chronic effects that have been identified in patients. These include liver and kidney damage, damage to the bone marrow, damage to the lungs and heart, infertility (temporary and permanent), effects on reproduction and the developing fetus in pregnant women, hearing impairment and cancer.

Thomas goes on to point out:

Most workplace surfaces are contaminated with the drugs being prepared and used in that area.

Bodily fluids from patients receiving these drugs may contain levels of chemotherapy agents that are even more biologically active than the original drugs.

While it's thought that skin exposure is currently the primary route of exposure for health care workers, it's possible they could be exposed from working with chemotherapy patients as well.

*Sadly, some of the health care workers who worked with these drugs in the early 1980s and after, often with very little precaution are **now suffering the consequences and having their lives cut short by chemotherapy-induced cancers.***

*The known fact that **they can cause cancer in otherwise healthy workers,** it begs the question of whether this "cure" is worse than the disease... and in many cases I'm inclined to say yes.*

*After reviewing data from over 600 cancer patients who died within 30 days of receiving treatment, it was found that **chemotherapy hastened or caused death** in 27 percent of cases (retrieved from <http://articles.mercola.com/sites/articles/archive/2010/07/27/cancer-drugs-actually-cause-cancer.aspx>).*

Now that we're aware of the "serious damage" caused by the highly toxic chemotherapy, one could easily understand why anyone would choose to refuse chemotherapy. Especially when they had already experienced its terrible side effects first hand. Yet, we are about to learn how one judge somehow decided that a young boy had no choice in the matter, and must therefore receive chemotherapy, contrary to not only his wishes, but also his parents! Thus, they have absolutely no say in the matter – the judge is in charge!

The Very Worst Case of Child Abuse – Some Judge Can Decide What Therapy Your Child Should Receive (Based Entirely on The Oncologist's Opinion)!

I'm not sure if you happened to have followed the story of Daniel Hauser, or not, although I did. Daniel is a 13-year-old boy who had a very bad experience with chemotherapy, and refused to continue the treatment in spite of persistent pressure from his oncologist. Once the news media got involved, his oncologist didn't waste any time applying pressure to promote his agenda. My guess is – he was likely afraid that if the natural therapies that Daniel and his parent decided on were successful, the word would likely get out. He couldn't let that happen! That would obviously not have a positive influence on his future "highly profitable" career. Especially considering how badly Daniel had reacted to the toxic chemotherapy, which is actually quite typical.

When Daniel's mother escaped with him, in an attempt to leave the country so Daniel could receive safer alternative therapies (over the border), they even treated her as if she were a criminal, and even threatened to jail her, unless she returned with her son, (and their "victim"), Daniel. Unfortunately, she finally returned. After all, his parents were law-abiding citizens – just attempting to help their son the best way they knew how. Law-abiding citizens do not want to be imprisoned, and labeled as a criminal, (something the powers to be took full advantage of).

This is not the first time that healing became a crime. As far as the cancer industry is concerned, any competition with traditional cancer therapies is illegal! After all, they have a huge facility with an extensive budget (including money, raised with all those well-intended walk-a-thons), and other charitable organizations. And of course we can't forget government funding, (our tax dollars). Then we have the thousands of "highly paid" oncologists, with their expensive

lifestyles to maintain. Could you possibly imagine what would happen if the truth actually got out? The potential downfall of a huge, highly profitable industry! It wasn't about saving one boy's life, but the reputation of an entire industry, which is (and for decades has been) built on deception and corruption.

This truth is, it's actually a prime example of the powers to be basically taking away the parents' right, regarding what therapy they feel might be the safest, most effective, and thus the most appropriate, for their son. And more importantly, Daniel hated what the chemotherapy was doing to him, (and rightfully so). Both Daniel and his parents agreed that natural therapies would be a better option. There was absolutely no conflict whatsoever, between Daniel Hauser and his parents. Yet, just one district judge, (with absolutely no knowledge of cancer therapies), made the arbitrary decision that the self-serving oncologist (promoting the highly toxic radiation and chemotherapy), and thus his job, "had to be right"!

The question is: Based on what criteria? It's a well-known fact that oncologists are fully aware of how toxic both chemotherapy and radiation truly is, and thus wouldn't consider either, if they or a family member acquired cancer.

My guess is – Daniel likely survived because his doctor finally agreed to allow him to continue the alternative therapies, along with the traditional toxic therapies. He could very well have known that the natural therapies should be beneficial, although that's something oncologists continue to deny. As usual, they would likely attribute any success to the radiation and chemotherapy, not the natural therapies. Oncologists continue insisting that they have the only game in town, and discourage relying on natural therapies.

Interestingly, according to Arthur Caplan, Chair of the Medical Ethics Department at the University of Pennsylvania, ***"The medical community recognizes the right to refuse treatments – but those rights didn't apply to***

incompetent people or children.” The obvious question is: Just whose decision was it that, both Daniel Hauser, and his parents, were somehow incompetent? Even worse, the conclusion that his oncologist (who obviously has a financial interest) is somehow the ultimate authority? As we are fully aware, oncologists refuse to research, or consider incorporating, any alternative cancer therapies in their practice. So what makes them the ultimate authority on any healing potential of natural therapies? Once people learn of their true potential, relying on highly toxic (very expensive) therapies would soon become ancient history. The sooner that happens, the more lives will be saved. Obviously, the sooner, the better!

You will soon discover that both Daniel, and his parents, were entirely competent, and that both the judge, and the oncologist, were basically perpetrating a fraud. The title of Kenny Ausubel's book *When Healing Becomes a Crime* (2000), pretty well sums it up. If you recall, the “medical community” Caplan referred to, determined that incompetent people or children basically don't have any rights! That brings up three questions – Just who is the medical community Arthur Caplan was referring to, to begin with? And even more importantly, who was responsible for analyzing Daniel and his parents for their competence? And what credentials did they have, that would possibly qualify them for coming up with such a conclusion? One that could obviously have a major influence on a family's decisions, regarding their son's health – a decision that all parents should be allowed to make!

As we proceed with our discoveries, we will be looking for unbiased facts only – facts that would make it impossible for any oncologist to possibly continue justifying the same toxic therapies they have for decades, (unless they had absolutely no conscience). I believe you will have to agree that it was actually the judge, and Daniel's oncologist, who were incompetent – not Daniel or his parents.

Giving that kind of power to a judge, or some oncologist basically promoting himself, can be outright dangerous. Especially when they have the power to supercede the wishes of both the patient, and his parents. That is basically setting a dangerous precedent for any such future cases – that oncologists are the ultimate authority when it comes to what therapies have the greatest life-saving potential for all cancer patients. I'm sure they would like nothing better!

Hopefully, once I convince you that it's totally possible to cure your cancer all by yourself, (if you so choose), both safely and very inexpensively, and improve your overall health in the process, you might consider helping others to do the same. Nothing can be more rewarding, and it can truly change your life forever. It can eventually become a movement that will finally expose the obvious deception. People will eventually discover that once they truly understand cancer, it won't be nearly as scary as it once was. Especially if you know it's not necessary to rely on all the toxic therapies that can totally destroy your health, not to mention the nightmare you would experience in the process. And the continued promotion of such toxic therapies relies on your lack of knowledge. Hopefully that will no longer be a concern.

We will attempt to make our cancer therapies as pleasant as possible – more like a health promoting lifestyle, than a traditional cancer therapy. Our focus will be on enhancing the energy level all your cells. One approach would also include the cancer cells. Thus you should begin experiencing a continual improvement in your overall health, and energy levels. Traditional therapies instead ignore any potential collateral damage to the organs (including the brain). Even the destruction of both the red and the white blood cells (an important defense against cancer) doesn't seem to concern them. We will instead be doing just the opposite. Our focus will instead be on building our defenses.

At least to me, that makes far more sense. Something that even the most hardcore oncologists would likely have difficulty denying. Especially as I plan on proving just that. Then possibly you can help as well, by following my advice, and then sharing your success story with others. Eventually it should be difficult for them to continue denying the obvious.

What I would prefer to do is – provide you with several different options to choose from. Keeping in mind that our objective will be to eliminate the cancer, and improve your overall health in the process. We will not resort to the use of anything that could potentially compromise your health. Do no harm, will be **our** motto.

Both Chemotherapy and Radiation Contribute to Health Complications in Children

The following article, written by David Gutierrez, was published online at http://www.naturalnews.com/z028032_radiation_therapy_diabetes.html:

According to a new study conducted by researchers from Emory University and published in the Archives of Internal Medicine, a number of studies have found that radiation, chemotherapy, and other such treatments significantly shorten the lives of childhood cancer survivors.

*“As a result of their curative therapies, **childhood cancer survivors face an increased risk of morbidity and mortality,**” the researchers wrote. Nearly 75 percent of such children develop a chronic health condition within 30 years of diagnosis, while 42.4 percent develop severe, disabling or life-threatening health conditions.*

Say “No” To Radiation Too!

The following article, published and posted on NaturalNews.com (at http://www.naturalnews.com/z028127_radiation_therapy_medical_mistakes.html), was written by S. L. Baker, feature writer:

In late January, the New York Times published a startling and groundbreaking series of reports by investigative reporter Walt Bogdanich who has uncovered case after case of people who suffered devastating consequences -- including horrendously painful, torture-like deaths -- because of medical mistakes related to radiation treatment. In response to these articles, the American Association of Physicists in Medicine (AAPM) just issued a statement saying the group and its members "deeply regret that these events have occurred, and we continue to work hard to reduce the likelihood of similar events in the future."

Following is a portion of the *New York Times* article, referred to above:

Horrifying deaths caused by "medical" radiation

*For example, Bogdanich reported on the heartbreaking tale of Scott Jerome-Parks who was **literally irradiated to death**. While he was being treated for tongue cancer, staff in a New York City hospital didn't notice a computer error was directing a linear accelerator to zap Jerome-Parks' brain stem and neck with off-target beams of high-dose radiation on three consecutive days.*

He was left deaf, almost blind, burned, and unable to swallow. His teeth fell out among the ulcers lacing his mouth and throat. He died, in excruciating pain, weeks after his radiation "treatment" at the age of 43.

*The very day a warning was issued to other hospitals to be more careful with radiation, Bogdanich pointed out in his report, at the State University of New York Downstate Medical Center in Brooklyn a 32-year-old woman with breast cancer was subjected to a huge radiation overdose -- three times the prescribed amount. And it didn't stop there. **This intense irradiation of her body went on for 27 days until it burned a hideous, open hole into her chest. The young mother of two young children suffered horrendous pain and then died a month after Jerome-Parks.***

*One worrisome concern is the fact Americans are being exposed to cancer-causing radiation in huge numbers -- **the average lifetime dose of diagnostic radiation Americans receive has gone up 600 percent in the last three decades**. In addition, when safety rules are overlooked or the incredibly complex and high powered 21st century radiation devices have a glitch, the consequences clearly can be disastrous.*

The AAPM claims “*Medical physicists in hospitals and clinics across the United States are board-certified professionals who play a key role in assuring quality during these treatments.*” **There is no such thing as quality radiation!**

Don't Make The Same Mistake That Suzanne Somers Made – Take Her Advice, and Mine, and Just Say “No” To Radiation!

Following is just a portion of the horrifying experiences with radiation therapy that Suzanne Somers shares in her amazing book, *Breakthrough* (2008:

There was only one bump in my recovery. In 2000, I was still educating myself. I had enough information to know I wanted to refuse chemo, but I got frightened into taking radiation.

I'm sorry that I did that. My health these days is perfect except for the consequences of this radiation. It burned and scarred the insides of the top of my digestive tract, which has given me serious acid reflux, and it compromised my lymphatic system. Because of that I need to work regularly with a lymphatic specialist to unclog my lymph system or face serious problems down the road. This is the weakness in Western medicine.

The treatment for cancer causes other serious complications in the body.

We have more lymph fluid in our bodies than blood. If that fluid is compromised and congested we have a dangerous scenario. No one told me about the complications, no one told me that nausea would have me in a fetal position all day long for six straight weeks. No one told me the skin on my chest would turn black and burn like it had been charred, and no one ever mentioned that radiation was going to create scar tissue in my lower esophagus and congest my lymph fluid. Lymph fluid is what transports hormones throughout the body, and it also exports the “garbage” and toxins out of our systems. Pretty important stuff.

Although Suzanne Somers is not a doctor, she should have been, and in my opinion, very well could have been. She instinctively knows the questions to ask, and is constantly attempting to search out doctors with the answers. Most

importantly, the ethical doctors whose patients' best interests always come before any profit potential.

The good news is – due to her celebrity status, she is providing a “valuable service” by alerting millions of natural cures that are not only available, but also far more effective than drugs and toxic therapies, which far too many are being exposed to on a daily basis.

That is especially true when it comes to the traditional, highly toxic, cancer therapies, (something she experienced first hand). For example, she discovered that even though six doctors claimed that she had serious cancer throughout her body, and should go on chemotherapy immediately, (based on an MRI scan), they were all wrong – all six oncologists! Yet it turned out that her daughter, from a little research, was right all along. Why don't oncologists do a little more research?

That shows how “totally flawed” the training of our doctors has become – a serious issue that absolutely must be addressed. Millions in the nation rely totally on their doctors' advice. Advice that is unfortunately not always that accurate, and worst of all, can even be dangerous, which was obviously true in Suzanne Somers' case. One of my objectives will be retraining doctors – something a few other doctors have already been doing. We just need to do it on a much larger scale. Until we do, many will continue being placed at unnecessary risk – especially a concern for cancer patients!

Once potential cancer victims become better informed on how cancer can be prevented the cure should be obvious. The theory that it's perfectly ok to destroy your body (and brain), in an attempt to somehow kill the cancer, is based solely on deception. We need to take more responsibility for our own health. If the advice you receive doesn't seem logical, such as exposing your body to the highly toxic radiation and chemotherapy “capable of causing cancer”, question the wisdom of

considering such a dangerous therapy – even if it were free! As you are likely aware, it's far from free. In fact it's the most expensive therapy, as well as the most toxic therapy, for a disease that can be easily be prevented.

So What Should You Do Next, If You Happen to Be A Radiation or Chemotherapy Victim?

Procrit™ (Modern Medicine's Answer) Is NOT the Solution!

The problem is – one of “many serious side effects” of chemotherapy is, a serious deficiency of red blood cells. First, we might evaluate the approach that traditional medicine would normally take to resolve the problem. Of course, incorporating nutrients are not an AMA-approved procedure, nor covered by insurance, (the primary deterrent), thus that would not be an option that would normally be recommended by most oncologists. So let's look at traditional medicine's likely solution.

Anyone who watches the national evening news has probably heard of Procrit™, the “solution to anemia following chemotherapy”. The chemo survivors in the commercials seem to suddenly go from barely enough energy to drag through the day, to a sudden burst of energy and enthusiasm.

Don't believe the commercial? Neither do I. Then what's the real story? First, you must ask for your doctor's permission, and then if he or she approves, you will have to begin receiving **injections of a drug like Procrit™**. Obviously not a lot of fun, although neither was the radiation and chemotherapy. I can't help but wonder, what would be the most painful and depressing, the cancer or the therapy, especially when the therapy has such a poor track record?

As we evaluate the rest of the story (Paul Harvey's famous approach), we will soon find a whole different story. A rather disturbing story, I might add. We find the objective is to treat anemia by stimulating red blood cell production. What's unbelievable is – **the mineral iron, along with the vitamin B₁₂ and folic acid**

normally used to treat anemia, are all three actually depleted by Procrit™ (quite amazing I would say)! A deficiency of both B₁₂ and folic acid can also lead to an increase in the level of the cardiovascular risk factor homocysteine, which is another serious concern.

Two other cardiovascular risk factors listed as common side effects were: high blood pressure, and blood clots at the site of injection. When considering Procrit™, you are also supposed to tell your doctor if you have any one of five different cardiovascular risk factors, including **high blood pressure**, (the most common side effect). Even **stroke** was listed as a rare side effect (possibly due to the risk of migration of the clot from the site of injection to the brain). The question is: **Could we possibly be going from cancer to cardiovascular disease, along with gaining weight (just one more side effect)?** This would likely lead to the typical combination of a blood pressure medication and a diuretic.

Two of the most popular classes of blood pressure medications appear to be the calcium channel blockers, and beta-blockers. The calcium channel blockers are known to cause the shrinkage of brain neurons, which along with a deficiency of both B₁₂ and folic acid would greatly increase the potential risk of developing Alzheimer's disease. Then the beta-blockers pose a couple risks, as they can easily lead to an oxygen deficiency. That is especially a concern during exercise or any physical activity, as an oxygen deficiency can lead to loss of brain cells. The oxygen deficiency, along with the suppressed immune system, would then considerably increase the risk of cancer, and the anemia would just compound the problem. But unfortunately, there's even more to the story. We also find that **“stimulated tumor growth” is also a possible severe side effect associated with Procrit™ (WOW!).** And finally, we have the typical extensive list of potential

side effects resulting from taking a drug that is in this case, supposed to help rebuild red blood cells that were destroyed by the chemotherapy.

Some additional particularly troubling side effects listed are:

1. **Dizziness**
2. **Blurred vision**
3. **Convulsions or Seizures**
4. **Fainting**
5. **Sudden loss of coordination**
6. **Sudden and severe inability to speak**
7. **Difficulty breathing**
8. **Closing of your throat**
9. **Double vision**
10. **Partial or complete loss of vision in one eye**
11. **Sudden vision changes**

What might happen if you suddenly experienced one or more of the above symptoms while driving in traffic? Quite possibly a sudden seemingly unexplainable accident, potentially leading to death or injury. As usual, **after close evaluation, the potential risks associated with medications normally far-outweigh any possible benefits – just the opposite of what you would expect!** That is especially true if you also consider all the other side effects listed, including several types of pain, (although there are always COX-2 inhibitors for the pain). Although, one COX-2 inhibitor, Vioxx™, was pulled from the market as it was increasing the risk of heart attack.

So what's the big deal? After all, with Procrit™ we just picked up a few new cardiovascular risk factors anyway, so what's one more? Aren't drugs fascinating? In my opinion, it makes much more sense to avoid the chemotherapy, which undermines the ability of the bone marrow to produce red blood cells, (as well as white blood cells)! After evaluating the typical drug approach, of using medications such as Procrit™ with its many potentially serious side effects, I believe you will

find our natural approach much more refreshing. It also makes considerably more sense, as I believe you will soon discover.

Drug For Anemic Cancer Patients Raises Risk of Death, Study Shows

The following article was adapted from materials provided by Northwestern University, published February 28, 2008, and retrieved from <http://www.sciencedaily.com/releases/2008/02/080226162856.htm>.

Millions of cancer patients take drugs to boost their red blood cells and health when they become anemic after chemotherapy. But a new study by Northwestern University's Feinberg School of medicine shows these drugs, called erythropoiesis-stimulating agents (ESAs), actually raise patients' risk of death, possibly by stimulating the growth of cancer cells.

The recently published study (JAMA. 2008;299[8]:914-924) was lead by Charles Bennett, M.D.

"It's troubling that 15 years after the drug came out, we finally came to this realization," said Bennett, who also is a hematologist and oncologist at Northwestern Memorial Hospital and the Jesse Brown VA Medical Center.

Ironically, Bennett noted, "The later clinical trials were conducted to see if these drugs help people live longer. But, it turns out, this is not the case."

ESAs produced up to \$6 billion in cancer-anemia related sales last year for pharmaceutical firms, Bennett said, and represented Medicare's largest pharmaceutical expenditure.

If we allow such obvious extortion to continue unabated, it won't be long until Medicare will no longer remain solvent. The pharmaceutical giants have proven by their actions that their profit potential has a higher priority than the welfare of millions in the nation that rely on Medicare. The cancer industry in general, has been responsible for the "rapid depletion" of Medicare's financial resources. It's

obvious they are not about to change their tactics on their own. They have absolutely no conscience whatsoever!

The question is: How long can we stand by and allow them to deplete not only critical resources necessary for funding Medicare and Medicaid, but also the entire nation's economy? The problem continues to escalate, and has gotten totally out of hand. Not only the Federal government, but also many states are experiencing a financial crisis, and our totally corrupted healthcare system is a "major contributor" to the problem.

Many are also being placed on painkillers, antidepressants, and medications for nausea, which are side effects, associated with the "highly toxic" chemo drugs. Then some companies are now promoting prescribing the potentially dangerous drugs, (basically mind-altering stimulants), for the fatigue caused by chemotherapy. As usual, it's the "drugs for everything, and nothing but drugs for anything" approach that's costing us a small fortune! Their objective is to find more uses for drugs already on the market. Millions of our kids have been placed on the very same drugs, for ADD or ADHD.

Now that we have evaluated the traditional allopathic medicine approach, which most oncologists rely on, we will next look at a "far more" sensible option – one that will be more scientific, non-toxic, and yet far more effective. Rather than creating side effects that all drugs are notorious for, you will instead experience many different benefits, which is typical of all natural therapies.

CHAPTER FOUR

Evaluating Breast Cancer Screening Protocols – Which Ones I Would Recommend, and Why

First, we will take a look at what scientists have discovered, regarding any benefit versus potential risks, associated with mammograms, and CT scans that most oncologists continue to rely on. It should soon become obvious that their only motivation for continuing protocols that were found to increase the risk of cancer in the future (from excess radiation exposure) is, it is without a doubt the most profitable! The entire “cancer industry” is based solely on profit potential. Everything else is secondary. Based on findings, there is no other explanation for continuing procedures that continue placing patients at unnecessary risk – risks that can be easily avoided.

Next, you will learn a therapy that is far safer, and even more accurate at early detection of cancer still in the early stages, which can be “easily resolved” by implementing “non-toxic” protocols. In fact, it would normally appear that you never had cancer to begin with. No unnecessary pain or disfiguration associated with the typical surgery / chemo / radiation.

Lastly, I will discuss a simple therapy that every woman should be aware of.

The Dangers of X-rays and Mammograms

Dr. J. Robert Hatherill, Ph.D. explains that radiation therapy increases the risk of cancer in soft tissues, as well as the risk of lung cancer, and he also notes that:

Radiation treatments have been used to retard tumor growth, yet radiation therapy can trigger cancer in previously undisturbed areas.

*A New England Journal of Medicine study found that women who were given radiation treatment and survived early Hodgkin’s cancers were **75 times** more apt to develop breast cancer by age 45.*

Dr. Hatherill goes on to say:

Breast cancer is much more likely to result from radiation exposures than are other cancers. In fact, it is two to three times more apt to occur from radiation than cancers in other tissues and organs. Compelling evidence suggests that there is no safe dose of radiation. Any exposure carries some risk (Eat To Beat Cancer, 1998, pp. 28, 131, 159, 169).

Mammograms Are Not The Answer!

In the February 2010 issue of *Dr. Frank Shallenberger's Real Cures* newsletter (Vol. 9, No. 2), it states that “*many so-called experts claim mammograms have saved millions of lives. They always cite the fact that breast cancer rates have come down significantly in recent years.*” The article then goes on to point out, “***The truth of the matter is that breast cancer rates have come down because women stopped using synthetic hormone replacement therapy.***” [Such as Premarin™ and Provera™ - yet they attribute the rate reduction to mammograms! Just one more example of bogus statistics – basically promoting their agenda.]

The following information was retrieved from an article posted online December 5, 2009:

Avoid Routine Mammograms if You are Under 50

*While roughly 15 percent of women in their 40's detect breast cancer through mammography, **many other women experience false positives, anxiety, and unnecessary biopsies as a result of the test, according to data.***

A new recommendation from the U.S. Preventive Services Task Force is stirring up controversy in the conventional medical community, where the long-held advice was for women to get a mammogram every year or two after age 40.

Now the Task Force has revised their recommendation, saying that women in their 40s should not get routine mammograms.

The prior advice was given in 2002, before a host of new research came out showing the problems of overdiagnosis, including false positives.

The study concluded that previous research showing a benefit was flawed and that widespread mammogram screening is unjustified.

Mammograms expose your body to radiation that can be 1,000 times greater than that from a chest x-ray, which poses risks of cancer. Mammography also compresses your breasts tightly, and often painfully, which could lead to a lethal spread of cancerous cells, should they exist.

As for how these misguided mammography guidelines came about, [Dr. Samuel] Epstein says:

“They were conscious, chosen, politically expedient acts by a small group of people for the sake of their own power, prestige and financial gain, resulting in suffering and death for millions of women. They fit the classification of “crimes against humanity.”

Not surprisingly, as often happens when anyone dares speak out against those in power, both the American Cancer Society and NCI called Dr. Epstein’s findings “unethical and invalid.”

*In July 1995, The Lancet again wrote about mammograms, saying **“The benefit is marginal, the harm caused is substantial, and the costs incurred are enormous...”***

Women have unnecessarily undergone mastectomies, radiation and chemotherapy after receiving false positives on a mammogram (<http://articles.mercola.com/sites/articles/archive/2009/12/05/Avoid-Routine-Mammograms-if-You-are-Under-50.aspx>).

And then, the following article, written by David Gutierrez, was published November 18, 2009 by NaturalNews.com, and retrieved from http://www.naturalnews.com/027524_mammogram_overdiagnosis.html:

*In countries with public breast cancer screening programs, **one in every three diagnosed with invasive breast cancers would never have produced symptoms in a patient before she died of other causes, a new study has revealed.***

*“The detection of such cancers, which would not have been identified clinically in someone’s remaining lifetime, is called **overdiagnosis and can only be harmful to those who experience it,**” [wrote researchers from the Nordic Cochrane Center in Denmark, in the *British Medical Journal*.]*

*Because **no tests exist that can predict how aggressive or dangerous a cancer will be,** all women diagnosed with breast cancer are referred to similar treatment programs, many of which – such as chemotherapy, radiation and breast surgery – carry serious and even dangerous side effects.*

According to an article by ABC news, **“Similar false positive results were found with males undergoing prostate cancer screening. False positives lead to stress, expense, time wasted, and perhaps pain and illness until the mistake is determined”** (http://www.naturalnews.com/027541_radiation_medical_imaging.html).

What Might Appear as Bad News, Is In Fact Good News!

It would help explain why you are more than ten times as likely to survive cancer if you do absolutely nothing, than to allow an oncologist to unnecessarily expose you to toxic substances actually capable of causing cancer.

According to Dr. Frank Shallenberger, *“Doctors are finally realizing that most people have cancer in their body. But it’s latent – or hidden – cancer.”* Then he goes on to explain, **“The existence of latent cancers is very reassuring. They clearly demonstrate how effective a healthy immune system can be in stopping cancer. It’s so effective that the great majority of latent cancers never go on to become full-blown cancers. And that’s good news”** (Dr. Frank Shallenberger’s *Real Cures* newsletter, March 2011, vol. 10, No. 3).

The good news is – it’s “not nearly as serious” a threat as most oncologists claim, with their highly aggressive scare tactics. They can’t wait to get you started, before you change your mind. It was during autopsies of those who died of other causes, and not diagnosed with cancer, that it was discovered. For example, many breast and prostate cancers don’t pose a serious threat, although the highly aggressive therapies definitely do.

The best news of all is – we don’t have to rush into something we would regret. We have ample time to research all our options, and plan our strategy accordingly. It’s also reassuring to know that cancer is not some serious enemy, out to take our life, but instead a victim, hoping we will come to it’s rescue. Although it appears that maintaining a healthy immune system can prevent a localized cancer from metastasizing, and pose a serious threat, it’s normally the biopsy or surgery responsible for stimulating metastasis.

Now, Promoting a Newer, Even more Dangerous Option – Twice As Much Radiation With Only 7% Increased Accuracy!

According to Dr. William Douglass, M.D., **3-D mammograms present new risks for women**, as explained below (retrieved from <http://www.healthiertalk.com/3-d-mammograms-present-new-risks-women-3500>):

*There’s a powerful new 3-D mammogram that emits twice the radiation of the traditional screening. **If you didn’t have cancer before your exam, you might get it afterwards!***

The newly approved machine is called the Selenia Dimensions System, and studies show it increases “accuracy” by 7 percent – but as I’ve told you before, docs don’t need more help spotting tumors.

*If the “pink ribbon” campaigns have taught us anything, it’s that **spotting tumors doesn’t save lives – it just puts millions of women through unnecessary life-altering treatments such as poisonous drugs, toxic chemo, and disfiguring breast-chopping surgeries.***

One new study finds that women who survive breast cancer treatments could suffer hip fractures at earlier-than-ever ages.

Don't waste your time choosing 3-D or 2-D – only “No-D” will ensure that you don't fall victim to an unnecessary treatment that could ruin your life now... and shatter your bones later.

The following information was retrieved from an article titled “Radiation Gone Wrong”, by Dr. Mercola, posted February 11, 2010:

*Americans today receive far more medical radiation than ever before. **The average lifetime dose of diagnostic radiation has increased sevenfold since 1980**, and more than half of all cancer patients receive radiation therapy.*

Despite what you have heard, there is no proof that mammograms will reduce your risk of dying from breast cancer. Although mammography does lead to the discovery of smaller, earlier stage tumors, it does not improve breast cancer survival rates over examination alone.

And mammograms produce a lot of false positives – as high as 89 percent – increasing your chances of being damaged by an unnecessary mastectomy, more radiation, and chemotherapy.

But I encourage you to instead consider a much safer and more effective alternative called thermographic breast screening.

A thermographic screening measures infrared heat from your body and translates this information into anatomical images. It uses no mechanical pressure or ionizing radiation, and can detect signs of breast cancer up to 10 years earlier than either mammography or a physical exam “ (<http://articles.mercola.com/sites/articles/archive/2010/02/11/radiation-gone-wrong.aspx>)

The Newest and Safest Breast Screening Option

The following information was retrieved from an article posted online (<http://articles.mercola.com/sites/articles/archive/2009/12/05/Avoid-Routine-Mammograms-if-You-are-Under-50.aspx>) December 5, 2009:

The option for breast screening that I most highly recommend is called thermographic breast screening.

Thermographic screening is brilliantly simple. *It measures the radiation of infrared heat from your body and translates this information into anatomical images. Your normal blood circulation is under the control of your autonomic nervous system, which governs your body functions.*

Thermography uses no mechanical pressure or ionizing radiation, and can detect signs of breast cancer as much as 10 years earlier than either mammography or a physical exam!

Whereas mammography cannot detect a tumor until after it has been growing for years and reaches a certain size, thermography is able to detect the possibility of breast cancer much earlier.

It can even detect the potential for cancer before any tumors have formed because it can image the early stages of angiogenesis – the formation of a direct supply of blood to cancer cells, which is a necessary step before they can grow into tumors of size.

One More Use of Thermography

Thermography can also help evaluate your progress, which should be obvious from follow up tests. It could possibly be self-evident, once the inflammation has been resolved.

The following information was published online, and retrieved from <http://naturalhealthcenter.mercola.com/services/thermography.aspx>:

Inflammation is a precursor to many diseases, such as cancer, arthritis, heart disease, stroke, diabetes, and high blood pressure.

Early detection of inflammation may help you prevent many negative health conditions from developing.

Thermography Diagnostics Center (847-252-4311) measures inflammation through thermal imaging, and a preventative method you can use for

detecting disease, which significantly improves your chances for longevity and good health.

Digital Infrared Thermal Imaging Offers You a Higher Level of Prevention

And unlike most diagnostic tests, thermal imaging is:

- *Not painful...*
- *Non-invasive...*
- *Quick – your multi-image exams usually take less than 15 minutes...*

Plus, it:

- *Makes no contact with your body – with no body part compression (such as what you experience with mammograms)*
- *Emits absolutely NO radiation*

To find a thermography center near you, visit

<http://www.breastthermography.com/find-a-center.htm>.

More Sensible Options For Potentially Curing Breast Cancer (Other Than Mammograms!)

Rather than resorting to mammograms or CT scans (or both), normally followed by biopsies, which can unnecessarily expose you to radiation, and potentially release cancerous cells, promoting metastasis (spreading) of cancer, I would recommend thermography. Also, no biopsy – but instead, begin an essential oil therapy. As it's so easy, and even pleasant, as well as non-toxic, you might also consider including it as part of your cancer prevention protocol.

Following are just some of the benefits of organic lavender oil, we can take advantage of:

1. Kills fungus, bacteria, and viruses, (major contributors to cancer.
2. Often used in perfume, due to its pleasing smell.

3. Helps treat anxiety, depression, nervous tension, and emotional stress.
4. Helps resolve various respiratory (lung) disorders. This could help with oxygen absorption in the lungs.
5. Helps improve blood circulation.
6. Immune system enhancement.
7. An excellent remedy for various types of pain.

All these benefits (and more), just from one essential oil. I should add that not all lavender oils will provide the same benefit. Thus, you should make sure you get “organic lavender oil” only.

Although our recommended therapy for breast cancer will include equal parts of both lavender oil, and frankincense oil – something that one of the foremost authorities on essential oils, Dr. D. Gary Young, N.D., includes in cancer therapies.

In the preface of his *Essential Oils Desk Reference* (June 2002), Dr. Young explains:

Essential oils are some of the most concentrated natural extracts known, exerting significant antiviral, anti-inflammatory, antibacterial, hormonal, and psychological effects. Essential oils have the ability to penetrate cell membranes, travel throughout the blood and tissues, and enhance electrical frequencies. As we watch an essential oil work, it becomes clear that the powerful life force inherent in many essential oils gives them an unmatched ability to communicate and interact with cells in the human body.

Then Dr. Ann Blake Tracy, Ph.D. discovered one day that her teenage daughter had hard tumors the size of a large marble under both arms. As Dr. Tracy was herself a breast cancer survivor, she took immediate action. She mixed both oils, and had her daughter begin applying it. It worked – they soon disappeared. Thus, that will be the basis of our proposed breast cancer protocol. It's a surprisingly simple, as well as pleasant option.

The frankincense oil also has a pleasant odor. Not only does the combination have potential for resolving (or preventing) cancer, but inhaling the oil has other benefits as well. In fact, some protocols involve inhaling the oil. As your breasts are in rather close proximity to your nose, just a side benefit would be inhaling the soothing, rather calming, very pleasant odor. You should feel good, and smell great as well. In fact, you might very well forget you even have cancer. The best news is – there is a good chance that you soon won't.

As usual, there are many other simple inexpensive therapies you could also include – therapies that would just increase your chances for success. Not only that but, they would all improve your overall health, which would greatly reduce the potential of acquiring cancer in the future.

I would suggest applying, and then massaging the lavender/frankincense oil combination to “both breasts, first thing in the morning, and again just before retiring. Far better than resorting to a double mastectomy, as some women agree to, in order to eliminate the potential of acquiring breast cancer in the future. You obviously can't get breast cancer if you no longer have breasts, but what will that do to your self-esteem? That still won't assure that you can't get cancer elsewhere in the future. Instead, you should have both breasts still intact, with no scars, or the potential for years of pain – sometimes a lifetime of pain, from the surgery, followed with radiation and chemotherapy. Traditional, painful, highly toxic therapies, are often followed with pain-killing drugs, along with anti-anxiety and antidepressant medications – creating a nightmare for the cancer patient, as well as greatly compromising their overall health due to organ damage, (including the brain). That's the result of relying on drugs or surgery (or both), as the only acceptable options.

The following information was posted December 14, 2009, in an article on MSNBC.com:

CHICAGO – Radiation from CT scans done in 2007 will cause 29,000 cancers and kill nearly 15,000 Americans, researchers said Monday.

“What we learned is there is a significant amount of radiation with these CT scans, more than what we thought, and there is a significant number of cancer,” said Dr. Rita Redberg, editor of the Archives of Internal Medicine, where the studies were published.

About 70 million CT scans were done on Americans in 2007, up from 3 million in 1980 (retrieved from <http://www.msnbc.msn.com/id/34420356/>).

How can anyone possibly justify over 23 times as many CT scans? As usual, it has absolutely nothing to do with any potential benefit – none! Just like chemo drugs, CT scans are highly profitable, and thus very expensive. The greater the profit potential, the more aggressively it will be promoted.

Thermography is not only perfectly safe, and considerably more accurate, but also much cheaper than mammograms, and CT scans. Yet, seldom do oncologists recommend thermography. Basically highly profitable industries supporting each other, while attempting to discredit any potential competition – it’s all about money!

Just say “no” to mammograms, CT scans, and radiation therapy, if you want to avoid toxic radiation exposure, known to cause cancer. Instead, insist on thermography that is far more accurate, and won’t expose you to any radiation! The breast tissue is especially sensitive to radiation. Then, rather than agreeing to the toxic chemotherapy, (also capable of causing cancer), just start the frankincense / lavender essential oil protocol, just discussed. Both perfectly safe, as well as far more effective – not to mention “way cheaper”!

Do-It-Yourself Screening Device of the Future

Scientists develop smart phone device that lets users detect their own cancer tumors

(NaturalNews) First it was STDs, now it is chronic diseases. Scientists, this time from Massachusetts General Hospital (MGH) in Boston, have come up with a new smart phone device that they say can successfully detect the presence of cancerous tumors and determine whether or not they are malignant. In as little as an hour, the detector can analyze tissues and display their cancer status right on the screen, which could eventually eliminate the need for lengthy and invasive biopsies.

The Boston Globe reports that the \$200 smart phone add-on is capable of scanning tissue, determining if a cancer is harmful or benign, and coming up with an analysis, all without the need for skin removal or even a doctor. And according to a paper published in the journal Science Translation medicine, the device is successful more than 95 percent of the time in tests – which is 14 percent more accurate than current analysis methods.

If determined to be successful, the technology could go on to supplement, or perhaps even supercede, conventional detection methods (retrieved from http://www.naturalnews.com/032007_smart_phones_cancer_tumors.html).

This is a prime example of the potential we now have to redefine protocols, which are unnecessarily expensive. Possibly even worse is, the fact that mammograms and CT scans are not only expensive, but also expose patients to radiation, (a well known contributor to cancer).

The best news is – it's a perfect fit for our proposed inexpensive, do-it-yourself cancer protocols. Patients could potentially track their own progress. It would help them evaluate their progress, so they wouldn't be required to rely on expensive tests. It would also eliminate the necessity of having a biopsy, which can be rather painful, and even promote the metastasis (spread) of cancer, not to mention the inconvenience and cost.

We can totally re-define how cancer is being viewed. No longer a scary disease, with no known cause, which must be treated “immediately”, with highly toxic super-expensive therapies. Protocols that greatly compromise your overall health, while depleting your financial assets. We could easily go from an epidemic, to rather rare, as it was many years ago, even when the cause was unknown. Due to current technology, and years of extensive research, we have the potential to totally eradicate the disease, if special interests don’t get in the way – something we can’t afford!

CHAPTER FIVE

Surviving Chemotherapy and / or Radiation Therapy

For Those Who Have Already Had Radiation or Chemotherapy (A Natural Approach for Repairing the Damage)

So now what's next? Damage control should be our first priority. Considering the terrible side effects, and obvious damage associated with radiation and chemotherapy, there are some critical issues to consider. Working with our body in a natural way, rather than forcing various functions in an unnatural way, seems logical. As our body is organic in nature, all our therapies should be as well. One thing we must never forget is: The Creator of our bodies, and the entire universe, doesn't make mistakes. He obviously wouldn't have designed our bodies with flaws that we would somehow need drugs to resolve (man's deception).

Natural herbs, plant extracts, as well as vitamins and minerals, have many beneficial uses throughout the body and brain. Herbs for instance, often have hundreds of phyto (plant) nutrients, and always in the organic form natural to our body, as well as in the proper balance – an important issue. Drugs in turn “selectively” deplete various critical nutrients, not only creating a nutritional deficiency, but also creating an imbalance in nutrients.

Cancer cells create lactic acid, an acidic bi-product of fermenting sugar. This results in an oxygen deficient environment surrounding cancer. Thus adjoining cells would also become anaerobic (oxygen deficient). It appears that cancer basically converts neighboring cells to anaerobic fermenters, or basically cancer.

One thing we will address is neutralizing the lactic acid created by cancer, which lowers the pH. Then by increasing the pH, the cells can once again begin utilizing oxygen efficiently. At times, cells damaged by cancer can be replaced,

and their full function restored. That's especially important regarding the liver, as it's responsible for so many different critical functions, including removing toxins, and reducing the risk of developing cancer in the future, although few traditional doctors are aware there is a way to repair organs damaged by cancer.

That's where special glandulars, by *Standard Process™*, called protomorphogens (PMGs), would come into play. Not only do they have the appropriate frequencies to match the specific organ or tissue that needs repair, but they also contain the substrates (proper ingredients) necessary for building, or repairing, the targeted organ or tissue. Using a special patented process, developed by Dr. Royal Lee, the protein is removed, basically preventing the immune system from identifying it as foreign tissue, and destroying it. They have protomorphogens (PMGs) for 21 different organs or tissue, such as the pancreas, lungs, mammary glands, prostate, bone marrow, liver, kidneys, and even the brain.

Even though their products are organic and perfectly safe, *Standard Process™* only sells them through doctors, (including chiropractors). Although they do have tremendous potential, they are at times difficult to explain to the average individual. Another problem Dr. Lee encountered was the wrath of the FDA and FTC, when it comes to making any claims, (no matter how valid, or well-substantiated), about the benefits of any products – that's reserved exclusively for drugs! As a result, the solution was to sell them through doctors, in order to stay out of trouble. Thus, *Standard Process™* provides a comprehensive *Clinical Reference Guide* for doctors, with protocols for different conditions, and an in-depth explanation of their many different products, benefits, and constituents (ingredients).

One Contributor to Excessive Long-Term Pain – Overly Aggressive, Yet Apparently Unnecessary Surgeries Result In a Lifetime of Serious Complications

The following article by David Gutierrez, was published online March 16, 2011 (http://www.naturalnews.com/031713_lymph_nodes_surgery.html)

Study reveals lymph node removal surgery useless for many breast cancer patients

The common practice of removing the lymph nodes of breast cancer patients does nothing to reduce the rate of cancer recurrence, according to a study conducted by researchers from the John Wayne Cancer Institute and published in the Journal of the American Medical Association.

“Of the 161,000 women with breast cancer who have lymph nodes removed every year, 35 to 40 percent develop lymphedema,” writes Phyllis A. Balch in the book Prescription for Herbal Healing.

If a tumor and the adjacent lymph nodes are removed, the natural drainage of lymphatic fluid through the area is blocked. Fluid accumulates and becomes stagnant in the tissues of the limb closest to the obstruction. The limb may then swell to several times its normal size. Lymphedema is made even worse by recurrence of cancer, as tumors attract sodium and cause fluid retention.”

The researchers found no significant difference in cancer recurrence rates between the 445 women whose lymph nodes had been removed and the 446 women whose lymph nodes had been left in place.

Based on the new study, as many as 70 percent of women who have lymph node removal recommended may now opt to forego the surgery, said Gary Lyman of the American society of Clinical Oncology.

Once again, (years after the fact), it was finally discovered that many women had unnecessarily received radical surgeries involving the removal of lymph nodes, which provided no benefit whatsoever. Even worse, they will be forced to live with “serious complications” for the remainder of their lives! Hopefully, that’s

about to change. More importantly, if you follow my recommendations, seldom (if ever) will surgery be necessary!

Long-Term Pain Following Breast Cancer Therapies

The following article was written by E. Huff, from information published online, November 10, 2009, by *U.S. News and World Report*.

After Conventional Breast Cancer Treatments, Half of Women have Lingering, Long-Term Pain

*A Danish study published in the November 11 issue of the Journal of the American Medical Association found that **women who have undergone conventional breast cancer treatment experience pain long after completing treatments.** Mastectomies, breast-conserving surgeries, radiation treatments, chemotherapy, and lymph node dissection were among the treatments women in the study had received.*

Nearly 50 percent indicated pain in one or more areas and more than 50 percent of those in the pain group denoted moderate to severe pain.

Of all the women who experienced severe pain, nearly 80 percent experienced it on a daily basis.

Women who received radiation therapy were found more likely to have chronic pain than did those who underwent chemotherapy.

Doctors and pain specialists have been aware of chronic pain resulting from invasive conventional cancer treatments, but many still claim ignorance as to why the pain lingers, often indefinitely.

[MY NOTE: Most doctors' solutions are normally potent painkillers, which are known to have serious complications, including addiction – especially long-term.]

Bombarding delicate areas of the body with toxic radiation, harsh chemicals, and invasive surgeries is sure to have lasting negative effects in those unfortunate enough to undergo such procedures (<http://www.naturalnews.com>).

Relieving the Pain Caused By Cancer Therapies

One way to eliminate the pain normally associated with cancer is to neutralize the lactic acid that cancer produces with its anaerobic (oxygen-deficient) fermentation. The acid not only depletes oxygen, but it also irritates the nerves, causing pain. So not only will baking soda take away cancer's favorite acidic environment, but by neutralizing the acid, it also helps eliminate the pain in the process. Also, all cells, and thus organs, function more efficiently when your pH is in the healthy range, between 7 and 7.4, (not too acid or too alkaline). Most cancer patients' bodies are normally very acidic (low pH) – cancer's contribution. Once again, multiple benefits from just one natural therapy, and a very inexpensive one at that, (baking soda).

Additional Protection (and Recovery) From Chemotherapy

✓ **Melatonin.** According to studies published in the November 1999 issue of the *European Journal of Cancer* (Vol. 35, Issue 12, pp. 1699-1692), **melatonin may help counteract the toxicity of chemotherapy treatment.**

Two-hundred-fifty individuals undergoing chemotherapy for advanced cancers of the lung, breast, gastrointestinal tract, or head and neck received chemotherapy, either alone or in combination with melatonin (20 mg/day).

After one year, the melatonin-supplemented individuals demonstrated a higher rate of survival, and were significantly protected against many of the side effects associated with chemotherapy, including decreased platelet count, neurotoxicity, heart damage, mouth sores, and fatigue (Life Extension magazine, 2007 June, pp. 81-84).

Melatonin is a natural hormone, and should be taken thirty minutes before bedtime, as it also helps you get a good night's rest. It is available at most healthful stores, and online.

I would also recommend 20 mg.

✓ **Ashwagandha.** Studies published in the April 2001 issue of the *Indian Journal of Physiology and Pharmacology* (Vol. 45, Issue 2, pp. 253-257), suggest the following:

One of the consequences of chemotherapy is neutropenia, a decrease in white blood cells called neutrophils that can leave patients dangerously vulnerable to infection. A study of animals demonstrated that orally administered Ashwagandha extract protected against this decline in infection-fighting neutrophils (*Life Extension* magazine, 2006 June).

Ashwagandha is available at most healthful stores, and online.

✓ **Organic Lithium Orotate.** In the September 2003 issue of his *Nutrition & Healing* newsletter (Vol. 10, Issue 8), Dr. Jonathan Wright notes that “Chemotherapy and radiation are probably the most well-known offenders causing low white cell counts. This is where lithium comes in.” Dr. Wright further explains, as follows:

Researchers have found that it [lithium orotate] can increase white cell numbers again in people whose levels fell due to radiation and/or chemotherapy (and even if the person continues those treatments).

Lithium achieves these effects by stimulating the stem cells in bone marrow, which then turn into platelets and white blood cells.

I’ve observed that low dose lithium (5-10 milligrams twice daily) will also usually raise a low count to normal even if radiation and chemotherapy aren’t the culprits (pp. 1-5).

It’s important to understand that there is more than one form of lithium. Before the creation of the far more profitable antipsychotics such as Zyprexa™ by Eli Lilly, very high doses of the toxic lithium carbonate was normally prescribed by doctors for the bipolar disorder. Yet there is instead a natural form, called lithium orotate, which Dr. Wright referred to, that in low doses not only reduces some side effects associated with chemotherapy, but also according to the foremost neurologist Dr. David Perlmutter, M.D., actually helps build gray matter in the

brain. Thus, there is a major difference between the two different forms of lithium. There are serious side effects associated with lithium carbonate – typical of the drugs most doctors rely on.

Organic Lithium Orotate is available at most healthful stores, and online.

Rebuilding the Red Blood Cells Following Radiation and Chemotherapy

That brings us to the other problem of reduced red blood cells. As usual, we have a much better solution than the drug Procrit™ that most doctors normally resort to. We will begin by adding, (rather than depleting), the nutrients necessary for building red blood cells. But first let's address something that can be associated with, and contribute to many different conditions. It is surprisingly (adequate thyroid function), which actually plays a critical role in many functions of the body (including building red blood cells). For that very reason, it is unbelievable that most doctors continue to overlook this major issue.

Very few doctors are aware of the connection between the thyroid function and anemia. The problem is – the low body temperature, or hypothyroid condition, normally resulting in cold hands and feet, also leads to cold bones. The end result is, a reduction in the production of red blood cells, by the bones in the extremities, which are normally the coldest. **One major contributor to suppressed thyroid function is stress. Then one common contributor to stress, (and thus thyroid suppression), is major surgery. Another is learning that you have a serious disease such as cancer.** Also, both chlorine and fluoride are major thyroid suppressants. And anytime your thyroid (metabolism) is suppressed, that should be the very first issue you should address.

Wearing warm clothing and stockings, especially in the winter, can also be helpful in increasing the production of red blood cells. Just remember: The warmer the body, the warmer the bones, which in turn helps build red blood cells. In the

back of this book, in the “Detailed Section on Various Disorders”, we further discuss the hypothyroid (low thyroid) condition.

Now we will be looking at a few supplements beneficial for building red blood cells in order to help resolve the anemia.

1. **Liver** just happens to contain everything normally necessary for producing red blood cells. I personally use a product made by *Universal Nutrition™*, called Uni-Liver™. It contains 18 amino acids, several vitamins and minerals, and natural heme iron. You can purchase them at a discount through *Nutrition Express™* by calling (800) 338-7979, or by visiting <http://www.nutritionexpress.com/>.

When building red blood cells, I would recommend taking four 30-grain (1940 mg) tablets, twice daily.

2. **Blackstrap Molasses.** To assure an adequate supply of iron, I would also recommend taking a tablespoon of molasses twice a day. By taking iron in the natural form, you do not risk getting an overdose. This could pose a potential risk if an inorganic form of iron were used. The body can accumulate toxic levels of iron when too much of the wrong form is used.

3. **Vitamin C** potentiates (boosts) the absorption of iron, and is also important for many other functions in the body, such as enhancing the immune system. I would recommend a minimum of 2,000 mg of Ester-C (or buffered C) with bioflavonoids, four times daily (8,000 mg total). Taking vitamin C along with the blackstrap molasses will assist in the absorption of iron by 30%. Vitamin C will also be a valuable resource regarding our cancer protocol, as you will see later.

4. **Copper and Zinc.** Taking 2 mg of copper and 30 mg of zinc, daily, would be helpful in building red blood cells. Although zinc is needed to balance the copper, they would be best taken separately, as zinc tends to cancel the copper when taken together.

5. **B-vitamins.** You will need a good vitamin B-complex in order to provide adequate levels of folic acid, vitamin B₆ and B₁₂, (necessary for preventing elevated homocysteine), along with the other B-vitamins. To assure the most efficient absorption, the coenzyme (activated) form of B-complex capsules might be the best form. The coenzyme form is especially beneficial for those whose liver might have been compromised, from the use of drugs, or a toxic substance such as chemo. The coenzyme form of B vitamins is already in the form utilized by the body, and the normal conversion by the liver is thus unnecessary.

The formula I use is produced by *Country Life™* Vitamins, and can be purchased at <http://www.countrylifevitamins.com>, or by calling (800) 645-5768. You might also find it at your local health food store. It contains 50 mg or more of all the B vitamins, plus some additional cofactors. There are also B-100 formulas available, or you can take a B-50 formula twice daily, if you prefer. The B-50 indicates that the formula contains 50 mg of each B-vitamin.

6. **Taking extra B₆ and B₁₂** would also be helpful. As we age especially, we will normally benefit from additional B₆ and B₁₂. An extra 100 mg of B₆, along with 1,000 mcg (1mg) of B₁₂, twice daily, would normally be sufficient. One option would be the sublingual B₁₂ lozenges (absorbed under the tongue) for better absorption. Another option, for those who do not absorb oral vitamin B₁₂ very well, would be the injections. Either you or your doctor can do the injections of 2 cc of vitamin B₁₂ serum once a week. Your doctor can provide the injectable B₁₂ and needles. It is relatively inexpensive, especially if you choose to do them yourself. For those who hate needles as I do – not to mention the inconvenience – the sublingual (under the tongue absorption of a tablet) seems to be a better option.

7. **Alfalfa** is an excellent herb with multiple benefits. It contains many beneficial minerals, in a balanced and easily absorbable form. Alfalfa has the distinct

advantage of having a tenacious root system that can penetrate nearly 130 feet into the earth. Alfalfa thus has access to minerals that other plants don't. It is sometimes referred to as the king of herbs. And best of all, it is readily accessible, and very inexpensive. Alfalfa is alkaline and thus also beneficial for preserving oxygen in the body. It is useful for arthritis, liver disorders, and high blood pressure, but is of special benefit for our concerns: Cancer and anemia. So we definitely want to add alfalfa to our list of resources.

I would recommend two 1,000 mg tablets, (twice daily), although more should be perfectly safe. Cattle and horses thrive on alfalfa. I personally prefer the 1,000 mg tablets by *Nature's Life™*, as they are smooth and easy to swallow. They can normally be found at your local health food store.

8. **Vitamin E.** Now we come to vitamin E, which has been proven to be beneficial in preventing blood clots, and is an excellent antioxidant for fats. In our case, **vitamin E also helps prolong the life of the red blood cells.** I would recommend 800 IU of vitamin E in the form of D-alpha-tocopherol daily. Be sure to use the natural form of E, (**there should not be an "L"** following the D, as that is the artificial form).

9. **Beet Juice** benefits are not well known, but according to Russian longevity researcher, Dr. Mikhail Tombak, Ph.D., they are profound! Beet juice is best known as a **blood purifier and blood builder that helps in the creation of red blood cells.** Other cancer curing benefits have also been found, as follows:

*In the 1950's, Dr. Ferenczi of Hungary had his cancer patients drink a quart of beet juice each day, which was **effectively breaking down and eliminating tumors.** Beets have been found to increase the body's production of glutathione, which **helps the body detoxify cancer-causing poisons.** Beets have also been found to increase the number of CD8 cells in the colon, which are cancer-destroying cells (retrieved from http://www.naturalnews.com/z027884_beet_juice_blood.html).*

Conclusion

Good luck – and start rebuilding your red and white blood cells, in order to finally get your energy level back. And remember, more red blood cells mean more cancer-fighting oxygen to every single cell. Then, more white blood cells for attacking and removing cancer cells. When it comes to cancer, gaining and then maintaining the upper hand will be the key to success. Thus we will now discuss how to stimulate blood flow, while avoiding oxygen depletion.

CHAPTER SIX

Cancer Thrives In an Anaerobic Environment (Some Causes of Oxygen Deficiency and Poor Circulation)

To help you better understand how cancer thrives in an anaerobic (oxygen deficient) environment, the first question we must ask is: What causes a cancer cell to change from a healthy cell, into a cancer cell? And then, how does cancer manage to metastasize (spread) from organ to organ? And finally, what are its survival tactics, and how can we undermine them?

Possibly cancer is just an innocent victim – just doing it's best to survive, the only way it knows how. When a normal cell has been deprived of sufficient energy to metabolize oxygen, its only recourse is to convert to the more primitive process of anaerobic fermentation. Although it was likely unintentional on our part, we have to accept the fact we apparently did something wrong, (possibly several things).

The primary problem is, doctors are not trained in disease prevention, thus most patients are unaware of why they acquired cancer, or more importantly, how it can be prevented. Interestingly, curing cancer, (without destroying the immune system, and many healthy cells in the process), is similar to preventing cancer in the first place. It's impossible to either prevent, or cure any disease, without understanding what actually causes the disease. Unfortunately, that's something oncologists seldom discuss with their patients.

The typical approach is, scare tactics, followed by highly toxic therapies. It's referred to as, the "gold standard", that most oncologists follow. It's the best way I know of to torture and kill a patient, while making a lot of money in the process. Not only that but, it's the best way for an oncologist to stay out of trouble! Something is dramatically wrong with that scenario.

Now, back to the original question: What causes a cancer cell to change from a healthy cell, into a cancer cell? Cancer's favorite source of energy turns out to be **sugar**. Then, how does cancer metabolize sugar? By **fermentation**. And what environment is necessary for fermentation to take place? **An anaerobic (oxygen-deficient) environment**. Most importantly, how does cancer create an anaerobic environment to begin with? It does so by creating **lactic acid**, when fermenting sugar. This, in turn, creates **an acidic (low pH) environment, which depletes oxygen**. In fact, Dr. Otto Warburg claimed that **by reducing oxygen levels in tissues by only about 35%, he could consistently induce the development of cancer!**

Optimizing Oxygen Output and Delivery

Getting adequate delivery of oxygen to all cells, (especially cancer cells), plays a vital role regarding our success. It's also important that the cells can efficiently absorb oxygen. One approach will be to attempt to rescue "all cancer cells" by restoring their function back to normal. By doing so, we would be optimizing our overall health in the process. This option, restoring rather than destroying cancer cells (if possible), makes more sense. It's definitely the least toxic option.

In the back of this book, in the "Detailed Section on Various Disorders", we will be addressing the function of our lungs, and the ejection-fraction (overall strength) of our heart. That's basically how much blood our heart is capable of pumping during the systolic phase (first and highest number). It's possible to increase the lung capacity, as well as the strength of the heart, (without drugs). Both are important for efficient delivery of oxygen throughout the body and brain. It's also one of the best ways to enhance your overall health. Optimum circulation is also important for delivering nutrients, and removing toxins.

Thinning the blood in a healthy way would also be beneficial. It would increase the ability of the red blood cells to absorb, and then deliver more oxygen, throughout the body and brain. It's also possible to dilate (widen) the arteries, and even prevent the red blood cells from clumping together, making it easier for them to pass through the small capillaries, which are responsible for supplying all the cells with oxygen. That would help increase their exposure to oxygen in the lungs, where many small capillaries will be found. We have the ability to greatly increase the oxygen level to all cells, (especially important for cancer patients). We will be learning exactly how that can be accomplished. If you acquired cancer, it's more than likely that might very well be at least one contributor to your cancer.

Some Potential Contributors to an Oxygen Deficiency

✓ **Blood Pressure Medications.** Contrary to what you might have been told, not everyone's blood pressure should be the same, (an important issue you should never forget). The body's objective is to assure that you get a sufficient flow of blood, (which carries oxygen), to all cells. Our body was thus designed to increase our blood pressure whenever it detects an oxygen deficiency, (a potential emergency). There are built-in regulatory systems that play an important role, in that regard, which absolutely must not be suppressed! Blood pressure medications attempt to do just that. Some, by overriding the very critical process of diverting oxygen where the greatest deficiency exists, while others slow down the heart (when they shouldn't), in order to lower the blood pressure. We should stop trying to second-guess Our Creator's intentions, regarding our body's intricate, but very efficient design.

✓ **Diuretics** are quite often prescribed in combination with blood pressure medications, to lower blood pressure, although they can actually make matters worse! I would guess I am likely describing the majority of the elderly, as they are

all too often placed on the most medications. The diuretics are especially a concern, as they not only contribute to the loss of critical nutrients, but also dehydration (which basically thickens the blood). The increased viscosity decreases circulation to the small capillaries (those that actually supply oxygen and nutrients at the cellular level). It takes more pressure to circulate blood to the highest point, (the brain). Anything that can contribute to dehydration (such as diuretics) can create an overall oxygen deficiency. We also need efficient circulation through the lungs, to pick up oxygen, and expel toxins.

✓ **Dehydration.** As noted by Dr. F. Batmanghelidj, M.D., in *Your Body's Many Cries For Water* (1992/1998), dehydration is a major contributor to small blood vessel damage. He stresses that *"All blood tests can appear normal and yet **the small capillaries of the heart and the brain may be closed and cause some of the cells of these organs a gradual damage from increasing dehydration over a long period of time**"* (p. 74).

Once the body becomes dehydrated, it causes a constriction of the capillaries in the kidneys, (in an effort to retain the much needed salt and water), although this results in an increase in the blood pressure in the process. But the lungs are also influenced as well. As adequate hydration is critical to our overall health, dehydration is thus considered by the body as stress, resulting in the release of histamine. Then elevated histamine results in a constriction of the bronchial tubes in the lungs, as well as the formation of mucus. It's basically the body's attempt to reduce the loss of water through the lungs, which is especially obvious on a cold day when we exhale.

Dehydration can also be exacerbated following a meal, as the body requires a considerable amount of water for digestion. The food must be hydrolyzed (converted into a liquid form), which requires water, before entering the liver. And

the more dehydrated you are, and the more solids consumed during a meal, the greater the risk would be. Water is a solvent, and thus plays a vital role in detoxification. Thus, dehydration contributes to increased toxicity at the cellular level – one contributor to cancer.

This is also one common contributor to an asthma attack, or a heart attack. During dehydration, the blood viscosity is higher (the blood becomes thicker). Then, due to the bronchial constriction and the coating of mucus, the blood circulating through the lungs will absorb less oxygen. And now a third factor comes into play. As the blood leaves the lungs, and enters the heart, some of the histamine residue from the lungs, still in the blood, also results in the constriction of the coronary arteries supplying the heart with oxygen. This would result in thicker blood, with less oxygen, feeding the heart muscle through constricted (basically smaller) coronary arteries – a bad combination that all started with dehydration.

✓ **Hypoxia.** Although the focus of the following study was on Alzheimer's, hypoxia (an oxygen deficiency) is considered as a primary contributor to cancer, thus I thought it might be helpful to include the following important information regarding hypoxia, which was reported in the *Proceedings of the New York Academy of Sciences* (December 5, 2006):

Hypoxia may be a "trigger" that contributes to the pathogenesis of Alzheimer's disease. The authors of this important research have shown that hypoxia increases the activity of a gene called BACE1, which is involved in the production of damaging amyloid-beta plaques found in the brains of Alzheimer's patients.

Since a decrease in the amount of oxygen delivered to the brain may very well set off a cascade of events that culminates in Alzheimer's disease, conditions like heart disease – a cause of brain hypoxia – provide a stark connection between heart disease and Alzheimer's.

Besides increasing amyloid-beta production, hypoxic conditions in the brain also heighten levels of oxidative stress, an increase that poses serious dangers for the delicate cells of the central nervous system. Scientists believe that chronic oxidative stress may cause neuronal cell death, which ultimately manifests as the cognitive impairment and brain pathology known as Alzheimer's disease.

Finally, hypoxia caused by heart disease may also contribute to the lower levels of acetylcholine observed in Alzheimer's disease (Life Extension magazine, 2007 June, pp. 68-69).

✓ **Aluminum** can be obtained from many sources, (even common table salt). However, regarding hypoxia, **“Only 4 parts per million of aluminum in human blood causes it to coagulate. This will slow down or completely shut off the flow of blood in smaller vessels. The brain cells will die without blood flow and oxygen”** (http://www.oxyomega.com/alzheimers_dementia_aluminum.html).

NOTE: Cells that don't die can instead turn cancerous.

✓ **Elevated estrogen.** According to Dr. Ray Peat, Ph.D., **estrogen consistently lowers the availability of oxygen.** Dr. Peat explains that **when estrogen levels are elevated for a prolonged period, it will cause the heart to stiffen**, thus reducing its ability to pump (<http://www.thyroid-info.com/articles/ray-peat.htm>). Just one more potential problem associated with hormone replacement therapy (HRT), which many women were placed on, before it was discovered that it increases the risk for breast cancer, and heart attack.

The company who produces Premarin™ (the artificial form of estrogen) is doing their best to bring it back again, as it was a very big moneymaker for them. You now have one more reason to avoid it, although if you do consider taking hormones, make sure they are the natural bio-identical hormones (the ones that Suzanne Somers advocates).

✓ **Sugar.** As stated in literature published by The World Natural Health Organization, titled “Soft Drinks – Hard Facts” (retrieved from http://www.wnho.net/soft_drinks_hard_facts.pdf), live blood analyses have shown that **sugar causes the clumping of red blood cells. This inhibits the flow and effectiveness of oxygen delivery to the cells**, as well as contributing to the buildup of toxins in the body, thus increasing the cancer risk. Sugar is also known to suppress the immune system, and is the primary source of energy for cancer.

✓ **Smoking – If you smoke, it’s important that you stop!** For one thing, cigarette smoke contains carbon monoxide, which is very tenacious, and thus much more difficult for the lungs to expel than carbon dioxide, which we normally exhale. Thus, less oxygen will be delivered to the cells.

Cigarette smoke also contains cadmium, which according to Dr. Sherry Rogers, M.D. is like fertilizer for cancer! Two very good reasons to stop smoking – whatever it takes! The question is: Who’s really in control – you or those tiny toxic cigarettes? For many, this might be the greatest challenge of all. Just remember, discipline is critical if you want to be successful in truly resolving your cancer.

Aside from all the physical destruction that smoking causes, researchers from the Department of Psychology at Texas A&M University have reported evidence that **cancer patients who continue to smoke in spite of their diagnosis, experience greater pain than nonsmokers** (*Pain*, 2011; 152(1): 60 DOI: 10.1016/j.pain.2010.09.001). This was found to be true for a wide range of cancer types, in all stages, and “*the extent to which pain interfered with a patient’s daily routine.*”

One well-known contributor to pain is an oxygen deficiency to the area. Thus the carbon monoxide in cigarette smoke reduces oxygen delivery. That issue,

combined by the lactic acid produced by cancer, creates a serious oxygen deficiency, (and thus pain).

A Stop-Smoking Formula That Claims to Help You Kick the Habit in Only Seven Days!

There's an herbal formula called *Smoke Away*[™], which appears to be effective in assisting even difficult cases. For example, one long-term smoker claims:

I smoked for 60 years and tried to quit for the last 3 years. I tried everything and in fact, I almost ignored the commercial for Smoke-Away but the money back guarantee told me to try once more. I never would have believed that it could be this easy.

This company claims it only takes seven days to kick the habit. They have two formulas. Formula 1 is used during the withdrawal, and a second, in case you experience a sudden craving in the future.

I first learned of their products in 2003 when I was doing research on addictions. Now, approximately 8 years later, the product actually appears to be more reasonable, and at least currently, rebate offers are available. They also have package deals, which include an audio CD, a guidebook, and a product called *Nu Lung*[™], (likely to repair lung damage caused by smoking).

Considering the increased risk for cancer patients, caused by smoking, it might be worth trying, especially if you're finding it difficult to stop. As they do provide a money back guarantee, you wouldn't be risking anything if it doesn't work. A company obviously wouldn't provide that kind of guarantee if they didn't have confidence in their product's effectiveness. They claim that over five hundred thousand have tried the product to date. You can contact them on the internet at <http://www.smokeaway.com>, or call toll free at (800) 611-5930.

If you're really addicted, and feel you could use some additional help, you might also consider prayer. It's amazing how much help you can get if you just ask, and best of all, it won't cost you a dime – just a thank you should be sufficient.

WARNING: You may have heard of the prescription drug called Chantix™, advertised on TV to help you stop smoking. You may also have seen commercials by law firms, for potential law suits due to some serious side effects of Chantix™, such as increased suicide risk. Why would anyone resort to the use of a potentially dangerous drug, when there are safe herbal formulas available? As usual, the majority of medications expose you to more risks than benefits, and Chantix™ is a prime example.

CHAPTER SEVEN

Naturally Increasing Oxygen and Circulation

The “Solution” to Poor Circulation (Which Creates an Oxygen Deficiency) Is NOT the Dangerous Blood-Thinning Medication Coumadin™

One problem is the drug Coumadin™, which is commonly prescribed by doctors as an anticoagulant. It not only depletes some very critical nutrients necessary for healthy vascular and brain function, but also comes with an extensive list of very troubling side effects. Although that’s actually not a concern when it comes to the herb known as Korean Angelica, which I would recommend. Instead, it thins the blood naturally, and is also beneficial for pain.

Coumadin™ can also pose an additional risk when combined with many other drugs commonly prescribed along with Coumadin™, (an issue many doctors tend to overlook). It’s almost impossible for a doctor who treats dozens of patients every single day, each with multiple health concerns, and often on several different medications, to adequately evaluate all their drugs’ potential interactions. It’s especially difficult, considering the average allotted time of approximately ten minutes, to determine if the symptoms the patient is experiencing, are actually associated with their other medications. It would obviously take more than ten minutes to do so.

The vitamin B₁₂ depleted by Coumadin™, for instance, is by far the most difficult of all vitamins to assimilate, and thus a vitamin that the majority of the elderly are more prone to be deficient in, (especially those with Alzheimer's or dementia). Vitamin B₁₂ is the most important vitamin for building and maintaining healthy neurons in the brain, and controlling elevated homocysteine, which damages both the arteries, and brain neurons, (something most doctors seldom consider)! Although our primary focus is on cancer, many drugs or therapies that

cancer patients are exposed to, can quite easily increase the risk of potential brain damage, and thus the Alzheimer's risk. Your overall health should always be the primary consideration.

Vitamin K is another important nutrient depleted by Coumadin™, as well as the statin (cholesterol-lowering) drugs. And, just one of many important functions of vitamin K is escorting calcium to the bones instead of the arteries. A deficiency of vitamin K not only contributes to osteoporosis, but also promotes calcification of the arteries, thus reducing oxygen delivery to both the brain, and the cancer. Unfortunately, many are taking both Coumadin™ and a statin drug for lowering cholesterol, which greatly compounds the problem.

Coumadin™ also depletes a third nutrient – Vitamin C – which is critical for maintaining the integrity of the epithelial (smooth muscle) cells lining the arteries, decreasing the potential for leakage, and the resultant deposition of LDL cholesterol, to prevent any blood loss. Vitamin C also prevents another concern, the oxidation of LDL cholesterol. Vitamin C is one of the most valuable resources we have for maintaining a healthy vascular system, (arteries and capillaries). Consuming high doses of vitamin C is just one inexpensive yet effective cancer therapy, which can easily be combined with other therapies discussed later.

Unfortunately, the majority of seniors are taking several different medications, which basically compounds the problem, as each one contributes to a nutritional deficiency. Then, the majority of doctors who so freely prescribe drugs to their patients, never suggest that they consider taking supplements, in order to make up for the deficiency created by the drugs they are prescribing, (unfortunately an issue many doctors are unaware of). In fact, in a recent poll, it was found that although 60% of doctors took supplements themselves, they seldom recommended them for their patients. Of particular concern is the fact that

doctors are not even encouraged by the American Medical Association (AMA) to recommend that their patients take supplements. In fact, it's easier for doctors to stay out of trouble if they don't, (a major issue). Then as most doctors were not trained in nutrition in medical school, they would not be able to council their patients in that regard, (a serious flaw in our current medical system). Thus, it's easier to just avoid the subject.

Then, just so you'll be aware, I'm going to list some known potential side effects associated with Coumadin™, as most doctors seldom do. The potential side effects are rather scary, to say the least. Although any one of these would, in my opinion, be a concern, those in **bold** are the ones I would consider the most troubling of all. You might just evaluate the following, and see if you think taking Coumadin™ (basically rat poison) is worth the potential risks! I believe I know the answer, but I'll let you decide.

More common side effects may include:

*Hemorrhage (**signs of severe bleeding resulting in the loss of large amounts of blood** depend upon the location and extent of bleeding). Symptoms include: chest, abdomen, joint, muscle, or other pain; **difficulty breathing or swallowing; dizziness; headache; low blood pressure; numbness and tingling; paralysis; shortness of breath; unexplained shock; unexplained swelling; weakness.***

Less common side effects may include:

*Abdominal pain and cramping, allergic reactions, diarrhea, fatigue, feeling cold and chills, **feeling of illness**, fever, **fluid retention and swelling**, gas and bloating, **hepatitis**, hives, intolerance to cold, itching, lethargy, **liver damage**, loss of hair, nausea, **necrosis (gangrene)**, pain, purple toes, rash, severe or long-lasing inflammation of the skin, taste changes, **vomiting, weight gain**, yellowed skin and eyes.*

My Observation Regarding Cancer Patients on Coumadin™

It's easy to see that the "**severe bleeding resulting in the loss of large amounts of blood**" (noted above), could be especially a concern for a cancer

patient who is also on chemotherapy. First, chemo reduces the production of red blood cells by the bone marrow. Second, chemo attacks fast-growing cells, and red blood cells just happen to be fast-growing cells. Then finally, it's the red blood cells that we rely on to deliver oxygen to the cancer.

The closer we evaluate traditional therapies, the more flaws we will encounter. They are totally unscientific, to say the least – although outright scary might be a better description. The question is: How long can we allow such obvious deception to continue?

Treat the Underlying Cause of Poor Circulation – And Not Just the Symptoms

Because poor circulation has been implicated as a major factor often associated with cancer, it is important to resolve the underlying contributor to poor circulation, rather than resorting to the dependence upon drugs, which can instead worsen the underlying condition.

Following are some examples of the **symptoms** (of microcirculation), often misdiagnosed by many doctors as other conditions, and then “treated”, as noted in the January 2008 issue of Dr. David G. Williams’ *Alternatives* newsletter:

1. **Purple Spots.** *One of the more common problems you'll see in the elderly is that of spontaneous bruising. They bruise easily without knowing the cause. Oftentimes the backs of their hands, arms, and elsewhere are covered with black-and-blue spots. It's so common that most doctors consider it a normal part of the aging process. The real problem is microvascular weakness.*

In response, doctors prescribe aspirin, nonsteroidal anti-inflammatory drugs (NSAIDs), “blood thinners” like Coumadin, blood pressure medications, steroids, statins, and other drugs.

With a reduced ability to clot, even the smallest leakage in the capillary leads to uncontrolled blood flow – which shows up as spontaneous bruises. Capillary leakage in muscle tissue results in chronic soreness.

Leakage in organs can result in scar tissue and malfunctions. And leakage in the capillaries of the brain can result in either major strokes or “mini” strokes – also referred to as TIAs (or transient ischemic attacks).

When you see the extensive bruising on a person’s arms, hands, et cetera, what you’re seeing is only the tip of the iceberg. If capillaries are breaking open and blood is leaking there, you can be sure that the same thing is happening throughout the body [and brain].

2. **High blood pressure.** *Blockages or leaks in the small capillary beds make it harder for the heart to pump blood through the body, and require higher blood pressures. The small blood vessels react to the higher pressures by continuing to increase the thickness of their walls, which in turn narrows the opening and eventually causes a blockage. As more small vessels become blocked, the blood pressure increases even more.*
3. **Kidney disorders.** *The high blood pressure described above can destroy the microcirculation within the kidney and lead to a loss of this ability.*
4. **Varicose veins.** *Backpressure from blockage in the capillaries causes a buildup of pressure in the veins feeding the heart. This results in a pooling of blood in the veins, particularly those more distant from the heart like those of the legs, ankles, and feet.*

Dr. Williams goes on to state that **“If you’re treating any circulation-related condition or disease, or if you want to prevent that disease, these are essential steps you need to take”** as follows:

- ✓ **Remove fibrous tissue.** *Nattokinase is one of the few compounds that can effectively remove fibrous tissue and other clotting compounds that can effectively remove fibrous tissue and other clotting components anywhere in the body.*

[MY NOTE: Both Nattokinase and the proteolytic enzyme Vitälzym™ can help remove fibrin, and necrotic (dead) tissue that can thicken the blood. Both should be available at your local health food store, and online.]

- ✓ **Vitamin C. Strengthen the microvascular blood vessels.** *The underlying cause of spontaneous bruising is capillary fragility due to a deficiency of vitamin C and bioflavonoids. Blood thinners only make the problem worse.*
- ✓ **L-arginine. Improve elasticity in your microvascular vessels.** *Dr. Anoop Chauhan [reported more than ten years ago] that the ability of our microvascular system to dilate decreases with age. More importantly, however, he demonstrated that we could reverse this impairment with the amino acid L-arginine (J Am Coll Cardiol 96;28:1796-1804).*

[MY NOTE: The amino acid L-arginine dilates capillaries, and magnesium helps the artery wall relax, which should further assist arginine in dilating the arteries.]

- ✓ **Exercise. Improve poor microvascular blood flow.** *Increasing blood flow increases the exchange of oxygen for carbon dioxide and of nutrients and necessary raw materials for waste products. This speeds the healing process in any condition. The easiest, least expensive way to increase blood flow is through exercise. That's why it will always be essential for optimal health.*
- ✓ **Niacin.** *Dr. William Kaufman's extensive research found that niacinamide was very effective in alleviating problems as varied as depression, anxiety, limited joint mobility, osteoarthritis, fatigue, and liver disease. [Niacinamide is one form of niacin.]*

Niacin is undoubtedly one of the safest, least expensive, most effective, and underutilized vitamins we have. If everyone spent a nickel a day on niacin we'd see a dramatic decrease in our society's overall health problems.

- ✓ **Onions, garlic, Bromelain, and fish oil** [instead of] *anticoagulant drugs, which are the primary method used today to increase blood flow. They can also cause spontaneous bruising and unseen bleeding throughout the body, and their side effects most often outweigh their benefits.*
- ✓ **Ginkgo Biloba,** *one of the more powerful tools to safely increase microcirculation. Dozens of research studies have confirmed both its safety and its effectiveness.*

[MY NOTE: According to herbalist Dr. Richard Schulze, adding Cayenne will greatly improve the effectiveness of ginkgo.]

- ✓ **[Armour™] Thyroid Hormone.** *One of the primary reasons for poor microcirculation and the premature aging and degeneration that accompanies it is an underactive thyroid.*

*Hypothyroidism is one of the most common problems in our society today. Few realize the link between an underactive thyroid and microcirculation. Research has now shown that the **thyroid hormones have a direct dilating, or opening effect on the smallest blood vessels in the body** (Am J Heart Circ Physiol 05;288:H1931-H1936).*

[MY NOTES: A hypothyroid (low thyroid) condition also contributes to a leakage of the blood vessels, and thus an elevation of LDL cholesterol to temporarily fix the leaks, until we provide a more permanent solution, such as a high dose of vitamin C daily, which will both heal and strengthen the arteries. Also, when the blood vessels become more leaky, the blood thickens, reducing efficient circulation.]

Other recent studies have confirmed that damage to the microvascular system in the brain from blood sugar imbalances, elevated homocysteine levels, et cetera, has possible links to dementia in the elderly and Alzheimer's disease (Diabetes 06;55:334-340)(Am J Clin Nutr 00;71:859-860).

One additional thought, elevated blood sugar not only promotes cancer and suppresses the immune system, but it also stiffens blood vessels, restricting blood flow.

“Protection” From the Damage Caused By an Oxygen Deficiency

Rhodiola Rosea is a plant that grows in the Arctic regions of eastern Siberia. The extract and root have been commonly used in traditional medical systems in Eastern Europe and Asia for centuries. According to Dr. Ray Sahelian, M.D., ***“Rhodiola prevents hypoxia-induced biological changes by increasing***

intracellular oxygen diffusion and efficiency of oxygen utilization. Alternatively, it reduces hypoxia-induced oxidative damage by its antioxidant activities” (<http://www.raysahelian.com/rhodiola.html>). Thus oxygen is utilized much more efficiently when taking the herb Rhodiola Rosea, (an important issue regarding cancer).

Just like coca leaves, Rhodiola Rosea also grows at high altitudes, although unlike the coca, it's perfectly legal, as well as readily available at most health food stores and online. It's also relatively inexpensive. I personally get mine from the Life Extension Foundation (<http://www.lifeextensionvitamins.com/>), as their products are normally top quality. Members receive a discount on all their products. They can be contacted at (888) 771-3905.

The following information was obtained from *Muscle Development*, (January 2003):

Rhodiola rosea is a plant indigenous to the high altitude Polar Regions of Europe and Asia. Its potential for improving physical and mental performance is unmatched.

There are three main physical benefits of Rhodiola rosea that have been verified by over 100 research studies:

- 1) It enhances muscle energy stamina during periods of peak physical stress;*
- 2) It speeds cardiovascular and muscle energy recovery time; and*
- 3) It possesses pharmacologically relevant anabolic activity.*

In an experiment on healthy male athletes, adaptogens including Rhodiola rosea increased endurance by 64%, while reducing blood lactate levels and lowering blood pressure (Saratikov and krasnov, 1987).

Any substance that demonstrates an increase in blood oxygen levels provides greater resistance to hypoxia and a more economical expenditure of oxygen, a major benefit to stamina and recovery.

In humans under extreme physical stress Rhodiola rosea's measurable ability to increase sustainable blood oxygen levels and to "economize" energy expenditure, which supports better aerobic energy production during intense exercise.

Rhodiola rosea may well help alleviate the entire complex of disorders related to stress of all kinds, and in particular to the special health risks of chronic stress, which is a growing global health problem of epidemic proportions. This implies that it may well have an even greater contribution to global health in the not too distant future.

It does this by mobilizing, sustaining, and recovering energy reserves and clearing waste products in muscle tissue with greater metabolic efficiency (<http://rhodiolarosea.org/Rhodiola-muscle-development.pdf>).

Some Benefits of Rhodiola Rosea – Important for Cancer Patients

Rhodiola Rosea is beneficial for anyone dealing with chronic stress, something cancer patients especially are dealing with. Although after discovering what causes cells to turn cancerous, and that it can easily be prevented (or cured), it's not nearly as scary as it once was. The fact that Rhodiola Rosea helps increase blood oxygen levels, preventing hypoxia (low oxygen), which contributes to the development of cancer, is of primary importance. Then by reducing blood lactate (lactic acid), produced by cancer, responsible for causing pain and depleting oxygen, we find two more benefits. And finally, by enhancing the metabolism, and removing waste products, we have even more benefits. Rhodiola Rosea definitely qualifies as an adaptogen, with quite an extensive array of benefits.

Once again, one more valuable gift – intelligent design from Our Creator! Then as usual, it just happens to grow at high altitudes where there is an oxygen deficiency. Thus, it's a resource the locals who live in the higher elevations could benefit from, although we can as well.

Eliminating (and Preventing) Blood Clots, While Stimulating Blood Flow – The Totally Amazing Miracle Herb Cayenne Pepper

Of the many different nutrients we have to choose from, in order to maintain our health, prevent disease, but especially “save lives”, the herb cayenne definitely stands out above the rest. One book in my rather extensive library is called *Curing With Cayenne: The Untold Story* (1997), by Sam Biser, who interviews the medical herbalist, Dr. Richard Schulze.

According to Dr. Schulze, cayenne does a couple of things immediately. One is to dilate your arterial walls, and the other is to thin your blood and stop the platelet aggregation. He also indicated that cayenne reduces the mucus in the venous system, increasing the circulation even more. Dr. Schulze’s mentor, Dr. John Christopher, stated that *“We can do wonderful things with cayenne we are not able to do with any other known herb,”* while Dr. Schulze agrees that ***“There is no other herb that increases your blood flow faster than cayenne. There are none that work faster; none that work better.”*** It is truly an amazing herb!

Cayenne can also be a lifesaver for anyone experiencing either a stroke or heart attack. It is the primary ingredient in my “Stroke and Heart Attack Emergency Kit”, which I refer to in my award-winning book *A Drug-Free Approach To Healthcare* (now available in 2009 Revised Edition). Cayenne is an herb with life-saving potential, that every doctor, paramedic, and hospital, as well as every single adult in the nation, should be aware of. Although, very few in the nation, (including doctors), are aware of its tremendous life-saving potential. Dr. Christopher claimed that he saw it work hundreds of times, with either a stroke or heart attack, and it had never once failed! Yet, that unbelievably valuable

resource, along with many others, has been “deliberately withheld” from your doctor’s training!

How difficult would it be for the pharmaceutical companies to pass this critical information along to all doctors through their reps who continually promote their drugs? Unfortunately, unless it can be patented and sold at an exorbitant profit, they wouldn’t be the least bit interested, (regardless of its life-saving potential). Thus, to the pharmaceutical giants, all non-patentable resources are in direct competition to their highly profitable drugs. For years, valuable therapies have not only been suppressed, but also even discouraged, by both the AMA and FDA, who encourage the use of drugs exclusively. That’s especially true regarding alternative cancer therapies, as the traditional slash/bur/poison therapies are by far the most profitable, yet without a doubt “the most deadly”!

Maintaining a Healthy pH Balance

Although oxygen helps increase the pH (or reduce acidity), it is also depleted in the process. Thus, in order to preserve oxygen, we should maintain a healthy pH. Maintaining a pH level in the healthy range helps provide cells with the oxygen necessary to metabolize nutrients, and remove toxins. The more highly alkaline (low acid) foods we eat, the healthier the pH level will normally be.

The following article, written for *NaturalNews.com* by Dr. David Jockers, explains how this works, and the importance of maintaining a healthy pH balance:

The body has both short-term and long-term methods for buffering blood pH. In the short-term the kidneys will flush out more acidic wastes and the speed of breathing will increase to pump more alkalizing oxygen into the system and acidic forming carbon dioxide out of the system.

*If the blood pH becomes too acidic for a chronic period of time it turns to the various tissues to help stabilize the pH. The body will naturally **excrete alkaline minerals such as calcium from our bones & teeth. Magnesium is taken from blood vessels, potassium from our neuromuscular***

system, and sodium from our joints. If these minerals are not replaced, the tissues become weak and degenerate quickly.

The primary alkalizing elements in our body include calcium, magnesium, sodium, potassium, vitamin C, selenium, oxygen, zinc, and the various B vitamins. The best sources of these essential nutrients are in fresh organically grown fruits and vegetables, apple cider vinegar, certain nuts & seeds, & natural pink salts.

The most acidic forming foods include sugars, grains, grain-fed meat & dairy products, coffee, and processed foods of any kind. Perhaps the worst culprit of all is soda. **Soda is loaded with sugar, artificial sweeteners, preservatives, and phosphoric acid. These are all extremely acidic forming substances. Soda measures out at a pH around 3. This powerfully dehydrates the body as water is needed to help detoxify all the acidic waste.**

When a person eats too much acid forming foods for a long period of time the body becomes deficient in alkaline forming elements and the digestive system becomes impaired. Food is then inadequately digested and mucous is secreted into the bowel to protect itself. Chronic conditions can cause the mucous to become hardened creating a mucoid plaque that impairs food absorption. This plaque build-up lodges into the walls of the colon and becomes a breeding ground for parasites and other unfriendly organisms.

Parasites such as worms, fungal yeast, and antagonistic bacteria will steal valuable nutrients and secrete toxins and acidic particles back into the bloodstream. This multiplies the relative acidity of the system and profoundly lowers our energy and immunity. This also causes stress on the body eventually leads to disease and death.

Fortunately, our bodies were created with an incredible ability to heal and restore themselves. If we begin taking action with steps to more back into balance, our body will respond and we will dramatically improve our health (retrieved from http://www.naturalnews.com/z029796_alkalize_health.html).

An important issue that many are unaware of is that, although common table salt is acidic, as well as unhealthy, natural Celtic sea salt is instead both alkaline,

and healthy. It contains many ionic minerals, including both sodium and potassium, crucial for our health, which I explain in detail in a later chapter. I personally have used it exclusively for about twenty years, for seasoning. In fact, I also take one teaspoon of Celtic sea salt every morning, along with twenty ounces of water. In the previous article, Dr. Jockers mentions “natural pink salts”, which is just another natural salt.

Testing Your pH Is Relatively Easy

You should be able to purchase pH-testing paper in a roll, at most pharmacies and health food stores. On the back of the dispenser you will find a chart with colors identifying your pH level. One common tape, which comes in a roll, is called Phydron™. It can evaluate a pH ranging from 5.5 (yellow, very acidic) to 8.0 (blue, very alkaline), and in between (varying shades of green). The healthy saliva range falls somewhere between 7.0 and 7.4. Most cancer patients especially, are too acidic, (although too alkaline is not considered healthy either). It's very similar to maintaining a healthy pH or acid/alkaline balance in your swimming pool.

You should be able to find a fairly extensive list of foods that are alkaline, and those that are more acidic, as well as their pH ratings, at <http://www.thewolfeclinic.com/acidalkfoods.html>.

Coffee is another very acidic drink, and in 1981 Dr. Brian MacMahon and his colleagues at Harvard found that heavy coffee drinking was the only variable that separated 369 pancreatic cancer patients from 644 other patients. **More than five cups a day brings a three times greater risk of cancer than no coffee at all.** Supporting evidence comes from studies of Mormons and Seventh Day Adventists. They don't drink coffee and very rarely get pancreatic cancer. In two couples among the cancer patients in Dr. MacMahon's study, **both husband and**

wife had pancreatic cancer. Both were heavy coffee drinkers. The probability of husband and wife getting the same cancer by unconnected coincidence is very small.

Just keep in mind that drugs (legal or illegal, prescription or over-the-counter) are acidic, as is sugar, coffee, alcohol and soft drinks. Water (free of chlorine and fluoride) is instead alkaline. Keep in mind that water is also a solvent, necessary for the removal of toxins.

MSM (sulfur) is also helpful in maintaining overall body balance between acidity and alkalinity, and is more efficient when taken with vitamin C.

Cancer patients often have a pH ranging from 4.5 to 5, which is very acidic. Incidentally, as an acidic condition actually causes cravings for sugar, coffee, alcohol, and soft drinks, (which as we just mentioned, are very acidic), they are thus basically self-perpetuating. Just remember, the more acidic the body is (the lower the pH), the more oxygen will be depleted, and thus the less oxygen will be delivered to all cells.

Additional Supplements to Stimulate Blood Flow and Increase Oxygen

✓ **Coenzyme Q₁₀ (CoQ₁₀) plays a critical role** in the production of energy in every cell in the body, **aids in circulation, stimulates the immune system, and increases tissue oxygenation.** Most importantly, **“a lack of sufficient Coenzyme Q10 can lead to cardiovascular disease because without it, the heart does not have enough energy to circulate the blood effectively”** (Clouatre, *AntiFat Nutrients*, 1993, p. 54).

It might be worth noting that, there is now a newer version of CoQ₁₀, developed in Japan. It is called **Ubiquinol**, and is claimed to be eight times as effective as regular CoQ₁₀. It doesn't have to be converted to the active form, in

the liver. That is especially important for anyone with compromised liver function, which would definitely apply to anyone who had been on chemotherapy. I would recommend a minimum of 50 IU, twice daily.

Now that we're aware of the critical role that CoQ₁₀ plays, we must never forget that statins, Coumadin™, and even some blood pressure medications, are responsible for depleting this valuable resource that most adults are already deficient in, (the very last thing we should be doing)! In my opinion, statins (cholesterol lowering) medications should be outlawed! They deplete critical nutrients, and provide no real benefit. In fact, it appears that low cholesterol can actually increase the risk of both cancer, and Alzheimer's disease.

✓ **Germanium, a trace element, has been found to assist in oxygen uptake**, as well as helping to expel harmful pollutants. Germanium is also believed to act as an anti-cancer agent, and has proven effective against viral, bacterial and fungal infection. Some symptoms of a germanium deficiency are cardiac insufficiency, low energy, necrotic (dying tissue) disorders, softening of brain tissue, and a poor immune system.

Natural sources of germanium include garlic, ginseng, Aloe Vera, all chlorophyll rich foods, and shiitake mushrooms. It is also available in supplemental form at most health food stores, or online.

✓ **Niacin (vitamin B₃)** dilates the small capillaries. It also causes blood platelets to repel each other, (preventing clumping).

✓ **Vitamin B₆ (Pyridoxine HCL)** is instrumental in more than 100 enzyme actions in the body. **One of them is increasing the amount of oxygen carried by hemoglobin.**

Removing Plaque Using Oral Chelation Therapy

Other than a healthy liver, there is nothing I am aware of that can have a more dramatic influence on our overall physical, and mental health, than a healthy heart and vascular system, including both the arteries and capillaries. Now we will look at one way, proven for decades, to effectively remove both heavy metals and plaque accumulation from the vascular system. The therapy is known as Chelation, and it comes in two different forms. One is intravenous (IV) Chelation, and is conducted under a doctor's supervision. The other is Oral Chelation, which is achieved through supplementation by mouth, (orally). The IV Chelation is normally considered as faster, yet considerably more expensive, as well as less convenient. Both forms incorporate the same chelator EDTA, just at different dosages. Although EDTA was originally employed to remove lead poisoning, and later other heavy metals, it was discovered quite by accident that it also began removing plaque from the arteries as well.

Dr. Garry Gordon, M.D. is often referred to as the "Father of Chelation". For years, Dr. Gordon performed intravenous chelation, but is now of the opinion that Oral Chelation is the best way to go, and I would have to agree. Possibly, because I hate needles, and the fact that so many have been experiencing excellent results with Oral Chelation. I would recommend every adult consider Oral Chelation, as a preventative measure, in order to optimize his or her health. The objective should be to avoid the potential for life-threatening cardiac events caused by restriction, or possibly even inflammation in the arteries.

Something to consider is, although adequate vitamin C, along with bioflavonoids, is beneficial for repairing damaged arteries, they can penetrate the epithelial cells lining the arteries far more effectively after the plaque has been removed. The plaque basically gets in the way. So, Chelation should thus be

considered as a high priority. But there is something else we might consider first – prepare to detoxify – and that’s a job for the liver!

If the liver is in any way compromised, detoxification will be less efficient, and thus the plaque (including heavy metals) will be circulating through the bloodstream until the liver removes it. Some might even make it through the blood brain barrier and gain access to the brain, thus our objective should be to eliminate them ASAP!

Just prior to beginning the Oral Chelation, I would recommend two things. First, make sure your thyroid function is up to par, (you are not hypothyroid), as that will influence the effectiveness of all enzymes involved in the detoxification process. Then the other is, consider doing the Liver Flush, discussed in a later chapter of this book.

And don’t forget that, to the liver, all drugs (whether prescribed by your doctor, or promoted by your local drug dealer) are considered as toxins – just like alcohol. The more toxins coursing through your bloodstream during Chelation, or any form of detoxification, the worse you will feel, until they have been removed. The liver can only remove so many toxins at any one time, so unnecessarily adding to its burden should be avoided. Thus, our objective will be to optimize the removal of toxins, so you will be more inclined to stay with the Chelation process.

At times, you can increase the dosage of the Oral Chelation formula, to speed up the process, as long as you don’t experience any uncomfortable symptoms, sometimes associated with detoxification. Symptoms such as fatigue, nausea, and headaches, are often a sign that you are either removing toxins too rapidly, or not eliminating them as efficiently as you should. You can always reduce the dosage of the chelator, to allow the liver to catch up, if necessary.

Speaking of detoxification, another consideration is, if we chose to begin killing the cancer cells, (rather than rescuing them), they must be removed by the liver. That's where a proteolytic (protein digesting) enzyme, such as Vitälzym™, can be beneficial. It helps digest any necrotic (dead) tissue, being removed by the blood, naturally thinning the blood, and reducing the load on the liver.

The chelation formulas currently on the market vary considerably, and some very comprehensive formulas are currently available. They not only address the removal of plaque and heavy metals, but also the health of the vascular system. Dr. Gary Gordon has formulated a rather comprehensive Chelation formula. It's called Beyond™ Chelation Improved. It comes in a large bottle containing thirty packets. Each packet contains sixty capsules and three tablets. The recommended dosage is 2 packets daily. The retail price is \$54.33, and can be purchased by calling (800) 580-7587, or by visiting <http://www.longevityplus.com>.

What Causes Calcification of the Arteries to Begin With?

Many (especially women) take calcium supplements without vitamin D₃ or vitamin K₂ or magnesium. That is the best way to assure the calcium will form in the arteries, contributing to hardening of the arteries. It was found that countries that consume the most calcium actually have the highest rates of osteoporosis. That should be telling us something. For one thing, it takes more than just calcium to build healthy bone tissue. Thus calcium is often escorted to soft tissue such as the joints (as calcium spurs), or the arteries (creating plaque).

The primary problem – most doctors don't understand the importance of nutrition, nor do they normally recommend it. If they did, and were aware of the importance of the many crucial nutrients depleted by the drugs they prescribe daily, no way could they possibly justify doing so!

Optimizing the Energy Levels of All Cells, and Thus Organs, Is Important for Preventing or Curing Cancer

Although we are always looking for more efficient sources of energy, (for heating our homes, and fueling our cars), seldom is how we can more effectively increase the energy of our cells considered. The energy of the mitochondria (the powerhouse of all cells) determines how efficient they function. That applies to all organs, as they each play an important role. All too often we have specialists who target one organ or system, yet seldom do they consider the health and interaction with other organs. The problem is – doctors are trained to conduct tests, prescribe drugs, or perform surgery if necessary. The objective should be to improve performance of all organs (something absolutely no drug is capable of). They are far more effective at stealing critical nutrients, and creating symptoms – contributing to a worsening of overall health! It's a prescription for disaster, and a major contributor to the runaway cost of our healthcare, and thus our highly inflated insurance rates.

CHAPTER EIGHT

The Importance of Your Diet, and What to Avoid

What You Eat and Drink, and Even How You Prepare It Matters!

✓ **To begin with, if you are overweight, you might begin by reducing the size of your meals**, as there is a clear correlation between obesity and cancer, according to a November 2009 report by the American Institute for Cancer Research. It is believed that weight causes an increase in the amount of hormones, such as estrogen, or an increase in low-grade inflammation in the body, both of which are theorized to increase cancer risk. Fat tissue contains an enzyme called aromatase, which converts testosterone into estradiol (one form of estrogen) – especially a concern for men. Researchers also found that “*Women with higher levels of circulating insulin have higher breast cancer rates,*” and the conclusion was that losing weight could decrease breast cancer risk (<http://www.lef.org/news/LefDailyNews.htm?NewsID=9577&Section=DISEASE>).

My most recent release, titled *Reversing Type 2 Diabetes While Removing Fat* (2010), actually addresses both issues. I explain how to overcome the insulin resistance, and in most cases, totally reverse type 2 diabetes. I also explain what causes the storage of unwanted fat, and how it can finally be removed in a healthy way. I show why most diabetics are also obese, and more prone to develop cancer. If you happen to be overweight, or have diabetes, (or both), I believe the book might be a good investment. Addressing either issue will help prevent, or if necessary resolve, your cancer as well – something we should all be striving for.

✓ **Greatly reduce your meat consumption (smaller portions, less often).** “*Meat is a carcinogenic in itself*”, according to Dr. Paavo Airola, N.D., Ph.D., and in *Every Woman’s Book* (1979), he explains that in the process of meat digestion, carcinogenic ammonia is produced, which irritates the linings of the colon and

contributes to the development of cancer, as discovered by Dr. Willard Visek of Cornell University (pp. 434-435).

Dr. J. Robert Hatherill, Ph.D. also warns about meat, in his book *Eat To Beat Cancer* (1998), saying, “Men who eat red meat five or more times per week face a 2.5 times greater risk of developing prostate cancer than men who eat meat once a week or less” (p. 148). He tells us that iron from meat, especially the type of iron found in red meat, is easily absorbed and can cause heart disease and cancer, and also that meat contains arachidonic acid that is turned into prostaglandins, which are also linked with cancer. He goes on to say that due to changing farming practices and increasing industrialization, “meat, poultry, fish, and dairy products now account for between 60 and 80 percent of the pesticide and organo-chlorine chemical residues in the American diet” (p. 148).

Dr. Hatherill then refers to a study in Moscow, and how it determined that a high liability of breast cancer is related to consumption of animal products, and similar results were found in a Canadian study which showed that increasing consumption of fat in the form of beef, pork, butter, and fat-rich desserts leads to increased cancer risk. He also claims that women who consume a lot of red meat are twice as likely to develop lung cancer, and high intakes of animal protein and fat (especially beef) raises the risk of large intestine cancer. He notes that high pork and beef intake also raise the risk of bladder cancer. Keep in mind that, both humans and animals store toxins in fat tissue, and pork normally contains the most fat, (especially bacon).

Meat protein is difficult to digest and requires a lot of digestive enzymes, thus it might be helpful to take digestive enzymes with each meal, especially meals that include meat. Undigested meat can remain in the intestines, become putrefied, and lead to toxic buildup. Cancer cell walls have a strong protein

covering, and a recent cancer update from Johns Hopkins points out that **“by refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body’s killer cells to destroy the cancer cells.”** (<http://pathology.jhu.edu/pc/news2008.php>).

✓ **When you do eat meat, do not charbroil, or cook at high temperatures.** Numerous studies have linked meat consumption with cancer, but now there is evidence from researchers at the University of Texas M. D. Anderson Cancer Center, that **“eating meat frequently, especially meat that is well done or cooked at high temperatures, significantly raises the risk of developing bladder cancer.”** These findings, and others, were announced at the American Association for Cancer Research’s 101st Annual meeting held in Washington, D.C., as follows:

Heterocyclic amines (HCAs), substances formed when meat (including beef, pork, poultry and fish) is cooked at high temperatures, may be what links meat to malignancies. Earlier research found strong evidence that 17 types of HCAs contribute to cancer.

“It’s well known that meat cooked at high temperatures generates HCAs that can cause cancer,” study presenter Jie Lin, Ph.D., assistant professor in M.D. Anderson’s Department of Epidemiology, said in a statement to the media.

Beef steaks, pork chops and bacon raised bladder cancer risk the most. People who consumed a lot of well-done meat were at about twice the risk to develop bladder cancer as those who preferred rare meat.

In addition, the researchers analyzed study participants’ DNA to see if there were genetic variations that would make some people particularly more likely to develop cancer if they ate red meat. The results showed that people with seven or more specific genotypes who consumed a diet full of red meat had five times the risk of bladder cancer.

In his pamphlet titled “The Most Promising Cancer Cure of the 21st Century” (2002), Dr. James Balch, M.D., explains that by frying, broiling, and barbecuing meat or fish at high temperatures, it produces the compounds that have been proven to promote cancer. Cooking fats at extreme temperatures also creates **trans fats** that are known to promote cancer, among other problems, such as heart disease, damage to cell-membrane function, and the utilization of beneficial fats. He goes on to say that, *“The longer the meat is cooked and the higher the temperature, the more of these compounds, which scientists say are also likely to be carcinogens for humans, are produced”* (p. 7).

Robert J. Rowen, M.D. also gives warning regarding “charbroiled meat”. He states that, *“A group of over 100 different chemicals are formed”* during the burning of organic substances like charbroiled meat. He goes on to say that certain *“Carcinogenic chemicals [Heterocyclic amines] are created by cooking foods at high temperatures for too long”* (“New Breakthrough for Preventing and Surviving Cancer”, 2002, pp. 10 - 11).

And Dr. J. Robert Hatherill, Ph.D. agrees that charbroiled food should be avoided, and warns:

*When you grill or charbroil you introduce a number of undesirable substances into your foods. The sooty black char that forms on food from charbroiling or frying is a complex mixture of chemicals, including burnt proteins and carcinogenic compounds, and these compounds have been linked to both heart disease and **cancer** (Eat To Beat Cancer, 1998, p. 94).*

✓ **Avoid processed meats**, including hot dogs, most sandwich meat, bacon sausage and beef jerky, which all contain sodium nitrite.

In his book *How to Live Longer and Feel Better* (1986), Linus Pauling noted that the nitrites and nitrates found in foods such as bacon and other preserved

meats “react in the stomach with amino compounds to form nitrosamines, which are carcinogenic and which cause cancer of the stomach” (p. 225).

Dr. Michael Colgan, M.D. warns that “If you think I am exaggerating the dangers, then know that in February 1982 the National Cancer Advisory Board gave top priority to research on food carcinogens,” and goes on to say “They suggested that **carcinogens which develop in food may turn out to be more important in the development of cancer than all the industrial chemicals put together**” (Your Personal Vitamin Profile, 1982, p. 216).

According to a recent article published by Naturalnews.com, (retrieved from http://www.naturalnews.com/028824_processed_meat_heart_disease.html), evidence has shown the chemical sodium nitrite causes a 67% increase in pancreatic cancer, and “despite causing cancer, sodium nitrite has remained legal in the food supply to this day” **Microwaving foods can increase your cancer risk**. Although eating the healthiest foods is important, how they are prepared is important as well. Keep in mind that you should never cook (or even heat) food in a microwave oven – even water! The end result is: The majority of vitamins and minerals are destroyed, and many foods are converted to carcinogens (cancer causing), as further explained in the following article, retrieved from <http://www.powerwatch.org.uk/rf/microwaves.asp>:

Twenty years of Russian research (and German studies as far back as 1942 Berlin) make a strong argument against the safety of microwave cooking. The Powerwatch article cited above summarizes the Russian research quite well, which I will duplicate below.

- *Russian investigators found that **carcinogens** were formed from the microwaving of nearly all foods tested.*
- *The microwaving of milk and grains converted some of the amino acids into **carcinogenic** substances.*

- *Microwaving prepared meats caused the formation of the **cancer-causing agents** d-Nitrosodientanolamines.*
- *Thawing frozen fruits by microwave converted their glucoside and galactoside fractions into **carcinogenic fractions into carcinogenic substances**.*
- *Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into **carcinogens**.*
- ***Carcinogenic** free radicals were formed in microwaved plants-especially root vegetables.*
- *Structural degradation leading to **decreased food value was found to be 60 to 90 percent overall for all foods tested**, with significant decreases in bioavailability of B complex vitamins, vitamins C and E, essential minerals, and lipotropics (substances that prevent abnormal accumulation of fat).*

And then, Swiss researcher Hans Hertel warns that **“the food damaged from microwaving modifies the cellular activity in the human consumers of that food. One’s cells are forced by the damaged cells and radiolytic compounds to adapt into an emergency mode of energy production. The human cells are forced from normal cellular oxidation into the anaerobic energy production of glucose fermentation. This is a cancerous condition.”**

Hertel concludes: **“Anaerobic glucose fermentation is how cancer cells survive and thrive. This is why cancer cells cannot exist in oxygen. This is why cancer patients should not eat sugar or foods made with sugar. It’s simple. Exchanging cancerous conditions for convenience doesn’t make sense”** (http://www.naturalnews.com/z030651_microwave_cooking_cancer.html).

Microwave cooking and frozen TV dinners have become a popular way to prepare meals in a hurry, and by far the majority of people use them on a daily basis. It is no accident that so many people (even children) are getting cancer at

an alarming rate. There are several things that can lead to acquiring cancer, but microwave cooking appears to be a major contributor.

✓ **Avoid processed oils.** The following article by Amie Sugat, published by NaturalNews.com August 25, 2010, will scare and amaze you, as well as convince you:

*The corn, canola, and soybean oil companies do not want the consumers to know these hidden facts about their products. **These products were never meant for consumption by living organisms.** They were **meant for industrial purposes** such as lubricating equipment, mixing paints, and even the next generation of fuel for automobiles. Industries realized that they were cheaper to produce than healthy fats and oils, and since many are by-products, they are plentiful.*

As a mass produced product, manufacturers needed the oil to keep longer. The fatty acids found in grains turn rancid rather quickly after being separated from the product.

*To make them last longer the antioxidants and phytochemicals are removed; the oil is processed using **chemicals such as hexane and chlorine bleach.** Then they are **deodorized.** Further, **most oils have food coloring and preservatives added as well as chemicals to mask the smell of the rancid oils.***

*Damage done to the body by these rancid refined oils includes: **loss of vision, disruption of the central nervous system, respiratory illness, anemia,** constipation, low birth weights, **irritability, problems thinking, and foggy memory.** Long term use causes **increased risk of cancer, increased risk of atherosclerosis,** increase in heart attacks and strokes, digestive disorders, pain sensations, and a host of other problems associated with poor nutrition and vitamin deficiencies.*

*Canola oil comes from genetically engineered rapeseed. Rapeseed is easy to produce because it is so toxic not even insects want it. It was originally used as lubricant for machinery in small industries. **It has been proven to cause lung cancer and heart disease.** It was originally used in Europe in farm animal feeds. These animals went blind, began exhibiting various diseases, and finally went mad and began attacking people.*

*While the mass media glorifies the soybean, it really has a dark side. **Soybeans and soybean oil are not health foods.** Soybean product consumption is linked to infertility, **increased cancer and infantile leukemia, Type1 diabetes,** and precocious puberty in children fed soy formula. **“Clinical and laboratory studies link soy to malnutrition, digestive distress, thyroid dysfunction, cognitive decline,** reproductive disorders, cognitive, **immune system breakdown,** and even **heart disease and cancer,”** Says Liz Lipski PhD CCN. **Dr. Mercola says, “Soy formula...also has over 1,000 percent more aluminum than conventional milk based formulas.”***

*Corn oil’s polyunsaturated acids are the prime requirements for cancer growth. **Long-term corn oil use is associated with colon cancers because it inhibits an enzyme used to prevent cancer growth.** Further, Japanese researchers have found that **long-term use of corn oil and other corn products increases mortality rates and esophageal cancers.***

*The reason these oils have such a negative effect on the body is simply because they are indigestible. **They inhibit the natural enzyme functions of the body that turn fats into fuel and vitamins into chemicals the body can absorb, and they bind to minerals such as calcium, phosphorous and magnesium.** However, the effects are not immediately felt; the onset of health complications often takes ten or more years before symptoms begin to show up and have a dramatic effect on the body (retrieved from http://www.naturalnews.com/z029555_soybean_oil_disease.html).*

Possibly the greatest concern regarding the highly processed hydrogenated oils is, they become part of the cell walls, which are made up of fats. The problem is – once they are hydrogenated, they do not absorb or interact with oxygen, basically suffocating cells (one contributor to cancer). Even when oxygen is accessible to a cell, the delivery of oxygen into the cell (important for producing energy) will be compromised. Thus, it reduces the efficiency of oxygen, as does an acidic environment (low pH) – a dangerous combination that greatly increases the risk of developing cancer. The cancer, in turn, creates lactic acid, lowering the pH even further – basically a self-perpetuating, destructive process that can be

prevented, or if necessary reversed. Thus, that will be our objective, and hopefully it will be yours as well.

✓ **Avoid High Fructose Corn Syrup.** A recent study by researchers at UCLA's Jonsson Comprehensive Cancer Center has found that cancer cells use fructose to infiltrate the building blocks of healthy DNA. This allows the cancer cells to begin to grow, divide, and spread frantically. (This study was published in the August 1, 2010 issue of the peer-reviewed journal *Cancer Research*.) In fact, Dr. Anthony Heaney, an associate professor of medicine and neurosurgery and a Jonsson Cancer Center researcher, stated that **fructose actually “energized” the cancer cells.** In fact, scientists proved that glucose promotes the spread of cancer back in the 1920s.

The bottom line is: Cancer cells use fructose and glucose in two different ways. They can live off regular sugar (glucose), but fructose is what fuels their division. **The problem is – high fructose corn syrup has replaced sugar in most beverages, and processed foods – increasing the cancer risk!**

✓ **Avoid the artificial sweetener aspartame (NutraSweet™),** as it is not only implicated in ovarian cancer, according to Linda Rector Page, N.D., Ph.D., but also an excessive intake of NutraSweet™ has produced a high incidence link with brain tumors (*Healthy healing*, 1985/1997, pp. C259-C260).

In his book *Your Body's Many Cries for Water* (1992), Dr. F. Batmanghelidj warns that “*One of the less explored complications of aspartame may be its effect as a possible facilitator in **cancer** formation in the brain. Fed rats, **aspartame has been implicated in brain tumor formation in experimental animals**” (p. 110).*

Dr. Paavo Airola, N.D., Ph.D. also advises us to **avoid artificial sweeteners, stating that “One after the other, they have all been causatively connected with cancer”** (*Every Woman's Book*, 1979, p. 377).

✓ **Reduce sugar to a minimum.** Increased sugar consumption has contributed greatly to the decline of health in our nation. The following information was found in *Recovery From Addiction* (John Finnegan and Daphne Gray, 1990):

*Studies have established that it upsets the body chemistry and destroys the immune system. Excessive consumption of sugar has been conclusively linked to asthma, allergies, arthritis, **cancer**, heart disease, diabetes, hypoglycemia, Candida Albicans, tooth decay, obesity, headaches, gallstones, osteoporosis and inflammatory bowel disease, among other problems (p. 21).*

In his July 2002 issue of *the McAlvany Health Alert*, Donald McAlvany tells us that sugar may lead to cancer of the breast, ovaries, prostate, and rectum, as well as colon cancer, with an increased risk in women.

Another warning regarding sugar comes from Dr. Michael Colgan, M.D. (*Your Personal Profile*, 1982). He points out that sugar is regularly hidden in almost all processed foods. Not only in the obvious sources such as candy and ice cream, but even **frozen turkeys now have sugar added!** It is often common for **ketchup to actually contain more added sugar than ice cream!** He goes on to warn us not only about the sources, but the amounts of sugar that are being added to these foods. One example given: **“A large glass of cola (12oz), for example, contains seven teaspoons of sugar (1½ oz). The same amount of cream soda or fruit-flavored sodas contains nearer 2 oz of sugar. With their added caffeine as well, soft drinks must rank as the most unhealthy food product on the market”** (p. 41). As I noted earlier, high fructose corn syrup is even worse than sugar!

Dr. Colgan goes on to tell us some *“terms used to disguise the sugar content, such as: turbinado sugar, grape sugar, date sugar, corn syrup, galactose, fructose, dextrose, levulose, maltose and others never seen in a dictionary.”* He

warns us that even carob is 50 percent sugar, and that the only advantage of carob over chocolate is absence of caffeine.

An article in *the Health Sciences Institute* (2001, September), titled “Eating Sweets Fuels Cancer Growth”, confirms that **one of the most devastating side effects of sugar consumption is accelerated cancer growth.** The article notes a discovery by Otto Warburg, Ph.D., which proves cancer cells use glucose (sugar) for growth. The article goes on to state, **“All cells have a requirement for glucose, but cancer cells have a much greater need. In fact, they’re unable to multiply rapidly without it.”**

From his book *Fats that Heal, Fats that Kill* (1986/1993), author Udo Rasmus, Ph.D. explains:

Sugars increase our body’s production of adrenaline by four times, which puts the body into a state of ‘fight or flight’ stress, without anything to fight or flee from, except the consumption of sugar. This stress reaction increases the production of both cholesterol and cortisone. Cortisone inhibits immune function.

Sugars lack the vitamins and minerals required for their own metabolism, and must draw on our body’s stores of these nutrients. As these are depleted, our body becomes less able to carry out other functions that require minerals and vitamins to be present: to metabolize fats and cholesterol; to convert cholesterol into bile acids for removal from our body through the stool; or to burn-off excess fats as heat or increased activity.

*As a result, our cholesterol level rises; our metabolic rate goes down; fats burn more slowly; we feel less like exercising, and we may become obese. Obesity increases the risk of diabetes, cardiovascular disease, and cancer. Decreased metabolic rate is also involved in aging, arthritic diseases, cancer, and cardiovascular disorders, and is another general symptom of degenerative diseases. **Sugars feed candida (yeasts), fungi, other pathological (toxin-producing) organisms, and cancer cells.***

✓ **Eliminate all soft drinks.** You might consider replacing all your beverages with pure water (or green tea), and you are about to learn why. In an article by citizen journalist Cindy Jones-Shoeman, it is noted that *Natural News* has long reported the dangers of soda, both regular and diet, and the dangers of their ingredients high fructose corn syrup, aspartame, caffeine, and phosphorous, **“making these beverages perhaps the most deadly drinks on the planet!”** (http://www.naturalnews.com/z029795_soda_ingredients.html)

The article goes on to point out that sodium benzoate, a preservative commonly added to pop to “protect taste” or “preserve freshness”, can **“eventually lead to cirrhosis of the liver, cancer, and Parkinson’s disease.”**

Another concern is, when combined with ascorbic acid (vitamin C), sodium benzoate forms benzene – a known carcinogen. According to professor P.W. Piper of the University of Sheffield, **“Sodium benzoate by itself can damage and inactivate vital parts of DNA in a cell’s mitochondria. Mitochondria consume oxygen to generate ATP, the body’s energy currency.”**

Additional information was obtained from Wikipedia, the online encyclopedia, regarding sodium benzoate, as follows:

*Research published in 2007 for the UK’s Food Standards Agency (FSA) suggests that certain artificial colours, when paired with sodium benzoate (E211) may be linked to hyperactive behaviour. Professor Jim Stevenson from Southampton University, and author of the report, said: “This has been a major study investigating an important area of research. The results suggest that consumption of certain mixtures of artificial **food colors and sodium benzoate preservative are associated with increases in hyperactive behaviour in children**” (retrieved from http://en.wikipedia.org/wiki/Sodium_benzoate).*

So what are the implications of the above research findings? Just the potential for contributing to both cancer, and hyperactivity, can be tremendous. From the financial standpoint, the lifetime treatment for a cancer patient is

considered to be somewhere in the neighborhood of \$350,000. Then even worse, with traditional therapies only 2.1% manage to survive. If the foods and beverages don't take your life, there is a very good chance your cancer therapy will!

If That's Not Sufficient Motivation to Stop the Soda Pop, There Happens to Be One More Reason

The following article, adapted from materials provided by the Federation of American Societies for Experimental Biology, was published April 28, 2010, and retrieved from <http://www.sciencedaily.com/releases/2010/04/100426151636.htm>:

Here's another reason to kick the soda habit. New research published online in the FASEB Journal shows that high levels of phosphates may add more "pop" to sodas and processed foods than once thought. That's because researchers have found that the high levels of phosphates accelerate signs of aging. High phosphate levels may also increase the prevalence and severity of age-related complications, such as chronic kidney disease and cardiovascular calcification, and can also induce severe muscle and skin atrophy.

If that's not enough to convince you, I would guess you are likely as addicted to your beverage of choice, as some smokers are to their favorite cigarettes. Although we are all fully aware that smoking is dangerous to your health, and can increase your chances for acquiring cancer, few are aware of the "many risks" associated with their favorite beverage.

Unfortunately, that's just part of the story, as not only are more of our children acquiring cancer, but there has been a 700% increase in children placed on drugs for ADD, or ADHD, (basically hyperactivity). Just a quick unscientific diagnosis – absolutely no scientific validation is the norm. The quick fix – stimulant drugs such as Ritalin™ or Adderall™, (basically similar to cocaine). No consideration for a probable cause – just drug them! In my opinion, it's nothing more than the very worst form of child abuse. Incidentally, many adults are being

placed on the exact same drugs. In fact, the companies creating the stimulants just mentioned, are currently attempting to promote them for victims of chemotherapy, due to the fatigue they experience. Just one more example of treating the side effect of one drug, with another drug!

Although that's where the problem starts, it's far from the end of the story. One example is antidepressants, which are well known for creating the bipolar disorder. Then another class of drugs that have created huge profits for the pharmaceutical industry is the typical solution. They are referred to as atypical antipsychotics. Along with antidepressants, they have created windfall profits for the pharmaceutical industry.

There are several antipsychotics drugs on the market. One popular version is Zyprexa™, by Eli Lilly – the company that “blessed us” with Prozac™! They are well known to stimulate elevated blood sugar and insulin. The problem is – they are major contributors to the epidemic of both obesity, and diabetes. Another more sinister problem is – it normally takes several years for cancer to develop, so the connection is not quite as obvious. We do know that diabetics are more prone to acquire cancer. Then if you think about it, cancer has far more receptors for both glucose (its favorite food), and insulin, which helps escort it into cancer cells! Thus, anything that can contribute to diabetes, can also promote cancer – it just takes a little longer. Yet, few actually make the connection.

And to think that millions of adults, and children, are unaware of the consequences of drinking beverages they have become addicted to. Most importantly, the solution is far cheaper – just eliminate a major contributor to more than one “serious disease”. The simple substitute – just plain water, (free of chlorine and fluoride). Then with the savings, you might instead invest in a few supplements. That's one solution that wouldn't cost you a dime, yet could save

your life. It would without a doubt, extend your life, and improve your overall health as well – our primary objective.

✓ **Avoid drinking alcohol.** Research performed at the University of California, San Francisco, conducted by Dr. Samir Gupta, assistant professor of internal medicine at University of Texas Southwestern medical Center, found that **men who drank alcohol increased their risk of pancreatic cancer by 1.5 to 6 times, compared with those who didn't drink alcohol or who had less than one drink per month.** The findings are published online in *Cancer Causes and Control*. Gupta points out that ***“Pancreatic cancer is one of the deadliest cancers, so any risk factor that can be identified and addressed may save lives”*** (http://www.eurekalert.org/pub_releases/2010-05/usmc-hau051810.php).

In other research, led by Dr. Arthur Klatsky of the Kaiser Permanente Medical Care Program in Oakland, California, was revealed in a meeting of the European Cancer Organization in Barcelona in late 2007. Studies found that ***“women who had one or two drinks a day increased their risk of developing breast cancer by 10 percent, and women who had more than three drinks a day raised their risk by 30 percent”*** (retrieved from <http://www.truthquest2.com/markSircusCancer.htm>).

However, Dr. J. Robert Hatherill, Ph.D. has found that ***“Women who drink heavily face a 40 to 100 percent chance of getting breast cancer”*** (*Eat To Beat Cancer*, 1998, p. 132). He goes on to explain, ***“Alcohol has a bruising effect on melatonin, a naturally occurring hormone that acts as an antioxidant and combats cancer. Because alcohol reduces melatonin production, it inhibits the body's natural protection against cancer.”*** Dr. Hatherill warns that excessive alcohol use (more than five drinks per day) has been associated with cancer of the mouth, esophagus, and liver, and that some studies have shown that excessive beer

increases the risk of rectal cancer. The good news is, it's possible to supplement with melatonin – an issue we address in a later chapter regarding supplements.

Alcohol is a poison, as far as the body is concerned, and according to information found in *Prescription for Nutritional Healing* (Balch & Balch, 2000), “Alcohol not only **reduces the amount of oxygen going to the brain**, but it also directly harms brain cells... and **depresses the immune system**. The toxic effect of alcohol on the liver is very serious. Alcohol is one of the toxins that the liver doesn't handle as well as others. The liver cannot regenerate after being severely damaged by alcohol (pp. 147-149).

✓ **Avoid common table salt (Sodium Chloride)**. In his book *Eat to Beat Cancer* (1998), Dr. J. Robert Hatherill, Ph.D. states that several factors may be at play in relation to salt and increased gastric cancers. He notes “Table salt (sodium chloride) is known to irritate the stomach lining and to **promote digestive tract tumors** in rats.” Dr. Hatherill also warns that high-salt foods, which injure the lining of the stomach, are stomach cancer risk factors. And, Paavo Airola, N.D., Ph.D., in his book *Every Woman's Book* (1979), warns that “**common salt**” **lowers or breaks down the body's resistance to disease, thus paving the way for the development of cancer**.

According to Cancer Tutor, a website devoted to discussing alternative cancer treatments, “**refined salt may be a major cause of cancer**” (<http://www.cancertutor.com>). They claim that refined salt, and the wrong fats, are the main causes of red blood cells sticking together. When they do, you will experience less oxygen absorption in the lungs, and reduced oxygen delivery through all the smaller capillaries, (a potent contributor to cancer). It will also hinder any effort to deliver oxygen to cancer, in order to resolve it.

While we are on the subject of salt, it's important to realize that, just as most oils were once healthy (before food manufacturers got involved), the same applies to salt. Once oils are heated and hydrogenated, they will no longer create healthy cells. Your cells no longer attract and efficiently absorb oxygen, (a major contributor to cancer). But what the heck – most people are uneducated regarding nutrition anyway. Unfortunately, their “advisors” their doctors seldom are as well. As long as the customers are none the wiser, it's a perfect way to assure that processed foods can remain on the shelf for years. The problem is – if oils can't oxidize on the shelf, they obviously can't oxidize in the body, (a major issue)!

Now back to salt. It is important to stress that complete sea salt is not only “healthy”, but also critical for many functions. Once again, man has managed to “totally destroy” one more of God's healthy creations. As a great deal of salt (sodium only) is used for manufacturing, and thus mass-produced, it's also dirt cheap, which makes it a perfect financial candidate for adding to the processed foods that the majority in the nation are eating daily. After all, they are also adding high fructose corn syrup, aspartame, flavor enhancers (MSG), preservatives, artificial flavors and colorings, etc., so what's the real concern?

The general public normally considers cost, flavor, and convenience, when it comes to their food choices. Thus, nutrition is seldom a concern, for the majority of consumers. Once that changes, so will their tactics. Learn to read labels, and refuse to purchase any unhealthy foods. That is likely the best way we can possibly force a change. And it might require re-training doctors. Any doctor unfamiliar with nutrition, and disease prevention, can't possibly help their patients prevent disease. Many doctors suffer with poor health themselves, as a result.

Sorry about the diversion, but back again to salt. The salt not used for manufacturing (about 7%), is slightly modified for appearance, and our

convenience. First, they bleach it, so it will look nice and pretty in your saltshaker. Then they add a little “aluminum”, so it won’t clump, but instead flow freely! After all, we all need a little aluminum – right? It’s thought to contribute to Alzheimer’s disease, but what the heck – maybe someday we’ll find a solution, (possibly some drug).

The complete sea salt, provided by nature, contains the proper balance of ionic highly beneficial minerals, including the valuable combination of sodium and potassium. They are critical for maintaining the sodium / potassium pump, responsible for the transfer of nutrients into, and the removal of toxins from, each cell – something sodium by itself can’t efficiently do. Thus, a deficiency can contribute to disease, (including cancer). Sodium by itself causes excess fluid absorption, and retention, inside cells, resulting in elevated blood pressure. Possibly even worse, the excess fluid trapped inside the cell is surrounded by toxins that can’t be efficiently removed. Part of the sodium / potassium pump is missing. No wonder “common table salt” is thought to contribute to cancer!

The problem is – “the powers to be” recently announced that companies must begin reducing salt in processed foods within the next five years, (no big hurry). To them, salt is just salt, although actually the sodium and potassium, along with many trace minerals found in natural (unprocessed salt), are critical to our health. For example, regular processed table salt actually solidifies in the kidneys, while unprocessed sea salt in its natural form, readily clears from the kidneys instead. As mentioned, one critical function (of both sodium and potassium) is powering the sodium / potassium pump, necessary for assisting both the entry of nutrients into, and the removal of toxins from, cells.

One primary issue is that common table salt contains sodium only, which is not only acidic, thus lowering the pH, but also contributes to fluid retention.

Another concern is – many medications deplete potassium, along with other alkaline minerals that are important for maintaining a healthy pH. Drugs deplete critical nutrients, as well as contributing to a toxic acidic cellular environment – an environment that promotes the development of cancer.

Then according to Dr. F. Batmanghelidj, M.D., if we don't get enough salt, (referring to complete sea salt), we will never be able to effectively control our elevated blood sugar. Although that's not a real concern – after all, it just so happens that there are actually several medications for controlling elevated blood sugar to choose from! What would we do without medications?

The fact is – the salt found naturally in meat and vegetables (and the ocean), all contain many critical organic minerals, and in the proper balance, (not just sodium)! Our Creator obviously knew better, and we should as well. Make your voice heard! Just say “no” to unhealthy processed foods. If they can't sell it, they will be forced to stop producing it! Maybe someday we, as a nation, can finally regain our health, and become drug-free. If you are currently dealing with cancer, it should soon become obvious why, and what to do next. As Dr. Joel Wallach so aptly stated: *“We are just doing too many bad things, and not enough good things.”* The solution – just reverse that process.

CHAPTER NINE

Food and Drinks for Proven Cancer Prevention

A healthy diet should be part of any cancer therapy, as poor dietary habits are often a major contributor to all disease, but especially cancer. We all have different tastes, thus I would prefer to give you some dietary guidelines to follow, and then allow you to use your own creativity, (based on your own personal taste).

It is important to take your time, and chew your food slowly, and thoroughly. The objective will be to make your digestion and assimilation more efficient. Otherwise, your body could be expending energy that it could instead be utilizing to fight your cancer. By developing healthy eating habits, you will be lightening your body's load, so it can better utilize its resources elsewhere.

Dietary Suggestions

Our diets and eating habits (including food preparation) are areas that most in the nation could likely improve on. All disease starts with poor nutrition, although as we will discover, there is more to the story, and we will attempt to address each one.

Our objective will be to develop a disease-resistant body and brain, and an ironclad immune system – possibly our very best defense against cancer.

You could say that our meals could be an important part of our strategy. Just be creative, and make them as pleasant as possible, making this an ongoing process.

You should consider the new healthier habits, as lifetime habits, not just until you manage to cure the cancer. Don't forget – improper dietary habits might very well have been at least one contributor to your cancer to begin with.

Following are some alterations you might consider in your daily diet, proven to prevent cancer. Also refer to the “Beneficial Vitamins/Minerals/Supplements” chapter, and remember to incorporate the “good” (not the “bad”) sweeteners, as well.

✓ **Extra Virgin Coconut Oil.** We want to assure that your brain will receive an adequate source of energy, in order to prevent hypoglycemia (low blood sugar), while not feeding the cancer in the process. The objective should be to avoid both sugar, and high fructose corn syrup, whenever possible. They both provide cancer with its primary source of energy – glucose. As it turns out, coconut oil can come to the rescue. It is rapidly converted into ketones in the liver. Ketones just happen to be an excellent source of energy for the brain, (although not for cancer). This particular resource is also especially beneficial for diabetics, and is something I discuss in my book *Reversing Type 2 Diabetes While Removing Fat* (2010).

Coconut oil is also an immune enhancer – critical for destroying cancer cells. It even kills pathogens such as bacteria, virus, and fungus, which can at times contribute to the development of cancer. Possibly best of all, it’s a healthy fat that doesn’t cause the storage of fat, as most fats are so well known for. It’s an extremely valuable resource that very few are aware of. Possibly that’s about to change.

✓ **Flax Seed Oil and Cottage Cheese.** Dr. Johanna Budwid was a brilliant and very perceptive German scientist. She held a Ph.D. in Natural Science. She completed medical training to become a physician, but was also schooled in pharmaceutical science, physics, botany, and biology. She was nominated to receive a Nobel Peace Prize seven different times!

Way back in the 1950s, she was researching how various oils on the market were metabolized in the body. She made an amazing discovery that, to this day,

food manufacturers conveniently ignore. She discovered that those who were seriously ill had a strange looking greenish-yellow substance (not found in healthy individuals), whose blood instead contained red oxygen, carrying hemoglobin. It seemed that cancer patients in particular, had the greenish-yellow rather than red hemoglobin. She discovered that the problem stemmed from a serious deficiency of healthy Omega-3 and Omega-6 essential fatty acids (EFAs).

Dr. Budwig discovered that EFAs help maintain the integrity of cell membranes, (including the red blood cells). It is important for the efficient absorption of oxygen, and thus delivery to the cells, throughout the body and brain. Dr. Budwig also found that, **without natural and unaltered** linoleic acid (Omega-6 fatty acids) the body couldn't produce hemoglobin effectively. The EFAs are responsible for forming the cell membrane (when available). If not, they are instead formed from bad fats from processed hydrogenated (unhealthy) oils. Healthy oils have lots of unbound electrons, which readily bind to oxygen and transport it into the cell. The problem is – the electrons are missing from all hydrogenated oils, found in processed foods, and margarine. That also applies to the majority of oils found on the grocery store shelves, (a major issue).

Virgin, cold-pressed, unprocessed flax seed oil is electron rich, and binds to both oxygen and protein, (especially sulfur-based proteins). Dr. Budwig decided that quark (made in Germany) would be a good option to combine with flax seed oil. Cottage cheese is actually very similar, and the most commonly used alternative in the United States. It appears to be the richest source of sulfur-based protein. EFAs are also important for the production of prostaglandins, which help reduce inflammation, and are important for the immune system – both important for cancer patients.

According to Dr. Budwig, in addition to essential fatty acids, the vitamins B₃, B₆, and C, as well as the minerals magnesium and zinc, are cofactors required by the body to produce prostaglandins. She found that in about three months, the greenish-yellow constituents in the blood are replaced by healthy red blood cells. Incidentally, red blood cells are replicated (replaced) about every 90 days, or approximately every three months, which would help explain her discovery. Basically building new red blood cells with healthy fats.

Amazingly, Dr. Budwig apparently accumulated more than 1,000 documented cases of cancer cures using a rather simple dietary approach, along with a few common vitamins and minerals. In spite of her amazing success, Dr. Budwig was unable to publish her research in scientific journals. Unfortunately, that is all too common for any natural (non-drug) cure that might somehow threaten the highly profitable cancer industry – and apparently not just in the United States. Such valuable information could easily have a devastating influence on one of the most profitable industries in our healthcare system – the powerful cancer industry!

Dr. Budwig recommends that cancer patients **mix anywhere from 3 to 6 tablespoons of unrefined cold-pressed flax seed oil, with ½ cup of cottage cheese**, and keep it refrigerated. Just eat it throughout the day. It's best to mix them with a blender to help bind the flax oil with the sulfur-based proteins, in order to experience the most benefit.

Be creative! The more tasty the mixture, the easier it will be to adhere to the protocol. For example, Safeway™ sells low-fat cottage cheese with chives, or pineapple. I found that diced dill pickles, chopped mild onions, and avocado, tastes great when added to the cottage cheese with chives. You can also add diced tomatoes, if you prefer. Or with the pineapple cottage cheese, you could add

honey and extra virgin coconut oil (which we just discussed), if you like pineapple/coconut. Organic unfiltered honey has many vitamins and minerals. A small amount is all it takes to enhance the flavor of the coconut. When in season, I also add either raspberries or blueberries. At times, I also add chopped Brazil nuts. It actually makes an excellent desert.

Another option is grinding flax seeds, and adding them to the cottage cheese just before consuming it. Flax seeds in bulk are very inexpensive, and also contain fiber. In my opinion, it tastes better than the flax oil. For additional benefit, you might take a tablespoon of flax oil just before consuming the cottage cheese. You might also try different combinations to find the one that best suits you. Just don't add anything you should avoid – such as sugar!

✓ **Cold Pressed Extra Virgin Olive Oil.** Research by scientists from the Univeritat Autònoma de Barcelona found that adding just a little bit of olive oil to your meal can help ward off breast cancer. Olive oil actually switches off proteins that the cancer cells rely on in order to grow and multiply, thus protecting the DNA from damage that can lead to cancer. **It inhibits the growth of tumors, and eventually causes destruction of the tumor itself.** Olive oil has also been found to protect against heart disease, Alzheimer's disease, and Parkinson's disease.

I would recommend one tablespoon of cold pressed extra virgin olive oil daily. Incidentally, it is also available in capsules.

✓ **Baker's Yeast.** As strange as it might seem, cancer appears to have an affinity for other ferments (cancer ferments sugar). Fortunately, that fatal attraction just happens to be something we can take advantage of. It was recently discovered that, although cancer readily welcomes the ferment (yeast), it will basically do the cancer in! Thanks to more than two decades of persistent research by Dr. Mamdooh Ghoneum, a professor and researcher at Charles Drew

University, we now have an inexpensive, perfectly safe, yet highly effective, cancer destructive nutrient.

Baker's Yeast: A Promising, Natural therapy for Cancer?

In laboratory tests, Dr. Ghoneum exposed cancer cells to yeast and observed as they ingested the yeast – through a process known as phagocytosis – and then the cancer cells died. First, he investigated this phenomenon in test tubes (in vitro), introducing yeast to breast, tongue, colon, and skin cancers.

*“I have no doubt that I am close to unlocking the mystery as to why cancer cells weaken to the point of destruction after eating common baker's yeast,” Dr. Ghoneum said. **“The cells just gravitate to the yeast. I call it fatal attraction.”***

In later experiments, yeast was injected inside the tumors of mice and, again, he observed a decrease in the size of the tumor mass. Then, in his most recent tests, he examined whether yeast could kill cancer cells in mice that had cancer metastasized to the lung. These tests also showed significant clearance of the cancer cells from the lung.

“We observed that when the cancer cells eat the yeast, they die,” Dr. Ghoneum said” (retrieved from <http://www.sciencedaily.com/releases/2010/02/100202201622.htm>).

Then Dr. David G. Williams discovered that we also have an ideal yeast produced for animals (that is both safe and effective for humans), called *Diamond V XPC*. Dr. Williams stresses its importance for enhancing the immune system, (important for cancer prevention), which we discuss in detail in a later chapter. Possibly more important is – its potential for basically destroying the cancer, (if it's already too late to prevent it).

✓ **Sodium Bicarbonate (Baking Soda).** The following information on sodium bicarbonate and cancer, was provided by Dr. Mark Sircus, Ac., OMD, and

retrieved from his website, discussing his book *Rich Man's Poor Man's Cancer Treatment* (2008):

Sodium bicarbonate [baking soda] helps to save countless lives every day. It is also found in the corridors of orthodox oncology where it is used to keep the toxic chemotherapy agents from killing people too quickly.

*This book is about the application of **the least expensive, safest and perhaps the most effective cancer medicine there is.***

Sodium bicarbonate cancer treatment focuses on delivering natural chemotherapy in a way that effectively kills cancer cells while dramatically reducing the brutal side effects and costs experienced with standard chemotherapy treatments.

That's the only problem with this treatment – it is too cheap. No one is going to make money from it so no one will promote it. Those that do will be persecuted for it (<http://www.winningcancer.com/sodium/about-the-book/>).

The good news is – no one can stop you from purchasing and using sodium carbonate. Nor can they stop me, or Dr. Mark Sircus, from sharing that information with you. Believe me, if they could, they undoubtedly would. The cancer industry absolutely hates that kind of information getting out, (super cheap natural cancer cures). Just one protocol that can quite easily be incorporated with other therapies, in order to increase your potential for success.

Could you possibly imagine a highly profitable career based entirely on deception? Exposure could be about as scary, to oncologists, as the toxic therapies they continue exposing their patients to. Yet, with them it's all about the money, although with their patients, it's about their very survival – not to mention the tremendous suffering, and damage to their overall health. Then if you just consider how many patients each oncologist treats each year, it's easy to see where the greatest threat actually lies.

Dr. Sircus continues: *“None of us dreamed that sodium bicarbonate is already part of orthodox oncology and is included in many chemotherapy protocols to protect the patient’s kidneys, hearts and nervous systems.”*

Then this information would obviously put oncologists in a very compromising position:

Most thought it was pretty strange when Dr. Tullio Simoncini showed up on our medical radars. He is the oncologist from Rome who pointed to using bicarbonate as a main line cancer treatment and he was persecuted for it.

*It is commonly used prior to, during, and after application of chemotherapy. **Some studies actually have already shown how manipulation of tumor pH with sodium bicarbonate enhances chemotherapy; again pointing to the possibility that bicarbonate is the main chemo agent saving people from their cancers.***

We are talking about serious medicine when we talk about sodium bicarbonate.

*Cardiologists at The University of Texas found in their review of 29 anticancer agents that **there is no class of cancer drug that is free of potential damage to the heart.***

✓ **Pure Grade B maple syrup – sweet, yet healthy for both cancer patients and diabetics.** Although anyone with cancer and diabetes should definitely avoid simple sugars, and high fructose corn syrup, from research it was discovered that doesn’t necessarily hold true regarding grade B maple syrup. Just remember – that doesn’t apply to everything that has “maple syrup” on the label. Many contain more of the cheap high fructose corn syrup than maple syrup, (if they contain any at all).

Also, keep in mind that grade “B” is actually healthier than grade “A”, when it comes to maple syrup. Although we normally consider grade A to be better than grade B, this just happens to be an exception. Grade “B” contains more of the

valuable minerals than grade “A”. Minerals responsible for providing some important benefits we are looking for, and organic sources are always the best. Most health food stores carry it – some in bulk.

More than twenty compounds in maple syrup from Canada have been linked to human health. Several of these anti-oxidant compounds also have **anti-cancer**, **anti-bacterial** and **anti-diabetic properties**, as well as naturally occurring minerals such as zinc, thiamine and calcium (retrieved from <http://www.uri.edu/news/releases/?id=5256>).

✓ **Baking soda with grade B maple syrup.** The following information was published by the International Medical Veritas Association (IMVA):

*When mixed and heated together, the maple syrup and baking soda bind together. **The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell.** The actual formula is to mix one part baking soda with three parts (pure, 100%) maple syrup in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by Cancer Tutor but one could probably do this several times a day.*

*Sodium bicarbonate is safe, extremely inexpensive, and unstopably effective when it comes to cancer tissues. **It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate.** Cancer cells cannot survive in the presence of high levels of oxygen. The maple syrup apparently enables and increases penetration of bicarbonate into all compartments of body, even those which are difficult or impossible to penetrate by other means.*

The maple syrup will make tissues more permeable, too. It will transport the bicarbonate across the blood-brain barrier and every other barrier in the body for sugar is universally needed by all cells in the body (http://www.fourwinds10.com/siterun_data/health/holistic-alternative-medicine-news.php?q=1209404469).

NOTE: It's important to know the best time to consume maple syrup with sodium bicarbonate (baking soda), in order to avoid neutralizing critical digestive enzymes. For example, the acidic hydrochloric acid and pepsin, (important for digesting protein), could possibly be neutralized if taken just prior to a meal. Thus, between meals would be preferable.

✓ **Molasses.** The following information was obtained from *Nine-Day Inner Cleansing and Blood Wash for Renewed Youthfulness and Health*, by I. E. Gaumont (1980):

An unheralded Cancer Fighter

*Children should be given a teaspoon of molasses daily, either straight or with water. **Not only will it close the door on cancer in general, but it is especially helpful in cases of leukemia (cancer of the blood), which afflicts some children.***

Avoiding Breast Cancer

Adults, particularly women, who have breast cancer or may be prone to it, should take a tablespoon of unsulphured blackstrap molasses twice daily, plus vitamins E, C, and A.

The Difficulty In Isolating Cancer Cells

A stagnant cellular condition, especially with billions of live cells in the body, makes it extremely difficult to isolate the impaired cells, and contributes, in large measure, to cancerous conditions, including breast cancer. Molasses can play an important role in preventing a stagnant cellular condition.

Cyril Scott, a noted English medical writer and one of the most leading authorities on blackstrap molasses, maintains that a important constituent of molasses is phosphoric acid; a combined deficiency of this and potassium in the human body “causes a general breakdown of the cells, especially those of the brain and nerves.”

The Value of Molasses In Connection With Cancer

*It is believed that the late Dr. Forbes Ross was the first English doctor to draw attention to the prophylactic and curative properties in molasses. He pointed out that **workers on sugar cane plantations, who were constantly sucking the crude sugar in sugar cane, seldom if ever were known to suffer from cancer.** He attributed this to the large percentage of potassium salts in unrefined sugar cane, his argument being that the cause of cancer was a deficiency of potassium in the human cells and blood.*

NOTE: Blackstrap molasses is also a very good source of calcium, which is one of the most important minerals in the body.

✓ **Green tea.** Japanese researchers from the Tohoku School of Medicine based in Japan, believe that five cups of green tea or more daily is the best defense from cancer. Following nearly 42,000 men and women over a nine-year period, **those who drank five cups of green tea or more daily were 40 percent less likely to be diagnosed with blood cancer, and about 50 percent less likely to be diagnosed with cancer of the lymph nodes** (http://www.naturalnews.com/z026862_cancer_green_tea_health.html).

This study, published in the *American Journal of Epidemiology*, is just one of many studies that link green tea consumption with cancer prevention, likely due to its high antioxidant content of polyphenols, commonly found in the skins of various fruits and vegetables. **Past studies have linked green tea consumption to the prevention of ovarian cancer, prostate cancer, bladder cancer, breast cancer, and even lung cancer (the deadliest form of cancer).**

According to research presented January 13, 2010 at the Molecular Origins of Lung Cancer conference in Coronado, California, *“Scientists found smokers who drank at least one cup of the antioxidant-rich beverage a day were almost **13 times less likely** to develop lung cancer than those who drank no green tea.*

Among smokers and non-smokers combined, **drinking green tea led to a more than five-fold reduced risk of lung cancer**” (<http://www.lef.org>).

I would suggest either Xylitol, or organic unfiltered honey, are the best sweeteners for tea, as they both potentiate the benefits of green tea.

✓ **Garlic** is a rich source of many health-promoting nutrients, including vitamins A and C, potassium, phosphorus, sulfur, selenium, and a number of amino acids. According to Dr. James Balch, M.D., there is growing evidence that garlic works to halt carcinogen activity both as prevention and as treatment (*Nature's Rx for Diabetes*, 2002), and notes that the Iowa Women's Health Study found that, of all foods evaluated, **garlic showed the strongest association with decreased risk for colon cancer.**

✓ **Organic Honey and Cinnamon.** One teaspoon of cinnamon, added to one tablespoon of organic honey, three times daily.

✓ **Pureed Asparagus.** First, I might mention that one thing soon becomes apparent not long after consuming asparagus. The urine contains asparagus – it's obvious from the odor. What significance might that have? When we discuss the urine colonic, which I refer to as “your own perfect colonic”, we learn that foods we consume, and supplements we take, influence urine's healing potential.

The same applies when we take high doses of vitamin C. It will always be found in the urine as well. Then, when we ingest the urine, the healthy constituents will be re-absorbed and utilized – not wasted. Then we can basically train our body to divert the urine through the large intestine, in order to maintain a clean healthy colon, (my discovery). Thus, there won't be any toxic mucus or fecal matter, which would instead enter the blood stream, and create a toxic environment in cells, and overwhelm the liver with toxins.

Now back to asparagus potential for “curing cancer”. Keep in mind that, at times some surprisingly simple cures have far more potential for curing cancer, than the outrageously expensive, “supposedly” high-tech, cancer therapies that oncologists rely on. It’s also obvious that absolutely no one would benefit financially from promoting asparagus as a potential cancer cure. That’s a claim that proponents of the traditional toxic cancer therapies couldn’t possibly make, and just one more cancer therapy that we all have access to. With them, it’s all about the profit potential, yet with us it’s instead the safest, non-toxic cures!

Following is an extract of an article forwarded to me by a friend.

Several years ago, I had a man seeking asparagus for a friend who had cancer. He gave me a photocopied copy of an article, entitled, ‘Asparagus for cancer’ printed in Cancer News Journal, December 1979. [That’s 32 years ago – yet few have likely heard of it.]

I will share it here, just as it was shared with me:

I am a biochemist, and have specialized in the relation of diet to health for over 50 years... Several years ago, I learned of the discovery of Richard R. Vensal, D.D.S. that asparagus might cure cancer.

Since then, I have worked with him on his project. We have accumulated a number of favorable case histories.

Here are a few examples:

Case No. 1, a man with an almost hopeless case of Hodgkin’s disease (cancer of the lymph glands) who was completely incapacitated. Within 1 year of starting the asparagus therapy, his doctors were unable to detect any signs of cancer, and he was back on a schedule of strenuous exercise.

Case No. 2, a successful businessman 68 years old who suffered from cancer of the bladder for 16 years. After years of medical treatments, including radiation without improvement, he went on asparagus. Within 3

months, examinations revealed that his bladder tumor had disappeared and that his kidneys were normal.

Case No. 3, a man who had lung cancer. On March 5th 1971, he was put on the operating table where they found lung cancer so widely spread that it was inoperable. **The surgeon sewed him up and declared his case hopeless.** On April 5th he heard about the asparagus therapy and immediately started taking it. **By August, x-ray pictures revealed that all signs of the cancer had disappeared.** He is back at his regular business routine.

We would have other case histories but the medical establishment has interfered with our obtaining some of the records. [The question is: What's their concern?]

For the treatment, asparagus should be cooked before using, and therefore canned asparagus is just as good as fresh. I have corresponded with the two leading canners of asparagus, Giant and Stokely, and I am satisfied that these brands contain no pesticides or preservatives.

Place the cooked asparagus in a blender and liquefy to make a puree, and store in the refrigerator. Give the patient 4 full tablespoons twice daily, morning and evening.

Patients usually show some improvement in from 2-4 weeks. It can be diluted with water and used as a cold or hot drink. This suggested dosage is based on present experience, but certainly larger amounts can do no harm and may be needed in some cases.

Asparagus contains a good supply of protein called histones, which are believed to be active in controlling cell growth. For that reason, I believe asparagus can be said to contain a substance that I call cell growth normalizer.

It has been reported by the US National Cancer Institute, that asparagus is the highest tested food containing glutathione, which is considered one of the body's most potent anticarcinogens and antioxidants.

✓ **Watercress** is a leafy green vegetable, (actually a member of the cabbage family), high in iron, calcium, and vitamins A and C, and has been proven in studies to prevent cancer. The following information was retrieved from <http://www.healthiertalk.com/green-vegetable-starves-out-cancer-2633>:

Leafy green superfood protects DNA

Scientists found that watercress has a lot of anti-cancer potential. In fact, in one study, men and women who ate a serving of watercress each day for eight weeks increased antioxidant levels in their blood. This is important because antioxidants remove cancer-causing free radicals from the body.

Plus, these folks decreased the DNA damage to their white blood cells by almost 25 percent. According to Professor Ian Rowland, the study's lead researcher, "Blood cell DNA damage is an indicator of whole body cancer risk." So, the more DNA damage there is to your white blood cells, the higher your cancer risk. But eating watercress seems to lower your risk overall.

Watercress "shuts down" breast cancer delivery system

Breast cancer tumors (like most malignant tumors) survive on nutrients delivered by your blood vessels. And as the tumor grows bigger, it needs access to more and more blood vessels. To solve this dilemma, the tumor sends a signal for your body to release a protein called HIF. This protein tells normal tissue to redirect their blood vessels into the hungry tumor. As a result, the tumor grows and spreads with nutrients delivered by the "stolen" blood vessels.

UK scientists recruited a small group of breast cancer survivors. The women agreed to eat 80 grams of watercress (a cereal bowl full) and then give blood samples over a period of 24 hours.

Remember that helpful plant compound that blocks new blood vessel growth? Well, after eating watercress, the women had lots of that compound in their blood. Remember that harmful protein – called HIF – that signals the body to send healthy blood vessels into malignant tumors? Well, the scientists found that HIF levels significantly dropped after the women ate the watercress. This Green vegetable "starves" out cancer.

✓ **Grape juice with baking soda.** I would recommend drinking eight ounces of grape juice, with ½ teaspoon of baking soda, between meals.

✓ **Pineapples provide Bromelain**, a proteolytic (protein digesting) enzyme that has been studied for its apparent anti-tumor effects.

✓ **Papaya** has been found to promote digestive health and intestinal cleansing, and fight inflammation, as well as supporting the immune system, protecting lung and joint health, and boosting energy levels. In addition, scientists at the University of Illinois have documented proof (published in the *International Journal of Food Science and Nutrition*, May 2009), that ***“Papaya is a potent cancer fighter that is highly effective against hormone related cancers as well as other cancers. New research shows papaya can stop the growth of breast cancer cells, halt metastasis, and normalize the cell cycle.”***

In another study, conducted in Australia, scientists found that *“Men who consumed the most lycopene-rich fruits and vegetables such as papaya were **82% less likely to have prostate cancer.** In this study, green tea also exerted a powerful anti-cancer effect. When lycopene-rich foods were consumed with green tea, the combination was even more effective”* (*Asia Pacific Journal of Clinical Nutrition*, 2007).

Organo-sulfur compounds called isothiocyanates (found in papaya), have been found in animal experiments, to protect against cancers of the breast, lung, colon, pancreas, and prostate, as well as leukemia, and *“they have the potential to prevent cancer in humans. Isothiocyanates have shown themselves capable of inhibiting both the formation and development of cancer cells through multiple pathways of mechanisms”* (*International Journal of Oncology*, October 2008).

Papaya naturally contains the proteolytic enzyme, papain, and its importance is explained as follows:

Papain is able to destroy intestinal parasites, which are composed mostly of protein. Proteolytic enzymes are able to digest and destroy the defense shields of viruses, tumors, allergens, yeasts, and various forms of fungus. Once the shield is destroyed, tumors and invading organisms are extremely vulnerable and easily taken care of by the immune system (retrieved from http://www.naturalnews.com/026372_cancer_papaya_enzymes.html).

✓ **Pomegranates / pomegranate juice.** According to studies published in the journal *Cancer Prevention Research*, regular consumption of pomegranate may help prevent breast cancer. Additionally, research conducted at the University of California, Riverside, found that **components in pomegranate juice inhibit the movement of cancer cells, and could actually stop cancer from spreading.** These components also weaken the cells' attraction to a chemical signal that promotes the spread of prostate cancer to bone. Although, the findings aren't really specific to prostate cancer, as the genes and proteins involved the way it moves are pretty much the same as those involved in the movement of other cancers (<http://www.sciencedaily.com/releases/2010/12/101212121741.htm>).

Incidentally, if you are curious, the components that brought the movement of cancer cells to a screeching halt were phenylpropanoids, hydrobenzoic acids, flavones and conjugated fatty acids.

✓ **Cruciferous vegetables (steamed), such as cauliflower, broccoli, cabbage, and Brussels sprouts.** When raw, they tend to suppress the thyroid, thus steaming them is the best way to preserve the nutrients, and prevent any possible thyroid suppression.

✓ **Vegetables high in beta-carotene.** According to Maureen Salaman (*Foods That Heal*, 1989), "a 10-year study of diets of 250,000 individuals in Japan proved that those who daily ate green and yellow vegetables high in beta carotene had far less cancer – not only of the lungs, but of the colon, cervix, prostate and stomach."

✓ **Dr. Al Sears published a list of what he considers to be some of the top cancer blockers proven in studies**, in an article he posted September 24, 2009 (retrieved from <http://www.alsearsmd.com/beat-a-dozen-different-cancers/>), titled “Beat A Dozen Different Cancers”, as follows:

- **Quercetin** protects against lung, skin and prostate cancers. A study in the journal *Carcinogenesis* found quercetin could stop cancer-causing changes in prostate cells. It flushes away carcinogens and can block tumor development and growth.

The most quercetin is in onions, apples, peppers, berries, grapes, tomatoes, black tea and garlic. [Quercetin is also available as a supplement, which can be purchased at most health food stores and online.]

- **Catechins** can prevent tumors in almost every organ in your body, from your esophagus and stomach to your colon and liver – even your breasts. They fight tissue-attacking free radicals and protect your cells against tumor development and growth.

In fact, studies show they can reduce your cancer risk between 30% and 60%.

[Good sources of Catechins are dark chocolate, apples, berries, and green tea.]

- **Folate** [one of the B vitamins] can protect against a dozen different cancers. **Vegetables with the highest folate content are dark, leafy greens like spinach, kale and romaine lettuce.** But, your body only absorbs half of the folate you consume, so taking a supplement is a very good idea.

*The supplement form of folate is folic acid. Most multivitamins contain folic acid. Check yours to make sure it has at least 400 mcg. **You should be certain to take it if you’ve had cancer or are at risk.***

[MY NOTE: It also helps control elevated homocysteine, and is the vitamin that, (along with vitamin B₁₂) most Alzheimer’s victims are deficient in.]

- **Carotenoids.** *These five cancer fighters are alpha-carotene, beta-cryptoxanthin, lutein, lycopene and zeaxanthin.*

These colorful ‘fab five’ can protect against breast cancer, prostate, colon, bladder, pancreas, skin, lung, colon, and cervical cancers.

[Food sources of Carotenoids include carrots, sweet potatoes, spinach, and tomatoes. To maximize the availability of the Carotenoids, these foods should be eaten raw or steamed lightly.]

NOTE: Although the above “top cancer blockers” are found in food sources, most are also available as supplements, sold through health food stores and on the internet.

Other Considerations

Something else to consider is, at times timing can also be important. For example, although baking soda is an inexpensive yet very effective way to alkalize cancer, if consumed just prior to a meal, it will tend to neutralize the hydrochloric acid, in the stomach necessary for digesting proteins, (an important function).

You will discover that some therapies discussed will cause the cancer cell to basically self-destruct (apoptosis). Yet, others in turn restore the cancer cells energy, so they can again oxidize as normal cells do, rather than fermenting as anaerobic (oxygen deficient) cancer cells are forced to do, in order to survive. Keep in mind that, “healthy cells will not turn cancerous”. It’s our job to assure that all cells remain healthy. Thus, not only are cancer patients victims, but so are the cells that were forced to turn cancerous in order to survive. The question is: Who is really the victim?

Only by learning what can cause cells to turn cancerous can it possibly be prevented, or cured, an important issue that oncologists seldom discuss with their patients. How can anyone prevent acquiring cancer (or diabetes), unless we

understand what contributes to the disease in the first place? It's called disease prevention – something traditional doctors continually fail to address.

Examples of A Healthy Meal Protocol

Your meals can play an important role in both cancer prevention, and cure. As our objective is to make cancer prevention (or cure) as pleasant as possible, that's where your creativity comes into play. We don't all have the same food preferences, but I'll give you an example of what I personally might consider if I had cancer. Although I don't have cancer, (or any other disease, for that matter), cancer prevention is part of my protocol. It's called "prevention", and involves foods I consume and supplements I take daily. Following are just a few examples.

Options for Breakfast:

- 1. Old-fashioned Rolled Oats (not the Quick Oats) boiled in water with a dash of Celtic sea salt.** To the oatmeal, I add one tablespoon of organic coconut oil, then add either local organic unfiltered honey, or natural grade B maple syrup (to taste). I also add chopped walnuts or Brazil nuts, along with half-and-half. If you are lactose intolerant, you can always substitute almond milk if you prefer. Just don't substitute soy milk – it's not healthy for anyone, but especially cancer patients!
- 2. Eggs**, soft-boiled, with whole-grain toast and butter would be another option. Ezekiel™ bread, made from sprouted grains and legumes, is a healthy option for toast. Once the grains are sprouted, they have more nutritional value, and when combined with legumes, it contains all essential amino acids!

For Lunch: Tuna fish sandwich, or sardines, and cottage cheese with chives. Possibly add chopped minced onions, avocado, tomato, and chopped dill pickles, to the cottage cheese. Healthy, yet tasty options.

For Dinner: Chicken, fish, or beef (small portions). Lightly steamed broccoli, cabbage, cauliflower, or Brussels sprouts, (when raw, they tend to suppress the thyroid). According to Dr. Broda O. Barnes, M.D., Ph.D., too much meat will increase the demand for more thyroid hormone. Meat also uses the same proteolytic (protein digesting) enzymes, beneficial for controlling cancer. Thus, it's important to eat meat sparingly.

According to Dr. Paul Yanick, Jr., Ph.D., N.D., C.N.C., C.Q.M., and Dr. Peter J. D'Adamo, N.D., pork is not a good option for anyone.

Soups can also make an excellent meal, and you can experience more benefit, while consuming less calories. Either chicken or beef broth (no MSG), can be used as the base. Then a few ingredients you might consider are: onions, garlic, green or red bell peppers, cabbage, broccoli, cauliflower, asparagus, carrots, and possibly lentils or potatoes. Then you can add the meat of your choice. There are always other options to consider. As the soup contains more liquid, and boiled rather than fried ingredients, just find a healthy combination that you can enjoy. There is no reason your meals can't be both healthy and enjoyable.

Options for In-between Meal Snacks:

- 1. An apple**, which contains the fiber pectin.
- 2. A handful of almonds**, which contain good fats, proteins, and vitamins.

Either can curb your appetite, so you will tend to eat less at mealtime, as well as helping maintain a healthy blood sugar level.

The Importance of Food Combing, and How It Can Contribute To Acid Reflux

Starches combined with meat in a meal, tends to slow down the digestion. The enzymes necessary for digesting starch are alkaline. Thus, they counteract the enzymes necessary for digesting meat, which are acid. Also, if you eat slowly, and chew your food well, it will require less energy for digestion, and you will be

inclined to eat less as well. We want to conserve our energy, so our bodies can utilize it for detoxification and healing, as well as powering the immune system.

Consuming fruit, or fruit juice with (or just following) a meal, also greatly slows down the digestion! Incidentally, I might add that it's perfectly OK to eat fruit or drink fruit juice (without baking soda), thirty minutes or more prior to a meal. The only exception is regarding bananas, which should instead be at least one hour prior to a meal. On an empty stomach, fruits actually digest rapidly, and exit the stomach. Just remember, fruit juices do contain a considerable amount of glucose (with very little fiber) – something we should keep to a minimum, especially with our cancer prevention protocol.

Beverages That Will Also Be Part of Our Cancer Protocol

Other than water (free of chlorine and fluoride), which we discuss later in the list, we have some additional options to consider, as follows:

1. Green tea, sweetened with Xylitol, or organic unfiltered honey, can be drunk during or between meals. Although Xylitol actually looks and tastes a lot like sugar, neither the fungus *Candida*, nor cancer, can use Xylitol as a source of energy.

2. Asparagus tea, made from either cooked or canned asparagus pureed in a blender, with water added. It's a good option for a beverage to drink with a meal, or between meals. It's just one cancer protocol we discuss as well.

3. Pure Concord grape juice (preferably with skins and seeds), with baking soda. Although one cancer therapy involves a grape juice fast only, our objective will be to include it as part of our therapy, and potentiate it with sodium bicarbonate (baking soda). I would recommend adding a half-teaspoon of baking soda, to about eight ounces of grape juice. It actually tastes great! You would think you were drinking grape soda. As with anything containing glucose, the cancer will

readily accept the grape juice with open arms (or should I say receptors). Just like the grade B maple syrup, grape juice also has many benefits, and the baking soda alkalizes the cancer by eliminating the acidic environment (lactic acid, produced by cancer) when fermenting glucose.

The good news is – the virus often found in a cancerous cell also creates toxins that are acidic. It thrives in an acidic environment, but can't survive for long in an alkaline environment. Thus, this appears to be an excellent protocol for rescuing the cell forced to turn cancerous. It also helps reduce the pain caused by the acidic lactic acid. We are also eliminating a future source of glucose that promotes cancer growth. As it turns out, the body picks up lactic acid and recycles it (in the liver) into glucose – a process that requires (and thus depletes) oxygen. Wow! We receive multiple benefits, just by drinking an excellent tasting drink. Once again, one more cancer protocol included in our diet.

Incidentally, while we're on the subject, by adding a tablespoon of Colloidal Silver (that has no taste), we can increase the potential. As it turns out, Colloidal silver does an excellent job of killing pathogens such as viruses and bacteria, and is perfectly safe as well.

Dr. Mark Sircus, Ac, O.M.D. refers to magnesium and bicarbonate as the ultimate mitochondrial cocktail. If you recall, the mitochondria are the powerhouses of cells. Only by restoring the energy of cancerous cells, can they be converted back to normal again. As we also added bicarbonate (baking soda) to grape juice, it appears that adding magnesium would also be beneficial. I discovered what I would consider the very best source of magnesium. It's ionic magnesium (super small molecule), in liquid form, sold by *WaterOz*TM. It's sold in pints, quarts, and gallons, and can be purchased at <http://www.wateroz.com/>. It is clear, and has very little taste. It can easily enter the cell, and readily cross the blood brain

barrier. Then, combined with about a tablespoon of Colloidal Silver (available at <http://www.silverbiotics.com>), we should have a powerful resource with tremendous potential that also tastes great! It will often resolve a headache, or muscle spasm, in about five minutes. That shows how efficiently it absorbs.

The best time to drink the grape juice / baking soda is between meals, or at least three hours following a meal. For one thing, you should avoid drinking fruit juice or eating juice with a meal, as it greatly slows down the digestion, and causes fruits to ferment, contributing to acid reflux. Then as the baking soda is alkaline, it would tend to neutralize the hydrochloric acid in the stomach (important for digesting proteins).

4. Pomegranate juice also seems to have the potential to prevent cancer from spreading. Thus, if you have cancer you might consider drinking a glass of pomegranate juice, thirty minutes before any (or all) meals.

5. Water. It's best to drink water at least 15 minutes prior to the meal, but not with a meal. When consumed with a meal, water will tend to dilute the digestive enzymes, reducing their effectiveness. The best time to drink the "most water" is first thing in the morning. As I discuss, it's an important component of my urine colonic.

Incidentally, never heat water (or anything else for that matter) in a microwave oven! Healthy water is no longer healthy once it has been heated in a microwave, (the same also applies to foods, which we discuss). The structure of water influences the benefit we experience when drinking it. Even a healthy, more alkaline pH, influences how water responds at the cellular level.

Interestingly, a friend of mine decided to prove the influence of heating water in a microwave might have on plants. She watered two different plants with the same well water. The only difference, one plant was watered with water that had

been heated in a microwave and then cooled. That plant died, and the other instead thrived. In fact, one nurse decided to speed up the process when heating blood for a patient's blood transfusion – like the plant, the patient also died! Microwave cooking denatures proteins, and our blood is made of protein.

CHAPTER TEN

Inexpensive Natural Cancer Therapies – Achieving the Most Benefit for Your Investment

If you are one of those unfamiliar with alternative (natural) cancer therapies, I believe you will be totally amazed that they have been deliberately ignored by the “cancer industry”, often for decades! That obviously must change, as there is far too much at stake, and it’s an industry that we can no longer afford to subsidize!

In my opinion, it’s totally inexcusable for oncologists to fail to discuss what promotes cancer with their patients. How can a cancer patient possibly help promote their cure, if they are not aware? Also, how can they prevent acquiring cancer, if they are not aware it is possible? And the obvious question is: If I can figure it out, and they are “supposed to be” cancer specialists, why in the world can’t they? The truth is – if they did, it would soon become obvious that the solution will not be found in any toxic therapies they have been relying on. They have been totally brainwashed, in medical school, as Dr. Templeman, M.D. noted. He claims they are not taught to analyze the facts, or think outside the box, so to speak. By failing to do so, no real advancements in medicine will ever take place. Unfortunately, that’s where we are today, regarding not just cancer, but all disease. Thus, a lot of brilliant doctors’ brains have been basically placed on hold, for decades, (a terrible waste of talent). And the same applies to any real research on cancer.

It soon becomes obvious that if we just do a little research, and apply simple logic, it’s not really that complicated. In fact, it’s actually surprisingly simple! First and foremost, it should be obvious to anyone, that inorganic chemicals are unnatural, and thus considered as toxins by the body. However, we have ample resources, known from experience to both prevent, and heal any disease. It totally defies all logic to believe otherwise! If we can figure out how to circumvent the

corruption, deception, and deliberate suppression of valuable therapies, I'm convinced we can finally begin experiencing the same progress with our healthcare that we have seen with our computer technology the last few decades. Hopefully, even faster, as it's already out there, just waiting to be rediscovered.

A Super Valuable Resource Created By Our Bodies Daily – Urine Therapy (My Very First Choice!)

Why urine therapy? Because it's a therapy that absolutely everyone can afford (it's totally free), perfectly safe, and has tremendous potential for resolving many conditions – not just cancer! Although that might sound too good to be true, I can assure you, from research, and my own personal experience, that it does work. Not only that but, we can easily increase its potential by improving our diet and adding supplementation – no more wasting your vitamins, which are often found in the urine. Not only that but, vitamins have already been converted in the liver to their Coenzyme (active) form - an added benefit.

I believe you will likely be totally amazed at how simple, and cheap, real cancer cures can truly be. One that appears to be rather simple on the surface, is actually amazingly complex. As usual, it's a gift from Our Creator. It's just one of several do-it-yourself solutions. I'll be providing you with several non-toxic, perfectly safe, yet surprisingly effective options to choose from. You can combine them if you prefer, as that should just help speed up the process. Most importantly, they shouldn't pose any risks, as current traditional therapies are so well known for. It's basically similar to combining healthy foods in a meal, or taking multiple supplements – something I have done for decades. It's the very reason I still remain disease-free at 77, and was able to avoid acquiring a cold or flu for over 15 years! That's actually more important than you might think. It's suspected that a virus can steal a cell's energy and produce toxins, thus contributing to cancer.

That is why maintaining a healthy immune system is important when it comes to cancer prevention.

Traditionally trained doctors have been totally ignoring many potential resources for years, although that will be our focus. The first one we will be introducing will likely totally amaze you. You will know what I mean, as I am about to explain its tremendous potential for not only revving up (rather than suppressing) the immune system, but also **both preventing, and potentially curing cancer!** Then as I noted, it's something absolutely everyone can afford.

Introducing: “Your Own Perfect Medicine”

Few are aware that our bodies are creating such an amazing substance, (on a daily basis), which author Martha Christy calls “**Your Own Perfect Medicine**” – an appropriate title, for an excellent book. Urine therapy was responsible for literally saving her life, when nothing else seemed to work. Urine has unfortunately been mislabeled, and is thus considered as just waste. Thus, many have been unknowingly wasting a very complex substance, with tremendous healing potential.

Not only that but, according to Martha Christy, there are literally hundreds of constituents in your urine, customized just for you – what a concept! It's unfortunate that few are aware they have been wasting a resource with that kind of healing potential. Actually, more than all the drugs man has, (or ever will create in some lab) combined. Most importantly, your body knows exactly what conditions you might be dealing with, and the solution will normally be found in your urine! Although it might sound like an exaggeration, I can assure you, it's definitely not. Something many doctors, who took the time to do the research, have discovered with their patients. Several were well known and respected doctors, who weren't afraid to break the rules, but instead just looking for the best solution, (our

objective – and the cheaper the better). Just the opposite of traditional cancer therapies, where profit potential remains the top priority.

As stated in *Your Own Perfect Medicine* (1994), by Martha M. Christy, “*Your own urine contains elements that are specific to your body alone. Your urine contains hundreds of elements that are manufactured by your body [your customized laboratory], **to deal with your personal, specific health conditions [such as cancer]**. Your body is constantly producing a huge variety of antibodies, hormones, enzymes and other natural chemicals.*” These “natural chemicals” are capable of combating diseases you might not even be aware you have. Although we’re not always aware of the many challenges our bodies are constantly dealing with, our bodies are aware, and they are doing their best to provide us with the solution. So start paying attention, and stop wasting it! It’s quite amazing how many different nutrients are found in urine.

Adhering to a healthy diet is important when it comes to healing cancer, or preventing cancer for that matter. Then regarding urine therapy, the healthier your diet, the more benefit it will provide. And remember – you can’t smoke, drink alcohol, eat an unhealthy diet, and take drugs (even if they are legal), and expect your body to somehow create healthy urine, (or a healthy body, for that matter). You also can’t continue such unhealthy habits, known to contribute to cancer, and somehow expect to cure it, or avoid it.

The best news is – if you happen to take more of one or more vitamins, than your body can use at any particular time, (which is quite easy to do), you can still make good use of them. The problem is – your body can’t store most vitamins, as the majority of vitamins are water-soluble. Thus, it does the next best thing – converts them in the liver to the active form, uses whatever it needs at that time, then places the remainder in the urine for you to recycle, if you prefer. As your liver

has already expended a considerable amount of energy, converting all those vitamins into the coenzyme (active) form in the liver, you should take advantage of them. I can't see wasting them – and neither should you. It's important to remember that all waste is directed by the liver, via the bile, into the intestinal tract for elimination. Urine is, in turn, removed from the bloodstream by the kidneys – an entirely different process! Urine is only a waste product if you continue wasting it. It appears that, your body obviously didn't create it, with that in mind. If it weren't perfectly safe, I would likely be in serious trouble by now!

Not just one, but a total of six constituents in urine were discovered from research, to be beneficial in curing cancer – not one, but six!

The six anticancer ingredients in urine scientists discovered are:

1. Human urine's derivative (HUD)
2. H-11 extract
3. Retine
4. Antineoplastons
5. DHEA hormone
6. Uric acid

One thing that makes urine so effective is its low molecular weight, which allows it to be rapidly absorbed into the bloodstream, with no digestion or prior processing by the liver required. It can also easily penetrate the blood-brain barrier. That's one reason the urea in urine is effective in reducing pressure in the brain, which can be especially serious if not resolved. Nerves and neurons are especially sensitive to pressure, although some people are as well! Incidentally, urine will also help eliminate glaucoma, (pressure in the eyes), which can result in blindness, if unresolved.

It was discovered that uric acid, (one ingredient in urine), is not only a natural diuretic, but also an excellent defense against cancer. I believe there might be a good explanation. Uric acid seems to have a characteristic very similar to vitamin C. Both are antioxidants, while in the blood stream, where they perform an important function. They both attack and destroy pathogens such as virus or bacteria. Interestingly, both also convert into oxidants once they enter the cell, (an important issue). The best possible way to attack cancer is to oxidize it. If you recall, we discovered that yeast can basically do in the cancer. Guess what? There might be a good explanation. It was recently discovered that yeast actually increases the uric acid level, which in turn oxidizes the cancer – the very last thing an anaerobic cancer cell is looking for! It basically undermines its ability to ferment glucose, (its primary source of energy).

We often hear anecdotal stories of how cancer patients were cured of cancer using various natural therapies – those that oncologists claim are unscientific, and thus unfounded. Thus, it helps if we can do a little detective work, and explain exactly why they should be effective in curing cancer. It all starts with understanding what causes cells to mutate and turn cancerous in the first place, and how we can in turn reverse that process. Thus, that will be our objective.

Following is part of Dr. Gary Null's October 1979 interview of Dr. Burzynski, as published in Martha Christy's book, *Your Own Perfect Medicine* (1994):

Documented cases of spontaneous remission and prolonged cancer arrest in humans led Dr. Burzynski to consider how the body might fight cancer on its own. The body must have some way, he thought, to correct errors that occur in cellular differentiation and to redirect potential cancer cells into normal paths. The theory is, of course, that cancer cells have lost the 'information' needed to develop into differentiated body-organ cells.

Burzynski's antineoplastons allegedly supplies that 'information' in the form of a protein peptide, (a chain of amino acids) – one of the best biological

information carriers – **that would reprogram cancer cells into normal growth.**

Although antineoplastons are found in all normal body tissues and fluids, **THEY ARE MOST EASILY EXTRACTED FROM URINE (my caps). They appear to “normalize” cancer cells without inhibiting the growth of normal cells.** [Possibly even better than killing cancer cells – they wouldn't have to be removed, and then replaced.]

'In our search for antineoplastons, says Burzynski, 'we were able to find peptides in normal human urine...that were active against every type of human neoplasm (tumor) we tested, including myeloblastic leukemia, osteosarcoma, fibrosarcoma, chondrosarcoma, cancer of the uterine cervix, colon cancer, breast cancer, and lymphoma...'

Dr. Burzynski presented his startling results to the annual meeting of the Federation of the American societies for Experimental Biology...

*However, soon after this Dr. Burzynski's funding was decreased, then it was discontinued. His work was channeled into other areas of research, and **his superiors discouraged his pursuit of cancer therapy.** [They weren't really looking for an inexpensive, non-patentable solution!]*

Just think about Dr. Burzynski's discovery for a moment. From years of research, he discovered that just one (of six) anticancer constituents found in urine, was discovered to actually “normalize” cancer cells, without in any way harming healthy cells! If that's true, then we are all producing a cancer antidote, on a daily basis. **It would appear that, just by eating a healthy diet, and ingesting our own perfect medicine daily, any cancer cells would likely be converted back to normal – true cancer prevention!** Thus, that will be an important part of our overall cancer conversion and prevention protocol.

It's no wonder urine has proven so successful in curing cancer, (as well as many other conditions). As usual, no matter what healing potential a natural substance might have, such as our own urine, if it can't be patented, and thus has

no profit potential, it is not only ignored, but all too often either discouraged, or suppressed.

It's totally amazing, the healing potential your urine can provide. It even helps resolve allergies. It's hard to imagine the rather extensive list of conditions that have been "cured" with nothing more than "your own perfect medicine"! Thank goodness, that's something the FDA can't regulate, or prevent you or me from gaining access to. And the FTC can't stop me from making claims of its many benefits either, as I don't sell it!

No substance in history has been researched more than urine has. Not only that but, urine therapy was practiced thousands of years ago by ancient civilizations. Most importantly, no one in all those years has experienced a negative reaction to his or her own urine – ever. It's every bit as safe as water, (one major constituent of urine), with "far more" healing potential.

Although water is an important component of a healthy diet, it still can't heal cancer. But it was discovered that urine can heal "many diseases" - including cancer. It's just one more of Our Creator's many miraculous creations, which few are aware of, although now you know!

If you have cancer, and are looking for a cure that you can afford, then give your body an opportunity to prove its tremendous healing potential. And don't forget – urine has been successful in curing literally dozens of conditions over the years. Your body is fully aware what they are – even if you aren't. **It's basically performing two critical functions, conducting the diagnosis, and then creating a customized formula – "your own perfect medicine"!**

Making Urine Therapy Far Easier and Much Tastier

Some are concerned about drinking urine, due to the taste. I decided to just ignore the taste, thus it never has been a problem with me. It doesn't really take

that long, and if you consider its tremendous potential, it's well worth it. Although after some thought, I found a healthy solution that is also tasty. It's also one component of our cancer protocol.

First thing in the morning, add half a teaspoon of baking soda, along with one teaspoon of colloidal silver, to 8 ounces of unsweetened Concord grape juice. Then every time you drink the urine, follow it with the grape juice, which replaces the urine taste with the grape flavor.

The colloidal silver kills bacteria, viruses, and fungus, and looks and tastes like water. Then the baking soda alkalizes the body (raises the pH), and makes the grape juice taste like grape soda. I recall one doctor claimed that when she was tired, she just put half a teaspoon of baking soda in a glass of water and drank it for energy. For one thing, by increasing your pH, your utilization of oxygen will be more efficient. Then if you recall, one cancer therapy involved a grape juice fast.

Now we just managed to make the urine therapy (or urine colonic) more pleasant, and utilized an excellent cancer protocol in the process. As usual, our objective is to make our cancer prevention / cure as easy and enjoyable as possible, so it will not really be that difficult to maintain. This is just one example.

Additional Valuable (Yet Inexpensive) Therapies

➤ **Harry Hoxsey's Formula.** Dr. Joel Wallach, D.V.M., N.D., who started out as a veterinarian, stresses that although we have cured animals of more than 900 diseases for decades, we are obviously not that successful with humans. For one thing, the FDA doesn't suppress natural therapies for animals, (our deterrent). As they are not in competition with PhRMA (the pharmaceutical industry), they couldn't care less what supplements, or therapies, veterinarians use.

The important issue is – animals have the same organs, with the very same basic functions that we also have. For example, way back in the 1940s, Harry Hoxsey was curing thousands of patients of Stage IV cancer, (those whose doctors had given up on them), with the following formula:

The internal tonic contained potassium iodide (one form of iodine) and herbs including cascara sagrada, buckthorn bark, prickly ash bark, red clover, stillingia, alfalfa, and honey drip syrup. [Hoxsey] cited all the ingredients as being listed in the homeopathic material medica expounding on the philosophical differences between allopathic and homeopathic medicine. In contrast with the allopathic belief, the homeopathic school relied on supporting the body's own defenses to heal itself (Kenny Ausubel, When Healing Becomes a Crime, 2000, p. 107).

Interestingly, the herbal formula he employed was the exact same formula that his father and grandfather had successfully used to cure horses of cancer. Dr. Wallach stresses that if we use the same healthcare options for animals that we do for humans, steaks would likely cost several hundred dollars a pound! Are we somehow ignoring the obvious?

The renowned botanist and herbal pharmacologist, James Duke, Ph.D., who had authored twenty books and over two hundred scientific articles, devoted his professional life to the study of pharmacognosy (the branch of pharmacy that develops medicines from natural sources).

Dr. Duke ultimately wrote a short article based on his Hoxsey research, published in 1988 in HerbalGram, the peer-reviewed journal of the respected American Botanical Council. Eight of the nine herbs in the internal tonic showed antitumor activity in controlled laboratory animal tests. Five showed antioxidant properties as protectants against cancer. All showed antimicrobial properties with activity against viral or bacterial infections.

Duke's assessment was that the Hoxsey internal tonic ingredients showed very significant chemical and biological anticancer activity.

*The Hoxsey formula's real purpose was not to kill cancer cells directly. Rather, it was to create an overall terrain unfavorable to the growth of cancer cells. Simultaneously its effect was the enhancement of the body's own immune response and capacity to eliminate toxins. From these perspectives, the Hoxsey tonic is a credible approach (Kenny Ausubel, *When Healing Becomes a Crime*, 2000, pp. 175, 177,181).*

The problem is – once Harry Hoxsey began advertising the fact that he could cure cancer, he soon experienced the wrath of the AMA, FDA, and even the American Cancer Society. The obvious question is: As they were often cancer patients whose doctors sent them home to die, what was the real threat? The answer should be obvious – they are continuing to perpetrate an obvious fraud! Thus, anyone who even considers natural (non-toxic) cancer therapies over toxic therapies “must be incompetent”. If that’s true, all the doctors throughout the world who are successfully curing cancer are apparently incompetent. According to my Logic professor, Aubrey Castel, at the University of Oregon over 55 years ago – their logic appears to be flawed, as the evidence proves otherwise.

The Hoxsey Formula can be purchased over the internet, and possibly through your local health food store. One company I checked out on internet is *Natural Alternatives*. They sell the Hoxsey Formula in 2 ounce, 4 ounce, and 8 ounce bottles. The most cost effective would be the 8-ounce size, which retails for \$54. There are 450 drops per ounce. For cancer, the recommended dosage is 45 drops, twice daily.

As usual, each of the herbs in the formula has multiple benefits, referred to as adaptogens. If you are interested, you will find much information on their website at <http://www.naturesalternatives.com/herbs/herbal-formulas/rbxp-hoxsey-red-clover-burdock-plus-extract.html>. You can also order by calling (877) 877-0747.

➤ **Cayenne.** Following are some excerpts from *Curing with Cayenne – Featuring Dr. Richard Schulze, Medical Herbalist* (2002), by interviewer Sam Biser:

“Cayenne and Cancer: Know This Information or Be Prepared To Die”

As Dr. Schulze told me, **“Cayenne and other herbs increase the blood flow to the cancer. Cancer, like many other diseases, can be caused by a lack of circulation to the sick area.”**

...someone healed a skin cancer and a leg ulcer. They took cayenne internally and then they used some cayenne right on the skin.

If you want to make a cayenne poultice, a real good one is cayenne and slippery elm, equal parts of each.

There was all sorts of stuff coming out of the ulcer and they couldn't heal the cancer.

They used cayenne internally, like five times a day, and cayenne as a poultice, and it cured it. But it was the hottest cayenne they could get, from Mexican habaneros.

There are chemicals in cayenne, phytochemicals, that have been proven to destroy cancer tumors. But I would use it in cancer for its circulatory benefits – to get the blood circulation up to kill the tumor.

Cancer, like many diseases, can be caused, in the first place, by lack of circulation to the area.

The nutrition and healing herbs are not getting in, and the waste is not getting out of the area. Cayenne increases blood flow to the cancer.

Capsaicin, one of the potent chemicals in cayenne pepper, has been proven to protect your DNA and cells from attack by toxic molecules, like from cigarette smoke and other pollutants.

I once had a patient who dissolved his brain tumor by using massive doses of cayenne pepper. This man was...diagnosed with a rapidly advancing, malignant brain tumor.

With this tumor, they said that even with surgery, radiation, and chemotherapy, he would only have a 5% chance of survival.

*I said, "If that's all you are going to do, then you must take it in large doses."
After one and a half months of taking massive doses of cayenne pepper, and not much else, the tumor was totally dissolved.*

He used ten teaspoons a day for the first month. I have actually had patients use up to sixteen teaspoons a day.

When doctors discovered that the cancer was gone, they suggested an exploratory brain surgery.

[MY NOTE: They apparently didn't want to wait until he died to do an autopsy on his brain – basically placing him at risk, just to satisfy their curiosity. What nerve! Far too many traditional doctors can't seem to accept the fact that God's creations can somehow heal diseases that their drugs obviously can't. It's called arrogance!]

➤ **Iodine Therapy.** Unfortunately, as it's not some patentable, and thus highly profitable drug, an iodine deficiency is seldom considered by most doctors. The truth is – the majority of people in the nation are deficient in iodine, and that's especially a concern for women. For one thing, an iodine deficiency contributes to a thyroid deficiency. Iodine is necessary for producing the thyroid hormone. There are at least 47 known conditions associated with low thyroid – depression and fatigue being the most common. Iodine receptors are found throughout the body (and brain).

Unfortunately, many women are prescribed an antidepressant such as the popular SSRI antidepressant Prozac™, to treat a low thyroid condition, resulting from an iodine deficiency. This greatly worsens the condition, as Prozac™ contains "high levels of fluoride", known to create an iodine deficiency disorder.

That just happens to be a condition known to lower the IQ. **It's also known to increase the cancer risk in both men and women.**

Iodine is needed to help dispose of unwanted cells that cause cancer.

Diseases associated with a lack of iodine include:

- *Fibrocystic breast disease*
- *Breast cancer*
- *Fibromyalgia*
- *Chronic Fatigue syndrome*
- *Ovarian cancer*
- *Uterine fibroid tumors*
- *Thyroid problems (almost all of them)*
- *Fungal infections*
- *Bronchial asthma*
- *COPD*
- *Cretinism*
- *Fluoride, bromide and chloride toxicity*

(Retrieved from <http://www.bartonpublishing.com/blog/iodine-cancer-cure/>)

Japanese women get much more iodine in their diets, which normally contain more seafood, and seaweed. They also have half the risk of fibrocystic breast disease, and breast cancer, as women in the United States. This is a serious issue that can be easily resolved, yet it's being totally ignored by the cancer industry. After all, when profit potential is the "one and only concern", prevention would obviously be counter-productive. More cancer patients translates into more profit!

As sufficient iodine intake is an absolute must in order to maintain optimum thyroid function (or metabolism), and as the majority of people in the nation are experiencing an iodine deficiency, that is an issue we should all address! Although "some processed salt" contains a form of iodine that is rapidly excreted, most processed foods contain non-iodized salt, thus we can easily see one contributor

to an iodine deficiency in the nation. Then several years ago, someone decided to replace iodine as a dough conditioner in baked goods, with a known iodine antagonist, bromine – basically creating an iodine deficiency two different ways. The obvious question is: Do they really know what they are doing?

Optimum thyroid function is critical for maintaining our health and energy levels. For one thing, the efficiency of more than 3,000 enzymes is dependent upon our body temperature (or metabolism). The powerhouses of all cells (called mitochondria) are dependent on sufficient thyroid hormone, and oxygen, for producing energy.

One product that contains two forms of iodine (iodine and potassium iodine), is called Iodoral™, and is available at many health food stores and online. Interestingly, other than herbs, Harry Hoxsey's cancer formula actually contained potassium iodide, (one form of iodine).

➤ **Graviola, (also called Annona muricata, soursop guanababa, or pawpaw)** is a tropical fruit found to have amazing healing properties. Native South American healers used the tree to heal liver, asthma, heart problems as well as arthritis, and has been cultivated for uses in healing for more than three thousand years. Graviola extract and capsules are now sold at most health food stores, or online.

In 1976, the National Cancer Institute conducted the first modern-day research, which reported ***“the leaves of the Graviola plant were effective in destroying malignant cancer cells”***, while tests at Perdue University have shown the same results on cancer cells of prostate, pancreas and lungs.

And studies in Korea found that ***“Graviola killed colon cancer cells better than a chemotherapy drug called Adriamycin. Graviola results were ten thousand times stronger than the chemotherapy. And, unlike chemotherapy***

drugs, Graviola did not damage any cells except the carcinogenic cells. This means that there would likely be no hair loss or nausea as side effects from using Graviola as a treatment for cancers” (retrieved from http://www.naturalnews.com/026945_graviola_cancer_cures.html).

NOTE: The active ingredients in Graviola are called Annonaceous acetogenins. These substances have shown strong anti-tumor effects in test tubes, and what is more promising is that even small doses seem to be effective. Research using one part per million has shown results.

➤ **Chrysanthemum indicum extract (CIE)**, from the flowering plant commonly known as mums. The following article was based on information published in the September 2009 issue of the *World Journal of Gastroenterology*, and retrieved from http://www.naturalnews.com/027486_cancer_health_cells.html:

Stop and Kill Cancer Cells: Chrysanthemums Could Hold the Key, Chinese Scientists Find

*Mums—could be a potent cancer treatment. In a series of studies at Affiliated Hospital at Xi’an Jiatong University’s School of Medicine they demonstrated that **Chrysanthemum indicum extract (CIE)** possesses antimicrobial, anti-inflammatory, immunomodulatory, and neuroprotective effects and **it also kills cancer cells through a process known as apoptosis.***

***CIE induced apoptosis, too, a form of cell death in which a programmed sequence of events leads to the elimination of cells without releasing harmful substances into the surrounding area.** This process involves a series of biochemical events that lead to changes in the cell membrane, shrinkage of cells, nuclear fragmentation and chromosomal DNA fragmentation.*

*However, **the chrysanthemum extract did not cause any harm to the normal rat and human cells. CIE could be a promising novel treatment for human cancer.***

*Traditional healers in numerous cultures have long used parts of the plant and its flowers to treat dizziness, headaches, fevers, inflammation and more. **When used as a houseplant, chrysanthemums can also help improve air quality.***

This appears to be the best way to eliminate cancer cells at their source, and eliminate toxins in the process – a non-toxic approach, which would eliminate overloading the liver. That’s similar to the process the body normally incorporates when eliminating a cell during cell replication (replacement). All cells are replaced many times during our lifetimes. Normally determined by their particular function, and the health of the cell, (something we can influence).

NOTE: Standardized organic chrysanthemum extract can be found for purchase on the internet.

➤ **The benefits of grounding.** It has repeatedly been demonstrated that there is a significant electrical interaction between the Earth and each one of us. These benefits are explained in the following article, written by Dave Gabriele, and published March 19, 2011 by NaturalNews.com (retrieved from http://www.naturalnews.com/031754_grounding_health.html).

The soles of our feet are extremely sensitive due to a high concentration of nerve endings. Since nerve tissue is electrically conductive, it is easy to understand that the bottoms of our feet are highly conductive surfaces.

Researchers found that there was a significant relation between the charge of our bodies and the ground. In fact, it has been determined that the Earth acts as a natural reservoir of electric energy. If a person with an excessive negative charge, or an excess of electrons, steps onto the ground, the excess will be absorbed into the Earth. If a person has a positive charge, or a deficiency of electrons, then the Earth will supply what is needed to achieve homeostasis (balance). This is a truly amazing discovery: stepping on the ground electrically balances you!

A free radical is a molecule that has become unstable because of the lack of an electron. Free radicals will “take” electrons from other molecules in order

to become stable, but in the process they produce more free radicals. In time, free radicals can damage any tissue and lead to aging and disease.

Inflammation, called “the silent killer,” is the leading theory on the underlying cause of many diseases (such as cancer and heart disease). The problem of inflammation lies not in a scarcity of electrons, as in oxidation, but in an excess of electrons.

Stay balanced, stay grounded!

When you ground yourself, you are utilizing nature’s most powerful form of antioxidant and anti-inflammatory: free electrons. All you have to do is put your bare feet on the ground!

➤ **Drawing energy from nature in the springtime** is a discovery that goes back over 75 years. About fifty years ago, I purchased a book called Life Electricity, published by the Ralston Health Club way back in 1935, (when I was only 2 years old). I, too, go way back – when times were much simpler. Unfortunately, the lady I loaned the book to, moved out of state, and I lost contact, thus I can’t quote anything. The authors warned of the health risks associated with the exhaust from horseless carriages (carbon monoxide). The Model T and Model A, by Ford, were the most popular back then. My first car was a 1928 Model A Roadster, which I drove mostly on the back roads and mountains.

The thing that impressed me the most about this book was a description of how to actually generate an energy force throughout the body, which soon became obvious. They suggested cutting two 6-inch pieces from the handle of a broom. Then, go out into nature in the springtime, first thing in the morning, just as the sun was rising. That is the time where the greatest energy seems to exist. It’s when plants put on the most growth, and the birds are always singing. You first place one broom handle in each hand, in a relaxed position. Then you begin taking slow deep breaths, while gradually increasing the tension in both hands.

Before long, it feels like you are absorbing and concentrating energy. Also, rapidly running water (such as a waterfall, or rapids) creates negative ions, which are also healthy and very calming. Then, the trees and plants give off oxygen, and new growth of fir or pine trees, or even juniper trees and sagebrush, are all very invigorating. The huge Redwoods, in the Redwood forest are, as well. Just one resource we can all afford, unless the price of gas gets too expensive, and you live too far from nature.

CHAPTER ELEVEN

Vitamin C Has Considerably More Potential Than You Might Think!

Constant Criticism of Alternative Therapies – Deliberately Ignoring the Obvious

According to the March 27, 2006 *Life Extension Update*, an online newsletter from the *Life Extension Foundation*, “The assertion made by some oncologists is that there may be a risk when cancer patients take certain dietary supplements,” and continues, as follows:

*Abram Hoffer, MD. PhD, contends that the concept of antioxidants decreasing the efficacy of chemotherapy is conveyed more and more by orthodox oncologists. It is, in fact, speculated that **the number of oncologists opposed to patients taking antioxidants while receiving chemotherapy may be as high as 75%.***

Dr. Hoffer adds that he has treated more than 1100 cancer patients with high doses of vitamin C (most of whom were concurrently receiving chemotherapy). (Hoffer et al. 1993a; Hoffer et al. 1993b; Hoffer 1994; Hoffer 1996).

*Upon examining health histories, Hoffer found that the mean difference in prolongation of life was heavily in favor of the use of vitamins. In the first Hoffer/Pauling series published, **patients on the Hoffer program lived 10-20 times longer than patients not receiving vitamin C.***

[Yet the] **critics argue that antioxidant supplements should not be used while treating cancer patients with conventional therapy because they would protect cancer cells against free radicals that are produced by most anticancer agents** (retrieved from http://www.lef.org/newsletter/2006/2006_03_28.htm).

It appears the critics are either unaware, or assume you are, that vitamin C actually converts to an oxidant. When exposed to the acidic environment of cancer, vitamin C basically produces peroxide and oxidizes the cancer cells, similar to the way the immune system destroys cancer cells. They also chose to

ignore the results achieved by Dr. Hoffer with over 1,100 cancer patients. The fact that his patients who received vitamin C lived “10-20 times longer than those patients who didn’t” should be sufficient proof.

Incidentally, according to Dr. Robert Jay Rowen, MD, in his pamphlet “New Breakthroughs for Preventing and Surviving CANCER” (2002), **it is well known that very high doses of vitamin C actually act like chemotherapy, directly killing cancer cells!** The truth is, it’s the inexpensive supplements (not the radiation and chemotherapy) that are responsible for far better results. In fact, **they are known to have a far better success rate, when the “highly toxic” traditional therapies are excluded!**

More Proof – Vitamin C as One Inexpensive Cancer Therapy

Linus Pauling, one of the foremost authorities on vitamin C, proposed high doses of vitamin C as a potent cancer fighter, and I totally agree. Researchers at the National Institutes of Health (NIH), led by Dr. Mark Levine, M.D., actually discovered exactly how vitamin C kills cancer, as explained in the following article from the December 2009 issue of *Dr. Julian Whitaker’s Health & Healing* newsletter (Vol. 19, No. 12, pg. 7):

*Vitamin C interacts with iron and other metals in the extracellular fluid (as opposed to within the cells) to create hydrogen peroxide. Hydrogen peroxide plays a vital signaling role in the immune system, marshalling white blood cells to sites of injury or disease. **In high concentrations, it does much more.** Hydrogen peroxide damages the DNA and mitochondria of aberrant cells, shuts down their energy supply, and kills them outright. Best of all – and unlike virtually all conventional chemotherapy drugs that destroy cancer cells – it is selectively toxic. No matter how high the concentration, vitamin C does not harm healthy cells.*

Lab studies reveal that this therapy is effective against many types of cancer, including lung, brain, colon, breast, pancreatic, and ovarian.

I believe there is a good explanation as to why it might very well be an excellent resource. Vitamin C just happens to be a molecule very similar to cancer's favorite source of energy – sugar. Yet, its influence on cancer is instead quite different. The fact is, vitamin C actually started out as sugar. Ascorbic acid (vitamin C) is actually produced by removing four molecules of hydrogen from sugar.

One way we can give vitamin C an added advantage, is to buffer it with calcium, which just happens to be alkaline, rather than acidic, as it normally would be. Thus, we should use buffered C, (or ester C, the patented name). If you would like to pay more, you can always get the ester C form, otherwise I would recommend buffered C. I personally use buffered C with bioflavonoids, which provides additional benefits. I normally take about 8,000 mg throughout the day. I should add that I take supplements as a preventative, thus at 77 I have absolutely no disease or conditions. Just excellent health!

Interestingly, when in the alkaline environment of a pH of 7.4 in the bloodstream, (important for maintaining the oxygen in the red blood cells), vitamin C serves as an antioxidant. Although, once it enters the acidic environment of cancer cells, it suddenly becomes an oxidant instead! Thus, buffered C basically attacks cancer in two different ways. The calcium in buffered C neutralizes the acidic environment in which cancer thrives. Then, by converting to an oxidant, vitamin C increases the oxygen level, similar to hydrogen peroxide, (cancer hates oxygen). And all the time, cancer thought it was getting glucose! Surprise – there was a slight modification. We just alkalinized, and oxidized, the cancer.

Some natural doctors recommend IV infusions of vitamin C, once or twice a week, in order to get higher doses. They claim that when taking higher doses of vitamin C orally, (in tablet or capsule form), a great deal is excreted in the urine,

and it can also result in diarrhea. Then buffered C is not excreted as rapidly as ascorbic acid. As you will discover, neither excretion in the urine, or diarrhea, is a real concern. Also, although ascorbic acid is acidic, buffered C is not. Thus it helps maintain a more alkaline pH. Then, diarrhea is your body's way of eliminating toxins. Diarrhea for instance, is a common symptom associated with the flu. The flu virus produces a high level of toxins, and the body responds by stimulating the rapid excretion (diarrhea) of the potentially harmful toxins. Not something we should really be concerned about.

Taking higher doses of vitamin C orally would obviously be much more convenient, as well as less costly, than an IV infusion. Not only that but, you can take it several times a day, rather than getting IV infusions, once or twice weekly. And we can also assure it won't be wasted, by practicing urine therapy – basically recycling vitamin C. Once again, it's just one inexpensive, do-it-yourself cancer therapy.

Due to Its Potential Threat to the Pharmaceutical Industry, The FDA Decided to Eliminate Access to Intravenous Vitamin C!

Incidentally, apparently the pharmaceutical industry recognized the potential of high doses of vitamin C via intravenous (IV) infusion. So as usual, the FDA just decided to stop the production of vitamin C in the form used for infusion! Both the FDA and FTC have attempted to suppress any natural therapies with healing potential for decades. Organizations established to protect us, have instead become our worst enemies! Deliberately suppressing "true cures", while allowing potentially dangerous drugs to be placed on, and even remain on the market, in spite of "serious dangers" that millions are unnecessarily being exposed to. The very worst form of corruption – crimes against humanity! Millions of lives are being sacrificed.

When the information got out that Alan Smith, from New Zealand, was brought back from a coma due to complications associated with Swine Flu (and even resolved his leukemia), with high dose IV vitamin C, the FDA immediately took action. They began forcing smaller companies to stop producing pharmaceutical grade vitamin C, necessary for IV delivery. It's been around for many years and proven to be perfectly safe. Yet, highly toxic chemo drugs, capable of "causing cancer", still remain on the market, and have for decades.

Any time organizations such as the FDA and FTC are given the power to operate outside the law, while being infiltrated with corrupt special interest, (pharmaceutical insiders), it's about time we finally take a stand against such obvious abuse of power! Whatever it takes, it absolutely must be stopped!

**BEWARE: Sodium Benzoate –
One More Strike against Processed Foods
(And Another Reason to avoid them, or learn to Read Labels)**

Although vitamin C is a valuable resource for cancer prevention, due to their "careless" tactics, food manufacturers combine it with something else in many foods and beverages, which then convert it into a carcinogen (cancer causing)!

According to Dr. Robert J. Rowen, M.D., "*many foods and beverages contain a preservative called sodium benzoate. You'll find this preservative in soft drinks, juices, pickles, salad dressings, and jams.*" In the April 2010 issue of his newsletter, *Dr. Robert J. Rowen's Second Opinion*, Dr. Rowen further explains:

By itself, there's no evidence that sodium benzoate causes any problems in people. However, when you mix sodium benzoate with ascorbic acid (vitamin C), a chemical reaction occurs. And this reaction creates benzene, a proven carcinogen!

In fact, the FDA recently tested 84 different soft drink products and found that 54 of them had detectable benzene! And some had levels 16 times higher than what the government allows in drinking water!

Even though the FDA discovered a serious concern, I wouldn't hold my breath if I expected them to act on the matter any time soon – if ever. After all, the FDA supports both the major food manufacturers, and the cancer industry.

CHAPTER TWELVE

Beneficial Vitamins / Minerals / Supplements For Cancer Treatment and Prevention

Don't Be Fooled By the "Ridiculously Low" Recommended Daily Allowance (RDA)

Unfortunately, the super low acceptable levels of vitamins and minerals (recommended daily allowance, or RDA) have been responsible for deceiving millions over the years. It allows some companies to produce supplements, which contain only "trace amounts" of artificial vitamins and minerals. Some companies thus attempt to convince you that just one of their pills a day is all you need, in order to maintain your health. Incidentally, some cereal companies do the very same thing. For example, some commercials attempt to convince you that all you have to do is take a One-A-Day™ or Centrum™ pill, or eat a bowl of Total™ cereal, and you're covered for the day! Pharmaceutical companies would totally agree that one pill a day, or just a bowl of processed cereal should be adequate to maintain your health – more potential customers. They could make all the health claims they want, and the FDA could care less. It's as though the FDA is a subsidiary, rather than regulator of the pharmaceutical drug manufacturers.

Then if you consider the critical depletion of nutrients created by the hundreds of drugs on the market, the pharmaceutical giants will have tens of millions of customers, from the patients complaining to their doctors, of various symptoms (often just side effects of their medications). Of course, (other than surgery), most family doctors' only resources would be one or more drugs. Then your doctor's pharmaceutical reps will naturally do their very best to assure your doctor that it should be one or more of their drugs. In my opinion, it's very similar to illicit drug dealers. Give away a few free samples via your doctor (their dealers), to get you hooked, (a potential victim), in order to expand their customer base –

basically millions of lifetime annuities! Their objectives are to promote, and then manage, disease for a lifetime. That's the profitable approach, which has been highly successful in dramatically driving up the cost of our healthcare, and destroying the health of millions in the process.

➤ **Vitamin D₃.** Dr. Michael F. Holick, Ph.D., M.D., foremost authority on vitamin D and author of the book *The Vitamin D Solution* (2010), recently provided an article published in the September 2010 issue of *Life Extension* magazine, based on his book. Dr. Holick believes that vitamin D can have a preventive impact – and treatment, in many cases – of heart disease, common cancers, stroke, infectious diseases from influenza to tuberculosis, type 1 and 2 diabetes, dementia, depression, insomnia, muscle weakness, joint pain, Fibromyalgia, osteoarthritis, rheumatoid arthritis, osteoporosis, psoriasis, multiple sclerosis, and hypertension.

The following information was obtained from an editorial by William Faloon, in the October 2007 issue of *Life Extension* magazine (p. 7-16), as follows:

In all, we have identified 89 studies that describe how greater vitamin D levels reduce cancers of the breast, prostate, colon, esophagus, pancreas, ovary, rectum, bladder, kidney, lung and uterus, as well as non-Hodgkin's lymphoma and multiple myeloma.

In a report published this year, the effect of administering 1,000 IU/day of vitamin D (with calcium) was evaluated in 1,180 postmenopausal women living in the Midwest.

*Unlike some recent flawed studies, the researchers took extraordinary steps to ensure that study participants were really taking their supplements and that all other variables were tightly controlled. **After only four years, the risk of contracting any cancer was 60% lower in the vitamin D (and calcium) group compared with the placebo arm of the study.***

[MY NOTE: Some studies are “deliberately flawed” in order to discredit vitamins.]

*What this means is that if all Americans began **taking just 1,000 IU of vitamin D each day (with calcium), as many as three-quarters of all cancers could be prevented** in just four years.*

Cancer has been defined as the “accumulation of mutations in genes that regulate cellular proliferation.” Once genes that regulate cell division mutate, normal cells can turn into cancer cells.

Vitamin D has an effect on at least 200 human genes. Many of these genes are responsible for regulating cell proliferation, differentiation, and apoptosis.

Proliferation: Uncontrolled cell division (cancer cells are characterized by rapid and uncontrolled division).

Differentiation: Process that cells undergo to mature into normal cells (uncontrolled reproduction of immature [undifferentiated] cells is a defining feature of cancer).

Apoptosis: Natural termination of defective cells (cancer cells are resistant to natural destruction, making them difficult to eradicate).

*In addition, **vitamin D has been shown to help prevent angiogenesis (new blood vessels growth into tumors) and metastasis (spread of cancer).***

Something to consider – if you noticed, in the above study of 1,180 women, they used only 1,000 IU of vitamin D (with calcium). First, I would recommend 4,000 IU of vitamin D₃, twice daily (8,000 IU total). It is not only inexpensive, but as you can see, it has “tremendous potential”!

Then, although the amount of calcium in the study was not noted, most doctors now recommend considerably higher doses of vitamin D, as well as the natural D₃ form, and I do as well. I would recommend 500 mg of calcium citrate, in the evening. Even that inexpensive combination apparently resulted in a decrease in cancer of 60% to 75% after only four years. An eight times higher dose of the most effective form of vitamin D (D₃), means you should experience even better

results. Then as usual with all supplements, vitamin D helps prevent other conditions as well. As Bill Faloon, author of the above article, and president of the Life Extension Foundation indicated, just assuring everyone in the nation received vitamin D₃, could greatly reduce our cost of healthcare. That should be obvious if you consider the above statistics. Just the reduction in the rates of cancer that could be prevented, the potential savings could be tremendous. Especially if you consider how much we are needlessly wasting on toxic cancer therapies!

➤ **Vitamin K** has anti-cancer properties that were first discovered by accident. Researchers in Japan were studying vitamin K's role in the prevention of bone loss in women with cirrhosis of the liver. **In one study, published in the *Journal of Cancer Research and Clinical Oncology*, it was discovered that vitamin K could literally kill off leukemia, pancreatic and ovarian cancer cells. It does so by programming the cancer cells to "self destruct."** Vitamin K is produced in your gut, by the "good" bacteria. It is found in the highest concentrations in dark, leafy greens, or you can also take a supplement. I prefer the *Super K with advanced K₂*, from the Life Extension Foundation. The recommended dosage is one soft gel daily. Similar to vitamin D, some forms of vitamin K are better than others.

➤ **Vitamin E.** The following information was obtained from an article, written by Dr. Allan Spreen, and published online November 19, 2010 at <http://www.healthiertalk.com/destroy-prostate-cancer-vitamin-e-2853>.

Scientists from Australia found that vitamin E might play a major role hampering the development and re-growth of prostate cancer tumors. For the study, Dr. Patrick Ling and a team of researchers injected mice with prostate cancer cells. Then, they divided the mice into two groups. They fed one group of mice water fortified with a form of vitamin E called gamma-tocotrienol or γ-T3. The other group of mice drank regular water.

Researchers found that 70 percent of the vitamin E mice never went on to develop prostate cancer tumors, despite being injected with malignant cells. And, yes, the remaining 30 percent did develop prostate cancer. But following surgery, their tumors were far less likely to re-grow or metastasize. On the other hand, tumors formed in 100 percent of the control group of mice not given vitamin E.

According to Dr. Ling, “Currently there is no effective treatment for metastatic prostate cancer, because it grows back after conventional therapies in more than 70 percent of cases. But with [vitamin E] researchers have found a better way to treat prostate cancer, which has the potential to inhibit recurrence of the disease.”

Dr. Ling went on to say that chemo, radiation, and hormone therapy fail to cure prostate cancer because they don’t kill the cancer stem cell responsible for the re-growth of tumors. He also believes that γ-T3 will also prove effective in suppressing other types of cancer, including breast, colon, liver and stomach.

NOTE: Be sure to use vitamin E that contains mixed tocopherol.

➤ **Calcium supplements** have been found to protect against breast cancer, as they enhance the ability of DNA repair itself. According to Dr. Jaime Matta, Ph.D. at the American Association for Cancer Research’s 101st Annual meeting held in Washington, D.C., this is important “because DNA repair is a complex biological process involving more than 200 proteins that, if disrupted, can Cause malignancies, including breast tumors.” Dr. Matta explained in his media statement that “when the DNA is not repaired, it leads to mutation that leads to cancer.”

Calcium is involved in a variety of physiological activities essential to life, including the ability of the heart and other muscles to contract, blood clotting, the conduction of nerve impulses to and from the brain, regulation of enzyme activity, and cell membrane function. Calcium is needed to form and maintain strong bones and teeth during your adolescence, and to help prevent the loss of bone that can

occur during menopause and as a result of rheumatoid arthritis. Calcium bonds to and removes toxins from the colon, thus reducing the risk of colon cancer, and because it is involved in nerve conduction, may help prevent migraine attacks. Just two teaspoons of blackstrap molasses will meet 11.8% of your daily needs for calcium (<http://www.whfoods.com/genpage.php?dbid=118&tname=foodspice>).

According to Dr. F. Batmanghelidj, M.D., serotonin (often considered as a feel good hormone), is also responsible for storing energy. He claims it does so by bonding “two molecules of calcium”, thus one more benefit of calcium.

It's also important for maintaining the proper pH of the bloodstream (7.4), which is critical for assuring that oxygen in the red blood cells can be preserved. Calcium basically buffers acid, as it is alkaline. When necessary, it will be removed from the bone, in order to maintain the pH of the blood in a very narrow range, which is critical. Taking 500 mg of calcium citrate in the evening should be adequate.

You must never forget that you could easily be receiving all the vitamins and minerals from both your diet and supplements, and still experience a deficiency. Why? Because the majority of medications people are taking, are not only “totally unnecessarily”, but also are responsible for depleting critical nutrients. If you would like to learn more, you might download my free article, “End of an Era – The Drugging of America”, by visiting my website <http://www.dranton.com>. You will soon discover that is not just my opinion, but also that of many highly respected doctors, who are also very aware of the concern.

➤ **Zinc.** In his book *Eat to Beat Cancer* (1998), Dr. J. Robert Hatherill, Ph.D. notes that “*Zinc deficiency is often observed in heavy drinkers. This deficiency leads to enhanced activation of carcinogens like nitrosamines in the throat surface.*”

In fact, low blood levels of zinc and vitamin A are associated with throat cancer...”
(pp. 157-158).

➤ **Melatonin.** The following information was published in *Dr. Julian Whitaker’s Health & Healing* newsletter (February 2008, Vol. 18, No. 2, pp. 7-8):

One of the most exciting areas of melatonin research is cancer.

Melatonin is a potent antioxidant that protects cellular and mitochondrial DNA from mutations that give rise to, and propagate, cancer.

*A recent study showed that melatonin-depleted blood stimulates the growth of tumors in animals, while **melatonin-rich blood reduces tumor growth.** Melatonin puts breast tumors to sleep at night, but in artificial light the “cancer cells become insomniacs.”*

*Melatonin may help prevent cancer, but can it treat the disease? Canadian researchers conducted a meta-analysis of 10 studies involving patients with tumors of the breast, lung, brain, kidney, and skin who took 10 to 40 mg of melatonin a day. They concluded, “The substantial reduction in risk of death, low adverse events reported, and low costs related to this intervention **suggest great potential for melatonin in treating cancer.**”*

Melatonin is available for purchase at most health food stores, and online. I would recommend taking 20 mg of melatonin, thirty minutes before retiring.

➤ **MSM (Methylsulfonylmethane) is basically organic sulfur, produced by plants.** The problem is – heat and processing can destroy or greatly reduce the MSM content of our fruits, vegetables, and milk. It was discovered from research that MSM levels normally decline with age, resulting in fatigue, tissue and organ malfunction, and even increased susceptibility to disease.

The good news is – relatively high doses (up to 5,000 mg per day) of MSM provides many benefits, and does so without any side effects. It’s basically a natural substance derived from DMSO that our body can utilize in a number of different ways. MSM is available at most health food stores, and online.

As usual, although our primary focus is on cancer, anytime I encounter something such as MSM that is cheap, yet can greatly enhance our overall health, I will include it. For example, MSM helps reduce or eliminate allergies, improves lung function, enhances the circulation, reduces inflammation, and even eliminates acid reflux. It can easily eliminate the need for drugs that can indirectly contribute to cancer, and reduce your overall health, (an issue we will also be addressing). Adequate lung function and circulation are important in regards to cancer prevention or cure. DMSO, the source of MSM, can be helpful for stimulating the absorption of some substances (such as colloidal silver) through the skin, for transdermal, also known as topical, applications.

➤ **Selenium.** In his book, *Every Woman's Book* (1979), author Paavo Airola tells us that it was proven in human studies, conducted by Dr. Raymond Shamberger, that the blood of cancer victims always shows selenium levels below normal and that researchers believe that selenium stimulates the immunological system in its work against the development of cancer (p. 372). He also notes that in America, where the incidence of breast cancer is five times greater than in Japan, the average daily diet includes only 50-150 mcg of selenium, while in Japan the average daily intake of selenium is 200-500 mcg. Dr. Schrauzer was quoted as saying, ***“If the current average American selenium intake were increased by a factor of two, a significantly lower breast cancer risk should result.”***

Maureen Salaman also suggests, in her book *Foods That Heal* (1989), that there is a correlation between selenium deficiency and high incidences of cancer cases. She tells of one study involving 10,000 American test subjects, as follows:

Blood samples were taken and frozen. As individuals developed cancer, their blood samples were thawed out for checking. Those with cancer turned out to be the ones who, at the start of the study, had the lowest blood

*selenium levels. Scientists conducting the study found that **low blood selenium levels doubled the chance of developing cancer!***

NOTE: I would recommend taking 400 mcg daily, (200 mcg, twice daily).

➤ **Coenzyme Q₁₀.** According to an article by Dr. Julian Whitaker M.D., in the Spring 2000 issue of the *M.D.'s Wellness Journal*, titled “Biggest Mistakes doctors Make in Treating CANCER”, coenzyme Q₁₀ (CoQ₁₀) is remarkably effective against cancer, and he gives several accounts of complete remission of cancer with this treatment (pp. 13-14).

I might add that we have a new active form of CoQ₁₀, developed in Japan. It's called **Ubiquinol**, (available at most health food stores, and online), and is considered to be eight times more effective as the original form of CoQ¹⁰. I would recommend a minimum of 50mg of Ubiquinol (2 times daily) – more is even better. It's a major energy source of the mitochondria (the powerhouse of all cells). Both adequate oxygen, and optimum thyroid function also play a critical role in mitochondrial energy production.

➤ **Bitter Melon.** According to studies performed at the Saint Louis University, there is evidence that the vegetable bitter melon “**triggers a chain of events on a cellular level that stops breast cancer cells from multiplying and also kills them.**” Dr. Ratna B. Ray, Ph.D., professor of pathology and lead researcher, noted that “*bitter melon extract has been used by traditional healers in China and India for centuries as a natural treatment for diabetes.*” However, she was surprised to find this vegetable was also a powerful inhibitor of breast cancer growth, and goes on to state the following:

*To our knowledge, this is the first report describing the effect of bitter melon extract on cancer cells. Our result was encouraging. **We have shown that bitter melon extract significantly induced death in breast cancer cells***

and decreased their growth and spread (retrieved from http://www.naturalnews.com/z028256_bitter_melon_brst_cancer.html).

Bitter melon would be a good option for any woman with breast cancer to consider. It should be especially beneficial for women who might have both diabetes and cancer, and is available at most health food stores and online.

➤ **The Indian spice curcumin, (derived from turmeric),** is a potent antioxidant compound, used to prevent and treat many forms of cancer. The following article, written by John Phillip, was published March 11, 2011, by NaturalNews.com (http://www.naturalnews.com/031661_turmeric_cancer.html):

Cancer is known to develop through ten independent causative factors including DNA damage, chronic inflammation, cellular signaling dysfunction, abnormal cell death and metastasis. As if designed by nature to provide a protective shield against each of the factors known to promote cancer, curcumin has been shown to inhibit and halt the expression of genes that allow cancer cells to multiply.

Curcumin has been found to fight cancer at the genetic level by inhibiting ten critical initiation steps necessary for development and progression of the disease.

Curcumin is a potent agent in the fight against colon cancer, an insidious form of the disease that ranks second among cancer deaths and takes the lives of more than 50,000 Americans each year. The Journal of Interferon and Cytokine Research provides evidence that curcumin slows the progression from colon polyp to cancerous growth by damping the pro-inflammatory cytokine called NF-kB. This action halts the development of cancer cells before they can become detectable tumors.

Nutritionists recommend supplementing with 250 to 400 mg of curcumin twice daily with meals to provide optimal cancer protection.

NOTE: Curcumin supplements are available at most health food stores and online.

Concerned About the Interaction of Your Medications and Certain Foods, Herbs, or Nutritional Supplements?

We are often warned about the risk of combining some foods, vitamins, or herbs, when taking medications. The good news is, there is a solution – get off the drugs! It might come as a surprise, but the truth is, seldom (if ever) are drugs really necessary. In fact, I have managed to not only survive, but actually thrive for more than 77 years without them. Try doing that on medications! God created our bodies, as well as everything we could possibly need to maintain our health. He even created an extensive pharmacy of herbs for our benefit, when we are experiencing symptoms (our body's communication). In fact, the pharmaceutical companies are fully aware of their many benefits – they just can't be patented, and sold, at an exorbitant profit. Herbs, for example, often contain hundreds of organic constituents that work synergistically with our cells at the molecular level – far more effectively than any drug (artificial chemical created in some lab), which gradually contribute to disease.

When studying Quantum Medicine, I discovered that our cells and herbs actually understand each other. As it turns out, our cells are far more complex than we might think. They function and communicate with each other via minute electrical frequencies, as do herbs. They basically understand each other, and function as a team – something actually “no drug” is capable of. Different herbs have different frequencies. Then as it turns out, each organ has a unique frequency. The smaller the molecules in a particular herb, the higher the frequency. Thus, the larger the molecules, the lower the frequency. At times, herbs can be combined to achieve the optimum frequency, for a particular organ. For example, the herb milk thistle is known to be healthy for the liver. And for the heart, it's Hawthorne.

Once we recognize that Our Creator is far more intelligent than all the top scientists in the entire world, it should soon become obvious that He never created many different flaws, that we somehow need “man-made chemicals” to fix!

Worst of all, far too many foods today are no longer normal food, but instead contain far too many man-made chemicals and altered highly processed foods, with very little nutritional value. The combination of drugs that are notorious for depleting critical nutrients, along with many foods void of nutrients, is why far too many are experiencing a serious nutritional deficiency, thus leaving us with a perfect protocol for actually creating disease. Yet, there is a solution, provided by Our Creator. I believe He would be pleased if you trusted in His creations – I always have, and always will, and have never regretted doing so.

CHAPTER THIRTEEN

Additional Do-It-Yourself Natural Therapies (A Bit More Costly, But Amazing Potential!)

➤ **Employing proteolytic enzymes to attack the cancer.** One example, employed by the dentist Dr. William D. Kelley, DDS, MS, used along with detoxification, juice fasting, and a healthy diet, is utilizing a proteolytic (protein digesting) enzyme. In my opinion, the best proteolytic enzyme currently on the market is called Vitälzym™. The particular enzyme formula found in Vitälzym™ actually digests the layer of protein the cancer creates in order to hide from the immune system. The remainder of Dr. Kelley’s program involved removing toxins, and strengthening the immune system. He encountered a great deal of opposition, basically attacking his credibility, as he was “just a dentist”, (as if it really made any difference). It’s the results, and not the title, that should be the real issue.

Dr. Kelley was actually successful in curing all 33 cases of supposedly incurable pancreatic cancer that he treated. You certainly can’t find a better success rate. This might not be the best option following radiation and chemotherapy, unless the compromised immune system can first be restored. The immune system must be strong enough to destroy the cancer, once it has been exposed.

For more information on his therapy, or to find an alternative practitioner familiar with Dr. Kelley’s work, call the Cancer Coalition for Alternative Therapies, Inc. in Canada at (709) 726-7060, or visit <http://www.whale.to/a/kelley1.html>.

Pancreatic enzymes (part of Dr. William Kelley’s protocol) play an important role when it comes to cancer prevention, or curing cancer. It will help explain why cancer is rarely found in the duodenum, or small intestine, (especially the first segment). That just happens to be where the highest levels of pancreatic enzymes

will be found. The condition of the pancreas plays a role in that regard. It was discovered, for instance, that among many things, high fructose corn syrup actually damages the pancreas, as well as providing a source of energy for cancer. Two reasons to avoid high fructose corn syrup – one thing we should all avoid, (especially if you have diabetes, or cancer). Incidentally, it also stimulates the growth of cancer.

The problem is – after about 30 years of age, our levels of proteolytic enzymes gradually decline. In my case, that was more than 47 years ago! The solution – take digestive enzymes with each meal, along with a high potency proteolytic (protein digesting) enzyme between meals, as a preventative. After rather extensive enzyme research, Dr. William Wong, N.D. concluded that, in his opinion, Vitälzym™ was the most potent of all that he encountered. It's also the one that I take daily, as a preventative.

Vitälzym™ also digests fibrinogen, and necrotic tissue, in the bloodstream. Both tend to thicken the blood, reducing the flow, and thus the oxygen delivery. Necrotic tissue refers to all dead cells, such as dead cancer cells, which must be removed once they have been killed, (the non-surgical removal of cancer).

Cancer is very creative when it comes to hiding from the white blood cells in the immune system. It does so by producing a negatively charged protein coating. This tricks the immune system into thinking it's not really an enemy, thus through deception it's able to go undetected. That's where the proteolytic enzymes come into play. They know the difference, and soon begin breaking down the protein coating, exposing the cancer to the immune system.

So the best way to attack the cancer is to, first strengthen the immune system (an important issue we discuss), and second – expose the enemy in disguise. Then, by removing everything the cancer needs to create energy, while

increasing the energy of all the normal cells mitochondria (including immune cells), we should have a wining combination, for both destroying and removing all cancer cells, if that's the approach we choose to take. If not, it will remove the coating normally created by the virus in the cells, which basically suffocates the cell, preventing it from metabolizing oxygen. Thus, it could also be beneficial for assisting cells in regaining their energy – helping to reverse the process (back to normal again).

The truth is – it's not really that difficult. We might also look at why you never hear of anyone getting cancer of the heart. The answer lies in the oxygen level of all cells. In no other organ will you find blood with a higher level of oxygen, than the heart, which receives freshly oxygenated blood from the lungs. That's why it's important that we also assure that oxygenated blood is efficiently distributed to all cells. Reducing the viscosity of the blood with a proteolytic enzyme helps assure that all those capillaries will be able to more effectively deliver oxygen and nutrients to all cells, as well as removing toxins.

➤ **Poly-MVA™**. One recent natural discovery that appears to hold a great deal of promise is called Poly-MVA™. A few years ago I met a cancer survivor at a naturopathic conference in Seattle, with an incredible story. He was a 69-year-old minister named Ken Walker, who by all counts should not have been alive. In the book *Fire in the Genes – Poly-MVA – The Cancer Answer?*, Michael L Culbert, Sc.D. tells his story. Following are some excerpts:

It all began on March 19, 2001, and at the age of 67 my wife Deana and I were devastated by the news that I had only a short time to live. I was diagnosed as being in the latter stages of a rare form of bone marrow cancer, multiple myeloma.

Then, by May 2001, I was in really bad shape. My oncologist told me the cancer was “ravaging my bone marrow.”

I now had bone lesions in my head (holes in my skull), three broken ribs, cancer in my spine and, was unable to get up from a chair without help. I was trying to sleep sitting upright in a motorized recliner, taking both pain and sleeping pills. I was told I only had about three months to live.

Finally, by Nov. 27, 2001, all of my cancer markers have fallen to just slightly above normal. My oncologist told me that if I were coming in for a first visit, they would not suspect cancer.

In the book you will find not only Ken Walker's story, but also several other amazing success stories. You will find true stories of those given a death sentence by their doctor, due to supposedly incurable cancer that eventually was discovered to be curable, by applying the appropriate therapy. You will also learn more about what Poly-MVA™ actually is, and how it was developed.

One thing unique about Poly-MVA™ is its ability to cross the blood-brain barrier. You will also find many success stories of survivors by visiting <http://www.polymvasurvivors.com>. Incidentally, Ken told me personally that he hadn't felt as good in years. You will discover that most, including Ken, also incorporated other adjunctive (additional) therapies in order to help insure their success. That is something I would also highly recommend. The more ammunition you utilize, the more successful the battle will likely be. Cancer is a formidable foe, which we must take seriously, and strategy is the key.

In case you're interested, you will find an in-depth explanation behind the extensive research by Dr. Merrill Garnett, which led to the discovery of Poly-MVA™, in the back of this book in the Appendix.

Just remember that you can't continue doing the same things and somehow expect to get different results. Although you were likely unaware of the fact, you apparently were doing something wrong that resulted in normal cells turning cancerous to begin with. Then don't forget that the cells that were forced to turn

cancerous were also victims – they had no choice in the matter. You might say that, if you have cancer, you and your cancer have something in common – you are both victims!

The things that can resolve cancer in a natural way will (contrary to the toxic effect of radiation and chemotherapy) restore your immune system, as well as your overall health in general. This will not only help prevent the occurrence of cancer in the future, but also help you avoid other diseases as well. Cancer, and disease in general, begins with unhealthy cells, which normally results from an accumulation of toxins, along with a deficiency of important nutrients. And as we learned, prescription medications contribute to both a toxic environment, and a nutritional deficiency. Drugs are toxic chemicals, the liver must attempt to deal with, and they also deplete many important vitamins and minerals. That is a perfect combination for creating an unhealthy environment in your body (as is radiation and chemotherapy). Remember, those who live long, healthy, productive lives, are not the ones taking medications, but normally those living in remote areas, who have never heard of them. Unfortunately, too many **(myself excluded)** tend to depend upon them, assuming their survival is somehow dependent upon their medications. Although, nothing could be further from the truth.

➤ **Avemar.** The following information was found in a Special Report *Alternatives* newsletter (2006), by Dr. David G. Williams.

Avemar (Avémar) is a nutritional produce produced from fermented wheat germ.

Peer-reviewed studies are currently accessible on PubMed.

What is so amazing about Avemar is that it does not appear to be specific to any one particular type of cancer, but has been found to be effective against all cancer cell lines tested.

The addition of Avemar resulted in an additional 82 percent reduction in new tumor recurrences, a 67 percent reduction in metastases, and a 62 percent reduction in deaths (British Journal of Cancer, 03;89, pp. 465-469).

Avemar can be effective against cell lines from lymphoma, leukemia, lung cancer, pancreatic cancer, and breast cancer (including estrogen-positive, -negative, and inflammatory).

One of their top priorities (and one area with the greatest potential) has always been to uncover compounds that inhibit glucose metabolism in tumor cells.

Every form of cancer cell utilizes glucose at rates 10 to 50 times higher than that of normal healthy cells (a well-known phenomenon referred to as “the Warburg effect”). Unlike normal, healthy cells that utilize glucose primarily for energy, tumor cells use glucose to increase the production of nucleic acids necessary for the formation of additional RNA and various proteins needed for the cancer to continue to grow.

In simple terms, cancer cells have only one function: proliferation. To achieve this function, cancer cells need large amounts of glucose that they can convert into building materials for new cells. As the tumor grows, more and more glucose is consumed. Two things occur as a person’s glucose is diverted to the cancer. First, fatigue sets in. Second, since less glucose is converted to necessary fats and protein, the body begins to waste away (a process known as cachexia).

To say Avemar works a little differently would be a gross understatement.

Research indicates that Avemar works through several different mechanisms. One of its most unique benefits, however, is its ability to inhibit glucose metabolism in cancer cells.

In the presence of Avemar compounds, cancer cells begin to utilize the available glucose to produce substances that actually inhibit cell division and stimulate programmed cell death (apoptosis) within the tumor.

Cancer patients using the product routinely experience an improved quality of life. They have less fatigue, pain, and depression, and experience an increase in appetite that can help them regain lost weight (Medicus Anonymus/Pulmono 03;11 (Suppl 1):13-14)(24th Congress of the Hungarian Cancer Society, Budapest, Hungary 2001).

Avemar also assists the immune system's ability to identify and destroy cancer cells.

Cancer cells can evade NK cells by masking their outer membrane with a special substance that the NK cells recognize as "normal." Avemar suppresses the release of this masking substance – allowing NK cells to better target and kill the cancer cells.

*Avemar's immune-stimulating ability appears to be so powerful that **it can be useful in helping to restore even the most severely compromised immune systems.***

***Following radiation and chemotherapy, it has been demonstrated that Avemar was successful in restoring the bone marrow's ability to produce red blood cells** – which should be a godsend to anyone receiving cancer treatment. (1st Congress of the Hungarian Society of Clinical Oncology. Budapest, Hungary 2000).*

Avemar is produced in Budapest, Hungary, by *Biomedicina*, and has been available in the U.S. for several years. Avemar has extensive published research available by visiting <http://www.avemarresearch.com>, although the product itself is currently being sold through *The Harmony Company*, under the name AvéULTRA™ Avemar® Enhanced Concentrate. A 30-day supply, with free shipping, costs \$199.95, or you can purchase a 3-month supply for \$479.88 (\$159.96 each), or a 6-month supply for \$899.76 (\$149.96 each). You can order by calling (800) 521-0543, or by visiting <http://www.theharmonyco.com>.

Another source is *American BioSciences, Inc*® at (888) 884-7770, or visit <http://www.americanbiosciences.com>.

➤ **Curaderm-BEC5 eggplant extract.** If you happen to have a skin cancer, before you even consider giving in to the surgical removal of the cancer, you should consider trying Curaderm™, the patented name for BEC5 – the topical cream derived from egg plant.

For one thing, Dr. Jonathan Wright, M.D. is, in my opinion, one of the most knowledgeable and highly respected M.D.s in the nation. He has many years of clinical practice, and is constantly conducting ongoing research. That's why I would feel comfortable recommending any product that he recommends.

Unfortunately, surgery doesn't always get the entire cancer, thus additional surgery is often necessary. As a result, many are required to live with a great deal of disfiguration and scarring from the surgery. Surgeons tend to remove perfectly healthy tissue, along with the cancer, in an attempt to get it all the first time, (which is almost impossible to evaluate). In fact, all too often, multiple surgeries are required. Just keep in mind – it's you (not the surgeon) who must live with the resulting disfiguration from the surgery. Some patients eventually resort to expensive cosmetic surgery in an attempt to reduce the disfiguration resulting from the cancer surgery. Although, replacing lost tissue is rather difficult, if not impossible.

This is just one more example of why it's so critical that you do your research, and get it right the first time – not as the last resort, when all the damage from surgery, radiation, or chemotherapy, has already taken its toll. As we learned earlier, even surgery alone can stimulate the metastasis of cancer. It's impossible for any surgeon to assure you that he or she has successfully removed the entire cancer.

Curaderm™ (BEC5) seems to instinctively know exactly how to track and destroy the cancer, from the skin's surface where it was originally detected, to the end of all its many its tentacles wherever they might lead, and do so without damaging any healthy cells in the process. Obviously this approach makes much more sense, (and is far less expensive). Not only that but, you can easily apply it without a doctor's assistance.

A 20-ml tube of Curaderm™ retails for \$139.95. Just one source I'm aware of, where it can be purchased at a discount, is *Swanson Vitamins*. They can be contacted at (800) 437-4148, or by visiting <http://www.swansonvitamins.com>. The item number of Curaderm™ is CRD001. They are currently selling it for \$115.00. Although, you may find Curaderm™ through other outlets on the internet.

Following is a statement written by Dr. Bill Cham, the developer of BEC5, as printed in an article in the February 2006 issue of Jonathan Wright's *Nutrition & Healing* newsletter (vol. 13, issue 1, p. 8):

BEC5 can treat skin cancer effectively before surgery but not after a failed surgery. This is because the BEC5 traces the cancer cells from the surface of the lesion to deep below the skin tissue. The cancer cells form a "train track" for the BEC5 to follow and destroy along the way. Since cancer cells always invade cells around them, they infect healthy cells and in the end a long line of cancer cells are lined up and multiplying in every direction. Using the natural clumping of the cancer cells the BEC5 locates and destroys every single cancer cell.

However, when a surgery has already taken place, the 'train track' to the cancerous cells is no longer present. The BEC5 therefore cannot be effective as it is most likely that the surgeon has already removed the cancer on the surface of the skin. This means that while the cream can be applied to the surface where the scar of the surgery can be seen, it can't reach remaining cancer cells located deep below the epidermis.

BEC5 technology is developed under the premise that surgery has not yet taken place. Many consumers are now postponing the surgery appointment

in order to take care of their skin cancer by applying the cream for one to two months. Therefore, if you are trying to decide whether to use BEC5 before or after surgery, consider that BEC5 is much cheaper, and it is guaranteed to work, but only if you use BEC5 for at least two months before your surgery. By the time the date for surgery comes along you will be delighted to see a whole layer of fresh skin where the cancer lesion used to be.

➤ **Aloe Vera** is a quite amazing plant, with tremendous healing potential – something ancient civilizations were fully aware of. Due to current technology, we now have the ability to analyze many of the constituents found in various herbs, and plants such as the Aloe Vera plant.

Father Romano Zago, author of *Cancer Can Be Cured*, cited many cases of those with “serious cancers”, considered to be incurable, who were cured using nothing more than his Aloe Vera formula. It appears that the only ones who were not successful, were those who didn’t follow the protocol. For example, some might have begun feeling better, and thus not continued as he advised, or didn’t follow his dosage recommendations.

In fact, at times, Father Zago was asked by a family member, to give the patient his or her final rites in preparation for dying. After the patient was given a death sentence, (a few days or weeks to live), by his or her doctor, Father Zago would instead begin feeding them the Aloe Vera preparation. From experience, he discovered it had tremendous potential for saving lives, even when to many it seemed impossible. God’s creations, along with prayer, appear to be the best combination for curing “seemingly incurable” diseases.

It appears it is only available through wholesale distributors, or practitioners. Although, we were able to find info online at <http://www.aloeproductscenter.com/>.

CHAPTER FOURTEEN

Strengthening Your Immune System – Your Best Defense

Your very best defense against cancer is your immune system, thus the ideal approach should be to find one or more therapies that will enhance your immune system. Fortunately, we have many different resources to choose from.

You should also assure that you will not resort to the use of any therapy that could possibly damage healthy tissue, or in any way suppress your immune system, (basically compromising your overall health). By doing so, you would be giving cancer an unnecessary advantage, which obviously shouldn't be our objective. Unfortunately, that is exactly what traditional cancer therapies are doing.

Strengthening our immune system is something we should all do as a preventative measure. The good news is – if you don't have cancer, you will not be wasting any money, or risking anything. Best of all, you can help prevent getting cancer in the future. You will also be improving your overall health in the process. Not only that but, in spite of the fact that natural therapies are normally not covered by your insurance, (no matter how effective), in most cases you can still afford them, because they are so cheap!

You will likely be amazed at how many inexpensive therapies you will have to choose from – therapies that were found to be effective in curing cancer, (even when the traditional toxic therapies have failed miserably). The reason they are being ignored is, the American Cancer Society, with the assistance of the FDA, and the FTC, have collectively suppressed all natural therapies with any potential for curing cancer – basically attempting to eliminate any competition. That absolutely must stop!

The Mind-Body Connection – Your Diagnosis & Options Don't Have to Be That Scary or Stressful

It's a well-known fact that our immune system is by far our best defense against cancer. A good place to start is with our belief system, which actually has a great deal of influence on our immune system, in either a positive or negative way, (one more strategy we can employ). For example, the diagnosis that you have cancer, and that surgery, followed by the highly toxic radiation and chemotherapy, is the only possible cure, would without a doubt be stressful to anyone. I'm not sure which would be the most stressful – the fact that you are diagnosed as having cancer, or knowing what to expect from the dreaded therapy, especially due to the unbelievably poor success rate! The news would be far less stressful if the therapy was much simpler, non-toxic, and if it was something you could normally do at home, rather than the hospital!

The shock of the bad news (that the toxic options are the only viable options), would immediately do three things. It would stimulate the release of the stress hormone cortisol by the adrenals, which would immediately suppress the immune system, elevate the blood sugar (and insulin production), and it would suppress the thyroid (reducing the metabolism). Three major concerns! Long-term elevated cortisol, caused by stress, is also known to damage the critical area of the brain called the HPA Axis, responsible for storing long-term memories, and regulating hormones.

Then, due to the dreaded therapy you will soon be subjected to, (with such a poor success rate), you would immediately be at a disadvantage – the cancer would already have an advantage. Your immune system would have taken a major hit, yet that would just be the start, if you were to take the advice of your oncologist. That's if he or she insists that surgery, radiation, or the toxic

chemotherapy, should be the only options to consider – the profitable approach, (for them, not you).

The Threat of Cancer + Toxic Therapies = PTSD

Post Traumatic Stress Disorder (PTSD) can actually result from a cancer diagnosis, and the threat of toxic therapies as “the only solution”! For one thing, long-term stress not only suppresses the immune system, and the metabolism (thyroid function), but scientists discovered that it also creates the condition known as Post Traumatic Stress Disorder (PTSD). According to information retrieved from <http://ptsd.about.com/b/2008/03/12/risk-for-ptsd-following-cancer.htm>, *“the experience of a life-threatening illness, such as cancer, can also be considered a traumatic event, and therefore, can lead to the development of PTSD.”* It has been found that as many as 32% of people will develop PTSD as a result of dealing with the stress of cancer.

The American Cancer Society is fully aware that many cancer patients develop PTSD. Their solution: According to Dr. Julia S. Seng, Ph.D., R.N., one of the authors of a recent article in *Oncology Nursing Forum* (Vol. 29, No. 4, pp. 643-649), *“A PTSD diagnosis may make some patients eligible for benefits [or] assistance with treatment costs, depending on their individual insurance coverage. **Health insurance will pay for treatment for PTSD just like it does for anxiety, depression, or other mental health conditions.**”* A typical example of the current paradigm that most traditional doctors rely on. The only solution for any condition (physical or mental) “must be” one or more drugs!

Then, soldiers experiencing PTSD are normally placed on a cocktail of 3 different drugs, which will definitely worsen any condition. Several young soldiers have died in their sleep recently on the same drugs psychiatrists prescribe for PTSD! Psychiatrists all follow the same recommended drugs for any of the “374”

mental conditions in their “bible” – the Diagnostic and Statistical Manual of Mental Disorders (or the DSM). Which version of a particular drug such as Prozac™, Paxil™, or Zoloft™, for depression, depends upon which pharmaceutical rep might be the most convincing.

The Effects of Stress on the Immune System

In his pamphlet “I See ‘Miracle’ Cures Every Day” (October 2001), Dr. Robert Jay Rowen, M.D. points out that **stress deals your body a “double whammy”**: ***“It reduces circulation so less oxygen gets delivered to your cells and tissues. Plus, stress kick-starts the production of adrenaline and adrenal-related hormones, which also burn high amounts of oxygen”*** (p. 11).

Note: Cancer hates oxygen and thrives when there is a shortage.

According to the following research, reported in a press release by Ohio State University, and published in a 2006 issue of the journal *Cancer Research*, hormones produced during stress increase norepinephrine, a stress hormone, which can stimulate tumor cells to produce two compounds, and is explained as follows:

These compounds can break down the tissue around the tumor cells and allow the cells to more easily move into the bloodstream. From there, they can travel to another location in the body to form additional tumors, a process called metastasis.

The research also suggests the same hormone can also stimulate the tumor cells to release another compound that can aid in the growth of new blood vessels that feed cancer cells, hastening the growth and spread of the disease.

The bottom line is: **Stress produces hormones that promote both the metastasis, and future development of cancer**, thus avoiding stress should be part of our therapy.

A Revolutionary Approach for Diagnosing and Curing Cancer!

The following story was obtained from the book *Outsmart Your Cancer* (2009), by Dr. Tanya Harter Pierce, M.A., MFCC.

German New Medicine was developed in Germany by Ryke Geerd Hamer, M.D. In August of 1978, Dr. Hamer was head internist at the oncology clinic of the University of Munich when he received the shocking news that his son, Dirk, had been tragically killed in a shooting accident. For months, doctors performed medical procedures on Dirk to try to save his life. But, unfortunately, Dirk died in December of that year. Just a few months later, Dr. Hamer himself was diagnosed with testicular cancer. This was very unexpected, since Dr. Hamer had not been ill nor had he experienced any indications he was becoming ill. While still dealing with his own grief, Dr. Hamer wondered if his cancer might in some way be related to the loss of his son that had occurred only months before.

Being an oncologist, Hamer decided to investigate the personal histories of his own cancer patients. Not only did he find that all of his patients had experienced some form of emotional trauma (or “conflict shock” as Hamer called it) prior to the development of their disease, but he also discovered that evidence of this conflict shock could be seen physically on the scans of his patients’ brains! This was something medical experts had never identified before and was no less than groundbreaking. What Hamer found were small rings, and sometimes rings around rings, that looked like the radiating rings in a pond where a pebble has been dropped. He then learned that the areas of the brain showing a ring or sets of rings would invariably correlate with a particular organ or system of the body in which a disease process had started. No other doctor, oncologist or radiologist had ever been trained to see what Hamer could see on a brain scan. Yet Dr. Hamer became so good at it that in medical conferences he would offer to diagnose a patient based on the person’s brain scan alone, having no prior knowledge of the patient’s history or diagnosis.

Interestingly, Hamer discovered that the new principle of disease formation that he was developing applied to virtually all diseases, not just cancer. Moreover, he could often tell what stage of development or recovery the illness was in.

An impressive example of just how well Dr. Hamer could see evidence of disease in the brain was reported in the following account he gave during a 1992 interview:

I diagnosed from the CT a freshly bleeding bladder carcinoma in the healing phase; an old prostate carcinoma, a diabetic condition, an old bronchial carcinoma, and a sensory paralysis of a certain area in the body – and for each of these the corresponding conflicts that the patient must have experienced. At this point, the doctor stood up before all his colleagues and said, “Dr. Hamer, congratulations! Five specific claims – five successes. The patient had exactly what you say. And you can even differentiate what he has from what he had earlier.”

So, according to Hamer’s German New Medicine, a physical mapping so-to-speak, of a person’s various disease conditions is imprinted in the brain and can literally be seen by the trained eye on brain scans.

At least 30 different official investigations into Hamer’s principles proved his ideas to be scientifically verifiable.

Hamer’s unusual understanding of metastases has allowed many cancer patients to resolve their disease-associated conflicts to the point where their metastasized cancer regresses and finally disappears without any conventional treatment at all.

*The important thing is to identify the conflict shock or shocks behind the disease and resolve them. Through helping his own patients to do this, **Hamer claimed to have a cure rate of 95 to 98 percent for cancer patients who had never been given conventional treatments.** (In other words, they hadn’t been damaged by conventional toxic treatments yet.) Unfortunately, in 1986, Dr. Hamer’s medical license was taken away because he would not conform to accepted medical practices. As is common, medical dogma was given precedence over medical results. Yet Hamer continued his scientific research.*

In 1997, Hamer was finally arrested for giving 3 patients medical advice though he no longer had a license to practice. The police confiscated his patient files and a court trial ensued. After official analysis of the patient files, it was revealed that Hamer’s results were extremely impressive. Though not

*all his cancer patients had been free from conventional treatment, which brought the cure rate down, **after five years of treating cancer patients with German New Medicine, 6,000 out of 6,500 were still alive!** By comparison, a meta-analysis of 155,000 cancer patients in the U.S. who were treated with chemotherapy for all types of cancer showed that after 5 years only 2.1 percent were still alive. Nevertheless, Dr. Hamer was sentenced to jail.*

Since when has healing become a crime? Or an even better question is: How can anyone possibly justify jailing Dr. Hamer for saving thousands of cancer patients? And shouldn't he instead be nominated for a Nobel Prize? This is a prime example of the outright abuse of power, by institutions supposedly established to protect the public – not the income potential of highly profitable organizations! What ever happened to accountability, and ethical standards? This is the type of outright corruption you might expect in countries such as Iran – not the land of the free.

Your Belief System Greatly Influences Your Immune System, And Your Potential For Surviving Cancer!

As stated in a “Cancer Update” by Johns Hopkins (August 2010), **“Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor.”** Research from Ohio State University, published in the July 9, 2010 issues of the journal *Cell*, found that *“when mice with cancer were given enriched living conditions and a boost in their social life, their tumors shrank – and some of their cancers disappeared completely.”*

A press statement to the media suggested *“if we look at people more in terms of their perceptions of disease, their social interactions and environment, **we could realize a profound influence on cancer...**”* (retrieved from http://www.naturalnews.com/z029305_socialize_cancer.html).

The following explanation regarding the effects of a person's attitude was found in the book *Transforming Your Emotional DNA* (1999), by Dr. Theresa Dale, Ph.D., N.D.

*The DNA contains a universe of information invisible to the conscious mind. **This information can heal us or kill us.***

Since you own the key to unleashing the most profound healing technique in the universe, why do you continue to doubt your own abilities to self-heal?

*Our society wants everything in an instant, particularly results. Yet, when it comes to your health you give someone else the responsibility of your healing. **Sometimes you may even gamble with your life, trusting someone else to cut or burn the problem out of your body [typical cancer therapies].** You have forgotten that you are a powerful being and no longer a helpless child needing parenting. So, **stop making someone else responsible for your wellness.** [A key to your chance of success.]*

Could it be that you fear responsibility? Surely you must know of others who are more of an authority about you and your body than you are? How absurd!

*What makes a person resistant to total wellness? **The difference between one cancer patient experiencing a cure and another not experiencing a cure, is not the type of cancer, but the level one has of unconscious and conscious resistance.** Which path in the road will you take?*

Let's take a look at the emotion of despair, as a source of illness.

Even though it is invisible to you, its existence is like a huge storm cloud blocking out the warmth of the sun.

*Your body has an electromagnetic field that serves as an antenna. **The body attracts, stores and receives information. Since wellness is a state of mind and being, you have the unlimited ability to attract wellness and abundance into your life.** Why do we then create pain and disease? **Mysterious as it sounds, we attract the reflection of who we think we are and what we think we deserve.***

As your awareness of this connection grows, you start to feel enthusiasm for life. The passion and enthusiasm create momentum for bringing new forms into being, and a new reality emerges.

When a doctor labels a disease cancer and pronounces the patient's condition life-threatening or incurable, he or she makes it more difficult to treat because the outcome is prejudged by the doctor and believed by the patient. The judgment keeps feeding the condition and in turn activates fear, which in turn suppresses the immune system.

Incidentally, I met Dr. Dale, who wrote the above article, at a conference in Las Vegas several years ago, and even attended one of her classes. She indicated that she uses homeopathic formulas “exclusively” in her practice. It just so happens that there is a homeopathic formula called *Arsenicum Album*, which we will be discussing next, that appears to be a perfect fit for anyone diagnosed with cancer. It's a remedy that in my opinion, all patients diagnosed with cancer should begin taking immediately!

The good news is – if we consider that we have several natural (non-toxic) therapies to choose from, many proven to be successful, without any pain, it can instead become a challenge to resolve the cancer. How, depends on which strategy we might choose. As a matter of fact, it was discovered that **cancer patients who developed a positive attitude about beating, rather than giving in to cancer, were actually “five times” more likely to survive.**

You should be giving your immune system the boost it desperately needs, to gear up for the fight of your life. It's amazing, the influence your thoughts have, regarding how your body responds – the mind/body connection, (a valuable resource many fail to recognize). Then don't forget prayer – a distinct advantage, (not only that but it's free)!

The Homeopathic Remedy: *Arsenicum Album*

The best possible way to become motivated, and energized, is to look at all the natural options you will have to choose from, which can be incorporated into your rather extensive arsenal. However, if just hearing a diagnosis of cancer has you completely overwhelmed with fear, one of the most frequently recommended homeopathic remedies is *Arsenicum Album*, which uses include treating anxiety, fear caused by insecurity, and obsessive compulsive disorder (OCD). Information on why and how it is beneficial for cancer patients, (retrieved from <http://www.cancure.org/homeopathy.htm>), is further explained, as follows:

*Arsenicum Album is a primary remedy for cancer and is often **recommended for individuals with terminal cancer that are entering into the death process.** It helps the individual confront and deal with their fear of death – feelings of being stuck in limbo, not knowing what lies ahead, not knowing what to expect, **feeling terrified of the transition, afraid to let go of their life.** When used appropriately, it can be a powerful tool for assisting individuals in **coming to greater peace about the death process**, enabling them to embrace the transition with greater spiritual centeredness.*

***Arsenicum album is also of great value to individuals that have just been diagnosed with cancer and are gripped with profound fear – fear of cancer, fear that they will never get better, fear of death, fear of not having enough money to sustain the treatment, fear of not getting the needed medical care.** They feel powerless over the cancer, seeing it as being 100 feet tall and seeing themselves as being very small.*

These fears in and of themselves severely weaken the immune system of the cancer individual.** By taking *Arsenicum album* (when indicated), it can help the individual reconnect with a greater spiritual center, such that they **see themselves and their immune system as being bigger than the cancer.

Arsenicum album may also be indicated for family members and friends that are gripped with these same types of fears – terror that their family member will die, that there are no therapies available., that the situation is out of control, that a new or different doctor is needed, that people are not taking

*the situation seriously enough. In these cases, Arsenicum Album can help the individual let go of some of these fears, **making it easier for them to affirm the ability of their friend or family member to heal themselves.***

On a physical level Arsenicum Album helps the body release fear and tension held in the kidneys, adrenals, and nervous system. This sometimes correlates with the detoxification of the heavy metal arsenic from these areas as well.

In some cases, Arsenicum Album can be instrumental in actually turning the cancer around, arresting tumor growth and empowering the individual's immune system to turn the disease around.

NOTE: *Arsenicum Album* can be purchased online, or some health food stores.

Often, just one therapy alone that we will be considering, has been successful in not only curing cancer in many, but also in breaking down the dead cancer cells, and then removing them, (if necessary). It's called "detoxification", and there are ways we can greatly speed up that process as well. Then if we choose the compassionate option, (reversing rather than killing cancer cells), removing dead cancer cells won't be necessary. It's quite amazing what our bodies can potentially do, given the opportunity. Thus, that will be our job. Most traditional therapies, (for various conditions), make absolutely no sense – other than, they are highly profitable. Unfortunately, you could very well be paying the price – possibly with your life.

By keeping a positive attitude, combining more than one natural therapy, and changing your diet if necessary, your chance of survival would be even greater. Most importantly, you would finally have a plan that could almost guarantee that you should never again acquire cancer, (the best news of all)! Just an added bonus is – you will be promoting your overall health in the process, (contrary to traditional therapies). Our bodies were designed to heal – we just

need to give them a fighting chance. We can start by taking advantage of the rather extensive pharmacy, which Our Creator provided for our benefit. They are organic, normally highly complex, and have tremendous healing potential. As I often state, you can't possibly heal an organic body, with inorganic chemicals created in some lab, (especially when they are known to be toxic)! We need to give Our Creator the respect He deserves, and show our bodies more respect. That's the "only way" we can ever acquire a disease-free body, with optimum health, and energy levels. A body in which cancer cells can't possibly survive, let alone thrive. Exposing our bodies to highly toxic, potentially dangerous therapies and toxins is, in my opinion, insane! Especially, as it's totally unnecessary.

A Super Immune Booster, Created For Animals: *Diamond V XPC* The Good News – It's Cheap, and Also Works for Humans!

One resource I alluded to earlier, greatly enhances the immune system and only costs about three dollars per pound when purchased in bulk. One pound should actually last several months. The catch is – it's normally sold in 50-pound bags, which is enough to last several years! Thus, for less than what it would normally cost to run tests just to determine if you might have cancer, you could likely cure it, even more effectively than all the toxic therapies combined! And this inexpensive resource could very well play an important role, regarding immune enhancement.

I have garnered a great deal of information from many different doctors over the years, from their books, and their newsletters, although I'll have to admit, Dr. David G. Williams is in my opinion amongst the best. He travels rather extensively, looking for solutions, and checking them thoroughly, before recommending them. *Diamond V XPC* is one example of what I consider a major discovery, which Dr. Williams shared with me.

A few years ago, Dr. Williams received a quite interesting call from a company called *Diamond V Mills*. Although they had been making supplements for animals for over 60 years, this call was in regards to a yeast product in particular, called *Diamond V XPC*. Quoting Dr. Williams (*Alternatives* newsletter, Special Report, 2009), it appears they had made a quite amazing discovery:

The plant workers who came into contact with the yeast products, weren't getting sick. For example, some, despite experiencing yearly flu and colds in the past, reported they had not had either in the years since they started work at the plant. Others reported improvement in chronic allergy conditions, autoimmune problems, gastrointestinal health, and numerous other conditions after starting work at the plant.

When the company discovered that cultured yeast could benefit humans as well as animals, it formed a subsidiary called Embria Health Sciences to sell its newly developed human product under the name EpiCor. Although all the original benefits I've discussed – reduced sick days, improved immune health – are a direct result of ingesting the products created for animals, the company literature says that EpiCor and Diamond V XPC are somewhat different.

Researchers found that natural killer (NK) cell activity increased fourfold following continued ingestion of the concentrated yeast culture. (NK cells are your immune system's first line of defense against invading pathogens or cancer cells.) This increased efficiency allowed the immune system to perform at superior levels with fewer NK cells – sparing the body the stress and expenditure of having to produce more NK cells.

It appears that the company discovered what they had, although there would be “far more potential for profit” by also producing what they refer to as a concentrated product, called *EpiCor*, for humans, in capsules. A product they claim is somewhat different from the *Diamond V XPC* made for animals. The key word here is, “somewhat” different. Dr. Williams' guess, and mine, is that the

primary difference is that *EpiCor* is made in an FDA-approved food-grade facility, while the *Diamond V XPC* is instead, made in a feed grade plant.

Dr. Williams seems to be a no-nonsense guy, and I'd like to think I am as well. He personally uses the far cheaper *Diamond V XPC*, and I have for some time, as well. Dr. Williams stresses that both products are safe, non-toxic, pesticide-free, and nonmutagenic. What more could you ask for? That's far healthier than the majority of foods most people eat every day. It's rather difficult to find food in the grocery store today that meets all that criteria!

According to Dr. Williams, *"One single bag of XPC will supplement my whole family of five for two years, plus my parents, my neighbors, their neighbors, my dog, and my cat – and I'll still have plenty left over for the chickens, goats, and cattle on my ranch."* As we don't have any kids at home, and only one small dog, I just give some away, and take a heaping tablespoon, instead of $\frac{3}{4}$ teaspoon, yet it still should last me several years – what a bargain!

Although I have since learned that for a few more dollars, you can now purchase their "green" organic version, which I would recommend doing. Although I normally take one tablespoon daily, I would think that one teaspoon should normally be adequate for immune enhancement. But if you just happen to have cancer, I would instead suggest taking one heaping tablespoon of the organic version daily. Until I use it all up, I'll continue using the original version, and then order the organic version next time.

Interestingly, we often tend to crave sweets, which just happens to be cancer's best friend. The good news is – yeast just happens to be another of cancer's favorite foods. Then as we recently discovered, it also appears to be cancer's worst enemy as well. The fact is, when it comes to sugar, we should

know better. The good news is, regarding yeast, cancer apparently doesn't. Thus, that's something we can, and in my opinion should, take advantage of.

If ingesting yeast somehow appears to be contradictory, you might keep in mind that fermenting sugar (cancer's favorite fuel) is far different from the process of producing yeast with special enzymes. Also, as the yeast has already been fermented, cancer obviously couldn't use it as a source of energy. Speaking of energy – the anaerobic fermentation that cancer uses, produces “far less” energy than that normally produced by aerobic (with oxygen) metabolism. For example, for every molecule of glucose (sugar) that cancer cells ferment, only two energy molecules called ATP are produced, while normal cells in turn produce anywhere from 34 – 38 molecules of ATP, (about 18 times as much)! Thus, it would appear that our healthy cells (including immune cells) would have the advantage over cancer. In my opinion, they definitely should, if we just stop destroying them, as most oncologists insist on doing with their toxic therapies.

Although cancer isn't very efficient in its utilization of glucose for energy, it is definitely well equipped to get more than its share. For example, cancer has far more receptors for both glucose and insulin, than normal cells. Understanding cancer's unique characteristics can actually be to our advantage. Now that we better understand our enemy (cancer), we can begin developing our strategy. Sadly, these are important issues that traditional oncologists never consider. It's critical information that cancer patients are totally unaware of as well. Only when that changes, can we ever expect to eliminate (or possibly prevent) cancer.

As usual, the price for thirty 500mg capsules of *EpiCor* varies considerably, based on who sells it. It pays to shop around, as some companies insist on charging top dollar for their products, while others charge considerably less for the exact same thing. Whatever the price, it's far more expensive than purchasing its

source (*Diamond V XPC* – organic version), which is sold in 50 pound bags. Any time a company discovers that humans can benefit from something that animals do, the price all too often goes up “dramatically”!

NOTE: *Diamond V XPC* is normally available through your local feed store, but if you can't find it one source is Dubois Distributors, out of Huntingburg, IN. Their price is \$92 plus shipping, for a fifty-pound bag, and they can be reached by calling (800) 264-3772, or by visiting <http://www.duboisdistributors.com>. Although, you may find other sources on the internet.

I recall that several years ago, one company was producing a product for sheep, and discovered that humans could also benefit from it. As usual, the human version cost “much more”. Just remember, animals have the same organs, which perform the very same functions that ours do. What works for them, will often work for us as well, and is normally not nearly as expensive.

Unfortunately, natural supplements currently aren't covered by our insurance, and it all stems from the pharmaceutical industry's powerful lobbying influence. Thus when a company insists on charging top dollar for their natural products, many of those on limited incomes will not be able to afford them. That is especially a concern regarding the elderly on Medicare, who are normally the most nutrient deficient to begin with, due to their age, and often-limited budgets. The very reason they are all too often unnecessarily, and inappropriately, placed on drugs that are known to deplete nutrients, (although covered by their insurance)! This basically compounds the original problem – a nutritional deficiency.

Most importantly, cancer (or any disease for that matter) will not develop in a healthy body. Our current healthcare system, which both promotes and supports our reliance on drugs known to create a toxic environment, while also depleting critical nutrients in the body, is basically promoting poor health, and disease! That

obviously must change, if we ever expect to reverse the current trend – the increasing rates of diabetes, obesity, Alzheimer’s, cardiovascular disease, and cancer, (and disease in general). The annual cost of our current health insurance at times exceeds the “total income” many relied on, just a few decades ago! That’s an issue that must be addressed, and soon! We, as a nation, can no longer afford to support the promotion of “highly inflated” drugs, which in turn promote disease!

The cancer industry is where, by far, the greatest abuse exists. They have continued promoting the very same toxic therapies for decades, just because it’s so profitable. They have successfully done so by using scare tactics. If you don’t really understand cancer, it can be rather scary, especially as few manage to survive long-term. Being diagnosed with cancer isn’t nearly as scary, once you discover what causes it, and learn that the majority of cancer patients have survived for many years without resorting to the terribly toxic therapies, which oncologists insist on promoting.

Most assume that, as the therapies “appear” to be so high tech, (and are so expensive), they must be the very best options available. Many are not aware that, in spite of what cancer patients must endure, and the collateral damage to both the body, and brain, by incorporating such highly toxic therapies, they only achieve a 2.1% success rate. Although if you just let nature take its course, you are more than ten times as likely to actually survive, (approximately 24%). Even better, if you combine a few inexpensive do-it-yourself, natural therapies (as the first – not last – option), **your “success rate” should instead be close to 98%!** Most importantly, you will be optimizing (rather than destroying) your overall health in the process! Both the quality of your life, and the length of your life, should be far greater.

The question is: Why in the world would anyone possibly allow an oncologist to both destroy their health, and even shorten their life – “even if they paid you for the privilege”, rather than charging you a fortune? Although if that were true, and they actually paid you, the money wouldn’t likely be a concern, as your chance of surviving long enough to spend it would only be about 2% anyway! The fact that all states are currently facing a serious financial crisis, while pharmaceutical companies continue producing highly toxic drugs, and charging exorbitant prices for their poisonous drugs, I’m convinced that due to their obvious greed, they will soon “self destruct”! Especially once the public becomes better informed.

Additional Ways to Restore / Enhance the Immune System Naturally

Although our best defense against cancer is a strong immune system, many are being literally “conned” into toxic immune-suppressing therapies. My objective will now be to provide you with several different options for maintaining a healthy immune system. That’s especially important for anyone who might have been unfortunate enough to acquire cancer. Although as I continually stress, now that you better understand cancer you should never again be threatened with the disease.

Building an ironclad immune system is our very best defense against cancer – it’s called disease prevention. Thus, the bottom line is to avoid anything that can compromise your immune system. Food allergies can overwhelm the immune system, and the problem can be even worse during allergy season. Up to 150 allergens can easily be identified by a simple ALCAT test, which your doctor can order. The following information was published in the December 1998 advance release issue of *Members Alert*, the Health Sciences Institute newsletter:

ALCAT is a blood test, available without a doctor’s prescription. The lab that conducts the *test has assembled a worldwide network of laboratory*

technicians who can collect the necessary blood sample at a place and time of your choosing.

The test is then performed within 28 hours of the blood draw, while the blood is still “alive” and bioactive. Lab technicians inoculate the blood sample with extracts of over 150 foods, additives, chemicals, and naturally occurring molds and yeasts.

Some of the most impressive results have come in the field of weight loss. [In one study], the group using the ALCAT results (eliminating those foods they were sensitive to), lost significantly more weight, and a greater percentage of body fat, than the control group.

You may obtain information regarding ALCAT testing, by visiting <https://www.alcat.com/> or calling (800) 872-5228.

Following are a few additional resources that should prove beneficial in restoring and enhancing the immune system.

✓ **Vitamin D** is actually a hormone, with its receptors found in most of the cells throughout the body. The fact that vitamin D₃ contributes to a healthy immune system, has been substantiated by many studies. One reason is, vitamin D₃ helps produce more than 200 antimicrobial peptides that help fight all sorts of infections. I might explain that the D₃ form of vitamin D is by far the most active, and the only form recommended by doctors familiar with vitamins. Of all the supplements that we might consider, I’m convinced that vitamin D₃ likely has the greatest potential of all. Recent research has continued to uncover more and more benefits it provides, yet it is very inexpensive. We could greatly improve the health of everyone who received adequate levels of vitamin D³. I would recommend 4,000 IU, twice daily – that’s what I personally take.

✓ **Melatonin** is a hormone thought to enhance the immune system. Interestingly, at night, another hormone serotonin is converted into melatonin. When there is a deficiency of serotonin, there will more than likely be a deficiency

of melatonin as well. Few are aware that 90% of serotonin is actually produced in the intestine. Thus, anyone with an intestinal disorder could easily be experiencing a melatonin deficiency.

The good news is – it's easy to make up for a potential deficiency, and help enhance your immune function, just by taking 20 mg of melatonin, thirty minutes before retiring. It's inexpensive and readily available. An added bonus is – it helps promote sound sleep. At night is when most restoration (including DNA repair) takes place. Many are unaware of the importance of getting more REM (deep) sleep where we get the most benefit. Many medications can easily disrupt that process. Difficulty sleeping is often just one of many troubling side effects associated with many medications. In fact, the SSRI antidepressant Prozac™ is just one example.

✓ **Astragalus** is one little known, but excellent herbal resource. In an article in the July 2001 issue of *Dr. Jonathan V Wright's Nutrition & Healing* newsletter, Kerry Bone, FNIMH, FNHAA, states that Astragalus is ***“More than just an immune booster. It has been shown to actually increase the number of immune cells (white blood cells) in the body!”*** The article continues:

*In one clinical trial, 115 patients with low white blood cell counts were given between 10 and 30 grams of Astragalus per day for eight weeks. At the end of that time period, the patients' white blood cell counts were measured again. **The numbers had increased significantly.***

*It is this action of Astragalus that makes it particularly useful for chronic states of immune system debilitation like chronic fatigue syndrome or **following chemotherapy or radiation therapy.***

✓ **Vitamin C** is a good antioxidant, as well as an immune system booster. I would recommend taking at least 8 grams (8,000 mg) daily, in divided doses. The best form is ester-C with bioflavonoids. It is alkaline rather than acidic as ascorbic

acid is. It is also more efficiently utilized by the body. NOTE: If you would prefer to get the same thing for less, look for buffered vitamin C with bioflavonoids.

✓ **Water.** I recommend drinking ten 8-ounce glasses of water, along with one teaspoon of Celtic sea salt daily. Just make sure the water is free of both chlorine and fluoride, as they are thyroid and enzyme suppressors. This will help provide an alternate source of energy for the brain, reducing the need for glucose. Adequate water intake is also important for the effective removal of toxins, thus reducing an acidic environment, and in turn increasing oxygen efficiency.

✓ **Avoid Sugar.** Not only does cancer thrive on sugar, but sugar is also a known immune suppressant, (obviously something that must be avoided). Eliminating sugar is something many people find rather difficult, although both **vitamin C** and chromium picolinate are helpful in reducing the cravings for sugar. The amino acid **L-glutamine** is also helpful, as it helps provide energy for the brain, thus reducing the brain's demand for glucose.

✓ **Extra Virgin Coconut oil** produces ketones – the best source of energy for the brain. The good news is – cancer can't use ketones as a source of energy, and coconut oil is not converted to fat and stored, like high fructose corn syrup and sugar normally are. Even better, **coconut oil helps strengthen the immune system, (important for cancer prevention)**. Coconut oil also contains caprylic acid, a powerful antifungal, which is beneficial for killing the Candida yeast – one potential contributor to cancer. The brain has top priority regarding an energy source, so we must assure it has an adequate supply. Just make sure it's organic, extra virgin coconut oil. How the oil has been extracted and processed determines whether it is healthy or unhealthy.

✓ **Calorie Restriction.** It's been thought for years that calorie restriction promotes longevity, thus it must be promoting our health in general. Any time we

overeating, we are placing an extra burden on the body. As the body would be using more resources for digestion, it would have fewer resources to devote to immune enhancement. We just need to assure that we don't deprive it of critical nutrients, in the process. That in turn could have a negative influence on our overall cancer regimen. Our diets play an important role, in that regard. The following information, published by Life Extension Foundation further explains how:

*Scientists funded by the Agricultural Research Service (ARS) found that **volunteers who followed a low-calorie diet or a very low-calorie diet not only lost weight, but also significantly enhanced their immune response.***

In the study, 46 overweight (but not obese) men and women aged 20 to 40 years were required to consume either a 30-percent or 10-percent calorie-restricted diet for six months.

For the study, the researchers looked at specific biologic markers. A skin test used called DTH (delayed-type hypersensitivity) is a measure of immune response at the whole body level. The researchers also examined effects of calorie restriction on function of T-cells – a major type of white blood cell – and other factors on the volunteer's immune system.

One positive was that DTH and T-cell proliferative response were significantly increased in both calorie-restrained groups.

http://www.lef.org/news/LefDailyNews.htm?NewsID=9625&Section=NUTRITION&source=DHB_100501&key=Body+ContinueReading

Although they apparently proved that calorie restriction was responsible for immune enhancement, (especially important for cancer patients), for some reason they didn't address the difference (if any) between those on 30% reduction versus only 10% reduction. That leaves us wondering if restricting our dietary input by 30% provides any benefit over reducing it by only 10%, which would obviously be much easier. I would thus suggest gradually reducing your calorie input for each

meal. You will find that, by eliminating high fructose corn syrup, and eating more nutritious foods, you shouldn't experience the food cravings normally associated with unhealthy processed foods. Otherwise, your body stimulates cravings for more food, when it's not getting the nutrients it's looking for – basically hoping it will find something it can use to replace a nutritional deficiency. As drugs are notorious for depleting critical nutrients, that could also contribute to overeating. That might help explain why weight gain is often a side effect associated with many medications.

“Top 12 Foods for Healthy Immune Response” – Published by Dr. Joseph Mercola

The following information is just part of an article from Dr. Mercola's website (retrieved from <http://articles.mercola.com/sites/articles/archive/2009/12/08/Top-12-Foods-for-Healthy-Immune-Response.aspx>), posted December 8, 2009:

***Whey protein** can help you fight off colds and flu because it contains beta-glucans and immunoglobulins, which **protect your immune system and support your body's natural detoxification processes. Friendly bacteria** have a powerful, beneficial effect on your gut's immune system, your first line of defense against pathogens, and aid in the production of antibodies.*

*Besides being **excellent for your thyroid and your metabolism, coconut oil is rich in lauric acid**, which converts in your body to monolaurin. Monolaurin is the actual compound found in breast milk that strengthens a baby's immunity.*

***A great deal of research has been done establishing the ability of lauric acid to enhance immunity.** This medium-chain fatty acid (MCFA) actually disrupts the lipid membranes offending organisms.*

Chlorella** is a single-cell freshwater algae that acts as an efficient detoxification agent by binding to toxins, such as mercury, and carries them out of your system. It is the chlorophyll in chlorella that makes it so powerful. **Chlorophyll helps you process more oxygen, cleanses your blood and promotes the growth and repair of your tissues.

Turmeric: ORAC score of 159,277; general immune system booster due to its high antioxidant capacity, and an anticancer agent as well.

NOTE: You might also take colloidal silver whenever exposed to (or coming down with) a cold or flu, (both are viruses). When the immune system is involved in fighting a virus, it can't as effectively kill cancer cells. As the immune system is our best defense against cancer, anything that can potentially compromise our immune system should be avoided.

CHAPTER FIFTEEN

Medications Either Contribute to Cancer, or Contain Carcinogenic Toxins

Due to many people's poor dietary habits, with far too much sugar, starches, and meat (with very little fiber), a great deal of toxins can adhere to, and gradually build up on the intestinal wall, over time. One combination that can greatly contribute to increased cancer risk is eating too much meat, while also taking acid blockers or proton pump inhibitors, for acid reflux (GERD). A couple examples of common over-the-counter ones are Prilosec™ OTC, and Tums™.

Acid Blockers

The stomach normally produces hydrochloric acid (HCL) and pepsin, which are necessary for digesting meat. The acid in the stomach will also kill viruses and bacteria, (an important issue as well). It's thought that viruses can be responsible for a normal cell turning cancerous. Normally, it's the **deficiency** of HCL (not an excess) that contributes to acid reflux. The HCL deficiency, along with combining the wrong foods, such as meat and starch, (potatoes or pasta), actually slows down the digestion, not only contributing to acid reflux, but also cancer, as Dr. David G. Williams explains in his 2009 *Alternatives* Special Report Newsletter:

Cancer has always been associated with a decrease in the production of hydrochloric acid and digestive enzymes. When such a decrease occurs, improperly digested food overloads and liver and other systems with metabolic toxins. Several doctors, including the noted cancer specialist Nicholas Gonzales, MD, have found that increasing the enzymes and digestive capabilities of cancer patients often can help the body rid itself the cancer.

Then eating fruit, or drinking fruit juice, with or just following a meal, basically compounds the problem. At times, it can take up to 8 hours for the meal to completely digest. When food remains undigested for an extended period of time

fermentation begins taking place. The warm anaerobic environment in the stomach contributes to the production of a different form of acid, (not involved in digestion), which causes the acid reflux, or GERD.

Then too much fat consumed during a meal can cause the sphincter muscle, which separates the upper stomach from the esophagus, to relax. Not only that but, statins (cholesterol lowering medications) are known to weaken all muscles, which could also contribute to the condition, by weakening the sphincter muscle. Actually, very little that modern medicine is currently doing, can be justified scientifically. They are all too often major contributors to disease – this is just one of many examples.

Unfortunately, the majority of patients, (and even their doctors), are often unaware of even the basics of nutrition, or the many dangers associated with the drugs they rely on daily. That's especially a concern when it applies to your doctor, who you rely on for advice regarding your health. My objective, (and that of a few other doctors), is to educate you, and possibly even re-train your doctor, so we can finally learn how to prevent, and even cure, so called "incurable diseases" – such as cancer. Doctors who have taken the initiative, have discovered that it's well worth the effort – their patients are finally getting results. Nothing can be more rewarding to a doctor, than to be able to truly help a patient improve his or her health. Once the word gets out, their clientele soon begins to increase. They are always in demand.

First, you can't possibly cure disease, or maintain your health, with toxic chemicals we refer to as medications. Second, only by understanding what causes disease, can we possibly develop a cure. In fact, that's not what drugs are designed for, thus we obviously can't rely on them for the solution. There is far more profit in maintaining one or more diseases for a lifetime, than in curing a

disease. You will eventually discover (as I did), that most diseases develop from a toxic nutrient-deficient environment. That's a common denominator that exists between all diseases. The medications that most doctors rely on, are major contributors to elevated toxins, and a nutritional deficiency.

Now let's see what can happen in the large intestine, which cannot only contribute to cancer of the colon, but also elsewhere in the body. We already discussed the importance of having sufficient HCL in the stomach to digest proteins. While we are on the subject, you can purchase an inexpensive dietary supplement called "HCL with Pepsin", which can be taken with a meal, (especially if it contains meat), that should help resolve the problem. Then if you recall, the acid blockers so many rely on, basically undermine that very critical process. Not only will antacids allow bacteria and viruses (normally killed by the acid) to gain access, but meat is often not completely digested, and broken down into the individual amino acids, so they can be utilized. The amino acids are important resources, which the liver can assemble in different combinations, for various uses. They can then be used to either repair tissue, or produce enzymes or hormones, (especially a concern following surgery, as they are critical for the healing process). Thus, the undigested meat will instead begin putrefying (rotting) in the warm intestinal tract – one more concern.

Some of the most carcinogenic (cancer causing) meats are: red meat that has been charred, or cooked in a microwave oven, or preserved meats such as lunch meat, hot dogs, sausage, (which contain nitrates, a known carcinogen). The longer they remain in the large intestine, the more toxic they will become. As a result, more toxic bi-products will be absorbed into the bloodstream, along with the water (which is constantly being removed from the large intestine), in order to solidify the stool. Similar to extracting water from a cesspool!

I hope I don't overwhelm you on this one, but please stay with me, as you are about to learn why so many people's bodies are becoming overwhelmed by toxins – toxins that can contribute to the development of cancer. Once we learn what not only contributes to cancer, but also what helps promote its growth, we will finally know how it can be prevented. Something oncologists seldom discuss with their patients. The sad truth is – they are often unaware, as it's not part of their training in medical school. After all, cancer is supposed to be their business – and a very profitable one, I might add. Did you ever wonder why most diseases seem to be incurable, especially after all these years? It's obvious we can't continue the same old "drugs for everything, and nothing but drugs for anything (unless it's surgery)" approach, and somehow expect to get different results. As the incidence of all diseases is rapidly escalating, it's obvious we must be doing something wrong!

Now back to our primary objective, of preventing cancer to begin with. Although, if it's already too late to prevent cancer, we'll just cure it instead. According to the American Medical Association (AMA), and the American Cancer Institute (ACI), that's a privilege reserved for your oncologist only. As that is supposed to be his or her specialty, you would think they should be the ultimate authorities, and be incorporating the most effective, least toxic therapies. As you will soon discover, we will be challenging that authority, as well as their AMA-approved therapies.

Excuse the distraction, but at times I just need to express my righteous indignation, against an institution responsible for promoting so much misinformation. So now we'll just stick with the facts, and evaluate a few classes of medications that can also help promote cancer. Incidentally, they just happen to be the antibiotics, and antidepressants that doctors are all too willing to prescribe,

and even worse, **drugs that many doctors actually admit to prescribing as a “placebo”!** Unfortunately, they are far from being benign, as a placebo would normally be. There are also far better drug-free solutions for resolving depression, or killing bad bacteria, while preserving the good bacteria – something antibiotic medications are incapable of. So first we’ll evaluate the antibiotics.

The Problem with Antibiotics, and Why They Should Be Avoided

The one thing antibiotics have in common with chemotherapy drugs is, they are not selective. For example, chemotherapy kills all fast-growing cells, including the cells lining your stomach, your hair (which soon becomes obvious), and even your red and white blood cells.

Another problem with the fact that antibiotics are not selective is, they kill the good bacteria, along with the bad. Unfortunately, the bad bacteria seem to be more resilient, (they seem to have better survival skills). The end result is often, developing the candida yeast infection, which not only damage the liver, but are also masters at fermentation, (something candida yeast has in common with cancer). So, when the undigested meats are putrefying, the candida will be busy fermenting carbohydrates or sugar, producing both alcohol, and acetaldehyde – two more carcinogenic toxins the liver will be required to deal with!

Not only that but, studies have shown that ***“the incidence of breast cancer was significantly higher – 50% higher – in women who had more antibiotic prescriptions. And the risk increased up to 80% higher for those who took antibiotics the most and/or who took them in the highest doses”*** (JAMA, 2004 Feb 18, Vol. 291, No. 7, pp. 827-835).

The majority of potentially dangerous drugs are also both recommended, and prescribed by most doctors. That doesn’t necessarily assure they are safe, (especially in combination). Nor does the fact they have received FDA approval.

Mind-altering drugs are just one prime example of the overuse of drugs, which can be especially dangerous, and an issue we will discuss next.

Some Of The Most Popular Antidepressants (SSRIs) Can Be Outright Scary!

The most popular SSRI antidepressant (first on the market, and most highly publicized) is Prozac™. Incidentally, it just so happens that I wrote a rather extensive free ebook, titled “Prozac – The Ultimate Deception”, which you can find on my website <http://www.drtanton.com>, and download if you like. I also discuss the antipsychotic Zyprexa™. The combination I refer to as the “terrible two”, by Eli Lilly. I explain exactly how this combination contributes to both diabetes and obesity, in millions of our children (and many adults). I also show how Prozac™ can contribute to a condition known as an Iodine Deficiency Disorder (IDD), which was found in studies to contribute to thyroid suppression, and even lower the IQ! Not only that but, an iodine deficiency can also contribute to both prostate and breast cancer. You will find that all my claims are well substantiated, with scientific findings, and clinical studies. And best of all, it’s free.

Incidentally, Zyprexa™ is normally prescribed for a common side effect of Prozac™ - the bipolar disorder. I forgot to mention that Eli Lilly also produces diabetes medications (an ingenious marketing strategy), basically creating a condition, and then providing the solution. What a concept! It’s also what I refer to as the “typical domino effect”, associated with all medications, and it’s quite easy to prove. If you just follow the chronology, or sequence that each drug was prescribed, it will soon become obvious. I made it a point of doing just that, in Mary Lou’s story in my book *A Drug-Free Approach To Healthcare* (now in the 2009 Revised Edition). In her case, it all started with depression and a prescription for Prozac™, which obviously was the result of a hypothyroid condition. Many women

are placed on antidepressants for a low thyroid condition, for which depression is quite common.

We are about to see exactly how just a few classes of drugs, which millions in the nation are being placed on, can actually contribute to disease, although there are hundreds of others – each with their own stories. We already learned how two classes of common acid blockers can create one type of carcinogenic (cancer-causing) toxin in the intestinal tract, and how antibiotics can in turn create another. You can rest assured the toxins will, without a doubt, be entering the bloodstream, and constantly circulating through the liver.

So now we'll see how the popular SSRI antidepressant Prozac™, (approved by the FDA for our kids), will assure that the liver won't be able to detoxify the toxic water extracted from the large intestine daily. Not only that but, according to Dr. Ann Blake Tracy, Ph.D., Prozac™ can also potentiate (increase) the level of alcohol. That's true, even if it's being created in the intestine by the candida yeast.

Fluoride's Damage to the Liver

This becomes obvious in the following statement by Professor Dzulkifi Abdul Razak, from the National Poison Centre at University Sains Malaysia, issued September 2, 2001:

Poison Control: Fluorides, the deadly toxin within

According to a recently released commentary by a Canadian group, Parents of Fluoride Poisoned Children [PFPC], a series of fluoride-containing drugs or so-called fluorinated drugs have been withdrawn from the market in the last 10 years due to their toxic effects on human beings.

In the liver especially, organic fluoride compounds undergo extensive transformation, mainly via oxidative demethylation, involving the thyroid hormone (T3) mediated P-450 enzyme system. And the resulting metabolites may have higher activity and/or greater toxicity than the original compound.

The activity of organic fluoride compounds on the P-450 enzyme system is critical as it relates to the elimination of many other drugs. Inhibition of these enzymes can cause other drugs to accumulate to dangerous levels in the body, leading to hazardous drug-drug interactions. In many cases fluorinated drugs are being implicated as documented in hundreds of well-established studies (retrieved from <http://bruha.com/pfpc/html/malaysia/html>).

If you noticed, Professor Razak posed another concern regarding fluoride-containing drugs, (which includes Prozac™), and the potential for a greater toxicity of the metabolite of fluoride in the liver, (which is entirely possible). As there are many factors that could easily prolong the detoxification of fluoride, (including the fluoride itself), it could very well pose an even greater risk than the exposure to just the fluoride alone. It would be interesting to know what the metabolite of fluoride might be, and what it's potential influence on the liver and brain might possibly be as well.

The truth is, no one really knows exactly how he or she might respond to these very risky, and inherently unpredictable medications. And the more medications a person might be taking, the greater the risk for experiencing some of the more serious side effects. The particular antidepressant prescribed also comes into play, as does the prescribed dosage. That's why all drugs are potentially dangerous and inherently unpredictable, (especially the mind-altering psychiatric drugs). Once we start messing with the mind, we can be opening Pandora's Box – an issue Dr. Ann Blake Tracy addresses in her book *Prozac – Panacea or Pandora?* Just a clue, it turned out not to be a panacea, as advertised!

Then the award-winning journalist, and author of *Mad In America*, Robert Whitaker, aptly defines the function of SSRIs as basically pressing on the gas and brake pedals simultaneously. He also stresses that their long-term use can be disastrous.

The Question: Why Would Eli Lilly Possibly Consider Placing a High Level of the Environmental Toxin Fluoride in Prozac?

I couldn't help but wonder why in the world Eli Lilly would possibly choose to include such a high level of the known toxin, fluoride, in Prozac™, (three molecules of fluoride for every molecule of Prozac™)! There are at least three reasons that I can think of:

1. Fluoride suppresses the metabolism (important for the removal of toxins).
2. Fluoride suppresses the action of enzymes.
3. Prozac™ is highly protein binding, making it difficult for the liver to metabolize toxins, (such as Prozac™ itself), and basically overriding critical functions. (The obvious question is: Why?)

As you will soon discover, Eli Lilly actually had an ulterior motive for including the known environmental toxin, fluoride, in Prozac™. For one thing, it saves them money, and they just happen to have a lot of influence with the FDA, and could thus likely get by with it, which they obviously did.

Although all three conditions noted above can contribute to serious problems throughout both the body and brain, the fluoride in Prozac™ would actually help the active ingredients in Prozac™ get around the P450 enzyme in the liver. The critical P450 enzyme in the liver attempts to metabolize, and remove not only Prozac™, but also alcohol and any other toxins that just happen to be in the bloodstream!

As both the metabolism, and the action of enzymes, are involved in metabolizing all drugs, (considered by the liver as toxins), fluoride should be a cheap, yet effective way to get around the liver's attempt to metabolize and remove as much of the active ingredient in Prozac™ as possible. Basically, an efficient delivery of toxins, by another known toxin! Not only that but, it also helps

more alcohol (and other toxins) get around the liver. That's why Prozac™ especially is known to increase the risk for an overdose of other drugs. It's rather like creating a diversion tunnel around a dam, (the liver), which allows more toxins to bypass the liver and enter the blood stream, and gain access to the brain, (possibly the greatest risk of all).

Even worse, the toxins bypassing the liver would also include toxins from the intestine, as well as environmental toxins! The problem is – fluoride itself can create havoc in the brain, in more than one way. For example, fluoride is one toxin that can easily cross the blood-brain barrier, and accumulates in the brain. Then we find that fluoride can bond with aluminum, and assist it in getting through the blood-brain barrier, (one more way Prozac™ can increase the Alzheimer's risk). Then, alcohol is known to temporarily compromise the blood-brain barrier, allowing more toxins to gain access to the brain. Possibly worst of all is the fact that Prozac™ actually potentiates alcohol by “ten times”, according to Dr. Tracy! The brain would thus be at a far greater risk for the invasion of toxins, (including alcohol, or its metabolite acetaldehyde).

Fluoride also leads to the shrinkage of the thymus gland, greatly increasing the immune suppression. And, as stated by Jim E. Phelps in “*The Chronic Fatigue Syndrome Report*” (2005), “*Fluoride’s affinity toward beneficial trace metals [minerals] damages literally hundreds of enzyme processes that lead eventually toward poor health, illness, and death.*”

Then, according to another study, conducted by Selwyn Johnston and the Queensland Independent Senate Team, “**Fluoride consumption by human beings increases the general cancer death rate. Fluoride confuses the immune system and causes it to attack the body’s own tissues, and**

increases the tumour growth rate in cancer prone individuals”
(<http://www.johnston-independent.com/>).

Not only that but, that same study also states that **“fluoride kills red blood cells”**, (something chemotherapy is also well known for), which would reduce the oxygen delivery throughout the body and the brain. Reduced oxygen to the brain also contributes to Alzheimer's disease. It's also one more way of increasing the risk of acquiring cancer, as cancer hates oxygen. Just a few ways that Prozac™ helps promote cancer – just doing its part! If that's not enough, another contribution by Prozac™ is, damage to the DNA caused by fluoride.

The study also stated that fluoride “damages gastric mucosa, resulting in the symptoms of irritable bowel syndrome.” The problem is – 90% of serotonin is actually produced in the intestinal tract! Thus, anything (such as the fluoride in Prozac™) that damages the intestinal mucosa, would also impair the body's efficient production of serotonin, (the very hormone targeted by all SSRI antidepressants, including Prozac™). Although, as I noted, Prozac™ does not contain, nor can in any way produce, serotonin. Yet fluoride actually lowers serotonin, and creates serotonin resistance, (basically counter-productive)! One thing worth mentioning is, although Prozac™ is “supposed to be” selective to serotonin only, that's not really true. According to the prominent psychiatrist Dr. Joseph Glenmullen, M.D., author of the book Prozac Backlash (2000), Prozac™ actually depletes the feel-good hormone dopamine by over fifty percent!

The fluoride found in high levels in Prozac™, (and some other drugs), as well as the drinking water in many water systems throughout the nation, helps promote cancer in several ways. Anything that can contribute to damage to the arteries, will in turn assist cancer in penetrating the vascular wall, and gaining access to some organ in order to begin creating a new colony.

First, fluoride damages the DNA, increasing the risk of normal cells becoming cancerous. Second, fluoride depletes iodine, and thus suppresses the thyroid function, or metabolism. It also suppresses the action of enzymes. As I noted, that undermines the liver's ability to metabolize and remove toxins. Cancer thrives in a toxic environment, (as do other diseases).

Fluoride also contributes to a condition known as Iodine Deficiency Disorder (IDD) – just one contributor to Alzheimer's disease. It's been proven in studies to lower a child's IQ! Not only that but, it was found in studies that iodine helps prevent both breast and prostate cancer. In fact, Harry Hoxsey's formula that was effective in curing thousands of cases of cancer, contained one form of iodine called potassium iodide.

Then back a moment to fluoride's influence on the vascular system. Fluoride is also known to damage collagen, basically the glue that helps strengthen the joints, and the epithelial cells lining the vascular wall. Thus fluoride basically weakens the artery wall. Then by suppressing the thyroid, it's not only reducing our energy level, and the action of enzymes, but also a reduced thyroid function causes the blood vessels to become leaky. Thus fluoride not only thickens the blood, reducing the circulation, but also temporarily destabilizes the vascular wall. Once again, making it easier for cancer cells to penetrate the blood vessels, and gain access to some organ, before being detected by the immune system. Thyroid function not only plays a major roll in our energy levels, but also the efficiency of our immune systems. There are at least 47 known conditions associated with a low thyroid function. No wonder fluoride is classified as an environmental toxin – apparently not a concern by the FDA!

How can they possibly allow a chemical such as fluoride, classified many years ago as an environmental toxin (and for a good reason), to be added to drugs

they approve? Prozac™, which contains high levels of fluoride, was even approved by the FDA for pregnant mothers, and young children. That's a prime example of the FDA's incompetence, and basic lack of accountability.

If You Have Been Ingesting Fluoride – Whatever the Source – Begin Removing It

One way of accomplishing the removal of fluoride involves using the supplement Iodoral™, which contains both iodine and potassium iodide, (two forms of iodine used by the body). It will help kick start the thyroid gland by removing accumulated fluoride and replacing it with the proper form of iodine necessary for producing the thyroid hormone. In his book *Iodine: Why You Need It – Why You Can't Live Without It* (2004), Dr. David Brownstein discovered that **“after one day of supplementation [referring to the Iodoral™], fluoride excretion increased 78%”** (p. 88). However, he also goes on to note that ***“My experience has shown that in an iodine deficient state, it takes from three to six months of iodine supplementation before iodine saturation is reached”*** (p. 88).

Incidentally, the more fluoride you have ingested, the longer it will take, as **fluoride accumulates over the years**. There are many iodine receptors throughout the brain. The highest concentration just happens to be in the area of the brain where dopamine is produced! That's why one symptom often associated with long term use, is uncontrollable movements, similar to Parkinson's disease, which is thought to result from a dopamine deficiency. As usual, drugs can pose multiple risks – and that's especially true with Prozac™.

Dr. Brownstein states that **many different conditions such as thyroid disorders, chronic fatigue, fibromyalgia, and cancer of the breast and prostate are often the result of an iodine deficiency**, and he goes on to note

that ***“The most important facet of iodine supplementation is that it helps patients improve their health and helps them feel better.”*** Iodoral™ is available at some health food stores and online.

Colloidal Silver Can Neutralize Fluoride

One benefit of silver is neutralizing fluoride. Another is, resolving the candida yeast infection, which (contrary to antibiotics) won't kill the beneficial bacteria in the process. Colloidal silver, (along with DMSO), is also one therapy we will be discussing. Most importantly, colloidal silver is not only perfectly safe, but is proven to kill many different potentially dangerous pathogens, (such as virus, bacteria, and parasites).

The “Inactive” Ingredients in Sarafem™ Are Actually “Very Active”!

Incidentally, other than the “very active” inactive ingredients, Sarafem™ is nothing more than the SSRI antidepressant Prozac™, disguised in a feminine-looking pink and lavender pill, with all its many troubling risks, and side effects – including its high level of fluoride! Women are often unaware that they are actually taking Prozac™.

According to *the Physician's Desk Reference, 55th Edition*, (2001), one of Sarafem's “inactive” ingredients is dimethicone, and studies have shown that it ***“May promote tumors and accumulate in the liver and lymph nodes”*** (retrieved from http://www.purezing.com/living/living_toxins_commondyes.html).

Another “inactive” ingredient found in Sarafem™ is SLS (Sodium Lauryl Sulphate), which ***“Builds up in heart, lungs, brain and liver and may cause damage to these organs. Damages immune system. Contains endocrine disruptors and estrogen mimics. Impairs proper structural formation of young eyes. May contain carcinogenic [cancer causing] nitrosamines. This is a detergent***

derived from coconut oil and may be labeled natural or even organic” (http://www.purezing.com/living/living_toxins_commondyes.html).

Serzone™ - A Close Cousin to Prozac™

Then we find the following warning, regarding a newer drug called Serzone™, as announced on October 2, 2003: ***“It has come to the attention of Health Canada that nefazodone (Serzone) has been associated with adverse hepatic events including liver failure requiring transplantation in Canada. Following discussions with Health Canada, Bristol-Myers Squibb Canada has decided to **discontinue sales of nefazodone**, effective November 27, 2003”*** (<http://www.mentalhealth.com/drug/p30-n05.html>).

Canada is much quicker to pull potentially dangerous drugs from the market, than we are in the U.S. – thanks to the drug companies’ influence with the FDA.

Diabetes Drug – Sitagliptin (Januvia™)

The following article was actually published in September 2009 (retrieved from http://www.naturalnews.com/z027115_diabetes_Januvia_pancreas.html).

The popular diabetes drug sitagliptin (marketed as Januvia) may increase the risk of pancreatic cancer, according to study conducted by researchers from the University of California-Los Angeles and published in the journal Diabetes.

“Type 2 diabetes is a lifelong disease – people often take the same drugs for many years, so any adverse effect that could over time increase the risk for pancreatic cancer would be a concern,” said lead researcher Peter Butler. “A concern here is that the unwanted effects of this drug on the pancreas would likely not be detected in humans unless the pancreas was removed and examined.”

Previous research has suggested that the diabetes drug Byetta might increase the risk of pancreatic inflammation (pancreatitis), a known risk factor for pancreatic cancer.

Ritalin™ Prescribed For ADHD Increases Cancer Risk

Following are the guidelines for treating behavioral disorders in children with Ritalin™, according to the American Academy of Pediatrics:

*Methylphenidate [Ritalin™] is the most widely prescribed of a class of **amphetamine-like drugs used to treat ADHD. Between 1991 and 1999, United States sales of methylphenidate increased more than 500 percent.***

*Some 40 years after the drug was first marketed, carcinogenicity tests were conducted at the taxpayers' expense by the National Toxicology Program, the results of which were published in 1995. Adult mice were fed Ritalin over a two-year period at dosages close to those prescribed to children. The mice developed **a statistically significant incidence of liver abnormalities and tumors, including highly aggressive rare cancers known as hepatoblastomas.***

*The American Academy of Pediatrics has endorsed the use of the drug [Ritalin™]. However, **the Academy ignores clear evidence of the drug's cancer risks** of which parents, teachers and school nurses, besides most pediatricians and psychiatrists, still remain uninformed and unaware.*

*The National Toxicology Program concluded that Ritalin is a "possible human carcinogen," and recommended the need for further research. While still insisting that the drug is safe, **the Food and Drug Administration admitted that these findings signal "carcinogenic [cancer causing] potential,"** and required a statement to this effect in the drug's package insert. However, these inserts are not seen by parents or nurses.*

Apart from cancer risks, there is also suggestive evidence that Ritalin induces genetic damage in blood cells of Ritalin-treated children. There is no justification for prescribing Ritalin, even by highly qualified pediatricians and psychiatrists, unless parents have been explicitly informed of the drug's cancer risks. Otherwise, prescribing Ritalin constitutes unarguable medical malpractice (<http://www.ritalindeath.com/Ritalin-Cancer.htm>).

Always Promoting Dangerous Drugs for More Conditions (or Symptoms) – FDA-Approved or NOT

Even though the stimulant drugs such as Ritalin™ (just discussed), which so many kids are still being placed on for ADHD, is known to increase the cancer risk, the FDA apparently couldn't care less. As we know, many children are acquiring cancer, yet oncologists never consider the fact that their medications could very well be responsible. If that's not enough, it appears that they are now promoting them for cancer patients who are experiencing fatigue due to chemotherapy! As usual, treat side effects of one medication (such as chemo), with even more medications. Rather than restoring the red blood cells and enhancing the energy of the mitochondria with nutrients, they instead choose to stimulate you with drugs known to increase the cancer risk even further! Then they also prescribe drugs for the nausea, and of course even more drugs for pain! Every single one contributes to a worsening of your overall health, (as if the radiation and chemotherapy wasn't bad enough)! The typical "drugs for everything" approach, which "greatly reduces" your quality of life, while also shortening your life span, (not to mention depleting your finances). Yet, it's still perfectly legal!

Serious Risks Also Posed By the Statin (Cholesterol Lowering) Drug Crestor™

NOTE: The following warning was retrieved from <http://www.adrugrecall.com/crestor/risk.html>.

The risks associated with Crestor have long been known and discussed since before the drug was even on the market. Crestor is a high-powered statin drug used in lowering cholesterol levels. The risks in taking Crestor are many and include such serious and potentially dangerous side effects like kidney damage and muscle deterioration.

The risk of developing side effects from Crestor is much higher than any other statin type drug (such as Lipitor, Pravachol, or Zocor). The FDA has received many more reports of side effects associated with Crestor than any other statin, besides maybe Baycol, which was taken off of the market by the government agency. Bayer, parent company of Baycol, paid out hundreds of millions of dollars in settlements in its Baycol cases.

Crestor risks are serious and can be life threatening. The drug can cause intense muscle damage that can progress into kidney damage and failure. Crestor can damage the muscles of your body to such an extent that the muscle decays and dies, flooding your bloodstream with toxins. The kidney cannot handle such a large amount of toxins and substances, and is either severely damaged, or fails. **Kidney failure can often lead to death.**

Crestor risk signs include muscle aches, tenderness, weakness, malaise, fever, and darkened urine.

Crestor risk factors also include liver damage. This risk is especially heightened when Crestor is used with other medicines. Blood checks will be used to determine if there are signs of liver damage in a patient using Crestor. Crestor risks also include constipation, weakness, stomach pain, and nausea.

There is a certain risk in taking Crestor when you are taking other drugs as well. Crestor may interact with drugs such as: Cyclosporine (Gengraf, Neoral, Sandimmune), Warfarin (Coumadin), Gemfibrozil (Lopid), ketoconazole (Nizoral), spironolactone (Aldactone), and cimetidine (Tagamet). **Crestor may also seriously interact with simple antacids, such as aluminum and magnesium hydroxide combination antacids (for example, Maalox).**

[MY NOTE: Although not mentioned, taking Crestor™ along with a drug such as the SSRI antidepressant Prozac™, which contains fluoride, would likely pose the greatest risk of all for a drug overdose.]

Crestor risk is enhanced in certain types of people, such as heavy drinkers, Asians and Asian Americans, **people on certain medications**, and people with liver and kidney problems. **The FDA is constantly updating its**

warnings on Crestor, causing the drug maker to change its labeling in mid-2005 to reflect new findings.

If you or someone you know is taking Crestor, be sure to know how to look for signs of serious side effects. If you or someone you know has been affected by Crestor side effects you may be entitled to monetary compensation from the drug company. You can consult an attorney and their staff for free using our online system.

Then in an article titled “Drugs, Liver Injury, and Cancer: Is there a Connection?” author Dr. Jay S. Cohen, M.D. quotes the following studies:

The rate of liver injury with high-dose Lipitor (atorvastatin) was 4.0 times greater than with low-dose Lipitor. In the heart attack study, the number of subjects developing liver injury with maximum-dose Lipitor was 5.5 times greater than with low-dose Lipitor (New England Journal of Medicine 2005;352:1425-1435). In the stroke study, the rate was 4.5 times greater with maximum-dose Lipitor than with placebo (New England Journal of Medicine 2006;355:549-559)

http://www.medicationsense.com/articles/jul_dec_07/statin_cancer101907.html

In my opinion, next to the toxic chemo drugs, statin (cholesterol lowering) drugs are some of the worst, and as noted, Crestor™ appears to pose the greatest risk of the statins still on the market. The question remains: Why has the FDA allowed it to remain on the market, due to its many known risks? Worst of all, it's the statins that are the most aggressively marketed to the unsuspecting public. As the public is so ill informed regarding drugs in general, it should be illegal to promote them daily on TV commercials.

Unfortunately, many doctors are all too willing to prescribe a drug, based on a patient's request – an issue drug companies are fully aware of.

Dangerous Statin (Cholesterol Lowering) Drugs Are UNnecessary!

According to an article titled “Low Cholesterol Increases Cancer and Death Risk”, written by and published on the website of Byron Richards, CCN, the level of LDL cholesterol recommended by the American Heart Association (AHA) is “100 for prevention and 70 for high risk patients.” He then goes on to point out that **these levels are now found to be associated with a significant increased risk of cancer and death**, as follows:

*In the new study an LDL level of 107 was associated with a 33% increased risk of cancer and death, and LDL level of 87 was associated with a 50% increased risk. **As the LDL goes lower the risk keeps getting worse.** **These arbitrary AHA levels for LDL cholesterol were established by “experts” with direct financial ties to the statin industry, who knew full well that reaching their artificially low target levels for LDL would require double and triple doses of statin drugs, thus dramatically increasing sales (which has indeed happened).** [Yet they claim that LDL cholesterol is somehow bad for you!]*

[\(http://www.wellnessresources.com/health/articles/low_cholesterol_increases_cancer_and_death_risk/\)](http://www.wellnessresources.com/health/articles/low_cholesterol_increases_cancer_and_death_risk/).

Studies published in 2007 in the *Journal of the American College of Cardiology* also found that **“As subjects achieved lower LDL and cholesterol levels from their use of statins, their frequency of developing cancer increased. Similarly, there was a trend toward more new cancer cases with increasing statin dosage”** (retrieved from http://www.medicationsense.com/articles/jul_dec_07/statin_cancer101907.html).

Yet, many doctors assume that the lower the LDL cholesterol the better, assuming it is somehow our enemy, while quite the contrary is actually true, (especially when it comes to increasing the risk of cancer).

Not only are low cholesterol levels unnecessary, but statin drugs have recently been recognized as causing a vitamin D deficiency. Cholesterol is

necessary for the body to process vitamin D, while statin drugs actually deplete it. Furthermore, it has been found that ***“Vitamin D is said to target over 2000 human genes. Deficiency is linked to over 17 varieties of cancer as well as heart disease, autoimmune diseases, muscle and bone problems, and other serious diseases”*** (<http://www.vitamindcouncil.org/>).

This was just a small sample of the drugs millions are unnecessarily being placed on, and what they are actually doing behind the scenes, either directly, or indirectly. You can now begin to see how they could easily be major contributors to cancer, as it thrives in a toxic, acidic, environment. An environment all drugs (inorganic chemicals) contribute to, in addition to stealing critical nutrients. Then, by far the majority of drugs patients are being placed on, are being prescribed just to treat (not resolve) the side effects of their other medications. The best way to instead resolve the condition that resulted in the symptom (or side effect) to begin with, is to remove all the offending drugs – often, all the way back to the original drug prescribed! That’s the permanent solution to the problem, and incidentally much easier than you might think.

If doctors prescribing many drugs on the market today researched them in depth, as I have, they could in my opinion no longer in good conscience, continue prescribing them to their patients. The best way I could describe them is “outright scary” – especially in combination!

Most Medications Are Basically Depleting Critical Nutrients – One of the Greatest Deterrents for Effectively Curing Disease!

As the majority of Americans are being over-medicated with drugs that are in my opinion, totally unnecessary, that is an important issue that must be addressed. Inappropriately prescribed medications have become an epidemic in the nation. It is not only driving up the cost of our healthcare, but most importantly,

also contributing to poor health and disease. That's especially true regarding the serious depletion of nutrients associated with drugs, which is often one contributor to their troubling side effects. That, in turn, leads to the prescribing of even more drugs, just to treat the side effects. The problem is – each new drug has its own set of side effects. Just by following the chronology (sequence) of medications prescribed, it's easy to prove that is true. That's what I refer to as the “typical domino effect”, which explains why so many are on an excessive amount of medications. Medications to treat side effects of other medications – an ingenious and highly profitable marketing strategy!

Drugs create deficiency, which can in turn damage the arteries. This allows cancer cells to more easily penetrate the vascular wall before being detected by the immune system, (if it's still in tact). For example, a deficiency of vitamins B₆, B₁₂, and folic acid, results in elevated homocysteine, which can not only damage neurons in the brain, (increasing the Alzheimer's risk), but also cause lesions in the arteries. This basically weakens the artery walls. Our problem is – the majority of prescription medications deplete at least one of the above nutrients, (many all three). Many vitamins deplete vitamin C as well.

Vitamin C not only helps control cancer, but it's also an important constituent of collagen, which helps strengthen the vascular wall, and heal the lesions created by elevated homocysteine. I hope I'm not overwhelming you on all this, but I'm basically trying to prove a point. Drugs actually create conditions, (especially due to nutrient depletion), while the very same nutrients instead provide the solution, in adequate dosages.

When it comes to contributors to disease, I would guess that taking several medications can be even worse than a poor diet. Unfortunately, many of the elderly are skimping on their diets, and eating more cheap starchy processed

foods, just so they can afford the co-pay on their medications, (basically double jeopardy). The question is: Can that possibly apply to you? Just keep in mind that drugs can't heal, nor were they designed to. The primary objective is creating a lifetime of victims, on as many drugs as possible – that's where the real profit lies. Don't become one of their millions of lifetime annuities – helping fund their huge retirement incomes.

One thing drugs are highly successful at is, compromising your health. The fact that at 77, I am in excellent health, and have never relied on medications, should be a clue that maybe our traditional medical paradigm is based more on deception, than true science. I can just about guarantee you that finding anyone even close to my age (who is still alive), and relying on several medications, and is also in excellent health and disease-free, would likely be difficult, if not impossible.

CHAPTER SIXTEEN

What Causes Liver Damage, and How to Repair It – Understanding the Important Role Your Liver Plays

One of your liver's literally hundreds of responsibilities is to remove toxins. That process normally occurs in two different phases (phase I, and phase II), which depends on adequate levels of enzymes and antioxidants, as well as adequate metabolism, or thyroid function. The output of phase 1 (the first pass through the liver) is normally metabolized into an intermediate molecule, which will finally be removed during phase 2.

At times, the metabolite (output from phase I) can be even more toxic than the original toxin. For example, when alcohol is being metabolized, the output from phase I, is called acetaldehyde (similar to formaldehyde), which is even more toxic than alcohol. That's why it's important that the phase II detoxification takes place efficiently, and in a timely manner. One reason it's important that we focus on optimizing the function of the liver.

Candida Yeast Basically Turns the Body into a Brewery

As a matter of fact, people who never drank alcohol in their entire life have been arrested for having a high blood level of alcohol, just because they had candida, and had consumed sugar, **(the higher the sugar intake, the higher their alcohol level will be)**. This has been confirmed in tests. Then, anyone with candida who is also taking an SSRI antidepressant, (such as Prozac™ or Paxil™), should expect the very same potentiation (10 to 40 times) of the alcohol produced by the candida in their body.

Under the right (or should I say wrong) set of circumstances, the body can quite easily become a very efficient brewery. **Alcohol is still alcohol, no matter what the source might be.**

The authors of *Recovery From Addiction* (Finnegan & Gray, 1990) tell us that **the link between candidiasis (candida yeast infection) and liver damage is so strong that it can often cause severe liver damage**, requiring months or even years to correct. They point out that *“Specific nutrients feed and regenerate the liver and glands, so that as people recover they can slowly introduce more good quality complex carbohydrates into their diets and be able to metabolize them”* (p. 41). In the back of this book, in the “Detailed Section on Various Disorders”, we further explain the candida yeast infection.

How Prozac™ Compromises the Liver’s Detoxification Function – Especially When Combined With Alcohol (and Sometimes Produced By Candida)

Although consuming alcohol while taking antidepressants is contraindicated, (not recommended), it’s a concern that far too many, (including doctors), tend to ignore. According to Dr. Tracy, SSRI antidepressants cause terrible cravings for addictive substances, (especially alcohol)! Not only that, but SSRI antidepressants (such as Prozac™) also greatly potentiate the effect of alcohol. It’s the very same P450 enzyme in the liver that attempts to metabolize Prozac™ that is also attempting to metabolize and remove “another toxin”, alcohol. We then learn from Dr. Tracy that **Prozac™ actually potentiates alcohol by “ten times”, although with the more potent Paxil™ it’s even worse at “forty times”!** That would help explain why women on Paxil™ during pregnancy are at the greatest risk of experiencing birth defects.

That is especially a concern for a mother with the candida yeast infection, who may also consume too much sugar. Incidentally, the yeast infection actually causes cravings for sugar, (both candida and cancer’s favorite food), just compounding the problem. Then as the liver is basically “tied up” for so long, attempting to metabolize the antidepressants, your brain (and that of the fetus) is

basically exposed to the toxic alcohol much longer than it would normally be, (especially with Paxil™).

One thing alcohol is known for, is temporary destabilizing of the blood-brain barrier, which would normally prevent toxins from gaining access to the brain, (a concern for the mother). Another problem with the fetus is, it's not until the child is approximately six weeks old that its blood-brain barrier is finally formed. If that weren't true, it would obviously be rather difficult to get all the nutrients through the blood-brain barrier to accommodate the rapidly developing brain of the fetus, yet toxins can easily gain access to the fetus's brain! Then, as the detoxification process in the liver is being compromised by the Prozac™ or Paxil™, more toxins will continue circulating throughout the bloodstream.

Some Additional Toxins That Contribute to Liver Damage

There is currently a wealth of scientific evidence showing that thousands of drugs, preservatives, pesticides, and other pollutants remain stored in the body long after exposure. The process of bodily accumulation and storage of toxins is known as "toxic bio-accumulation." Even though the predominate storage site for toxins in the body is the fatty tissue, they are released into the bloodstream during times of physical or emotional stress, exercise, or especially during weight loss. Every organ, including the brain, is exposed to these chemicals, once they have been mobilized and released from the fat tissue, into the bloodstream.

➤ **Plastics.** One common toxin scientists have discovered is plasticizers, which leach and outgas from the plastic wrap, plastic bottles, and plastic trays that nearly all meats, fruits and vegetables are often encased in, and migrates into the food. Once in the body, they tend to head for places with high numbers of hormone receptors like breast, thyroid and prostate tissues, where they are stored until they cause diseases such as cancer, but in the meantime they are inclined to

damage the hormone receptors. Environmental plasticizers can damage thyroid glands and make them either hyper- or hypo-active (over- or under-active).

➤ **Pesticides, volatile hydrocarbons, auto and industrial pollution, mycotoxins, or heavy metals,** can easily mimic any disease, and can contribute to cancer.

➤ **Smoking.** Cigarette smokers can accumulate a tremendous amount of cadmium over a lifetime. Smoking also reduces the available oxygen throughout the body. It causes carbon monoxide to be produced during cellular respiration. The red blood cells attract carbon monoxide in the lungs more readily than oxygen, and it is considerably more difficult for the body to eliminate than carbon dioxide produced by normal aerobic respiration. One important function of oxygen is to eliminate toxins in the body. As the level of available oxygen is reduced, the level of toxins in the body will increase accordingly.

According to Dr. Sherry A Rogers, M.D., smoking *“two packs a day is a veritable death wish.”* She also addresses an extremely critical issue that *“The presence of cadmium and other heavy metals stimulate the body’s formation of metallothionein, a metal-binding protein, which then **concentrates cadmium 3000-fold in the body.**”* And that, *“**The half-life of cadmium in the body (the time it takes the body to get rid of half of its cadmium) is 10-30 years.**”* She also indicates that cigarette smokers absorb 80-100 mcg of the toxic chemical Toluene per cigarette, and that they also contain arsenic!

➤ **Soy foods** can also be toxic to the thyroid, as some components of soy foods inhibit thyroid peroxidase reactions that are necessary for making thyroid hormone. The isoflavones genistein and daidzein in soybeans tend to be responsible. **It has been found that sixty to eighty percent of soy is also**

genetically engineered and loaded with residues from the pesticide Roundup™.

The following information was published in the book by Dr. Rogers, MD, titled *Detox or Die* (2002):

*Columbia University School of Public Health reports that **95% of cancer is caused by diet and environment.** These chemicals are not normal to the body, they are not meant to be metabolized by the body, and **we do not have the metabolic machinery to completely detoxify them.** Consequently they slowly accumulate or stockpile, taking decades to eventually produce disease.*

*Stockpiled chemicals stored in our fat don't stay put. They slowly leach out and damage our machinery, producing disease and accelerated aging. Pesticides, volatile organic hydrocarbons, auto and industrial pollution, mycotoxins, heavy metals and more mimic any disease. They can cause any symptom or disease from high blood pressure, **heart failure**, osteoporosis, high cholesterol, arthritis, or **Alzheimer's disease** to fibromyalgia, degenerating disks, Parkinson's disease, **depression**, fatigue, irritable bowel, loss of libido, colitis, asthma, eczema, prostatitis, esophagitis, atrial fibrillation, GERD (gastroesophageal reflux disease), hearing loss, headaches, recurrent sinus, ear or throat infections, **diabetes or cancer**, and more.*

If you have been told "We don't know what causes cancer", you've been misled.** For scientists agree as numerous medical studies conclusively show that **95% of cancer is caused by diet and environment.

Green tea catechins have been shown to stop cancer cells from growing, have stopped cigarette-smoking humans from gene mutations that cause cancer, and have sopped up ROS intentionally triggered by heavy metals. [It] can work right in the membrane of the mitochondria where energy for detoxification is made.

[MY NOTE: Green tea is just one of several solutions for preventing cancer-causing gene mutations.]

Dr. Rogers is right. Our liver doesn't have the enzymes necessary for metabolizing and removing the many of the man-made inorganic toxins we are all exposed to. The good news is – there is a viable solution, called the FAR infrared sauna, which is discussed later. I believe it's well worth the investment, if you can afford it.

✓ **The Artificial Sweetener Sucralose (Splenda™).** Very few studies on the safety of sucralose (Splenda™) for human consumption have ever been published. And despite the manufacturer's claims to the contrary, **sucralose most definitely is significantly absorbed and metabolized by the body.** According to the FDA's "*Final Rule*" report, between 11% and 27% of sucralose is absorbed in humans, and the rest is excreted **unchanged** in feces (Federal Register, Vol. 63, No. 64, Rules and Regulations 16417-16433, Friday, April 3, 1998, page 16426, paragraph two). **However, according to the Japanese Food Sanitation Council, as much as forty percent of ingested sucralose is absorbed,** (http://www.splendaexposed.com/articles/2005/02/weird_science_h.html), which is likely less biased and more accurate. Furthermore, **the absorbed sucralose has been found to concentrate in the liver, kidney, and gastrointestinal tract.**

One problem is – sucralose contains chlorine, which damages the good bacteria in the intestinal tract. Then, it's obvious that any chlorine that is excreted "unchanged" in the feces (as noted above), will also damage the good bacteria in the intestinal tract! This contributes to the development of the candida yeast infection (as do antibiotics), which we discussed earlier. Thus, sucralose can indirectly contribute to severe liver damage. Then another thing we discussed earlier, Tylenol™ can also contribute to liver damage. It's no wonder so many are

acquiring cancer, due to compromised liver function. We will now look at several ways to help repair the liver.

Some Resources to Help Repair (and Protect) Your Liver

✓ **Alpha Lipoic Acid (ALA), Selenium, and Milk Thistle**, is a combination (all are available at most health food stores and online), used by Dr. Burt Berkson at the Integrative Center of New Mexico, New Mexico State University to successfully treat patients suffering from cirrhosis of the liver, who had been scheduled for a transplant, as noted in the March 2002 issue of Dr. David G. Williams' *Alternatives* newsletter (Vol. 9, No. 9, p. 70). Dr. Berkson published a report detailing a treatment program, as follows:

*Each patient was given 600 milligrams of alpha lipoic acid, 400 micrograms of selenium, and 900 milligrams of Silymarin (milk thistle extract) daily in three divided doses. He reports that **all responded positively to the treatment within a short period of time and none required transplant surgery**. All feel fine and returned to work without any problems.*

This is obviously a much better solution than resorting to a liver transplant, and the accompanying dependence on a lifetime of anti-rejection medication. Then anti-rejection medications turn you into a prime candidate for acquiring cancer. The problem is – they prevent your immune system from searching for, and destroying, rogue cancer cells, as well as virus, bacteria, and other pathogens. Not only that but, as bacteria aren't being controlled, many thus acquire bacterial infections, for which traditional doctors in turn prescribe antibiotics. The end result is often the development of the candida yeast infection, which as we just discovered, can cause severe liver damage.

This is a prime example of the traditional paradigm of drugs or surgery as the one and only option a doctor should consider. Replacing an organ that can be quite easily repaired, and restored to normal function, through nutrition, can't

possibly be justified. The truth is – the liver has tremendous restorative capability. Yet, many transplants are unnecessarily being performed, when they could have been repaired, and their function optimized.

✓ **Golden seal** is extremely effective for cleansing the liver, as well as proving **beneficial for those with liver damage and yeast disorders**. According to the late legendary herbalist Dr. John Christopher, M.H., N.D., 3 to 6 capsules a day for 1 to 3 months has proven to be effective. Golden seal is available at most health food stores and online.

✓ **Dandelion root** is a multi-talented herb, referred to as an adaptogen, which just happens to be especially beneficial for helping resolve candidiasis (noted above). **It improves liver function**, as well as increasing the flow of bile and improving the digestion of fats, and the absorption of fat-soluble vitamins. By increasing the bile flow, it helps in removal of toxins. It's available as a supplement in capsule form. Two capsules, twice daily, should normally be adequate. Dandelion root is available at most health food stores and online.

✓ **Chamomile tea** is made of one of the few plants that have been **established to have properties that rebuild the liver, as well as reduce stress**. In fact, researchers found two compounds of chamomile (azulene and guaiazulene) that are able to **initiate new growth of liver tissue** in rats that had portions of their liver surgically removed. Incidentally, chamomile tea has powerful anti-fungal capabilities, **known to effectively battle candidiasis, which as we discovered, can contribute to severe liver damage**.

✓ **Lecithin** is a type of lipid (fat) that is needed by every living cell in the body. It not only **helps repair liver damage, but it also enhances the immune system**, and enables fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body. It basically emulsifies fats. Lecithin granules

are the least expensive and can easily be sprinkled on cereals or soups, salads, or juice. I would recommend two tablespoons of granules daily. I just swallow the lecithin granules (available at most health food stores, and online) with water, as it has very little flavor.

✓ **Potassium supplementation can promote strong liver function**, just as a potassium deficiency can result in weak liver function. Normally, 100 mg daily should be sufficient.

✓ **Celtic Sea Salt™** helps prevent a potassium deficiency (noted above). Although common table salt (found in most processed foods) contains sodium only, natural unprocessed sea salt in turn contains potassium, as well as more than 80 ionic trace minerals, as found in nature. Thus, it will not contribute to a weak liver, or fluid retention (edema) – one contributor to elevated blood pressure. Regular table salt actually solidifies in the kidneys, eventually restricting the flow, yet Celtic Sea Salt™ instead clears readily, helping maintain healthy kidney function. Why do we insist on degrading nature's creations?

✓ **SAMe**, often used for depression, has also been proven beneficial in repairing damage to the liver. As a methylator, SAMe also helps reduce elevated homocysteine. While the primary concern is homocysteine's contribution to cardiovascular disease, by thickening and thus stiffening the vascular wall (arteries and capillaries), and increasing the incidence of blood clot formation, there is much more to the story. For example, it was discovered that ***“individuals suffering with Alzheimer's disease, depression, eye problems, liver damage, Crohn's disease, ulcerative colitis, irritable bowel disease, pernicious anemia, and Parkinson's disease often present with elevated homocysteine levels”*** (*Life Extension Foundation's Disease Prevention and Treatment, expanded fourth*

edition, 1997/2003, p. 421). **SAMe is available at most health food stores, and online.**

✓ **TMG (trimethylglycine)**, is made from sugar beet, and like SAMe, is also a methylator, and thus helps control elevated homocysteine. Although it's not as beneficial for depression as SAMe is, TMG is much less expensive, and available at most health food stores, or online. Thus, if you are not depressed, but instead attempting to lower your homocysteine (in order to avoid the serious diseases mentioned above), I would suggest taking 1,000 mg of TMG, twice daily. The B vitamins folic acid, B₆ and B₁₂, are also helpful for lowering your levels of homocysteine.

✓ **N-acetylcysteine** is commonly used to treat Tylenol™ overdoses, and to prevent severe liver necrosis and failure (<http://www.medicinenet.com>). It's easy to receive an overdose of Tylenol™ (acetaminophen), as it is being added to many prescription and over-the-counter medications. If you avoid “all medications”, as I have for over 77 years, you won't have to worry about experiencing a Tylenol™ overdose, and the risk of liver failure. N-acetylcysteine is available at most health food stores, or online.

✓ **The special form of glandular called protomorphogens would also be helpful**, and there are a total of twenty-one – one for each organ or type of tissue we are attempting to restore. It's a natural extract that has tremendous potential for organ restoration, which very few (including doctors) are even aware of. Although we will now focus on the protomorphogen specific to the liver, we will eventually be implementing others in the future when appropriate.

They can only be purchased through a doctor, which would include a Ph.D. and a chiropractor. The two for the liver would be either Livaplex™ or Hepatrophin™ PMG (or both). They are produced by *Standard Process Labs, Inc.*

Your doctor can work with you regarding the proper dosage for you. All doctors receive a clinical guide from *Standard Process™*, with detailed explanations of each product's constituents, and benefits. The protomorphogens (a unique form of glandulars) are produced using a special patented process that prevents them from being identified as an antigen (enemy) by the immune system as other glandulars often are.

It's not always necessary to use the protomorphogens. It basically depends on the condition of your liver. Dr. Berkson was able to get three individuals off the liver transplant list without their use. I'm just giving you additional options to consider.

Just imagine for a moment, how many have received unnecessary liver transplants, when a procedure that simple was able to restore the liver of all three patients waiting for a transplant. It's a major surgery that is not only risky, but very painful and expensive as well. Not only that, but it would require "a lifetime" of immune suppressing drugs in order to avoid rejection of the liver. **Immune suppressing drugs greatly increase the risk of acquiring cancer.** You would think that all doctors should be aware of such critical life saving therapies, which are both inexpensive and perfectly safe. Unfortunately, many also die while waiting for the availability of an appropriate organ, such as a liver, that could very easily be restored! In my opinion, our totally ineffective healthcare system, (based strictly on profit potential), is obviously far overdue for a major overhaul.

Anything with the potential for saving a major organ (such as the liver), should become a protocol all doctors should immediately begin implementing. There is absolutely no excuse for failing to do so.

CHAPTER SEVENTEEN

Super Detoxification and A Healthy Colon

We are all exposed to some potential contributors to cancer – some of us more than others. The objective should be to avoid as many as possible, then initiate detoxification, while optimizing the function of our primary detoxifier – the liver.

Several old-time nutritionists, who are no longer with us, stressed the importance of maintaining a clean healthy colon. As a matter of fact, whole books have been written on the subject. Although they had many good ideas on how that might be accomplished, I believe I personally discovered one that is not only far better, and much more convenient, but definitely cheaper!

Many would likely be shocked if they only knew how much toxic fecal matter, and mucus they are carrying around daily. The largest amount I heard of was forty pounds! In my opinion, even one pound is too much, unless it is the remainder of a recent meal, just passing through.

The Totally Amazing Liver Flush

Our very first objective will be to begin by removing anywhere from dozens, to hundreds of stones, lodged throughout the bile ducts in the liver. Once we “kill the cancer”, the body will begin breaking down the dead cancer cells. They will then be removed by the liver, in the bile, and eliminated via the intestinal tract – no surgery required! Then, once all the stones in the bile ducts have been removed, the bile with the toxins will flow more freely.

The Liver Flush will only take 3 days, is easy to do, totally painless, and will make any future detoxification efforts much more effective – just an added bonus.

Although the instructions normally do come with the product, at times people have indicated they have not received them. Thus, I have provided them here for your benefit. You will need to purchase Dews™ *Super Phos 30™*, which incidentally costs about \$30 for one 4-ounce bottle. Although it is enough for about 8 flushes, one or two flushes should normally be adequate. Dews™ *Super Phos 30™* drops can be purchased on line, or at some health food stores.

Other than the Dews™ *Super Phos 30™*, you will need is 3 quarts of apple juice (natural, not concentrate, no sugar added), one cup of extra virgin olive oil, 8 to 12 ounces of Classic Coke™ (room temperature), and the juice of one lemon – that's it. I would suggest ordering the Dews™ *Super Phos 30™* right away, so you can get started ASAP.

Liver Flush Instructions

Day 1: Mix 90 drops (level teaspoon) of Dews™ *Super Phos 30™* in one quart of apple juice and drink.

Day 2: Mix 90 drops (level teaspoon) of Dews™ *Super Phos 30™* in one quart of apple juice and drink.

Day 3: Mix 90 drops (level teaspoon) of Dews™ *Super Phos 30™* in one quart of apple juice and drink.

You *do not* have to drink it at one time, but throughout the day. Just eat normally, as this is not a fast. Dews™ *Super Phos 30™* contains orthophosphoric acid, and apple juice contains pectin. Together, they help soften stones in the liver and gallbladder. For diabetics, or if you cannot tolerate that much apple juice, you can instead use one quart of distilled water per day, and increase Dews™ *Super Phos 30™* from 90 drops to 120 drops daily.

Day 3 EVENING: Eat dinner. Wait a minimum of three hours after dinner. Now prepare and drink the following liver flush mixture.

- **The liver flush mixture:** Thoroughly mix the juice from one squeezed lemon and one cup of Coke Classic™, along with one cup of pure virgin Olive Oil.
- **Quickly drink the mixture!** Do not wait or the oil will settle to the bottom. You will feel very full. If you have an oily feeling on your lips or teeth, you can always use the lemon rind on them to relieve the oily feeling. The coke is used to lessen the nauseous feeling.
- **Immediately lie down** after drinking the flush mixture. Lie down on your RIGHT SIDE for a half hour (30 minutes). NOT less! It is best to draw your knees up to your chest (fetal position) so the oil will force the gall bladder and bile duct to contract and throw off the stones. If you can't do this, then lay stretched out full length. Stay in either position for 30 minutes.
- **After 30 minutes**, you can move around and resume normal activity and then go to sleep. It will usually take up to 8 ours for the flush to work. It is a good idea to take an herbal laxative (Jim's Colon Pills™) that evening or the next morning.

WHAT TO EXPECT: There will be considerable soft stool the first time. This will decrease and a more formed stool usually comes about the fifth time. Stones will not usually be found with the first stool. Most will come out with the second stool, maybe 5 to 8 hours later. Less stones will be noticed with each additional stool. **Reports range from under hundred to as many as one thousand stones being discharged.** The stones will be somewhat soft and waxy green (like cooked peas). Stones have been reported to be anywhere from pea size to the size of a golf ball. I found that some are rather small, (similar to a large grain of sand).

Optional: Epsom salt can help relax the liver bile ducts. On Day 3, in the afternoon, mix one tablespoon of Epsom Salt in one cup of water and drink. You may repeat this the next morning.

NOTE: I did two liver flushes myself, about six months apart. As the stones began coming out in the stool the following morning, you will see the absolute proof, as they tend to float and are thus quite obvious. I lost about twice as many stones the first time, as I did following the second flush about six months later.

Years of stone accumulation removed in only three days, with absolutely no pain, is quite amazing I would say. Not only that, but the first two days, all you do is drink a quart of apple juice, with a teaspoon of Dews™ *Super Phos 30™*, which can't be tasted when mixed with the juice. You also eat as you normally would, all three days. Now that we've cleaned out the bile ducts of stones that could obstruct the efficient flow of bile, we'll focus on strengthening the liver.

How to Keep Liver Bile Ducts Clean and Prevent Future Stones from Forming!

A teaspoon of olive oil a day will keep the liver bile ducts clean and prevent new stones from forming. It's that easy and works! Use pure virgin olive oil. Mixing it with juice from a lemon makes it easier to drink. Drink it in one shot or with meals, salads, etc. In Greece, they devour olive oil and the incidence of cancer is *minuscule* in comparison to America.

Drinking plenty of water is important during detox, as water serves as a solvent, which assists in the removal of toxins by the liver. Also, when we are dehydrated from drinking caffeinated beverages, such as sodas, coffee, or alcohol, the blood basically thickens, making our overall effort, including detoxification, less effective. Low thyroid also increases the viscosity of the blood. The blood vessels actually become leaky, allowing loss of the serum (liquid) into the surrounding tissue, increasing the ratio of solids to serum. It also contributes to edema, (excess fluid in the tissues).

Optimizing Detoxification With the FAR (Infrared) Sauna – Removing Environmental Toxins and Lactic Acid

It's called the Far-Infrared (FIR) sauna. The fat tissue, along with its storage of toxins, (irrespective of their source), are broken down and removed safely through the skin via perspiration. Thus the toxins, (which includes the metabolites of drugs), are removed directly through the skin. This allows the liver to do its job more efficiently, as it won't be overwhelmed by man-made toxins in the bloodstream that it lacks enzymes to efficiently metabolize and remove.

Mayo Clinic studies show that the FIR sauna is the safest way to induce the removal of toxins, using the most heat-sensitive cardiac patients as proof. Not only did these serious end-stage heart patients all tolerate the FIR sauna, but they had no side effects from it. Furthermore, it was able to effectively eliminate chemicals that are often the underlying causes of their diseases. It also improved their heart function, something that neither the latest in surgery, nor drugs, was capable of doing for them. The FIR sauna literally saved their lives. They did not get hypertension (high blood pressure), and in fact the work of the heart was lessened. Furthermore the stroke volume and ejection fraction increased, meaning that the heart beat more efficiently with less effort. **Yet in a regular sauna, the arrhythmias increased 20%, whereas in the FIR sauna, arrhythmias decreased or disappeared entirely!** Interestingly, the FIR sauna removes "far more toxins" at a lower temperature, (actually about 15 to 20 percent, versus only about 2% with a traditional sauna).

Highly poisoned people need the far infrared technology to pull chemicals out of the subcutaneous fat storage directly into the sweat. The only way to remove them is through perspiration. The bottom line is that sweat is the only

proven method effective for the removal of some of the most damaging toxins from the body.

The sauna's infrared wavelength penetrates 1½ inches into the body, generally enabling chemicals to come directly out of subcutaneous fat storage sites into sweat. This avoids a worsening of symptoms seen when high heat saunas pull chemicals out of safe storage, then directly into the bloodstream on their way to the sweat. If they aren't immediately removed, the chemicals in the bloodstream can in turn result in uncomfortable flu-like symptoms, due to the toxins remaining in the bloodstream.

The FIR sauna is especially beneficial for drug addicts, alcoholics, or anyone institutionalized for brain malfunction. That's especially a concern when also combined with some prescription drugs. The drug residues must be eliminated in order for the cravings to stop. Infrared heat has been used in the treatment of clogged capillary vessels, with the heat expanding both the capillaries and skin pores – first dissolving, and then expelling, stored toxins. The expansion of the capillaries also activates the circulation of blood throughout the entire body, resulting in enhanced toxin removal, and oxygen delivery. Our bodies also produce infrared energy to keep us warm and stimulate tissue repair, which is why the FIR sauna can actually increase the body tissue's regenerative capability. Fortunately, we just happen to have an efficient way to greatly promote that process.

Supplementing with niacin (vitamin B₃) not only dilates (opens) the capillaries, but it also prevents the red blood cells from clumping together. This helps get oxygen delivery through the very small capillaries to each and every cell. Then we can always add cayenne that, according to Dr. Schulze, not only

stimulates the blood flow, but also potentiates (increases the benefit of) any other herbs you might take along with the cayenne.

Possibly even more important, some discovered that at times relatively high doses of cayenne alone were able to cure their cancer, (which we discussed earlier). Thus, by adding niacin (vitamin B₃) and cayenne, along with the FIR sauna, we would have an excellent way to really stimulate the flow, and remove the toxins, while also delivering oxygen through all those tiny capillaries that cancer relies on. These saunas also stimulate cells to release toxins, which can then be eliminated not only through the skin but also by the liver and bowel.

Interestingly, cancer seems to be sensitive to heat. If you think about it, I believe there is a good explanation. When we acquire a virus such as a cold or flu, we get a fever, which kills the virus. Then if you consider that many cancerous cells contain a virus, you can see why the fever would help kill the virus inside cancer cells.

The problem is – far too many take medications (such as Tylenol™) to “reduce the fever”, basically undermining their body’s attempt to help you heal! Fever is nature’s way of healing and eliminating pathogens. In fact, artificially induced fever has been successfully used for the treatment of cancer, especially in Germany and throughout Europe.

French microbiologist Dr. Andre Lwoff has scientifically demonstrated that fever cures even incurable diseases. Leading European cancer specialist, Dr. Josef Issels, wrote on this topic: “Artificially induced fever has the greatest potential in the treatment of many diseases, including cancer.” Oxford professor Dr. David Mychles and his research team have recently confirmed the effectiveness of induced fever for treating disease, including cancer (http://www.naturalnews.com/031751_fever_cancer.html).

That just happens to be another benefit of the FAR infrared sauna. It generates healthy heat that provides many benefits. One more benefit is

increasing the heart rate, just like aerobic exercise. Researchers recently discovered that exercise was beneficial for cancer patients. For one thing, it increases the metabolism, and the circulation, while also removing toxins. Most importantly, using the FAR infrared sauna requires no effort on your part, if your energy level is low.

Several published studies have now shown that this hyperthermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body. It also stimulates better blood circulation of chronic nephritis (kidney) patients, and increases nitric oxide, which dilates blood vessels, thus lowering the blood pressure.

Incidentally, proof that heat treatment is a safe and simple way of destroying cancer cells, is confirmed in the following article written for Naturalnews.com, by David Gutierrez:

The evidence that heat is an effective cancer treatment is compelling, but scientists remain unclear exactly why it seems to work so well. One theory suggests that fevers fight infection in part by helping the immune system become hypersensitive and thereby better able to detect and fight threats – such as cancer cells – that it might otherwise overlook.

According to this theory, the immune system is capable of destroying cancer cells and probably does so daily – cancer only develops fully when a patch of cells is missed. Heat therefore stimulates the immune system and enables it to eliminate more advanced and aggressive forms of the disease.

A second theory suggests that heat may directly destroy cancer cells, thus explaining recent accounts of seemingly overnight cures using heat therapy. This may occur because many tumors have poor blood circulation, making them especially susceptible to cell death from overheating. This hypothesis is currently being tested by placing cancer patients under sedation in an infrared heating box for eight hours two days after they have undergone chemotherapy and taken immune-boosting drugs. The box will raise their body temperatures to 40 degrees Celsius (104 degrees Fahrenheit).

Although the mechanisms underlying heat treatment continue to be debated, that is not stopping many doctors from offering the treatments to their patients today.

Texas Oncology, an independent cancer practice affiliated with U.S. Oncology and the U.S. Oncology Research network, recently acquired the BSD-500 Hyperthermia System from its maker, BSD medical Corporation, in order to be able to offer heat treatment to more patients.

“We have known for years that hyperthermia was a promising treatment against cancer in the laboratory,” said Barry N. Wilcox of Texas Oncology. “Thanks to many dedicated scientists and clinicians, we now have very good clinical data and an excellent delivery device to offer our patients. Texas Oncology, along with US Oncology, is very excited to bring this technology to our patients and our network of doctors.”

The BSD-500 uses external or internal antennas, or both, to induce hyperthermia in the body or in a tumor directly. It has received pre-market FDA approval for the treatment of cancer as either a standalone treatment or in conjunction with radiation.

A private clinic in Mexico, the Hope4Cancer Institute, also offers hyperthermia therapy, although only as a standalone treatment.

In addition to using sound therapy to overheat and kill cancer cells, the Hope4Cancer Institute also attempts to mitigate the effects of cancer die-off on the body with a specialized diet, infrared therapy, infrared saunas and massage therapy, along with organic coffee enemas and IV therapy to purge the body of the dead cells.

*“Heat therapy helps dissolve toxins in the blood so you can sweat them out,” writes Edward F. Group III in his book *Health Begins in the Colon* (http://www.naturalnews.com/030817_heat_treatment_cancer_tumors.html).*

Hyperthermia also allows oxygen debt to be repaid more quickly by removing lactic acid, (especially important for cancer patients). As we know, lactic acid is produced by cancer cells, (a bi-product of the fermentation process). Lactic acid not only creates pain, but it also depletes oxygen. The toxins that cannot be

removed immediately after they enter the body, are encapsulated by clusters of water. This can result in the blood circulation becoming blocked, and reducing cellular energy, (typical of cancer). Wherever these toxins are allowed to accumulate, they can contribute to cancer. The FAR infrared sauna breaks down the clusters of water, along with the toxins, which prevents the problem.

Oxygen Concentrators

There is something else you can incorporate to increase your oxygen level while in the sauna. Incorporate an oxygen concentrator. It's easiest to place the concentrator outside the sauna, and place the small diameter hose with the nasal canola inside. The *Oxygen and Health Association* in Charlotte, North Carolina, sell oxygen concentrators. They can be contacted at (866) 694-6425. They sell rebuilt concentrators for \$475, and new concentrators sell for \$825. There is no charge for shipping. You may find other sources on the internet. I purchased the rebuilt model, and it actually looks new. It's much more convenient than oxygen tanks, which must be constantly replaced. It's often used for exercise with oxygen therapy (EWOT) – something some doctors recommend, and the reason I purchased mine.

If you would like to try EWOT, but don't have a FAR infrared sauna, you might consider purchasing an oxygen concentrator. Two inexpensive options for exercising with oxygen therapy (EWOT), would be a stationary bike, or mini-trampoline, (or both). For some, it might be best to purchase a mini-trampoline with a stabilizer bar, for your safety. It helps strengthen all cells, increases blood flow, and is an excellent way to promote the circulation of the lymphatic system. It can also be used in conjunction with the FAR infrared sauna.

Stimulating the flow of both blood and lymphatic fluid, while increasing the level of oxygen being circulated throughout the body and brain, would definitely be

beneficial for assisting with cancer prevention (or cure). It will also help you shed any excess weight, and maintain healthy blood sugar levels.

Exercise doesn't have to be that difficult. You could even learn to enjoy it, which is true with all our proposed "therapies". The fact is – they won't even seem like therapies (our objective). Exercise increases the heart rate, and thus circulation. The fact is – the FAR infrared sauna does, as well. Our objective is to not only eliminate toxins, and lactic that cancer creates, but also to flood the cells with oxygen. I discovered once quite by accident, that the FAR infrared sauna also breaks down and removes fat tissue.

The good news is – the FIR sauna actually operates on the normal 110-volt system, and uses less electricity than a typical blow hair dryer. In my opinion, it's a good investment if you can afford it. It doesn't take up a lot of room, and can easily be assembled by two people, in about an hour. It's something that, in my opinion, every alternative cancer clinic should provide. Just removing the lactic acid created by cancer, would not only eliminate the pain, but also help prevent the unnecessary depletion of oxygen. Efficiently eliminating toxins is just an added benefit. Many toxins are known to contribute to cancer as well.

The FIR sauna is also an excellent way to stimulate the removal of fat tissue (along with the toxins), without any physical exercise. It increases your heart rate the same as physical exercise does, while stimulating the circulation, and thus the delivery of oxygen to cancer cells. Oxygen can then more easily oxidize the cancer, once the lactic acid has been removed.

Maintaining a Clean Healthy Colon

One of my discoveries, and part of my arsenal that I attribute to my ability to have basically forestalled aging for over twenty years, stems from a "special" urine therapy. It's something I had intended to reserve for a future book on longevity.

The problem is – healing cancer is serious business, and this particular finding could play an important role. As you are about to learn, urine therapy has been found to resolve many conditions, (including cancer).

I basically trained my body to use my urine as an internal colonic, and likely not the way you might suspect. The secret – I drink all the urine I pass in the morning. I also, take one teaspoon of Celtic Sea Salt™ (which dissolves mucus), and drink a minimum of 20 ounces of water during the first hour, while shaving, showering, etc.

Your body is very perceptive, and soon discovers that the only way it can remove the excess urine is through the intestinal tract. Possibly it might also be considering your objective – the mind-body connection. That's what I had in mind, I just wasn't sure it would work until I tried it. Interestingly, the urea in urine just happens to be an excellent diuretic, yet it won't rob you of critical minerals that the diuretic medications such as hydrochlorothiazide are so well known for.

Your body will also take advantage of the many nutrients it can utilize at the time, by absorbing them in the small intestine on the way through. Any excess urine is then diverted to the large intestine. The urine, along with the salt, will dissolve any mucus, and both clean and (if necessary) help heal the large intestine. This is the best way I know of to maintain a clean healthy colon.

Not only that but, urine contains six different constituents found to be beneficial in preventing, and curing, cancer! Proof that the colonic is working is, an average of five bowel movements in about an hour. At least in my case, it's mostly small particles, suspended in a liquid (urine), with very little odor. It hasn't had time to putrefy or ferment, and it's also well digested.

Some doctors recommend a series of regular colonics, which are rather expensive, time consuming, and definitely not that convenient. My approach is

surprisingly simple, convenient, and other than one teaspoon of Celtic Sea Salt™ (pennies a day), it's virtually free! It's the most effective way I know of to maintain a clean healthy colon, and take an unnecessary load off the liver in the process. I would guess it should greatly reduce (or possibly eliminate) the chance of acquiring colorectal cancer.

At this point, I might add that I tend to analyze the inherent potential of many different nutrients, or in turn the myriad of problems associated with drugs, more than most scientists, thus I felt I might also expound a little more on the potential of what might appropriately be called “**your own perfect colonic**”.

A Few Additional Benefits

As the urine contains so many different healthy nutrients, and the fact that you will be going with the natural flow from the inside out, (compared to the water used in colonics from the outside in), it should be a far better process. I discovered that if I continue ingesting urine throughout the day, once my colon has been emptied and thoroughly cleaned, my body will stop diverting it, and I will instead have to urinate more often. I would assume that my body would still take advantage of any nutrients it might need first. Who would have thought that “**your own perfect medicine**”, combined with “**your own perfect colonic**”, could have that kind of healing potential. Not only that but, it's also one of my longevity secrets, which is obviously no longer a secret! It's just too valuable a resource to not include.

One additional benefit associated with urine is, it's known to sterilize a wound, and even digest and eliminate necrotic (dead) tissue. That's something they took advantage of during World War II, to help sterilize and heal wounds, when nothing else was available. If you stop to think about it, that could actually

provide multiple benefits. In my opinion, it should be the very first, rather than last, resort, (for several reasons).

Incidentally, you can also use urine topically. Just apply it anywhere on your body, and rub it in for a couple minutes. It's a very small molecule, thus it absorbs rapidly. It just so happens that one constituent of urine (urea) is just one of several ingredients that can actually be found in some of the most expensive lotions on the market. After completing the urine massage, you can then jump in the shower, and rinse off with warm water, (no soap), and then dry off.

My first experience with urine was in resolving a persistent chronic rash on my leg, which absolutely nothing seemed to resolve. That is, until I tried the urine. It shortly disappeared – never to return! It didn't just stop the itch, but somehow cured the underlying condition – urine's approach, and that will be ours as well.

Just remember – although your body is busy formulating “your own perfect medicine”, you can also play an active role in that process. The healthier your diet (including supplements), the healthier your urine will be. As you will discover, that's especially important if we incorporate urine as at least one of our cancer therapies.

And, if there just happened to be any necrotic tissue, such as undigested meat remaining in the large intestine for example, (which we discussed), that's one problem it should help resolve. Then, urine also contains nutrients that should help promote the good bacteria in the intestine.

“Your Own Perfect Colonic” Should Also Help Resolve Other Intestinal Disorders

I can easily see how the urine colonic could have potential for resolving more than one intestinal disorder, whether it's Crohn's disease, ulcerative colitis, or possibly even constipation or diarrhea. First, any ulceration of the colon will heal

better and faster if it's cleaned, sterilized, oxidized, and any necrotic tissue is removed, (all benefits urine should provide). All doctors are aware that a wound won't heal properly, until all necrotic tissue has been removed. Urine will do so, without damaging the surrounding tissue.

Then another problem associated with Crohn's, other than the ulceration, is often the blockage of the ileocecal valve. It's basically a one-way valve that connects the small intestine to the large intestine, which prevents the contents in the large intestine from backing up into the small intestine. When blocked, it can result in excruciating pain in the right groin, near the appendix. Some doctors would assume it's likely a burst appendix, as it's just below the ileocecal valve, at the very end of the large intestine. This could result in unnecessary exploratory surgery, which still might not detect the problem.

The valve can also become either stuck open, causing diarrhea, or stuck closed, causing constipation, and a blockage of the small intestine. The good news is – by using our approach, the urine should pass through the small intestine before entering the large intestine. Thus, it should help keep the ileocecal valve clean and unobstructed.

It would seem logical that the back pressure from the traditional colonic could possibly force some of the contents in the large intestine, back into the small intestine – just a thought, (I can't say for sure).

Customizing Your Urine to Provide Additional Benefits

- It was recently discovered in a study conducted in Korea, that vitamin C at times serves as an oxidant, which means it would help oxidize toxins in the intestine. Vitamin C also helps produce collagen, which is important in the healing process. Thus, if you take relatively high doses of vitamin C as I do, it should soon begin showing up in your urine.

- Alfalfa not only contains many different organic vitamins and minerals, but also chlorophyll. It's very inexpensive, and the chlorophyll not only helps remove toxins, but it also eliminates odors in the stool, and thus any need for a deodorizer. I take four 1,000 mg tablets of alfalfa tablets every day. I prefer the kind made by *Nature's Life™*, as the tablets are smooth, and easy to swallow. I purchase the economy size with 500 tablets, so it lasts for a while. You can normally find them at your local health food store.

Colonoscopies Can Pose a Serious Risk

It would make much more sense to maintain a clean healthy colon, (free of carcinogenic toxins), than to do periodic colonoscopies, just to make sure there is no risk. The problem is – “supposedly” preventative therapies conducted in a hospital, are not only expensive, but worst of all, they actually pose serious risks. In the hospital is where most actually acquire infections such as staph, or the potentially deadly MRSA (the most dangerous form of staph). Then if you recall, several veterans recently acquired either Hepatitis C, or even the dreaded HIV virus, (or both), just from colonoscopies. And that's supposed to be “preventative medicine”! In my opinion, using “**your own perfect colonic**” daily, would make far more sense, and best of all, it's basically free as well. Most importantly, it has the potential to not only prevent, but also cure cancer, (which we will be discussing). In fact, some AIDS patients who also had cancer, found that urine therapy **actually cured both the HIV virus, and the cancer!** If they had also been incorporating “your own perfect colonic” (my discovery), they would likely have recovered even faster, and more effectively avoided future recurrences as well. Years ago, when researching AIDS, I discovered that many AIDS patients were experiencing intestinal disorders. Thus, that's where the urine colonic should prove especially beneficial.

A Non-Invasive Do-It-Yourself Option For The Removal of Colon Polyps

I would assume you haven't been doing "your own perfect colonic", as it was my discovery. Thus it might be beneficial to do the following, in order to eliminate any polyps that may have accumulated to date. The reason polyps are normally removed is, they are the most likely to become cancerous, (just one cause of colon cancer).

The following information was obtained from Dr. David G. Williams' *Alternatives* Special Report newsletter (2009):

*Lactic acid increases production of the B vitamins by intestinal flora, increases cell metabolism, and acts as a detoxifier, all of which are beneficial to the cancer patient. Dr. Johannes Kuhl of Germany has reported using lactic acid-fermented products to treat colon polyps. **He reports that these pre-cancerous growths in the colon can disappear after four to six weeks of heavy ingestion of lactic acid-fermented vegetables, and may not recur as long as the vegetables are eaten on a regular basis** (Krebs und Bestrahlung: Ein Irrtum Moderner Medizin 66; Viadrina Verlag)*

Just one source for fermenting pots, yogurt makers, and recipe books, is *Miracle Exclusives*. To purchase, either visit <http://www.miracleexclusives.com>, or call (800) 645-6360.

CHAPTER EIGHTEEN

Additional Options That Require a Doctor's Assistance, and May Thus Be More Costly

➤ **Low-Dose Naltrexone** – the least expensive option that requires a **doctor's prescription**. The following information was taken from a couple of issues of *Dr. Julian Whitaker's Health & Healing* newsletters:

LDN: A Lifesaving Drug

*LDN [low-dose naltrexone] is a major breakthrough, but like other innovative therapies, it's virtually ignored by conventional physicians. It's the same old song and dance: "If it were any good, I'd know about it." Yet **this safe, economical drug stands to benefit millions – not only those with cancer and MS, but also people dealing with autism, Parkinson's, fibromyalgia, chronic fatigue syndrome, and other autoimmune diseases.** [MY NOTE: LDN has also been found to be beneficial for Crohn's disease.]*

We now know that when LDN is taken at bedtime, it binds to opioid receptors and temporarily blocks endorphins from attaching. This action signals the body to increase endorphin production, an effect that can last as long as 18 hours.

*Opioid receptors aren't exclusive to the brain. They're also present on all types of immune cells, including macrophages, natural killer cells, T- and B-cells, and even stem cells. As a result, the flood of endorphins set into motion by **LDN stimulates the immune system and enhances the body's ability to fight disease.***

*In 1985 [Dr. Bihari] gave LDN [low-dose naltrexone] to a friend with recurring non-Hodgkin's lymphoma. To Dr. Bihari's amazement, **the tumors in her neck, chest, and abdomen shrank and disappeared!** He also gave LDN to a friend of his daughter who had acute multiple sclerosis (MS), and for five years she had no symptoms. Then she ran out of LDN and within a month developed numbness and weakness. She got back on it, and her symptoms resolved. That was 16 years ago, and she has had no MS attacks since.*

Over the years, Dr. Bihari has treated patients with a variety of cancer types, including colon, prostate, melanoma, multiple myeloma, breast, ovary, uterine, brain, neuroblastoma, lung, Hodgkin's disease, non-Hodgkin's lymphoma, and chronic lymphocytic leukemia. He estimates that **about 60 percent of cancer patients – for virtually all of whom conventional treatment had failed – received benefits.**

Truth be told, we have barely scratched the surface when it comes to the therapeutic potential of this drug.

Why don't conventional physicians prescribe LDN? First, they don't know about it. Doctors get most of their information from pharmaceutical reps and medical journals, which are essentially drug ads cloaked in the mantle of science. Because naltrexone's patent expired years ago, no drug company will ever research or promote LDN. Furthermore, **LDN is inexpensive (about \$30 for a month's supply)**, so there's no profit motive. Plus, it would compete with newer, far more expensive drugs. Many patients with serious chronic disease spend hundreds or thousands of dollars a month on medications, and some cancer drugs cost more than \$100,000 a year! No profit-motivated company is going to derail that gravy train.

Finally, most physicians are unwilling to think outside the box.

LDN requires a prescription and can only be obtained through compounding pharmacies. (Regular pharmacies typically carry only 50 mg capsules.) Good ones include Skip's Pharmacy (800) 553-7429, Wellness Pharmacy, (800) 227-2627, and McGuff Pharmacy, (877) 444-1133.

The optimal dose of LDN is 4.5 at bedtime. Do not take LDN if you use narcotic drugs – it blocks their effects and causes withdrawal symptoms. LDN may be started only after narcotics are completely out of your system.

In case you wondered, the much higher dose (50mg capsules) was originally designed, and FDA-approved over twenty years ago, for assisting with heroin withdrawal, and more recently for alcoholism as well. The good news is – the FDA allows doctors to prescribe a drug for anything they might choose to. This is quite often a serious concern, especially regarding the potentially dangerous mind-

altering drugs, which pharmaceutical companies promote (indirectly). So it will appear it was the doctor's decision – not theirs. Thus, many drugs are continually being prescribed for conditions that are totally inappropriate.

Fortunately, it was discovered that a much smaller dose of LDN appears to be beneficial for many different conditions, due to its immune enhancement and modulation, (especially important for cancer, and autoimmune disorders). Best of all, contrary to most medications, LDN doesn't seem to have the troubling side effects normally associated with most medications. Then due to its ease of use, and surprisingly low cost, it appears to be an excellent option. Other than getting a prescription from your doctor, it's basically an easy do-it-yourself option, which can be combined with other natural options. As noted above, just take it at bedtime. Then as I discussed earlier, it would be a good idea to also take 20 mg of melatonin at bedtime, in order to help enhance your immune system, and help improve your quality of sleep.

➤ **Insulin Potentiation Therapy (IPT)** uses a very low dose of chemo, along with insulin for delivery. No surgery or radiation is required, and the toxic side effects of high levels of the standard chemotherapy can be avoided. So why have you likely not heard of IPT before? Chemo drugs are not only very toxic, but also very expensive. Using only minute doses of an expensive drug is obviously not very profitable, and the companies producing chemo drugs would prefer doctors use large amounts, rather than the small amounts employed with IPT, for obvious reasons. The procedure appears to be more successful, and much less invasive, thus standard chemotherapy and radiation could be avoided.

It's interesting that IPT has not only been used to treat cancer, but also several other diseases including arthritis, cardiovascular, and respiratory diseases. As a result, the therapy might bring about multiple benefits. If you are interested in

finding a doctor who practices IPT, that information is also available on the Internet at <http://getipt.com/location.htm>.

➤ **Dr. Burzynski's Antineoplaston Therapy.** I might start by explaining that the very basis of Dr. Burzynski's therapies at his clinic in Huston, Texas, is based on antineoplastons, which just happen to be found in your urine!

A major deterrent for many, regarding Dr. Burzynski's therapy, is both the inconvenience and the cost. As it is still not FDA approved, and thus considered as experimental, don't expect your insurance company to cover it. Considering the FDA's long history of attempting to eliminate anything that might in any way threaten the pharmaceutical industry's profit potential, it's very unlikely they would consider approving Dr. Burzynski's therapy – no matter what his success rate might be. Thus, you're basically on your own. As most cancer patients don't live in the Huston, Texas, area, they would thus be required to travel to the clinic, and then find lodging for one to three weeks, as it normally takes that long, and it is an outpatient facility. The average cost appears to be around \$4,500 - \$7,500 per month, and can at times run as much as \$100,000 or more. Although that sounds like a lot of money, the traditional toxic therapies often cost more than three times as much!

The good news is, this therapy is non-toxic, and the results are far better than traditional therapies. Although as we discussed, the bad news is – it's inconvenient, expensive, and not covered by your insurance. If you're wealthy though, and money is not a concern, it's a therapy you might consider.

As the antineoplastons are found in the urine, along with 5 other constituents beneficial for helping resolve cancer, at least to me, it makes more sense to just utilize your urine therapy, as I discussed earlier. That's especially true if you also incorporate my discovery – "Your Own Perfect Colonic".

➤ **Marijuana** is a proven cancer therapy, which also helps prevent pain, but unfortunately has been virtually banned by the government in an effort to suppress such stories and studies for more than thirty years!

Researches in Madrid announced in February 2000, and published in the journal *Nature Cancer Review*, that they had destroyed incurable brain tumors in rats by injecting them with THC, the active ingredient in cannabis (marijuana). The study also found that cannabinoids were usually well tolerated and did not produce the generalized toxic effect of conventional chemotherapies. However, news coverage of the Madrid discovery has been virtually nonexistent in this country.

The previous study which indicated that marijuana could be effective against cancer was conducted in 1974. In that study researchers at the medical college of Virginia, who had been funded by the National Institutes of Health to find evidence that marijuana damages the immune system, found instead that THC slowed the growth of three kinds of cancer in mice – lung and breast cancer, and virus-induced leukemia.

The DEA quickly shut down the Virginia study and all further cannabis/tumor research, according to Jack Herer, who reported on the events in his book, "The Emperor Wears No Clothes". In 1976, President Gerald Ford ended all public research on cannabis and granted exclusive research rights to major pharmaceutical companies, who unsuccessfully attempted to develop synthetic forms of THC that would deliver the medical benefits without the "high".

In 1983, the Reagan/Bush Administration attempted to persuade American universities and researchers to destroy all 1966-1976 cannabis research work, including compendiums in libraries, reported Herer. He stated, "We know that large amounts of information have since disappeared."

On March 29, 2001, the San Antonio Current printed a story by Raymond Cushing titled, "POT SHRINKS TUMORS; GOVERNMENT KNEW IN '74" which detailed government and media suppression of news about marijuana cancer benefits. Cushing noted in his article that it was hard to believe that the knowledge that cannabis can be used to fight cancer has been suppressed for almost thirty years and aptly concluded his article by saying:

“Millions of people have died horrible deaths and in many cases, families exhausted their savings on dangerous, toxic and expensive drugs. Now we are just beginning to realize that while marijuana has never killed anyone, marijuana prohibition has killed millions” (retrieved from http://www.naturalnews.com/z029780_marijuana_cancer.html).

The fact is, due to current restrictions, this is one option that might be difficult to find access to. Just remember, marijuana is just an herb. I felt it might be worth mentioning, just to prove a point – anything with healing potential will be deliberately suppressed by those in power. It is “far safer” than many perfectly legal drugs, such as the highly addictive opiate painkillers, and many mind-altering medications, (and even alcohol). The good news is – we have many other easily accessible options to choose from.

➤ **Coca leaves**, found in South America, are widely used as a medicinal herb locally. The whole coca leaf actually contains 14 different alkaloids, and the complete herb is not addictive – that was PhRMA’s contribution. As usual, they extract one constituent only, and claim it as their discovery (for which you will pay a high price). The problem is – we are still paying a high price for a drug they created, and once promoted.

I discovered one benefit of the coca leaf when made into a tea. First, I might explain that I never used any drug (including legal prescriptions), but I do use herbs, both alone and in combination. Anyway, several years ago I went on an expedition down the Amazon River from Iquitos Peru to Columbia and Brazil, (at sea level). We then took a flight to Cuzco Peru, about 11,000 feet elevation. Upon landing, I felt rather light-headed, and a little unsteady – not typical for me. When we arrived at our hotel, they suggested we find a table in the courtyard, and they indicated that they would bring us a cup of coca tea. At first I declined, indicating that I avoid addictive substances. They assured me that wasn’t a concern with the

coca tea, but that it would help me adjust to the high altitude. Were they right! Within about an hour I felt perfectly normal! In fact, the next day we took the train to Machu Piccho. I climbed the mountain (about 13,000 feet) in record time. It's more like an obstacle course than a regular hiking trail I was used to.

Unfortunately, coca leaves are difficult to come by in the United States, thanks to the pharmaceutical industry's bright idea. It appears there is an enzyme called 2,3-DPG that is stimulated by coca. As it turns out, it stimulates the release of oxygen from the red blood cells into the tissue. Interestingly, it just happens to grow at high elevations where there is less oxygen – intelligent design. Our Creator obviously knew what He was doing!

What can we learn from this? That if plants are used as nature intended, they have tremendous healing potential. Then, just like marijuana, we have another herb that could easily become part of our healing protocol, (if it were legal, and readily available). Anything capable of enhancing the delivery of oxygen to the cells would be beneficial for everyone, but especially for either preventing or curing cancer. It would be even more beneficial for those with compromised lung function, or Cardiomyopathy (a weakened heart).

I can vouch for coca leaves' potential, from my own personal experience, but good luck obtaining it.

APPENDIX

The Story of How Poly-MVA Was Eventually Developed – Thirty Years of Research Finally Paid Off

Dr. Merrill Garnett is a research chemist and dentist. He is head of the Garnett McKeen Laboratories in Islip and Bohemia, New York. **For the past forty years, Dr. Garnett has researched molecular and cellular biology in order to find effective, nontoxic cancer treatments.**

Dr. Garnett began with the research of **German scientist Otto Warburg**, who was **awarded the Nobel Prize** for his discovery that **cancerous tumors are oxygen deficient and rely upon anaerobic metabolism for energy production.**

Anaerobic (without oxygen) metabolism produces less energy per unit of fuel, which means **decreased energy efficiency in tumor cells.** Although these cells are less efficient, this shift is believed to be a form of cellular energy conservation, because less energy is produced.

Dr. Garnett looked at this research and asked: If changes in gene expression alter cellular metabolism in this way, **could this be used to somehow target cancerous cells for destruction while leaving healthy cells** (those that still utilize primarily aerobic metabolism) **alone?** Could this decreased energy production be a result of natural selection, **where mutant cells that are better able to conserve energy are the ones that survive and multiply?**

His research focused on ways to identify the enzyme and energy changes that cause the shift from aerobic to anaerobic metabolism, and finding ways to prevent it. **Dr. Garnett sought to find a way to utilize the anaerobic energy default mechanism used by cancer cells to bring about their demise.**

The Product of Dr. Garnett's Search

In his book, *First Pulse*, Dr. Garnett describes how he searched for **“the signaling mechanism by which cells migrate together to form tissues and organs. The cancer cell state is a single cell type of behavior; cancer cells do not form tissues and organs. The organizing communications are missing.”** In other words, Dr. Garnett sought to discover the signal that tells cells when to form tissues and organs; in so doing, **he hoped to discover why cancer cells lack this signal**, and how to correct this. By understanding the course of events that triggers the formation and differentiation of normal cells, Dr. Garnett hoped to discover ways to restore these normal events to cancerous cells. *“How are these communications interrupted?”* Dr. Garnett asked.

In the course of his research, he saw that cancer cells were not malicious entities, but simply immature, or undifferentiated, cells. **He sought to discover an enzyme (a substance that catalyzes the activity of biochemical machinery) that would trigger the electron oxygen pathway in order to provide the conditions used by DNA to process developmental changes. He hypothesized that just such an enzyme was missing in cancer cells. By replacing it, he hoped to trigger both the maturation of normal cells and the destruction of these immature, undifferentiated cells.**

After more than twenty years of research and laboratory testing with more than 20,000 compounds, Dr. Garnett developed a synthetic enzyme that could facilitate a sort of “selective electrocution” of tumor cells by shuttling electrons into the mitochondria and DNA. This enzyme appeared to be able to **target cells that relied upon anaerobic metabolism – cancerous cells –** while leaving normal cells intact. Most of the compounds tested were metallo-organic

compounds; metals bonded to organic compounds. He sought one that could predictably be toxic to cancerous cells.

Dr. Garnett's rationale for choosing to test specific compounds had to do with complex scientific theories regarding the electrochemical charges he found in DNA and in cells. In fact, **his research gave rise to an entirely new field of study called electrogenetics**, which studies the energy reactions by which the living state interacts with its hereditary material, DNA. In other words, **Dr. Garnett discovered that electrochemical energy is an important "language" used by DNA to communicate with the cell in which it resides, and that this energy is also used for intercellular communications.**

Dr. Garnett's electrogenetic theories are backed by highly sensitive electronic studies. Other scientists have studied this electrical genetic pulse, but **no other scientist has so deeply delved into its implications, especially for the treatment of cancer.** Through the use of sensitive instruments, Dr. Garnett found and was able to measure, beneath the pulse of the heart and all living tissue, **a cellular pulse – a vibration that distinguishes the living from the dead, healthy cells from abnormal cells.** Dr. Garnett believes that the **difference between life and death in the cell and the body is the transfer or movement of electrical energy through the cells and their DNA**, which contains all of our genes.

Cellular metabolism is, in the end, an electrochemical process. **When glucose enters a cell, it is broken down into a substance called acetyl-coA, which is then channeled into a process known as the Krebs cycle, or citric acid cycle. This cycle does not occur in anaerobic metabolism, which is a more primitive form of energy production.** The Krebs cycle uses acetyl-coA to produce a high-energy substance known as nicotinamide adenine dinucleotide

(NADH), which is then oxidized – **it donates an electron in a part of the Metabolic process called the electron transport chain.**

The energy is released along the electron transport chain in the form of voltage jumps. That electrochemical energy is captured in reactions that preserve it in the form of adenosine triphosphate (ATP), the energy currency of the body. Any energy needs on the part of the body are filled by the splitting of ATP into adenosine diphosphate (ADP) and a free phosphate molecule.

Dr. Garnett believed that **electron transfer somehow held the key to understanding the genetic signaling that would transform cancer cells into healthy ones.** He sought to create a sort of “**liquid transistor**” consisting of a metal and an organic compound (hence, a metallo-organic compound). **This liquid transistor would act as an enzyme and affect the electron transfer to DNA.** Because of the unique biochemical and electrical properties of metals when bound to organic compounds, he believed that this would be the key. **He was right, but it took decades for him to find the right combination.** Thousands of biological molecules and several dozen metals fell into the category of good candidates for such a compound.

Eventually, **after over thirty years of research, he struck pay dirt. A specific combination of the metal palladium and the organic molecule alpha lipoic acid proved to rapidly and efficiently transfer electron charge to DNA.** When palladium is sequestered in alpha-lipoic acid, **it is benign – useful, in fact – to healthy cells,** but for reasons that are not entirely clear, **it is toxic to cancer cells.** The B vitamin thiamine was also added to create a molecule with a unique structure.

Experiments with cell cultures and mice with cancerous tumors indicated that the palladium – alpha-lipoic acid – thiamine compound **was toxic to cancer cells**

but had no adverse affects on healthy cells. One day, in the early 1990s, **the laboratory mice treated with this compound stopped dying from their one-fatal form of cancer, and analysis showed that the compound was selectively eliminating cancerous cells.** This is how palladium lipoic complexes (LAPd) were created.

PolyMVA™ can be purchased by calling (877) 765-9682, or by visiting <http://www.polymva.org/>.

DETAILED SECTIONS ON VARIOUS DISORDERS

As our objective is to optimize the protocols discussed, (and enhance your overall health), I felt it best to include some conditions such as lung disorders, or congestive heart failure (a weakened heart), or possibly insufficient thyroid function.

The following sections are either on specific conditions, or a more in-depth explanation of some conditions or therapies.

- **Thyroid – Maintaining adequate thyroid function**
- **Lungs – Lung disorders and potential solutions**
- **Candida – The Candida Yeast Infection (Candidiasis)**
- **Heart – Cardiomyopathy and Mitral Valve Prolapse (MVP)**

SECTION: THYROID

Maintaining Adequate Thyroid Function (A Critical Issue – Thus an In-depth Explanation)

As optimum thyroid function is so critical to our overall health, and is all too often either ignored, or not properly diagnosed or treated, I decided to provide you with a more in-depth explanation. Hopefully I won't overwhelm you. If you can't comprehend it entirely, hopefully your doctor can. No matter what condition you are attempting to resolve, adequate thyroid function will play a critical role. For example, just one degree drop in body temperature (thyroid function) will have a major influence on the efficiency of the action of over 3,000 enzymes, involved in many critical bodily functions. Both the efficient utilization of glucose and oxygen, (important for those with diabetes or cancer), are dependent on optimum thyroid function. Not only that but, the efficient removal of toxins by the liver is influenced by the metabolism (or thyroid function), as is our energy level.

Anyone with less than optimum thyroid function, will find it difficult to resolve any condition. Other than eliminating unnecessary medications, optimizing thyroid function should be a top priority. Some doctors consider subclinical (barely normal) thyroid function as acceptable, although you shouldn't! It's similar to your IQ, but fortunately much easier to influence. You should settle for no less than optimum thyroid function, which is achievable. It often depends on an adequate dosage of the proper thyroid hormone, along with an iodine supplement. It's also important to avoid thyroid suppressants. These are all issues we will be addressing.

Could You Possibly Be Dealing With an Undiagnosed Thyroid Condition?

It's estimated that approximately 59 million Americans are experiencing some thyroid condition, yet are unaware of the fact. With by far the majority, it's the hypothyroid (low thyroid) condition. Women appear to be ten times more likely

than men, to be suffering with a low thyroid condition, along with the accompanying conditions or symptoms. The obvious question is: Why are our doctors not addressing the issue, as there are as many as 47 different related symptoms? Some of the most common being depression, lack of concentration, elevated cholesterol, fatigue, fluid retention, and the inability to maintain a healthy weight.

The fact is – doctors are not encouraged to prescribe an inexpensive natural thyroid hormone such as Armour™ thyroid. Why, you might ask? As usual, due to our doctors' training of treating symptoms with drugs, rather than resolving the underlying condition, (optimizing thyroid function), several different drugs could instead be prescribed – the profitable approach. That is, for everyone except the patient. That's a prime example of why so many patients are “unnecessarily” being placed on many different medications – something we, as a nation, can no longer afford. The madness in medicine is totally out of hand!

Modern Medicine's Flawed Thyroid Evaluation and Treatment

Many of the symptoms associated with hypothyroidism are very similar to those associated with hypoglycemia, and both are often experienced by diabetics, with depression, mood swings, and behavioral disorders being the most common. The question is: Could these symptoms possibly be even more pronounced, when experiencing both conditions concurrently? If that holds true (which seems logical), depression would probably be even more serious, and a prescription for an antidepressant, (or possibly an additional antidepressant), would all too often be many doctors' solution.

There are also other symptoms associated with hypothyroidism, such as: brittle nails, dry skin and hair, low metabolism or inability to lose weight, fatigue or low motivation, headaches, fluid retention, heat or cold intolerance, as well as depression and mood swings to help identify the condition. Unfortunately, most

medical doctors fail to take the time necessary to properly diagnose the underlying problem, thus a prescription for an antidepressant is all too often the typical response.

If you went to your doctor, who like most medical doctors studied traditional (allopathic) medicine, a hypothyroid condition could easily be misdiagnosed to begin with. Standard procedure practiced by most medical doctors (even endocrinologists, who specialize in hormonal disorders such as thyroid), would rely on the standard blood test evaluating your Thyroid Stimulating Hormone (TSH) and possibly T₄ thyroid levels. In many cases, the TSH and T₄ thyroid levels would be considered as normal, and you would thus be notified that your thyroid is not a concern (although it very well could be). Then, even if your doctor decided that thyroid supplementation might possibly be in order, he like most allopathic doctors, would likely prescribe Synthroid™, Levothroid™ or Levoxyl™, one of the artificial forms of T₄ thyroid. The problem is – you are likely not experiencing a T₄ thyroid deficiency, and thus your medication will seldom work, and could at times make matters even worse, by shutting down even more of the active T₃ thyroid that would normally be produced by the thyroid.

Following the Money Trail – (Why Thyroid Conditions Likely Remain Unresolved)

The basic problem is: A low thyroid condition can potentially lead to many different symptoms (47 or more), which are likely due to a reduction in the enzyme action of all 3,000 enzymes in the body. This then opens the door for a lot of prescriptions to deal with each of the potential symptoms. One of the most common symptoms associated with a hypothyroid condition is depression, and thus unnecessary prescriptions for antidepressants.

Unfortunately, the most common class, known as SSRI antidepressants such as Prozac™, Paxil™, Zoloft™, and Celexa™, etc., stimulate the adrenals to produce

the stress hormone cortisol, which actually leads to elevated blood sugar. The SSRI antidepressants can thus not only worsen existing diabetes, but are also known to contribute to the development of diabetes in non-diabetics, from their long-term usage. That's not the only problem, as they also contribute to another serious condition known as adrenal fatigue, which is seldom properly diagnosed by most medical doctors. Only ample rest and natural supplements, (along with stopping the medication creating the adrenal fatigue), will heal the adrenals and finally restore their vital function, of creating several important hormones. **Although adrenal fatigue can be very debilitating, it was never classified as a disease!** Interestingly, **(three non-diseases) elevated cholesterol, acid reflux “disease,” and obesity, are now classified as diseases, so your insurance will now cover the expensive medications, (and sometimes expensive surgery), for your non-diseases.** So, what's the basic problem?

The answer will soon become obvious, if we just follow the money trail for a moment. First, the majority of decisions most doctors make are influenced either directly or indirectly by the pharmaceutical industry (the most profitable enterprise in the entire world!). They have a strong impact on exactly what will, or will not be classified as a disease. The problem is – one of their most popular and profitable classes of antidepressants, the SSRIs (such as Prozac™), can easily lead to adrenal fatigue. And there is absolutely no drug that can possibly restore the health of the adrenals, or reproduce the many critical hormones the adrenals are responsible for.

Then, if you are required to stop taking a very profitable drug, and take natural supplements to resolve the condition instead, it creates an obvious dilemma (a conflict of interest). And what is their typical solution? Basically, just ignore its existence, and not classify it as a disease. Modern medicine can always come up with some profitable medication to treat the obvious symptoms that will

result by ignoring the true problem. The fact is, **87% of the authorities that determine what is classified as a disease, and what is covered by your insurance, have financial ties to the drug industry.** There is a good explanation for why the major cardiovascular risk factor homocysteine, as well as adrenal fatigue are deliberately overlooked, and the hypothyroid condition is conveniently misdiagnosed. No drug can possibly resolve the associated symptoms, let alone the underlying problem, and natural therapies are never to be discussed, let alone be implemented.

Keep in mind that these are quite common scenarios, not just rare cases, but actually quite typical, normally due to superficial diagnosis (or lack thereof). This is what Dr. Bruce West often refers to as, resorting to ***“Drugs for everything, and nothing but drugs for anything.”*** Basically a quick fix, although the problems you will experience as a result (normal side effects) can be long-term. The length of time you will be required to deal with the side effects depends upon how long you are allowed to remain on the medications you were prescribed, (all too often for a lifetime!).

Far too many are needlessly placed on two or three medications for treating the very same condition, and I found that even applies to antidepressants. Rather than replacing one antidepressant that is not working, they just add another (which is all too often the case). Doctors often tend to ignore the warnings regarding combining some drugs that can be potentially dangerous when prescribed in combination. That is especially a concern regarding any mind-altering medication. And it's amazing how many women are constantly being placed on multiple contra-indicated antidepressants due to an undiagnosed hypothyroid condition. The thyroid condition continues to remain unresolved, and thus the depression normally does also. As a result, they are then left on antidepressants for years.

Unfortunately, the low thyroid condition can also contribute to many different conditions, including fluid retention, fatigue, diabetes, and even cancer.

So What's the Solution? Fix the Underlying Problem, and Get Off the Medication!

Those that chose to do so were totally amazed at how easily that could be accomplished. The bonus was, they were no longer required to deal with the many seemingly unexplainable side effects. And without exception, they began feeling better than they had in years, and no longer being tied to a lifetime of medications is an added benefit, and a tremendous feeling.

Effectively phasing out your medications is obviously much more difficult if your doctor is constantly warning you of the dangers of doing so. Some doctors are determined to be in charge, and can't accept the fact that their patient might possibly have the intelligence to somehow arrive at a more rational conclusion, in spite of the overwhelming evidence. There is absolutely no laboratory in the world that can more conclusively determine exactly what is the most beneficial for you, than your own body! We all know when we feel better, or worse.

Far too many doctors have an aversion toward anything derived from a natural source, rather than from some laboratory. If you happen to have such a doctor, I would suggest it might be time for a change. As I have always stressed, you and not your doctor, are in charge. All your health decisions should be yours alone, and your doctor's position should be in an advisory capacity only. If you are convinced that your conclusion is more valid than his, follow your instincts. Also, keep in mind that most of the conditions we are addressing can all be safely self-monitored, as well as utilizing natural supplements that don't pose the threat that drugs do. There are no supplements I recommend in this book, that I have not personally taken myself, at some time over the years. I have yet to experience a reaction from any of them, although I have never taken prescription medications.

Interestingly, those people that I have worked with so far, actually chose to eliminate their medications on their own, and then notified their doctor after the fact. Then, armed with absolute proof of their successful outcome, such as more stable blood sugar or blood pressure, more energy, or possibly less pain or depression, they now have conclusive proof that their decision to eliminate them was obviously a wise one. The most difficult problem some doctors have to deal with is admitting that all those medications they were prescribing were totally unnecessary. That is especially true when it is obvious their patient is doing much better without their medications. How can anyone argue with results? There is no better proof that most (if not all) medications were totally unnecessary. Eliminating the many side effects was just a bonus. Not only are those side effects troubling, and very uncomfortable, but the many symptoms normally experienced are also an indication there is likely some unseen damage taking place in the body as a result of their use.

Do the Self-Test (Evaluating Your Own Thyroid Function)

You can either have your doctor do a test (for free T₃ thyroid), or you can do a temperature test yourself. This can be accomplished by placing a normal glass thermometer underarm, first thing in the morning before arising. Just lie still and leave it there for ten minutes and record your temperature. Repeat the process for five consecutive days, and then average your temperature. If your average temperature is 97.4° or less, natural thyroid supplementation will most likely help. The dosage might have to be titrated (adjusted) until you find the dosage that is right for you. Once it is, you should soon begin noticing a difference.

Considering the statistics, let's see what one of the foremost authorities on thyroid dysfunction, has to say on the subject. According to the late Dr. Broda Barnes, M.D., Ph.D., in his book *Hypothyroidism – the Unsuspected Illness* (1976), "Forty percent of the American people today are suffering

needlessly and many dying for lack of an ingredient vital for health” (p. VII). The thyroid Dr. Barnes was referring to, is a natural glandular extract, called Armour™ thyroid, which we will soon be discussing in detail. An important issue is – his book was published in 1976, so his statistical information is more than 35 years old. Today we should expect the statistics to reflect a considerably larger portion of the population experiencing hypothyroidism, as well as the associated problems, considering the many changes that have taken place over the past thirty-five years, (not for the better) that are known to contribute to reduced thyroid function.

Some Potential Causes of Thyroid Suppression

1. Diabetes / Hypoglycemia. I believe it's not just coincidental that approximately 80% of diabetics are also suffering from a hypothyroid condition, and it appears that the insulin resistance in the liver is likely the underlying problem. This insulin resistance in the liver reduces the efficiency of the conversion of the T₄ thyroid produced by the thyroid gland into the much more effective T₃ thyroid (approximately four times as effective). The metabolism is thus reduced due to the insulin resistance in the liver, which results in reduced body temperature. Enzymes are very sensitive to a body temperature change, and even a minor reduction in body temperature has been proven in lab tests to considerably reduce the enzyme action of all the 3,000 enzymes in the body. The enzyme in the liver responsible for the T₄ to T₃ conversion depends upon glucose (sugar). Not only is the availability of glucose to the liver reduced due to the insulin resistance, but the efficiency of the enzyme action is reduced also, due to the reduced metabolism, basically compounding the problem. In my opinion, this is the primary reason diabetics are much more prone to experience a hypothyroid (low thyroid) condition than non-diabetics.

2. Iodine deficiency. According to Dr. David Brownstein, M.D., in his book *Iodine Why You Need – Why You Can't Live Without It* (2004), after testing

hundreds of patients, he discovered that **more than 90% exhibited laboratory signs of iodine deficiency**. Just one more reason so many people are hypothyroid and experiencing the many associated side effects, such as depression and increased cardiovascular problems.

3. **Excess Bromine.** Dr. Brownstein also discusses another problem that leads to insufficient iodine for effective thyroid function. Back in the 1960's, iodine was being used as a dough conditioner by the commercial baking industry, (a very good idea). Unfortunately, twenty years later due to an article published by the National Institute of Health (NIH), questioning the safety of using iodine in baking products, the iodine was replaced by Bromine, (a very bad idea). It wasn't as though iodine had created any problems after 20 years' use, (which it hadn't). It was just due to someone's concern, with no apparent valid basis. Dr. Brownstein identifies the basic problem when he states that: "Bromine is halide (as is iodine, fluoride, and chloride)." He then goes on to explain that "***Bromine interferes with iodine utilization in the thyroid as well as wherever else iodine would concentrate in the body***" (p. 38). In his opinion, "***iodine deficiency is a huge public health problem***" (p. 41).

Bromine is actually made from fumigated grain products, and is often used as a clouding agent in many popular drinks. It has also been found that bromine "*Will replace chloride and accumulate, will also be taken up by thyroid gland instead of iodine, [causing] adverse effects on brain and thyroid function*" (http://www.hypoglycemia.asn.au/articles/rich_sources_nutrients.html).

4. **Dehydration.** According to Dr. F. Batmanghelidj, M.D., the enzyme action necessary for the T₄ to T₃ conversion is reduced by dehydration. One reason is because dehydration leads to insulin resistance in the liver, where the thyroid hormone conversion takes place. The enzyme responsible for that conversion requires glucose, which is reduced due to the resultant insulin resistance. Another

problem is, the body recognizes dehydration as stress. This in turn results in the production of stress hormones, which are known to suppress thyroid function. Thus, your body obviously recognizes that dehydration is a serious issue, which we must never forget.

5. **Stress.** Stress hormones not only suppress the thyroid, but will also contribute to elevated blood sugar leading to diabetes. Stress (both physical and mental) also depletes the important mineral selenium, which is necessary for healthy thyroid function. Remember that according to Dr. Ann Blake Tracy, just one 30 mg dose of Prozac™ elevates the stress hormone cortisol by 200%. This becomes obvious if you consider that **SIX (over half!) of the 10 nutrients listed later in this chapter (page 300), which are necessary for healthy thyroid function, are depleted by stress!**

And as we just discussed, dehydration also is considered a stressor, although there are several. One discovery I made was, when a person is experiencing stress, their body temperature drops and their mood suddenly changes (and not for the better). They experience symptoms that are very typical of those normally associated with both hypothyroidism and hypoglycemia, as they are both very similar.

6. **Bad Fats (trans-fatty acids)** are found mostly in hydrogenated or partially hydrogenated oils. In his book *Overcoming Thyroid Disorders* (2002), David Brownstein, M.D. tells us that:

*These foreign substances (trans-fatty acids) are actually incorporated into the cell membranes. This will **disrupt the normal functioning of the cells of the body, blocking the utilization of essential fatty acids. This can lead to the development of many chronic illnesses, including immune system dysfunction and hormonal imbalances, particularly thyroid imbalances** (p. 181).*

The nutrient depletion caused by bad fats, especially produces deficiencies of the fat-soluble vitamins A, D, E, and K, which is a major concern for anyone with a low thyroid. Insufficient vitamin A can cause a deterioration of the pituitary gland's basophil cells where the thyroid-stimulating hormone is synthesized, limiting the amount of iodine that the thyroid gland can absorb, and reducing the amount of thyroid hormone it produces.

Vitamin D is required for healthy thyroid function, and vitamin E has been shown to protect against at least 80 diseases, including the ability to prevent heart attacks. And as we recently learned, vitamin K also serves many important functions.

7. High Protein Diet. This concern is explained best by Broda Barnes, M.D., taken from his book *Hypothyroidism: The Unsuspected Illness* (1976), as follows:

What was not realized was the effect of a diet high in protein on thyroid function – which explains why many patients have failed to lose weight on as few as 800 calories a day of such a diet and have been accused of cheating on their diet when, in fact, they did no cheating.

...when the intake of carbohydrate and fat was kept low and I ate mostly veal and turkey, diarrhea soon developed and I had feelings of malaise and illness.

...when the diet was changed so that it was low in fat but high in protein and with enough carbohydrate to prevent diarrhea, symptoms of hypothyroidism appeared. Cholesterol level in the blood became elevated and in order to keep it within normal range, four additional grains of thyroid daily were needed.

Apparently, a diet high in protein requires additional thyroid for its metabolism. There were no symptoms of hyperthyroidism in spite of the extra thyroid until the diet was cut back to a normal amount of protein. Then typical hyperthyroidism appeared and the extra thyroid had to be discontinued.

It seems clear that a diet quite high in protein utilizes available thyroid hormone. Two studies in the medical literature indicate that excess protein lowers the basal metabolism (pp. 273-274).

8. **Iron deficiency.** An iron deficiency may impair the body's ability to manufacture thyroid hormone. Antibiotics, antacids, aspirin, all cholesterol-lowering drugs, and caffeine, as well as strenuous exercise, heavy perspiration, or heavy bleeding, often depletes this mineral.

9. **The Female Gender.** Approximately 90% of those who are hypothyroid are women. One reason is that the female liver is less efficient in producing the most active form thyroid (T₃ thyroid) than the male liver. Also, women have considerably more estrogen than men, and estrogen is a known thyroid suppressant.

10. **Elevated estrogen.** It appears that several of the symptoms associated with Estrogen Replacement Therapy (ERT) that many post menopausal women have received for years, are identical to typical hypothyroid symptoms. David Brownstein, M.D. (*Overcoming Thyroid Disorders*, 2002) explains that ***“Any orally prescribed estrogen will result in an increase in thyroxine binding globulin (TBG) which will decrease the amount of thyroid hormone that is available for the body to use.”*** And he goes on to note that ***“I have seen many women with hypothyroid symptoms improve their condition when they stop taking their oral synthetic hormone replacement therapy”*** (p. 60).

Birth control pills contain estrogens also, and thus will effectively decrease the amount of thyroid hormone available to the body, just as ERT does, often leading to a hypothyroid condition. Dr. Brownstein comments regarding birth control pills: ***“I have successfully treated numerous women who have many of the signs of hypothyroidism by simply having them eliminate their use of birth control pills”*** (p. 60).

Although estrogen performs an important function during the childbearing years, its level should and does reduce following menopause. Even if a woman has had a total hysterectomy, and no longer has ovaries, her fat tissue, and even her adrenals are still capable of producing estrogen. This is one reason so many women find it difficult to lose weight, and why HRT just adds to the problem, and doesn't make a bit of sense. The more fat tissue a woman has, the more estrogen is likely to be produced, and thus the more thyroid suppression should be expected. This then reduces the metabolism, and the result is more fat storage. This is in my opinion, the basic reason so many obese women find it extremely difficult to lose weight. Another is, the more suppressed the thyroid is, the less energy you will experience, thus making exercise even more difficult.

Estrogen and oral contraceptives also deplete **EIGHT of the 10 nutrients listed later in this chapter (page 300), which are necessary for healthy thyroid function!**

11. Unfermented Soy products can mimic the effects of the female hormone, causing elevated estrogen levels, and resulting in thyroid suppression. In fact, one study found that ***“daily soy consumption resulted in symptoms of hypothyroidism (i.e., malaise, constipation, sleepiness) and goiters in 50% of the subjects,”*** and yet ***“These hypothyroid symptoms resolved one month after stopping the soy ingestion”*** (David Brownstein, M.D., *Overcoming Thyroid Disorders*, 2002, p. 63).

Another concern with soy is the phytic acid, which is present in processed soy powder and unfermented soy products, and binds with certain nutrients (calcium, magnesium, zinc, and other essential minerals). This inhibits their absorption, quickly leading to potential nutrient depletion and even more problems. According to Dr. Sherry Rogers, M.D. ***“Soy foods can be toxic to the thyroid.***

Some components of soy foods inhibit thyroid peroxidase reactions that are necessary for making thyroid hormone” (Detoxify or Die, 2002, p. 126).

12. Simple sugars. A diet consisting of too many simple sugars is just the beginning of a downhill spiral, beginning with insulin resistance. The metabolism is then suppressed by the insulin resistance, which then causes the body temperature to drop, thus reducing the enzyme action responsible for the conversion of the T₄ thyroid to the T₃ thyroid. This eventually results in type II diabetes and hypothyroidism (low thyroid).

Sugar also contributes to the depletion of vitamins B₂, B₃ and B₆, all of which are necessary for healthy thyroid function (see page 300).

13. Overstimulation. Thyroid and/or pituitary exhaustion can result from overstimulation with substances such as caffeine, sugar, or aspartame (NutraSweet™). The elevated stress hormone cortisol, also caused by SSRI antidepressants such as Prozac™, suppresses the thyroid as well. **Beta-blockers used for hypertension are known to suppress the thyroid**, as well (likely due to elevated adrenalin).

14. Smoking cigarettes increases the risk of developing hypothyroidism. One study from Japan showed **a 42% increase in hypothyroidism in smokers versus non-smokers**, while another study showed those who smoked had higher levels of TSH (thyroid stimulating hormone), indicating smoking worsens hypothyroidism (*Overcoming Thyroid Disorders*, 2002, p. 69). Elevated TSH is an indicator that the thyroid is not adequately responding to stimulation. This is normally due to a deficiency of nutrients necessary for producing thyroid hormones.

Also, both tobacco smoke and cigarette papers contain the toxic chemical cadmium, which actually replaces zinc in the receptors. And it has been found that a deficiency of zinc results in a decrease in the conversion of the T₄ thyroid

hormone to the active form T₃ hormone. **Smoking also contributes to the depletion of vitamin B₆, B₁₂, and D, which are necessary for healthy thyroid function (see page 300).**

15. Alcohol. The presence of alcohol in the bloodstream inhibits thyroid function, as well as overloading the liver's detoxification process. This is also one of the many contributors to a possible drug overdose, which can be a serious concern for some. Those taking the most medications would be at the greatest risk.

Alcohol has also been found to elevate estrogen levels in women (another contributor to suppressed thyroid), as well as **depleting EIGHT of the 10 nutrients listed later in this chapter (see page 300), as being necessary for healthy thyroid function!**

16. Environmental Toxins. There are many thyroid "poisons" in your environment, which greatly contribute to the suppression of the thyroid.

- ✓ Tobacco is a major contributor to cadmium toxicity.
- ✓ Fluoride can be found in drugs (every molecule of the popular SSRI antidepressant Prozac™ contains 3 molecules of fluoride!), juices, soft drinks, toothpastes, dental treatments, wheat flour processed with fluoride, and even the fluoridated water contained in processed foods. **Fluorides are cumulative**, and your body can only eliminate approximately half of your fluoride intake.
- ✓ Lead poisoning is another possible cause of thyroid imbalance, as is nuclear pollution or exposure. Lead may be in produce grown near highways with vehicles using petrol, or leached from metal cans.
- ✓ Occasionally, something as simple as certain perfumes can suppress the thyroid.

- ✓ Even some fluorescent lighting can cause thyroid imbalance. If you have fluorescent light fixtures in your home, make sure all the bulbs are replaced by the healthy full-spectrum bulbs. They are actually fairly inexpensive if purchased by the case, and they will definitely make a difference. It will also help improve your mood.

17. Chloride (or Chlorine) is another halide known as a thyroid suppressant. And according to Dr. Sherry A. Rogers, (*Detoxify or Die*, 2002), “**Chlorine drills holes in arterial walls.**” She goes on to warn that chlorine is a “*Free radical initiator that elevates cholesterol and accelerates aging*” (p. 21), as well as **promoting arteriosclerosis, and various types of cancers of the rectum and bladder.**

Now that we are aware of the potential damage chlorine can cause, we need to evaluate where our greatest exposure might be, in order to avoid it as much as possible.

- ✓ The most likely source of chlorine is city and community water systems, so if **you have chlorine (and/or fluoride) in your household water, find a good filter system capable of removing them from your drinking water.**
- ✓ Unfortunately, you can also absorb chlorine through your skin, as well as inhaling the fumes, when taking a shower. There are now showerheads that will resolve that problem, by removing the chlorine.
- ✓ Also remember to wear rubber gloves, and avoid breathing fumes as much as possible if you use chlorine, or anything containing chlorine, such as a bleach, disinfectant, or tile cleaner, when cleaning.
- ✓ And last of all is the exposure from swimming pools and hot tubs that use chlorine. We use Baquasil™ in both our pool and hot tub in order to avoid chlorine, which is basically hydrogen peroxide and found in most pool supply stores. Most commercial pools and spas contain high levels of chlorine,

which is normally evident from the obvious chlorine odor. Many women especially, tend to exercise in pools loaded with chlorine. They not only absorb it through their skin, but also by inhaling its vapors. Due to the higher water temperature of the water in the spa, you will inhale more chlorine, and due to the dilation of pores (from the higher water temperature), you will also absorb more chlorine through your skin.

Sucralose (Splenda™) – The Chlorine Connection

There is a fairly new artificial sweetener on the market called sucralose, sold under the name Splenda™. It is a white crystalline powder substitute for sugar, has zero calories, and is about 600 times sweeter than sucrose, resulting in intense sweetness. However, sucralose is produced by chlorinating sugar. This involves chemically changing the structure of the sugar molecules by substituting three chlorine atoms for three hydroxyl groups. Very few studies of safety for human consumption of this product have ever been published.

The FDA has admitted that sucralose, “**increases in glycosylation in hemoglobin imply lessening of control of diabetes**” (Federal Register, Vol. 63, No. 64, Rules and Regulations 16417-16433, Friday, April 3, 1998, page 16426, paragraph two).

And despite the manufacturer’s claims to the contrary, **sucralose most definitely is significantly absorbed and metabolized by the body.** According to the FDA’s “*Final Rule*” report, 11% to 27% of sucralose is absorbed in humans, and the rest is excreted **unchanged** in feces. **But according to the Japanese Food Sanitation Council, as much as 40% of ingested sucralose is absorbed,** (likely less biased and more accurate). Furthermore, **the absorbed sucralose has been found to concentrate in the liver, kidney, and gastrointestinal tract, destroying beneficial bacteria.**

Considering sucralose is most definitely absorbed and metabolized by the body, and each molecule of sucralose (or Splenda™) contains three atoms of chlorine, this would definitely interfere with iodine absorption in the thyroid, resulting in thyroid suppression.

Your Medications Could Be Suppressing Your Thyroid

On a list of the top 200 most prescribed drugs, out of the 180 prescription medications that were tested, **156 (nearly 87%!) were found to deplete nutrients necessary for healthy thyroid function.**

The depletion (or a deficiency) of the following nutrients can result in inefficient thyroid function. Also listed are the drugs, or class of drugs, substances, and conditions (i.e. stress) that can cause depletion:

1. **Vitamin A** – depleted by steroids and corticosteroids, NSAIDs (i.e. ibuprofen), laxatives (mineral oil), estrogen and oral contraceptives, caffeine, aspirin, all cholesterol-lowering drugs, including statins and bile acid sequestrants (i.e. Questran™, Colestid™), antiseizure medication (i.e. barbiturates, phenytoin), antibiotics, antacids, and alcohol.
 - **Insufficient vitamin A can cause a deterioration of the pituitary gland's basophil cells where the thyroid-stimulating hormone is synthesized, limiting the amount of iodine that the thyroid gland can absorb, and reducing the amount of thyroid hormone it produces.**
2. **Vitamin B₂ (riboflavin)** – depleted by sulfa drugs, steroids and corticosteroids, muscle relaxants, mineral oil and laxatives, estrogen and oral contraceptives, diuretics, diabetes medication, antidepressants (SSRI and tricyclics), antiseizure medication (i.e. barbiturates, phenytoin), antibiotics, alcohol, **antacids**, sugar, ultraviolet light, physical and mental stress.

- **Vitamin B₂ strongly influences how well the thyroid gland synthesizes its hormones.**
3. **Vitamin B₃ (Niacin)** – depleted by sulfa drugs, SSRI antidepressants, steroids and corticosteroids, sleeping pills, estrogen (and oral contraceptives), caffeine, antibiotics, alcohol, sugar, and physical and mental stress.
 - **Vitamin B₃ is essential to healthy glands, especially the thyroid.**
 4. **Vitamin B₆ (pyridoxine)** – depleted by vasodilators (i.e. nitroglycerin), sulfa drugs, steroids and corticosteroids, smoking, sleeping pills, estrogen (and oral contraceptives), diuretics, diabetic medication, caffeine, asthma medications, antidepressants and MAO inhibitors, antibiotics, alcohol, sugar, heat (canning & roasting), and physical and mental stress.
 - Diuretics and cortisone drugs also block the absorption of this vitamin.
 - **A thyroid gland deficient in vitamin B₆ has difficulty converting iodine into thyroid hormone.**
 5. **Vitamin B₁₂** – depleted by sulfa drugs, SSRI antidepressants, smoking, sleeping pills, proton pump inhibitors (i.e. Nexium™), muscle relaxants, mineral oil and laxatives, Histamine H₂ blockers (i.e. Tagamet™, Pepcid™, Zantac™), estrogen (and oral contraceptives), diuretics, diabetic medications, all cholesterol-lowering drugs, including statins and bile acid sequestrants (i.e. Questran™, Colestid™), calcium deficiency, caffeine, antiseizure medication (i.e. barbiturates), amphetamines and diet pills, antibiotics, and alcohol.
 - Certain anti-gout medications, anticoagulant drugs, potassium supplements, medications for high blood pressure and Parkinson's disease, excess cholesterol, and a low thyroid interfere with the absorption of this vitamin.

- **Deficiency can result in a significant reduction in the conversion of T₄ to T₃ thyroid hormone.**
6. **Vitamin D (Calciferol)** – depleted by steroids and corticosteroids, smoking, muscle relaxants, mineral oil (laxatives), Histamine H₂ blockers (i.e. Tagamet™, Pepcid™, Zantac™), estrogen (and oral contraceptives), diuretics, diabetic medication, all cholesterol-lowering drugs, including statins and bile acid sequestrants (i.e. Questran™, Colestid™), asthma medications, aspirin, antiseizure medication (i.e. barbiturates, phenytoin), antibiotics, antidepressants, antiarrhythmics (i.e. digoxin), antacids, analgesics, alcohol, cooking (heat), light, high fever, physical and mental stress.
- Some cholesterol-lowering drugs, antacids, and steroid hormones (cortisone) interfere with vitamin D absorption as well as depletion.
 - **Vitamin D is necessary for healthy thyroid function.**
7. **Iron** – a trace mineral depleted by NSAIDs (i.e. ibuprofen), mineral oil and laxatives, narcotics, histamine H₂ blockers (i.e. Tagamet™, Pepcid™, Zantac™), choline magnesium trisalicylate (an anti-inflammatory), all cholesterol-lowering drugs, including statins and bile acid sequestrants (i.e. Questran™, Colestid™), Carisoprodol™ (pain reliever), caffeine (especially the tannic acid in coffee and tea), aspirin, antibiotics, antacids, high phosphorus diet (bran), excess sweating, heavy bleeding (i.e. menstruating women, bleeding ulcers), candida yeast infection, phosphate food additives and EDTA (disodium ethylene diamine tetra acetate – a food preservative).
- Excessive dairy products and eggs inhibit iron absorption.
 - **Iron deficiency has been reported to impair the body's ability to make its own thyroid hormones.**
8. **Selenium** – a trace mineral depleted by steroids and corticosteroids, SSRI antidepressants, excess zinc or copper, caffeine, alcohol, food processing,

high fat foods, infection, injury, blood loss, aging, and physical and mental stress.

- **Selenium deficiency is common in individuals eating a low protein diet.**
- **Selenium is necessary for the conversion of the T₄ thyroid hormone to the active form T₃ hormone.**

9. **Zinc** – a trace mineral depleted by steroids and corticosteroids, SSRI antidepressants, HIV medication, Histamine H₂ blockers (i.e. Tagamet™, Pepcid™, Zantac™), estrogen (and oral contraceptives), diuretics, caffeine, all cholesterol-lowering drugs, including statins and bile acid sequestrants (i.e. Questran™, Colestid™), antibiotics, aspirin, antiseizure medication (i.e. barbiturates, phenytoin), antacids and ulcer medication, alcohol, ACE inhibitors and other blood pressure lowering drugs (including beta-blockers), diarrhea, perspiration, kidney disease, cirrhosis of the liver, food processing, physical and mental stress, a diet high in fiber, and the consumption of hard water. Zinc levels are lowered by diabetes.

- **A deficiency of zinc results in a decrease in the conversion of the T₄ thyroid hormone to the active form T₃ hormone.**

10. **Tyrosine** – a nonessential amino acid depleted by estrogen and oral contraceptives.

- **Tyrosine assists in the functions of the adrenal, thyroid and pituitary glands.**
- **Tyrosine is necessary for the production of the thyroid hormones.**
- **Deficiency of tyrosine can produce underactive thyroid and disrupted metabolism.**

NOTE: From the above, it's obvious that nutrient-stealing drugs should be avoided, and for many reasons, not just thyroid function!

How SSRI Antidepressants Can Contribute to Thyroid Suppression

One of the greatest contributors to thyroid suppression in my opinion, are the SSRI antidepressants, such as Prozac™, Paxil™, Zoloft™, Celexa™, etc. The first antidepressant in its class was Prozac™, which was announced in the U.S. in 1987. The others soon followed, as Eli Lilly experienced such success with Prozac™, the profit potential was obvious. This was especially apparent when, at a conference in Anaheim California that I attended several years ago, Dr. Ann Blake Tracy indicated that since the 9/11 incident, one in 3½ people in the nation were on antidepressants.

As Prozac™ was the first announced SSRI antidepressant, it is the best known. I don't want you, or the maker of Prozac™ (Eli Lilly), to think that I am picking on Prozac™, or that it is the only SSRI antidepressant involved in suppressing the thyroid. Although I may sometimes refer to Prozac™, the same would normally apply to the other SSRI antidepressants as well

Following are a few potential ways that SSRI antidepressants could contribute to thyroid suppression:

1. **Prozac™ / Fluoride.** According to Dr. Tracy, every molecule of Prozac™ just happens to contain three molecules of fluoride! The problem is – fluoride is a known thyroid suppressant.

2. **Prozac™ / Stress Hormones.** The stress hormone cortisol is another thyroid suppressant associated with Prozac™. Dr. Tracy states that just one 30 mg dose of Prozac™ increases cortisol by 200%! While on Prozac™, it's as though you are stressed every single day. This elevated stress hormone not only suppresses the thyroid, but also contributes to elevated blood sugar leading to diabetes (a major cardiovascular risk factor). It would also promote cancer.

3. **SSRIs / Insulin resistance / Diabetes.** The increased level of blood sugar, stimulated by the elevated cortisol not only **contributes to insulin resistance** and

thus type II diabetes, but is also contributing to damage to the arteries in the process. And of course once the insulin resistance is well established, we have another problem: **Insulin resistance in the liver.** The enzyme in the liver, necessary for the T₄ thyroid to T₃ conversion, becomes less efficient as it is dependent upon an adequate level of glucose. Less T₃ thyroid results in **reduced metabolism, and thus lowered temperature.** Then as we know, this also results in **less efficient enzyme action!** And unfortunately, there's more.

4. **SSRIs / Protein-binding.** The problem now is – the SSRI antidepressants are highly protein binding, and thus very difficult for the liver to metabolize. Then, due to the reduced metabolism, you should begin getting a higher dosage of your antidepressant, as well as all your other medications, **greatly increasing the risk of thyroid suppression and possible drug overdose!**

5. **Prozac™ / Drug interactions.** An increase of side effects from all your medications can now be expected. And anyone who drinks alcohol is just adding to the risk. According to Dr. Tracy, the influence of alcohol is greatly potentiated by Prozac™ (basically by 10 times!). The problem is – the same P450 enzyme in the liver that is responsible for metabolizing toxins such as alcohol, is also attempting to metabolize your medications, including Prozac™.

6. **Paxil™ / Alcohol.** Although we have been focusing on Prozac™, as it was the first announced and most widely known, the same basic problem also applies to the other SSRI antidepressants. According to Dr. Tracy and Dr. Glenmullen, Paxil™ is likely the worst in its class. Dr. Tracy indicated that **although drinking one drink of alcohol while on Prozac™ is like drinking ten, with Paxil™ it is comparable to forty!** I could likely go on all day, but I will just take the problem of thyroid suppression by these antidepressants one step further and then quit.

7. **SSRIs / Bipolar Disorder and Lithium.** As Dr. Tracy noted, an antidepressant is basically a stimulant, such as cocaine, which also raises the

level of serotonin. Any unnatural stimulation of any hormone leads to a rebound effect. The result is often an imbalance, such as the bipolar disorder. That often results in another drug, such as the antipsychotic drug Zyprexa™, which is well known for contributing to diabetes and obesity. One more problem associated with Prozac™ is a shutting down of serotonin receptors, or resistance to serotonin from the continual overstimulation caused by Prozac™. This then led to another potential side effect associated with SSRI antidepressants: Depression!

What Do We Know About the Prescription Thyroid (Synthroid™)

1. Synthroid™ is a chemical form of T₄ thyroid.
2. In his book *Natural Hormone Replacement* (2001), Dr. Neal Rouzier, M.D. states that most of his new patients were experiencing typical thyroid symptoms, even though they had been taking the thyroid medication Synthroid™, (which was obviously ineffective).
3. The basic problem is, the majority of people have difficulty converting the T₄ thyroid, to the much more active T₃ form. Many different factors can easily undermine the efficient thyroid conversion process in the liver. One good example is Insulin resistance, associated with type II diabetes.
4. As with drugs in general, Synthroid™ not only has its share of associated side effects, but also some troubling potential risks, which should make any doctor think twice before prescribing it over a much safer, and proven effective alternative.
5. It has been reported in the Journal of the American Medical Association, that Synthroid™ depletes calcium (http://www.vitaminevi.com/Index/Drug_Index-F.htm).
6. Some common side effects associated with Synthroid™ include:

* Diarrhea	* Irritability	* Headache	* Hand Tremors
* Leg cramps	* Insomnia	* Vomiting	* Nervousness
* Changes in menstrual periods			

7. Then, some of the symptoms from possible overstimulation are:

- | | | |
|---------------------------|-----------------------|-----------------|
| * Abdominal cramps | * Anxiety | * Chest pain |
| * Emotional instability | * Hair loss | * Headache |
| * Heart attack or failure | * Irregular heartbeat | * Hyperactivity |
| * Increased heart rate | * Irritability | * Tremors |
| * Shortness of breath | * Nervousness | * Palpitation |
| * Sleeplessness | * Muscle weakness | |

8. We are also warned that: Synthroid™ can interact with a wide variety of medications, which just happen to include some widely used medications, such as:

- | | | |
|------------------------------|------------------------|-------------|
| * Oral Contraceptives | * Antidepressants | * Antacids |
| * Blood pressure medications | * Asthma medication | * Diuretics |
| * Diabetes drugs | * Blood thinning drugs | * Aspirin |

9. A surprising number of women are placed on Synthroid™, (and normally left on the drug), yet we also find the warning that: “Postmenopausal women on long-term Synthroid™ therapy may suffer a loss of bone density, increasing the danger of osteoporosis [brittle bones]” (<http://www.healthsquare.com/newrx/syn1421.htm>).

10. Most importantly, the majority of diabetics are hypothyroid (requiring thyroid medication), and as we know the greatest common contributor to cardiovascular disease is diabetes. Thus, there is an obvious connection with all three conditions, yet from one source we find that:

If you have diabetes, or if your body makes insufficient adrenal corticosteroid hormone, Synthroid® will tend to make your symptoms worse. Synthroid® has profound effects on the body. Make sure your doctor is aware of all your medical problems, especially heart disease, clotting disorders, diabetes, and disorders of the adrenal or pituitary glands (retrieved from <http://www.healthsquare.com/newrx/syn1421.htm>).

While another source additionally warns:

Tell your doctor if you have or have ever had diabetes; hardening of the arteries (atherosclerosis); kidney disease; hepatitis; cardiovascular disease such as high blood pressure, chest pain (angina), arrhythmias, or heart attack; or an underactive adrenal or pituitary gland (retrieved from <http://www.nlm.nih.gov/medlineplus/druginfo/medmaster/a682461.html>).

As you can easily see, we have some obvious concerns regarding the use of the Synthroid™, which most doctors insist on prescribing for a thyroid disorder, as it is intimately connected with both diabetes, and cardiovascular disease.

Then there is the concern of possibly experiencing some of the more serious side effects associated with overstimulation (drug overdose), such as emotional instability or possibly even heart attack or failure, which is greatly increased when combined with any of the many commonly prescribed medications that Synthroid™ can interact with.

I would assume that by far, the majority would be taking at least one of the medications on the list. For instance, women are already ten times as likely to experience a low thyroid condition as men, however many women are likely taking oral contraceptives, which is not only on the list of potentially interacting drugs, but is also a known thyroid suppressant.

Also, as mentioned earlier, depression is one of the most common symptoms associated with a hypothyroid condition, and even though Synthroid™ seldom resolves the condition, patients are normally left on Synthroid™, while another medication on our list of potentially interacting drugs (antidepressants) is often added, increasing potential risks.

Many in the nation are also taking at least one of the over-the-counter medications antacids or aspirin, which also increase the potential for drug interaction. The more potentially interacting medications you find on that list that you might be taking while on Synthroid™, the greater your risk will be.

As usual, there is a much safer alternative, known as Armour™ Thyroid, which we will now examine.

Some of the Many Benefits of Armour™ Thyroid

1. Because Armour™ thyroid is a natural product, (and not a chemical compound), your liver will not attempt to remove it, as it would with Synthroid™. Consequently, your effective dosage can be more easily controlled and maintained.

2. In Armour™ thyroid we find a combination of both T₄ and T₃, in the same proportion our body normally produces. Although T₃ is approximately four times as fast acting as T₄, both actually work well together, as the T₄ helps moderate the action of T₃. Sometimes the T₃ thyroid, (if not combined with T₄), can result in overstimulation unless slowly released, as only the body can efficiently do. Although a time-release form of T₃ is available, it can only be obtained through a compounding pharmacy, and there appears to be a concern. It is very difficult (if not impossible) to accurately achieve even distribution of the time-release agent with the T₃ thyroid hormone. Our thyroid normally produces an adequate level of T₄ thyroid, thus that is seldom the cause of the majority of hypothyroid conditions. It is instead an inefficient conversion process, and thus an insufficient level of free T₃ thyroid.

3. Companies such as *Standard Process*™, Inc., which produce quality supplements from natural sources only, include glandulars in their formulas that they refer to as protomorphogens. They contain extracts of organs such as heart, adrenals, kidneys, liver, thymus, or thyroid, etc. The extracts are normally from either bovine (beef) or pork organs. We find they are not species specific, but instead organ specific. This means, in our body they are not broken down as other proteins to individual amino acids, but instead go directly to the specific target organ, and are beneficial for maintaining or regenerating the specific organ intended.

As Armour™ thyroid is a glandular extract, it would likely strengthen the thyroid as well. Then, according to Dr. David Brownstein, M.D., it also contains T₁ and T₂ thyroid, as well as the beneficial cofactors calcitonin and selenium. Most importantly, **although Synthroid™ seldom works, Armour™ thyroid seldom fails.** The importance of proper metabolism cannot be over stressed, so getting the most effective form of thyroid hormone is essential.

4. We can only begin to appreciate the value of Armour™ thyroid, if we consider that many in the nation are needlessly placed on potentially dangerous antidepressants, when Armour™ thyroid would often resolve the condition (as well as many others). And by taking a thyroid hormone that truly works, the action of all 3,000 enzymes in the body will also begin working more efficiently. Then, many who were unable to lose weight, due to insufficient metabolism, would finally be much more successful.

5. And last but definitely not least, I believe we are all aware of the tremendous deterioration to the overall body, especially the cardiovascular system, the eyes, and kidneys, associated with diabetes. And then we have the amazing discovery of both Dr. C. D. Eaton and Dr. Broda Barnes, that thyroid therapy (using Armour™ thyroid) prevented the normal complications normally associated with their patients' diabetes! We also find that many of the conditions we normally attribute to diabetes, are actually influenced by a hypothyroid condition, which can only be truly resolved by Armour™ thyroid (not Synthroid™).

I rest my case.

The Natural Armour™ Thyroid, Versus Synthroid™

A typical response by many doctors upon a patient's request for Armour™ thyroid seems to be that it is not as well regulated as Synthroid™. In reality, quite the opposite is actually true. The problem with Synthroid™ is, like other medications, it is a chemical compound, which is treated as a toxin by the liver.

Then it also interacts with many other commonly prescribed medications, as we just learned. Especially when taking multiple medications, drinking alcohol, or even eating grapefruit (which suppresses the P450 enzyme in the liver responsible for detoxification), how can anyone accurately predict the effective dosage they might get on any particular day? So, even if the amount of T_4 thyroid in Synthroid™ was closely regulated, your effective dosage can still vary considerably.

Now, let's compare that with the Armour™ thyroid. First we'll evaluate the process for producing Armour™ thyroid, in order to assure that an accurate level, and ratio of both natural T_4 and T_3 are properly maintained. We find that:

Armour™ Thyroid is made from desiccated (dried) pork thyroid glands. The amount of thyroid hormone present in the thyroid gland may vary from animal to animal. To ensure that Armour™ Thyroid tablets are consistently potent from tablet to tablet and lot to lot, analytical tests are performed on the thyroid powder (raw material) and on the actual tablets (finished product) to measure actual T_4 and T_3 activity.

*Different lots of thyroid powder are mixed together and analyzed to achieve the desired ratio of T_4 to T_3 in each lot of tablets. **This method ensures that each strength of Armour™ Thyroid will be consistent with the United States Pharmacopoeia (USP) official standards and specifications for desiccated thyroid lot-to-lot consistency.** The ratio of T_4 to T_3 equals 4.22:1 (4.22 parts of T_4 to one part of T_3) (<http://www.armourthyroid.com/faq.html#q3>).*

We then find that Armour™ thyroid meets all the USP standards for accuracy and safety, as follows:

Armour™ Thyroid Tablets, USP contain the labeled amounts of levothyroxin and liothyronine, as established by the United States Pharmacopoeia (USP). To meet quality standards it must also pass bacteriological testing and must meet other product quality tests. The ratio of Armour™ Thyroid T_4 to T_3 is 4.22:1 (4.22 parts of T_4 to one part of T_3) (<http://www.armourthyroid.com/faq.html#q7>).

If you want even more proof, which should convince any doctor with an open mind, we just happen to have another opinion from a very credible source: *The New England Journal of Medicine!*

NEJM STUDY PROVES ARMOUR THYROID BETTER THAN SYNTHROID

Patients with hypothyroidism show greater improvements in mood and brain function if they receive treatment Armour thyroid rather than Synthroid (thyroxine). Hypothyroidism, where the gland has ceased to function or been removed, is usually treated with daily doses of Synthroid. But the researchers found that substituting Armour thyroid led to improvements in mood and in neuropsychological functioning.

Not all tissues that need thyroid hormone are equally able to convert thyroxine to triiodothyronine, the active form of the hormone. But most patients with hypothyroidism (reduced thyroid function) are treated only with thyroxine. On 6 of 17 measures of mood and cognition -- a catchall term that refers to language, learning and memory -- the patients scored better after receiving Armour thyroid than after receiving Synthroid. No score was better after Synthroid than after combination treatment. The authors also detected biochemical evidence that thyroid hormone action was greater after treatment with Armour thyroid. The patients who were on Armour thyroid had significantly higher serum concentrations of sex hormone-binding globulin.

The New England Journal of Medicine 1999;340:424-429, 469-470

(<http://internationalhealth.net/NewsArticles.htm#armour>).

So the question is: Where did most doctors learn that Armour™ thyroid is not adequately regulated? Likely from the Abbott Laboratories representative who was promoting his company's product (Synthroid™). If he had done the research himself, he obviously would have known better.

Dr. Neal Rouzier discovered that many of his new patients were still suffering from typical thyroid symptoms, although they had been placed and often left on Synthroid™ (T₄) for years. The problem is – far too many don't efficiently convert the T₄ thyroid to the much more active T₃ form. However, Dr. Rouzier found that his new patients immediately noticed a major improvement when placed on

Armour™ thyroid. Yet, in spite of the noted improvement, their own personal doctor normally insisted on placing them back on Synthroid™ (artificial T₄ thyroid), and absolutely refused to prescribe Armour™ thyroid. Is there something drastically wrong with this picture?

The Natural Way to Assure Healthy Thyroid Function – What Is Normal Thyroid Function?

We find an interesting observation by Dr. Rouzier, in his book *Natural Hormone Replacement* (2001), (an area he specializes in). He noted that ***“In spite of ‘normal’ thyroid levels on standard blood tests, results are only seen with the restoration of the thyroid to optimum levels.”*** He went on to cite an interesting study as follows:

*One study in particular, reported in the Journal of the American Geriatric Society, attested to the above findings. In a five-year project, Dr. James C. Wren studies **347 atherosclerotic patients** – 174 women and 173 men – with only 31 considered clinically hypothyroid or with lab values below the normal range. With this in mind, all patients were given thyroid supplementation, and results were then calculated. Many of the patients experienced significant improvement and their mortality rate was cut in half of what is usual for this type of untreated patient. **What is truly amazing about this study is that only nine percent had diagnosed hypothyroidism, yet a majority of participants reaped benefits from their thyroid supplementation** (p. 156).*

I can easily see why the majority (91%) in the study, who appeared to have normal thyroid function, still experienced significant improvement from natural thyroid supplementation. For one thing, in my opinion the standard for thyroid evaluation is likely flawed. It appears the criterion was based on the average population, however, I would guess that approximately half the adults in the nation are either subclinical (borderline low), or actually hypothyroid (low). That percentage also runs considerably higher regarding both women and diabetics, (and many women are also diabetics).

Thus, if “normal” was based on an average including those with low thyroid levels, wouldn’t that result in “normal” actually being low?

The optimum level is obviously the one at which you perform the very best both physically and mentally. Your body is by far the best laboratory in that regard. For example, professor Dr. Lavene discovered that most of his brightest students were actually slightly hyperthyroid (high). The question remains: Are they really marginally high, or are they actually normal? Just the fact that people who are hypothyroid (low) are much more prone to experience many undesirable conditions, such as depression, heart disease, and diabetes, appears to be a good enough reason to maintain optimum, not marginal thyroid function.

The decision is up to you. Would you be satisfied being in the low-to-normal range, or would you prefer to maintain it in the optimal range? A good analogy is your I.Q. Although the range considered as normal is fairly broad, would you rather be at the bottom or the top of normal? The same would obviously apply to the thyroid, and its performance.

According to Dr. David Brownstein, M.D., author of the book *Overcoming Thyroid Disorders* (2002), some people simply require a higher dosage of thyroid to overcome the problem of cellular resistance. Once the problem of resistance is eliminated (if possible), the dosage may be reduced accordingly.

Another influencing factor, according to retired professor Dr. Ray Peat, Ph.D., is that people quite often require more thyroid hormone – sometimes up to four grains more – in the winter months than during the summer (<http://www.thyroid-info.com/articles/ray-peat.htm>).

Additional thyroid hormone may also be necessary when consuming a high-protein diet (also up to 4 grains daily), according to Broda Barnes, M.D.

The **appropriate** dosage in my opinion, is the one which you feel your best. That amount often varies between individuals, and as you can see, there are

actually many different factors involved. According to Broda Barnes, M.D., quite simply ***“The proper dosage for any individual is the minimum needed to relieve symptoms”*** (*Hypothyroidism: The Unsuspected Illness*, 1976, p. 285).

NOTE: Remember, resolving any health issue involves first eliminating as many contributors to the condition as possible, and then adding nutrients important for restoring good health.

Natural Solutions for Promoting Healthy Thyroid Function

Following are some do-it-yourself approaches you might try first that wouldn't require finding a doctor willing to prescribe Armour™ thyroid.

NOTE: Some foods that enhance your body's production of thyroid hormones are: Sea vegetables (kelp, dulse), garlic, radishes, egg yolk, wheat germ and brewer's yeast.

1. **Drug withdrawal (if necessary)** should be your first priority in order to restore your health to optimum levels. Unfortunately, taking supplements will have little value, as long as you also continue taking medications that are known to deplete them. Also, as drugs only suppress symptoms, and do so in an unnatural way, you have absolutely no way of determining if a condition has been truly resolved, as long as you continue taking the medication. Drugs would only suppress symptoms and undermine any effort you might be making to truly identify the underlying issue, or effectively evaluate your progress. If you recall, nearly 87% of the drugs evaluated for nutrient depletion, were found to deplete nutrients important for healthy thyroid function.

2. **Iodorol™** is critical to supporting healthy thyroid gland function. It is a natural iodine formula, consisting of both iodine and potassium iodide. Dr. David Brownstein, M.D. found in a study, that 91.7% of the patients that were tested for low iodine levels actually had an iodine deficiency. According to Dr. Brownstein, this appears to be a huge public health problem. He also

confirmed, from clinical experience, that **the combination of iodine/iodide, called Iodoral™, was beyond a doubt, far more effective than a supplement that contained only iodine.** Dr. Brownstein also discovered that although the breasts in women, and the prostate gland in men, concentrate iodine, **the thyroid primarily concentrates iodide instead.**

In his book *Iodine: Why You Need It, Why You Can't Live Without It* (2004), Dr. Brownstein also noted that “Other tissues, including the kidneys, spleen, liver, blood, salivary glands, and intestines can concentrate either form” (p. 50). So, we can easily see the thyroid gland must also share iodine with other glands and systems in the body. That would obviously increase the potential for an iodine deficiency, which according to Dr. Brownstein, is quite prevalent. He also stated that “**All individuals with a thyroid disorder should be screened for an iodine deficiency**” (p. 99).

Dr. David G. Williams suggests a simple self-test to determine if you are iodine-deficient, as outlined in the June 2004 issue of his Alternatives newsletter. Although he admits it is not 100% accurate, it is easy to do, inexpensive, and works very well as a screening tool. Simply dip a cotton swab or ball into USP tincture of iodine (available at most any drugstore), and paint a 2-inch circle of iodine on a soft area of skin such as your stomach or the inner part of your thigh or arm. If the yellowish stain disappears in less than one hour, your body is lacking in iodine. If the stain remains for more than four hours, it is an indication your iodine levels may be adequate.

3. **Celtic sea salt** is an excellent source of iodine, as well as many other minerals important for supporting thyroid function, and in their natural most efficient ionic form.

4. **Water.** Adequate water greatly influences every part of the body, and is necessary in all areas of health. It is especially important regarding the thyroid, as

dehydration is considered a stressor, contributing to thyroid suppression. Dehydration also causes cells to become insulin resistant, which reduces the liver's ability to efficiently convert the thyroid hormones. I recommend ten 8-ounce glasses daily, along with 1 teaspoon of the Celtic sea salt.

5. **Selenium.** An additional consideration might also be a selenium deficiency. It has been found that **selenium-deficient individuals are almost always hypothyroid**. In fact, according to David Brownstein, M.D. (*Overcoming Thyroid Disorders*, 2002), he states that *"I have found significant numbers of patients in my practice who have selenium deficiencies, with resultant hypothyroid symptoms. When these deficiencies are improved, their hypothyroid symptoms often improve"* (pp. 65-66).

Selenium has also been shown to elevate mood and decrease anxiety, with the recommended daily dosage being 200 mcg of selenium yeast (the most absorbable form), which is available at most health food stores and online. The enzyme 5'deiodenase responsible for converting the T₄ thyroid to the active T₃ form in the liver requires the mineral selenium, and that is likely the selenium connection.

Selenium is a trace mineral that can easily be depleted by SSRI antidepressants, caffeine, infection, and stress, as well as a high fat diet and many other factors. The level of selenium in food greatly depends on the levels of selenium in the soil where the food was grown, thus the vegetables grown in California's soil are likely to have a different concentration of selenium than the vegetables grown in New Jersey.

6. **Vitamin A.** Insufficient vitamin A can cause a deterioration of the pituitary gland's basophil cells where the thyroid-stimulating hormone is synthesized, limiting the amount of iodine that the thyroid gland can absorb, and reducing the amount of thyroid hormone it produces. Vitamin A can be depleted by all

cholesterol-lowering drugs, antibiotics, caffeine, alcohol, and bad fats, as well as many other things.

7. **Vitamin B-complex.** Vitamin B₂ (riboflavin) strongly influences how well the thyroid gland synthesizes its hormones. Sufficient vitamin B₃ (niacin) is essential to the good health of all glands, especially the thyroid, by assisting in the respiration of cells and the efficient metabolism of carbohydrates, fats and protein. A thyroid gland deficient in vitamin B₆ (pyridoxine) has difficulty converting iodine into thyroid hormone. And in one study, when cattle were fed a diet deficient in vitamin B₁₂, there was a significant reduction in the conversion of T₄ to T₃. At the same time, low thyroid function decreases our ability to absorb vitamin B₁₂. Thus, the best solution is to take a good 100 mg B-complex vitamin daily, which includes all the B-vitamins. Keep in mind that microwave cooking can destroy the majority of the B vitamins in your food.

8. **Vitamin D₃** is necessary for healthy thyroid function. Vitamin D₃ is commonly depleted by such things as alcohol, antidepressants, antibiotics, aspirin, smoking, stress, and all cholesterol-lowering drugs, just to name a few. Adequate vitamin D₃ is especially important for cancer prevention.

9. **Tyrosine.** For thyroid hormone to form, a biochemical union of the amino acid tyrosine and iodine must occur. **Tyrosine is commonly depleted by estrogen and oral contraceptives.** Although meat, fish, and eggs contain tyrosine, some may benefit from 1,000 mg of supplemental tyrosine daily.

10. **Zinc** levels appear to be directly correlated with the levels of the active thyroid hormone T₃. According to David Brownstein, M.D. (*Overcoming Thyroid Disorders*, 2002), ***“My experience has clearly shown a decrease in the conversion of T₄ into T₃ in zinc deficient individuals”*** (p. 67).

11. **DHEA** (dehydroepiandrosterone) increases sensitivity to thyroid production, or conversion in the liver. It is also known to increase the insulin sensitivity of cells, (an important factor in diabetes). I would recommend 50 mg daily.

12. **Relora™** is an herbal formula (available at most health food stores, and online), containing magnolia and philodendron, and is available at most health food stores. It has two important functions: Reducing the stress hormone cortisol, while increasing the level of DHEA. The recommended dosage is 150 mg, three times daily.

13. **Iron** deficiency has been reported to impair the body's ability to make its own thyroid hormones. Low iron can result from antacids, aspirin and antibiotics, among other things. In my opinion, the best form of organic iron is blackstrap molasses. Take one to two tablespoons daily.

14. **Valerian root.** As we have learned, stress hormones are a major contributor to thyroid suppression, and Valerian is a very effective herb for relieving stress. It is fact acting, perfectly safe, and doesn't cause drowsiness. I would recommend taking two capsules, (450 mg each), anytime you experience stress. Valerian is inexpensive and should be available in your local health food store, or online.

15. **TG100™** (available through *Women's International Pharmacy*) is a non-prescription item that contains 40 mg of thyroid tissue, along with 5 mg each of adrenal, pancreas, thymus, and spleen tissue, plus 120 mg of vitamin C (ascorbic acid). The other glandulars are important for supporting the thyroid function.

I found that the combination of Iodoral™ and TG100™ was effective™ in maintaining my wife's metabolism, without the necessity of using thyroid hormones. I have her take 1 capsule of TG100™, twice daily (in the morning and evening), along with 1 tablet of Iodoral™. The best dosage might vary, which is true with all supplements. It will obviously be more effective if you can also avoid as many thyroid suppressants as possible.

16. Armour™ Thyroid. One last thought: If all else fails, you can always attempt to find a doctor who would be willing to prescribe Armour™ thyroid (see the reference list in back of this book). Then, if your pharmacy has a problem filling the prescription, one reliable source is *The Rx Company*, a locally owned family pharmacy in Fargo, ND, at (800) 323-3873.

A Word of Caution – And an Observation

Just don't ever allow yourself to get caught in the web (of the madness in medicine), as far too many often do. It is beyond belief that after decades of research and trillions of dollars invested, the obvious continues to be overlooked. The basic problem is: The true natural solutions, (as well as prevention), are not profitable. Unless we change our priorities in medicine, and place our health before profit, we will continue to experience an increase in our rate of disease, along with the constant escalation of our healthcare cost. We must finally take a stand and say: I will now take more responsibility for my own health, and my very first step will be to no longer be held hostage by my medications, and begin phasing them out of my life forever. Remember – just play it safe, monitor your levels, listen to your body and use caution during your withdrawal. It will definitely be worth your effort.

SECTION: LUNGS

Lung Disorders and Potential Solutions

Evaluating the Importance of Healthy Lung Function – Not Only the Absorption of Oxygen, But Also the Elimination of Toxins

Healthy lung function is critical for the health of every cell. In order to assure that there will be of an adequate supply of oxygen to the cancer, it's important that we pay particular attention to the health of your lungs. No matter if you were diagnosed with asthma, Chronic Obstructive Pulmonary Disorder (COPD), emphysema, or possibly Bronchiectasis, it's still a lung disorder that should be addressed. They are basically a designation of a specific condition, but they often tend to overlap.

Although our focus will be on cancer, our primary objective will be achieving optimum overall health, which relies on adequate oxygen absorption, and delivery throughout the body and the brain. Although the liver helps remove toxins, we also eliminate toxins through our skin by perspiring, and through our lungs when we exhale. When the lungs become too stiff and inflexible, or congested from the accumulation of fluid or mucus, some of the carbon dioxide and toxins are not adequately eliminated. As a result, there is less room for oxygen when we inhale, and thus less oxygen for delivery to the cancer. You can easily see why it's so important that we address the health of the lungs, if that's a concern.

An anaerobic (oxygen deficient) condition is a major contributor to cancer, as cancer thrives in an oxygen-deficient environment. When cancer is exposed to oxygen in a lab test, it soon dies. Our objective will be to assure that your remaining years will be as productive as possible; basically quality years, that you can look forward to, no matter what conditions you might be dealing with. That is

why all our recommendations will be non-toxic, and beneficial for enhancing your overall health.

Traditional Medicine's Prognosis Can Be Rather Depressing, To Say the Least.

When minor individual lung conditions are not adequately addressed, but are instead suppressed with various drugs or inhalers, they gradually worsen. You normally start with some initial symptom, referred to as an acute or immediate condition. Symptoms should be a warning to us that something is not quite right, and should thus be resolved. If properly treated in a timely manner, and in a natural drug-free way, it would not progress into a degenerative chronic (long-term) condition. Although it's not the most profitable approach for doctors, or the drug manufacturers, it will be our approach. It's also the type of healthcare that we all deserve, and (I might add) should insist upon!

As usual, the traditional approach of suppressing a symptom is more often than not, actually worsening the condition, rather than addressing the underlying problem, (obviously not a solution). Drugs basically turn an acute (immediate) condition into a chronic (long-term) condition, which then requires a lifetime of symptom-suppressing drugs. That's without a doubt the most profitable approach, although you should not allow them to add you to their list of unsuspecting victims! Now that you know, you can instead "just say no to drugs", as I have over the years. There are always "much better" natural options to choose from. That's the only way that achieving true health is possible.

If you went to a pulmonary (lung) specialist, you would likely be told that you have a chronic lung condition, for which there is no known cure. Most doctors are much better at coming up with some condition (diagnoses) than they are at providing a good solution. Their only solution would be to help control the symptoms (with drugs), which can in time actually worsen the condition, as well as

your overall health. The only other option for a serious lung condition such as Bronchiectasis would normally be lung transplant (surgery). Then if you were fortunate, and a donor with a healthy lung could be found, and if the very invasive surgery were successful as well, it would still require a lifetime of immune suppressing medication, to avoid rejection.

The problem is – once your immune system has been suppressed, your defenses are gone, (similar to giving you the HIV virus)! You no longer have the normal defense against any viruses or bacteria we are all exposed to. Possibly worst of all, is the greatly increased threat of acquiring cancer. Our very best defense against cancer is a strong healthy immune system, which must be suppressed following lung transplant surgery, in order to prevent rejecting the transplanted organ.

Not to worry though, as they just happen to have an antidepressant such as Prozac™ to help you deal with the depressing news that you were just dealt, (no good options). And of course they now have an antipsychotic medication, called Zyprexa™ (also by Eli Lilly) to help you deal with the bipolar disorder, which is just one of Prozac's many side effects. Then you will of course be required to begin taking one or more diabetes medications soon, (one more of Prozac's blessings). But fortunately, they now have several to choose from.

Although Prozac™ is known to cause diabetes from long-term use, Eli Lilly found a way to “dramatically speed up the process” with their more recent discovery, Zyprexa™. Then Prozac™ and Zyprexa™ together are a winning combination when it comes to creating diabetes. And an additional bonus is that Zyprexa™ discovered a way to help you rapidly gain weight as well, (actually one of the most effective weight gain drugs that I am aware of). Although I understand there just happens to be a new best-selling drug for weight loss. Isn't it reassuring

that, no matter what your condition might be, there will always be some drug, (or series of drugs, when necessary), to help you deal with it?

I think many would, without a doubt, question the wisdom of taking all those drugs if they were required to pay for them. If that were true, drugs and natural supplements would at least have an equal opportunity to prove themselves. As drugs are normally covered by your insurance, (and supplements aren't), they definitely have a distinct advantage. They also have another distinct advantage. As they are highly profitable, there is plenty money to promote them daily with their very expensive, although apparently convincing TV commercials. And of course, your doctor whose advice you depend upon has been indoctrinated, beginning with his training in medical school, and on a regular basis by his friendly pharmaceutical rep, ever since. Their only disadvantage is their poor track record, worsening rather than improving your health, (something even many doctors are unaware of). They often take them themselves – possibly the reason the average doctor lives only 58 years.

Every company is fully aware of the side effects associated with each medication they create, and manage to somehow get FDA approval for, (and that's another whole story). Anyway, they don't waste any time creating new drugs to treat the symptoms they are fully aware you will soon be experiencing. What a fascinating business; create a problem, but never really provide the solution, just suppress the symptom and then create a few more. Then, by marking the price up a few thousand percent, (which they actually do), you would assume it has to be good, if it costs that much. What a brilliant idea; why didn't I think of that?

Hopefully I got my point across. The question is: Might there possibly be an alternative approach that might make more sense, and not be quite as depressing? As usual, there always is.

Emphysema – Normally Associated With Smoking, and Some Of The Benefits of MSM

The following story was obtained from the website of author and researcher Karl Loren:

My name is John Booth and I live in Portland Oregon.

I worked in the shipyards as a welder down in the hull and smoked 2 packs of cigarettes a day. I got what doctors call emphysema, I was coughing and hurting most the time. I started taking MSM and after a year I have strong lungs that allow me to breathe easily. The MSM made it possible for me to continue on with my work and my life.

Here's how it works:

*Emphysema is not caused by smoking. Dogs get it, horses get it, and they never smoke. But the **smoking burns the tissues in the lungs so that the cells are dying faster than the body is able to replace the new cells.***

Think of it in terms of making concrete: one guy brings water, one guy brings sand, and the another guy brings the cement.

You have what you need to make concrete, but the guy bringing the cement keeps taking a break because his feet hurt.

The final mixture or product you have is adobe and not concrete.

When cells are dying in a hurry and you're not giving your body enough building materials, you start losing the flexibility in the lungs and they tear. If this happens too often, and you still don't provide the necessary building materials, you start to build a type of scar tissue.

MSM gives your body the building materials it needs to make good flexible cells and strong lungs, with the ability to expand and contract freely. It also helps sore and tired feet (retrieved from <http://www.bulkmsm.com/research/msm/msm3.htm>).

Unfortunately, John didn't mention if he learned his lesson regarding the damage to his lungs from smoking, and thus stopped, or how much MSM he took for a year.

Something else that may prove beneficial is the Horsetail herb (shavegrass), which is the best source of the mineral Silicon. Studies have shown that "*Horsetail (Equisetum arvense) helps to repair lung tissue for bronchitis, emphysema and*

lung disease” (<http://www.femhealth.com/horsetail.html>). It is available at most health food stores, or on the Internet.

Evaluating the Source of MSM, As Well As Its Many Benefits

MSM is an extract of DMSO, a natural product of wood, which has many benefits when applied topically (or transdermally). It is an excellent painkiller when applied to an injured area. It absorbs through the skin rapidly, and helps deliver other substances that are unable to penetrate on their own. MSM contains sulfur, which as noted above, helps increase a cell’s flexibility and strength. That’s why it helped John eliminate his emphysema. You will often find MSM included in many joint formulas, as well, as it helps with both pain and flexibility.

It was also discovered that MSM can at times help remove aluminum from the brain, (important for reducing Alzheimer’s risk). This is just one more example of how natural substances are basically multi-talented, and can at times bring about amazing recoveries.

We might not always understand exactly how they manage to accomplish everything they do, as they are often very complex molecules. If you pay close attention, you will discover that the same supplement is often recommended for several different conditions throughout this book. You might think of them as bonuses, that your body will do its best to take advantage of. Again, just the opposite of drugs, which normally have an extensive array of troubling side effects, and are busy, robbing you of critical nutrients as well, (what I consider as the bad guys). The more you learn, the more apparent that will become. Our objective will be to stick with the good guys, to provide the best possible solution.

Where Is Cadmium Found, And How Does It Damage The Lungs?

In her book *Detoxify or Die* (2002), Dr. Sherry A. Rogers, M.D. discusses a lot of different toxins. She cites their sources, as well as the conditions they contribute to. It is one of the most comprehensive books I have encountered on

toxins. I can easily identify one toxin in particular that this gentleman is definitely exposed to, (and at an excessive level), and that's cadmium. **Two well-known sources of cadmium are cigarettes, and fumes from welding, (both risk factors John was exposed to).**

When sailing on merchant ships for five years in my youth, I spent many hours cleaning the hulls in the ship (the area John worked in), after the cargo had been unloaded. I know from experience, **especially when in dry dock, or in the shipyards where repairs take place, there is very little circulation in the hull,** but especially in the lower part of the hull, called the deep tanks, (one more risk factor). By the way, the hull is where the cargo is stored, and the deep tanks are either filled with cargo, or ballast, to help stabilize the ship when returning without cargo. We actually hauled all kinds of cargo in the different ships I sailed on during that time.

On my first trip, in 1951, for instance, we loaded lumber in Coos Bay, Oregon, and went through the Panama Canal to upstate New York. We then picked up sulfur in Port Sulphur, Louisiana, on the return trip, and delivered it to the paper mills in the Puget Sound area, in Washington State. I also made a few trips to Madras, Visakhapatnam (Vizag), and Calcutta India, carrying wheat. We also hauled scrap metal to Yokohama, Japan. We even hauled food to Inchon, Korea, and then picked up dead soldiers in coffins, and transported them to San Juan, Puerto Rico, during the Korean War. One especially long voyage was on a tanker hauling crude oil, which we loaded in Saudi Arabia. We were gone nearly a year, and traveled around the world. During that trip we stopped at many ports in different countries. Instead of having hulls, as the dry cargo ships do, the tankers of course carry oil in huge tanks.

Interestingly, Portland Oregon where John Booth worked in the shipyards, just happened to be my homeport, where I always shipped out from. I was an able

seaman in the deck department. Other seamen that work in the engine room are referred to as the black gang. Incidentally, the title has absolutely nothing to do with their race; it's just a dirty job, and thus the title. And we finally have the stewards' department, who are primarily responsible for feeding us. If you're lucky, you might get a good chief cook; if not, you just have to live with bad meals until your next voyage. Although most navy vessels have hundreds, or at times even thousands in their crew, we normally had only about thirty-five, (including the officers). Although most Merchant Seamen drank, I never did, and thus I was often drafted as the designated driver, or Helmsman upon leaving port, when accurate steering is especially critical.

Well, maybe it's best I get back to the subject at hand, basically lung disorders. If we recall, John Booth was a welder who worked in the hulls of ships, (with very little ventilation), and also smoked two packs of cigarettes a day. A very bad combination, as both smoking, and the fumes from welding, contain the toxin cadmium. Cadmium poisoning can contribute to many conditions, including emphysema, which John was suffering from.

According to Dr. Rogers, in her book *Detoxify or Die* (2002), **smoking two packs of cigarettes a day is "a veritable death wish."** She also claims that: *"The presence of cadmium and other heavy metals stimulate the body's formation of metallothionein, a metal-binding protein, which then **concentrates cadmium 3000-fold in the body**"* (pp. 116-117). Incidentally, at least on my part, that's not a misprint. It's actually three thousand fold! One more reason to eliminate the heavy metals, (especially if you're a smoker or welder), thus that will also be our focus. As you can easily see, the presence of other heavy metals would result in a dramatic increase in the cadmium level in the body. And of course, the heavy metals not only greatly potentiate the cadmium level, but they also pose many other risks on their own.

Dr. Rogers also notes that the accumulation of cadmium can contribute to many different conditions, not just emphysema. For instance, osteoporosis, anemia, high blood pressure, arthritis, kidney disease, chronic fatigue, and vision damage, are just a few others. Possibly even worse is the fact that **cadmium is a carcinogen, which not only contributes to the development of cancer, but according to Dr. Rogers, cadmium actually acts like fertilizer for cancers.** Thus, it both stimulates and promotes the growth of cancer.

She also states that:

*In other studies **cadmium**, also ubiquitous in our air, food, and water, **lowered the T3 (the active thyroid hormone), but did not raise the TSH [the thyroid stimulating hormone] which is what the brain's master gland uses to turn on more thyroid production in the body.***

*If that weren't enough of a trick, **cadmium leaves the main test that most physicians use to screen for thyroid adequacy looking perfectly normal.***

[MY NOTE: Cadmium is just one of several thyroid suppressants that most doctors would fail to recognize.]

*On the optimistic side however, **ascorbic acid or vitamin C can protect against thyroid damage caused by environmental heavy metals** (Sherry Rogers, *Detoxify or Die*, 2002, pp. 124-126).*

[MY NOTE: As vitamin C is not only inexpensive, but also has so many different benefits, it's a vitamin I would recommend that everyone with cancer take.

I would recommend a minimum of 8,000 mg of ester C with bioflavonoids daily,
in divided doses.]

Although the good guys (nutrients) provide many different benefits, the toxins (such as drugs, and heavy metals) in turn create more than their share of problems. They are by far the greatest contributors to not only cancer, but also disease in general. Thus our focus must be building up our army of good guys, to

help eliminate the bad guys, which includes eliminating any unnecessary medications. In my opinion, seldom are any really necessary, (especially long-term). They are normally created for a lifetime of use, (the profitable approach). That also contributes to a lifetime of poor health, and the increased risk for developing disease, or dying prematurely.

Could Your Medications Possibly Be Causing Your Asthma? The Chances Are Far Greater Than You Might Suspect

If you have asthma, and are also taking other medications, they could very well be responsible. Mary Lou is a prime example of how many different medications can be responsible for creating lung problems in general. I was curious as to why she was experiencing such a bad case of asthma, that her doctor had felt it somehow necessary to place her on three different asthma medications to control.

Would you believe, every single one of her other medications that had been prescribed for the bipolar disorder, depression, cholesterol, and hypertension, were actually contributing to her asthma. As you will see, the pneumonia that many of the elderly supposedly die of, is basically a respiratory infection, along with fluid in the lungs. Could their death possibly be caused by their medications? Quite possibly so. It's an all-too-common cause of premature death of the elderly in the country. I can't help but wonder how many of the elderly are being placed on medications that are responsible for their disability. Not only that but, the inhalers the patients have been placed on for asthma, are responsible for thousands of premature deaths each year, (yet in spite of the fact, they still remain on the market)! Just so you can see exactly what I mean, it might be helpful to take a moment and examine the specifics.

In my book *A Drug-Free Approach To Healthcare* (now available in the *2009 Revised Edition*), I explain how Mary Lou successfully eliminated nine different

medications in only sixty days. It all started with Prozac™, sixteen years prior. Mary Lou (like many others), was surprised that it was entirely possible! Most are concerned that eliminating their medications might be risky. The truth is – by far the majority of medications are not only inappropriate, but also undermining your health. They do so by depleting critical nutrients, and creating troubling symptoms, which other drugs are in turn prescribed for (something Mary Lou discovered).

The Six Medications That Were Causing Mary Lou's Asthma

Below is “just one of the many” side effects associated with each of the other six medications Mary Lou had been taking that were contributing to poor lung function or asthma:

1. Prozac™ - Trouble in breathing.
2. Lithium Carbonate – Tightness in chest.
3. Desyrel™ - Chest pain and shortness of breath.
4. Zocor™ - Upper respiratory infection.
5. Lisinopril™ - **Asthma**, bronchitis, and painful breathing.
6. Hydrochlorothiazide – Difficulty breathing, inflammation and fluid in the lung.

We also find some additional issues regarding all three of her asthma medications (Albuterol, Intal™, and Alupent™). First, two of the three list high blood pressure as possible side effects. Then, the drug **Alupent™ lists worsening or aggravation of asthma as one possibility.** Then, both Albuterol and Intal™ list allergic reaction as a potential side effect. The problem is – allergic reactions are known to stimulate the production of histamine. Elevated histamine in turn, results in constriction of the bronchial tubes in the lungs, and the formation of mucus, which would thus contribute to asthma.

Albuterol appears to be the worst of the three medications Mary Lou was taking for asthma. It is not only one of the two medications that can contribute to

hypertension, but following you will find **twenty major concerns of the total of at least 67 potential side effects associated with Albuterol use** (those in bold print, in my opinion, appear to be some of the most serious):

- | | |
|---------------------------------------|--|
| * Depression | * Heart palpitations |
| * Aggression | * Increased blood pressure |
| * Agitation | * Increased difficulty breathing |
| * Allergic reaction | * Irritability |
| * Anxiety | * Nervousness |
| * Coordination problems | * Overactivity |
| * Diabetes | * Rapid heartbeat |
| * Drowsiness | * Respiratory infection or disorder |
| * Excitement | * Restlessness |
| * Fluid retention and swelling | * Sleeplessness |

Incidentally, as you can see, “depression” is one of many potential side effects associated with the inhaler Albuterol, which Mary Lou was prescribed for the asthma, caused by her other medications. Yet, Mary Lou was already taking two medications for depression! Aren’t drugs fascinating?

Dehydration – A Common Cause of Asthma Symptoms

When we are dehydrated, our body panics and attempts to stop any unnecessary loss of moisture. It’s quite apparent on a cold frosty morning for example, that we are constantly losing moisture along with carbon dioxide when we exhale. The body responds to dehydration the same as it does to an allergen, by producing histamine. Elevated histamine causes constriction of the bronchial tubes, and the formation of mucus in the lungs. Although, in response to dehydration, the objective is to prevent additional loss of moisture, in order to avoid any unnecessary dehydration.

Also, when we are dehydrated, the blood becomes thicker (basically more solids and less liquid). Thus, the circulation of blood through the capillaries in the lungs becomes much less efficient. Even worse, the histamine in the blood that leaves the lungs and enters the heart (a very short distance), also constricts the

coronary arteries that supply the heart muscle, thus increasing the risk of experiencing a heart attack. Our organs are all interconnected, and the efficiency of our lungs and heart especially, has a major influence on the amount of oxygen delivered throughout the body and brain. Thus, resolving any lung (or heart) condition is important, in order to assure that all cells receive an adequate supply of oxygen – especially important for resolving or preventing cancer.

Dr. F. Batmanghelidj, M.D. came up with a solution that appears to work. You basically need to convince your body that dehydration is no longer a threat. The solution is to drink a large glass of water, and then place a pinch of sea salt on your tongue. Your body uses salt to help retain water. According to Dr. Batmanghelidj, the combination of salt and water are the best antihistamine.

Incidentally, I discovered that my sister June had been depending on an inhaler for years, to control her asthma. I suggested that she might try the water along with a pinch of Celtic sea salt, and also begin drinking more water. To her amazement, she no longer needed her inhaler. That was the beginning of the withdrawal of all her medications, and a quite dramatic recovery, I might add. A surprisingly common occurrence regarding anyone who chose to make the change, and eliminated their dependency on drugs – a wise decision they never regret. Then if you are ever caught in a natural disaster such as Hurricane Katrina, or possibly get lost while hiking, you won't have to panic because you wouldn't have access to your medications. The good news is, you would no longer need them. What a relief!

Another One of Modern Medicine's Questionable Solutions

If you have been depending on an inhaler – you might want to reconsider. It's hard to believe they are still being promoted, especially after you read the following:

*Researchers from Stanford and Cornell Universities reviewed 19 studies involving nearly 34,000 patients and came up with an alarming finding. People using the popular inhalers containing the long-acting beta-agonist drugs salmeterol (Serevent and Advair) or formoterol (Foradil) were 2.5 times more likely to be hospitalized for severe asthma attacks and 3.5 times more likely to die from an attack than those using a placebo inhaler. **Of the 5,000 deaths attributed to asthma in this country every year, an estimated 4,000 of them are actually caused by these drugs!** (Dr. Julian Whitaker's Health & Healing newsletter, November 2006, Vol. 16, No. 11, pp. 3-4).*

As you can see, these are unbelievably risky drugs that should make anyone using an inhaler think twice about finding a safer option, if you value your life!

Incidentally, Quercetin is also a natural antihistamine, (available at most health food stores and online), and is naturally found abundant in apples and onions. Taking magnesium would also help the bronchial muscles relax, and enhance your energy level, as well as lower your blood pressure.

As you will soon discover, we have several drug-free options, for various lung conditions, to choose from.

Aggressive Marketing Tactics Lead To The Excessive Marketing of Dangerous Steroid Medications

According to a study reported in the *British Medical Journal* (July 8, 2000, 321:88-92), the incidence of asthma has increased by 250% in the last twenty years. Of even greater concern is, the number of prescriptions for inhaled steroid medications for asthma has increased **more than six times** in the last decade. Are these steroid medications possibly being abused by the medical profession? Especially, if you consider the fact that **the incidence of asthma has increased by 250% in the past twenty years, yet the number of prescriptions of inhaled steroid medications actually increased by over 600%, in only ten years (half the time)!**

According to those statistics, something is drastically wrong. I can't help but wonder if the drug companies' increasingly aggressive marketing tactics have a lot to do with such an unexplainable increase. Incidentally, it just happened to be about 13 years ago the FDA approved the direct advertising of drugs to consumers on TV. If the advertising didn't result in considerably increased sales, they obviously wouldn't continue spending billions doing so, (TV advertising is definitely not cheap). Of greatest concern is the fact that steroids, in any form, can be very dangerous. Worst of all is the fact that, at least in the majority of cases, there is often a relatively simple drug-free solution. That is something most doctors were unfortunately not trained to consider, (find the source of the problem, and then resolve it).

Prednisone – A Very Scary Drug, To Say the Least

Prednisone is in a class of drugs called steroids that reduces swelling although it decreases the body's ability to fight infections.

Commonly prescribed for asthma and rheumatoid arthritis.

➤ ***Nutrients depleted: Vitamin A, vitamin B₂, vitamin B₃, vitamin B₆, vitamin B₁₂, folic acid, vitamin C, vitamin D, calcium, chromium, magnesium, manganese, potassium, selenium, zinc, and intestinal flora (Bifidobacterium Bifidum and Lactobacillus Acidophilus).***

Side effects may include:

Abdominal swelling, allergic reactions, bone fractures, bruising, congestive heart failure, cataracts, convulsions, Cushingoid symptoms (moon face, weight gain, high blood pressure, emotional disturbances, growth of facial hair in women), face redness, fluid and salt retention, headache, increased appetite, increased eye pressure, increased sweating, increase in amounts of insulin or hypoglycemic medications needed, indigestion, inflammation of the pancreas, irregular menstruation, muscle wasting and weakness, osteoporosis, poor healing of wounds, protruding eyes, stomach ulcer, suppression of growth in

children, symptoms of diabetes, thin, fragile skin, tiny red or purplish spots on the skin, vertigo.

Rare side effects may include:

Blindness (sudden, when injected in the head or neck area); burning, numbness, pain, or tingling at or near place of injection ; confusion; excitement ; false sense of well-being; hallucinations (seeing, hearing, or feeling things that are not there); mental depression; mistaken feelings of self-importance or being mistreated; mood swings (sudden and wide); redness, swelling, or other sign of allergy or infection at place of injection; restlessness ; skin rash or hives.

Additional side effects may occur if you take this medicine for a long time. Check with your doctor if any of the following side effects occur:

Abdominal or stomach pain or burning (continuing); acne; bloody or black, tarry stools ; changes in vision; eye pain; filling or rounding out of the face; headache; irregular heartbeat; menstrual problems; muscle cramps or pain; muscle weakness; nausea; pain in arms, back, hips, legs, ribs, or shoulders; pitting, scarring, or depression of skin at place of injection; reddish purple lines on arms, face, groin, legs, or trunk; redness of eyes; sensitivity of eyes to light; stunting of growth (in children); swelling of feet or lower legs; tearing of eyes; thin, shiny skin; trouble in sleeping; unusual bruising; unusual increase in hair growth; unusual tiredness or weakness; vomiting; weight gain (rapid); wounds that will not heal.

After you stop using this medicine, your body may need time to adjust. The length of time this takes depends on the amount of medicine you were using and how long you used it. If you have taken large doses of this medicine for a long time, your body may need one year to adjust. During this time, check with your doctor immediately if any of the following side effects occur:

Abdominal, stomach, or back pain; dizziness ; fainting; fever; loss of appetite (continuing); muscle or joint pain; nausea; reappearance of disease symptoms; shortness of breath ; unexplained headaches (frequent or continuing) ; unusual tiredness or weakness; vomiting; weight loss (rapid).

Corticosteroids may cause infections such as chickenpox or measles to be more serious in children who catch them. These medicines can also slow or stop growth in children and in growing teenagers, especially when they are used for a long time. Before this medicine is given to children or teenagers, you should discuss its use with your child's doctor and then carefully follow the doctor's instructions.

Older patients may be more likely to develop high blood pressure or osteoporosis (bone disease) from corticosteroids. Women are especially at risk of developing bone disease.

Prednisone lowers your resistance to infections and can make them harder to treat. Prednisone may also mask some of the signs of an infection, making it difficult for your doctor to diagnose the actual problem.

Prednisone can alter the way your body responds to unusual stress. If you are injured, need surgery, or develop an acute illness, inform your doctor. Your dosage may need to be increased.

You should avoid immunization shots with live or live, attenuated vaccines while taking high doses of Prednisone, because Prednisone can suppress the immune system. Immunization with killed or inactivated vaccines is safe, but may have diminished effect.

Long-term use of Prednisone may cause cataracts, glaucoma (increased eye pressure), and eye infections.

Large doses of Prednisone may cause high blood pressure, salt and water retention, and potassium and calcium loss. It may be necessary to restrict your salt intake and take a potassium supplement.

Prednisone may reactivate dormant cases of tuberculosis. If you have inactive tuberculosis and must take Prednisone for an extended period of time, your doctor will prescribe anti-TB medication as well.

Prednisone should be used cautiously if you have an underactive thyroid, liver cirrhosis, or herpes simplex (virus) infection of the eye.

This medication may aggravate existing emotional problems or cause new ones. You may experience euphoria (an exaggerated sense of well-

being) and difficulty sleeping, **mood swings, or mental problems**. If you have any changes in mood, contact your doctor.

People taking corticosteroids, such as Prednisone, have developed Kaposi's sarcoma, a form of cancer.

For patients with diabetes this medicine may affect blood glucose (sugar) levels. If you notice a change in the results of your blood or urine sugar tests or if you have any questions, check with your doctor.

Long-term use of Prednisone can slow the growth and development of infants and children.

Use aspirin cautiously with Prednisone if you have a blood-clotting disorder.

Avoid exposure to chickenpox and measles.

Prednisone should not be used if you have a fungal infection or if you are sensitive to or allergic to steroids (corticosteroids).

The presence of other medical problems may affect the use of corticosteroids. Make sure you tell your doctor if you have any other medical problems, especially:

- Acquired immunodeficiency syndrome (AIDS) or
- Fungus infection or
- Herpes simplex infection of the eye or
- Human immunodeficiency virus (HIV) infection or
- Infection at the place of treatment or
- Other infection or
- Recent surgery or serious injury or
- Strongyloides (worm) infestation or
- Tuberculosis (active TB, nonactive TB, or past history of)—Corticosteroids can cause slower healing, worsen existing infections, or cause new infections

- Chickenpox (including recent exposure) or
- Measles (including recent exposure)—Risk of severe disease affecting other parts of the body

- **Diabetes mellitus (sugar diabetes)—Corticosteroids may cause a loss of control of diabetes by increasing blood glucose (sugar)**
- *Diverticulitis or*
- *Stomach ulcer or other stomach or intestine problems or*
- *Active or dormant peptic ulcer*
- *Ulcerative colitis, severe—Corticosteroids may cover up symptoms of a worsening stomach or intestinal condition. A patient would not know if his or her condition was getting worse and would not get medical help when needed*
- **Glaucoma—Corticosteroids may cause the pressure within the eye to increase**
- **Heart disease or**
- **High blood pressure or**
- *Kidney disease (especially if you are receiving dialysis) or*
- *Kidney stones—Corticosteroids cause the body to retain (keep) more salt and water. These conditions may be made worse by this extra body water*
- *High cholesterol levels—Corticosteroids may increase blood cholesterol levels*
- *Liver disease or*
- **Overactive thyroid or**
- **Underactive thyroid—With these conditions, the body may not eliminate the corticosteroid at the usual rate, which may change the medicine's effect**
- *Myasthenia gravis—When you first start taking corticosteroids, muscle weakness may occur. Your doctor may want to take special precautions because this could cause problems with breathing*
- **Osteoporosis (bone disease)—Corticosteroids may worsen bone disease because they cause the body to lose more calcium**
- **Psychosis—This condition may be made worse**
- *Systemic lupus erythematosus (SLE)—This condition may cause certain side effects of corticosteroids to occur more easily*

If Prednisone is taken with certain other drugs, the effects of either drug could be increased, decreased, or altered. It is especially important to check with your doctor before combining. Although certain medicines should not be used together at all, in other cases two different medicines may be used together even if an interaction might occur. In these cases, your doctor may want to change the dose, or other precautions may be necessary. When you are taking corticosteroids, it is especially important that your health care professional know if you are taking any of the following:

- *Aminoglutethimide (e.g., Cytadren) or*
- **Antacids (in large amounts) or**
- *Barbiturates, except butalbital, or*
- *Carbamazepine (e.g., Tegretol) or*
- *Griseofulvin (e.g., Fulvicin) or*
- *Mitotane (e.g., Lysodren) or*
- *Phenylbutazone (e.g., Butazolidin) or*
- *Phenytoin (e.g., Dilantin) or*
- *Primidone (e.g., Mysoline) or*
- *Rifampin (e.g., Rifadin)—Use of these medicines may make certain corticosteroids less effective*
- **Aspirin**
- **Blood thinners such as Coumadin**
- **Estrogen medications such as Premarin**
- *Ketoconazole (Nizoral)*
- **Nonsteroidal anti-inflammatory medications (NSAIDs) such as Indocin**
- **Troleandomycin (Tao)**
- *Amphotericin B by injection (e.g., Fungizone)—Using corticosteroids with this medicine may decrease the amount of potassium in the blood. Serious side effects could occur if the level of potassium gets too low*
- **Antidiabetic agents, oral (diabetes medicine taken by mouth) or**
- **Insulin—Corticosteroids may increase blood glucose (sugar) levels**
- *Cyclosporine (e.g., Sandimmune)—Use of this medicine with high doses of methylprednisolone may cause convulsions (seizures)*
- *Digitalis glycosides (heart medicine)—Corticosteroids decrease the amount of potassium in the blood. Digitalis can increase the risk of having*

an irregular heartbeat or other problems if the amount of potassium in the blood gets too low

- **Diuretics (water pills) or**
- *Medicine containing potassium—Using corticosteroids with diuretics may cause the diuretic to be less effective. Also, corticosteroids may increase the risk of low blood potassium, which is also a problem with certain diuretics. Potassium supplements or a different type of diuretic is used in treating high blood pressure in those people who have problems keeping their blood potassium at a normal level. Corticosteroids may make these medicines less able to do this*
- *Immunizations (vaccinations)—While you are being treated with this medicine, and even after you stop taking it, do not have any immunizations without your doctor's approval. Also, other people living in your home should not receive the oral polio vaccine, since there is a chance they could pass the polio virus on to you. In addition, you should avoid close contact with other people at school or work who have recently taken the oral polio vaccine*
- *Ritodrine (e.g., Yutopar)—Serious side effects could occur*
- *Skin test injections—Corticosteroids may cause false results in skin tests*
- *Sodium-containing medicine—**Corticosteroids cause the body to retain (keep) more sodium (salt) and water. Too much sodium may cause high blood sodium, high blood pressure, and excess body water***
- *Somatrem (e.g., Protropin) or*
- *Somatropin (e.g., Humatrope)—Corticosteroids can interfere with the effects of these medicines*

Why Must We Continue Resorting To Such Dangerous Drugs?

Although the oral and injected steroids appear to be effective in suppressing the inflammation in the lungs, and thus help relieve the symptoms, their long-term use can be rather scary to say the least. If you look at the potential serious conditions associated with the oral steroids that far too many are being placed on, one can't help but wonder why anyone would consider continuing their use, when

far better, and perfectly safe options are readily available. Steroids can even drastically change your appearance, due to the hair loss, weight gain, and puffy cheeks. I have seen people on steroids, and it totally changes their appearance. They are hardly recognizable, especially if you haven't seen them for a while.

Worst of all, it's totally unnecessary to resort to such dangerous drugs. It all comes back to the source of the problem – just plain greed! Patented drugs are far more profitable. Then to assure that most people depend upon their toxic drugs, they convince your doctor that is their “only option”. They even go so far as to assure that their drugs, (and not natural supplements), will be covered by your insurance. With them, it's rather like playing the game of Monopoly™, and they are out to win at all costs, no matter whose life must be placed at risk, (or possibly even sacrificed).

It even gets worse if we also consider the importance of all 15 nutrients, plus the good bacteria (intestinal flora) in the intestinal tract, which are being depleted by steroid medications. The beneficial bacterium being depleted is important for efficient absorption of nutrients in the foods we eat. That also causes the bad bacteria (candida) to flourish. This is one very troubling condition called Candidiasis, which we discussed in an earlier chapter. It basically ferments carbohydrates into alcohol, which is then converted to the very toxic acetaldehyde, (very similar to the formaldehyde that is especially toxic to the brain).

The depleted B vitamins B₆, B₁₂, and folic acid, are those important for controlling elevated homocysteine, which contributes to cardiovascular disease, and damages brain neurons. Most of those with Alzheimer's have elevated homocysteine, and a deficiency of both vitamins B₁₂ and folic acid. Then the vitamin B₆, and the mineral magnesium, are involved in more enzyme actions than any others. Not only that, but the mineral selenium is necessary for converting the

T₄ thyroid hormone to the far more active T₃ thyroid hormone, contributing to a hypothyroid (low thyroid) condition.

Then if you noticed, one warning was that the underactive thyroid could in turn basically reduce the liver's ability to efficiently remove toxins. Our body is fully aware that prednisone is a toxin, (something we should be aware of as well). The net result is the potential of an overdose, (the very reason that side effects gradually worsen in time, with long-term use). I could easily go on, if we just consider the many benefits of the other vitamins and minerals that are also depleted. I hope I haven't already overwhelmed you, but at least hopefully convinced you that this is a very serious drug, that should be avoided at all costs.

As you will discover again and again, we can always find far better, perfectly safe, drug-free solutions that very few have ever heard of, if we just look for them. Hopefully that will change in the near future. At least I will do my utmost to help you, my reader, discover the real truth that could be lifesaving, or at least eliminate any unnecessary suffering. If you are as concerned as I am, you might consider spreading the word, and possibly you could help save lives as well. I personally consider it as a service to my fellow men. The motivation that helps me stay focused, and encourages me to continue my research looking for answers.

Something You Should Consider: Over-The-Counter Designation Has Little to Do With Its Safety

According to Dr. Ray Sahelian, M.D., you should “avoid acetaminophen (Tylenol™).” And ***“Regular use of the painkiller acetaminophen, also known as paracetamol, is associated with higher rates of asthma and chronic obstructive pulmonary disease (COPD) and reduced lung function”*** (<http://www.raysahelian.com/asthma.html>).

Dr. Sahelian then poses the obvious question: *“Why is acetaminophen still for sale without a prescription?”* Even worse, why are they allowed to include it in

many different formulas (even for children), as an overdose could easily result in liver failure?

What Causes The Formation of Mucus In The Lungs – And How Can It Be Removed and Prevented?

We'll begin by addressing the formation of mucus in the lungs, and how the condition often begins. The obvious question is: What is causing the mucus to begin forming in the first place? Quite simply, as we just discussed, it's the body's response to dehydration, which is often caused by drinking caffeinated beverages such as coffee or soft drinks, instead of water. Alcohol is also very dehydrating. Even many medications actually contribute to dehydration. The three that appear to be the worst in that regard, are the diuretics, and ACE inhibitors, which are normally prescribed for high blood pressure, and lithium carbonate (the bad form of lithium), for the bipolar disorder. Although, now a far more expensive, and thus more profitable antipsychotic drug called Zyprexa™ is being aggressively promoted by Eli Lilly for the bipolar disorder, (as well as several other non-FDA approved conditions, including dementia and Alzheimer's)!

Incidentally, Mary Lou was actually taking lithium carbonate, a diuretic, and an ACE inhibitor, (all three are known to be dehydrating). Interestingly, all six of her non-asthma medications actually contributed to the asthma that she had in turn been prescribed three asthma medications for. What I often refer to as “the typical domino effect” associated with all medications. Basically the prescribing of drugs, just to deal with the side effects of other drugs. Once Mary Lou withdrew from all nine medications, all those troubling symptoms, (including her asthma), mysteriously disappeared. Quite amazing, wouldn't you say?

Something else to consider is, milk actually creates mucus, (sometimes referred to as phlegm). Then the more milk (or any other beverage) you drink, the less water you will be inclined to drink. No beverage can replace some of the

benefits provided by water, which is known as the universal solvent, and is especially important for the efficient removal of toxins.

Salt actually helps dissolve mucus, as does water. Just be sure to use the complete Celtic sea salt. Mucus is also known as a breeding ground for bacteria and viruses, greatly increasing the risk of acquiring bronchitis, or pneumonia. So, now that we're aware of what causes the accumulation of excess mucus in the lungs, we must focus on its removal.

I would recommend that you begin gradually increasing your consumption of water, while at the same time reducing your intake of other beverages. That's also a good way to help control type II diabetes, as well as begin losing those unwanted pounds. It's surprising how many simple sugars, (with absolutely no fiber), that many consume on a daily basis. Incidentally, diet beverages containing aspartame (NutraSweet™), are excitotoxins, which are especially toxic to the mitochondria (or powerhouse) of all cells, thus they should definitely be avoided. It's recommended that you try to drink one-half of your body weight in ounces of water, daily. So if you weigh one hundred fifty pounds for example, you should try to drink 75 ounces each day. It's recommended that you also gradually increase your water intake over a couple weeks, to give your body time to adjust.

The next step I would suggest regarding the removal of mucus, would be to find an herbalist or natural practitioner familiar with Dr. Christopher's use of peppermint tea, and the herb Lobelia, an amazing therapy that we will be discussing next.

Removing Phlegm and Other Congestion in the Lungs – An Amazing Recovery– In Only Three Hours!

*A Dr. Christopher case history told in his own words: **Lobelia is well known for its great value in curing asthma.** I had an interesting experience during my practice in Evanston, Wyoming more than twenty years ago. One night, after getting up for night calls and finally retiring at 2 a.m., I heard a knock at*

the door. There stood two young fellows carrying a wizened little gentleman between them. They asked, "Can you help Dad? We can't reach his regular doctor, who has cared for him all these years, and he needs help." We brought him in and gave him a cup of peppermint tea. He had to sit up, because he had not been able to lie in bed for over twenty years. **He had suffered severe asthma attacks for twenty-six years, and for twenty of those years had been propped up at night and could sleep for only short spells of thirty minutes or so. He had been under heavy medication during all that time, with no hope of ever getting well.**

After the peppermint tea had been down fifteen minutes or so, I gave him a **teaspoonful of tincture of lobelia**, followed ten minutes later with a second teaspoonful. **He started to throw up phlegm from his lungs.** During the time that the emetic principle was working and bringing up phlegm from his lungs and bronchial cavities, **he ejected over a cupful of varicolored materials, ranging from light to dark, plus other liquids.**

At five o'clock, we released him, and the boys took him home. Two days later, I heard the results. Instead of being propped up as usual in the chair, he said to his boys: "I'm going to lie in a bed; I can sleep tonight." **For the first time in twenty years, he slept the full night in a bed, and he has slept in a bed from that day on.** As a result of his asthma, he had never been able to hold a job for over twenty years; but **that same week he went out and got a job as a gardener** (Dr. John R. Christopher, *School of Natural Healing, Twentieth Anniversary Edition, 1976/1996, pp. 401-402*).

Keep in mind that Dr. John Christopher's son, David, Took this account from his father's writing, much earlier. I would guess that the miraculous recovery he described, likely took place over fifty years ago. I can't help but wonder how many might possibly be experiencing the very same problem that this gentleman was, and aren't aware that the two simple herbs (peppermint and lobelia) might possibly resolve their condition in only a few hours as well. It's a crime that some old-time cures, with so much potential, remain hidden from the public's view. Imagine how many lives could have been saved over all those years, had their doctors only

known. Incidentally, lobelia and tincture are available at many health food stores, and online.

Lack of an adequate supply of oxygen to the brain would, without a doubt, contribute to compromised brain function, often leading to dementia or Alzheimer's, as well as the increased risk of acquiring cancer. Obviously, we won't be getting enough oxygen from the lungs if they are congested with the accumulation of phlegm and various fluids that restrict the absorption of oxygen into the bloodstream. Just this one therapy made a major difference in this gentleman's life. **Fortunately, his regular doctor (who relied on "heavy medications" to treat his condition) was not available, and Dr. Christopher just happened to be.** Incidentally, Dr. Christopher wasn't in it for the money, and would never turn someone away, even if they didn't have the money. He often struggled financially himself as a result. He was responsible for saving many lives during his lifetime.

Incidentally, herbs are often used in combination, such as combining the more calming peppermint tea, with the more aggressive herb Lobelia. As you can see, from Dr. Christopher's account, the gentleman experienced a dramatic recovery. Years of accumulation of phlegm were eliminated, in only 3 hours! You will never find a drug with that kind of potential, no matter what the cost might be. God created herbs, and man created drugs. The question you must ask yourself is: In whom do I place my trust? As usual, just consider the results, and the answer should be obvious.

Using a Nebulizer to Deliver Nutrients Directly into the Lungs in a Vaporized Form

One option to combine with the herbs peppermint and lobelia, which Dr. Christopher did, would be to first dissolve Celtic sea salt in water (free of chlorine and fluoride). Then place the salt water in the Nebulizer, turn it on, and

inhale for a few minutes. Salt is very efficient at dissolving mucus. And according to Dr. F. Batmanghelidj, M.D., salt is the best natural antihistamine. An inexpensive way to resolve two major contributors to lung disorders! The more mucus dissolved, the more will be removed by the expectorant herb lobelia. Then drink the peppermint tea, and then the lobelia tea, as Dr. Christopher did in his protocol.

After your body finishes bringing up the mucus and fluid from the lungs, then combine both ionic liquid magnesium and colloidal silver, and place in the Nebulizer. As both are super small molecules, they can easily penetrate the lung tissue. The liquid magnesium by WaterOz™ would help power the mitochondria in the lung cells, and relax and thus dilate (open) the bronchioles. It would also help prevent spasms in the arteries, (which could reduce the blood flow). The colloidal silver would eliminate any virus, bacteria, or fungus present – a winning combination that is rather easy and inexpensive.

One thing that causes fluid retention in the lungs is Congestive Heart Failure, (a weakened heart), which we also discuss. A major contributor to the condition is statin (cholesterol lowering) medications, due to their well-known (but deliberately ignored) coenzyme Q₁₀ depletion. The heart muscle tissue contains far more mitochondria than other tissue. Statins greatly destroy all muscle tissue, but the heart tissue takes the biggest hit. And all from a drug that provides absolutely no benefit. A drug based “totally on deception”! There is no such thing as bad cholesterol. Both LDL and HDL cholesterol have multiple benefits. God didn't create bad cholesterol. If you would like to learn more on the subject, you can find two articles on my website <http://www.drtanton.com>, titled “Cholesterol and Homocysteine” and “Cholesterol Scare – Are You Possibly One of Their Millions of Victims?”

Nebulizers are relatively inexpensive. Some are battery operated, and others plug into a regular 110 outlet. If I recall, I purchased one a few years ago for about \$75. There is one company that can be contacted visiting <http://www.outpatientmd.com>, or by calling (888) 541-4440, which seems to have pretty good prices.

Following the removal of existing mucus, if you continue your regimen of a teaspoon of Celtic sea salt, along with ample water each day, the mucus in your lungs (as well as your sinuses), should soon become ancient history. Sinus infections are also much more common for the exact same reason, (a perfect breeding ground for bacteria and virus).

Asthma – Glyconutrients to The Rescue A 67-year-old's Peak Flow Improved By 300% In Only 30 Days!

Dr. Blaine S. Purcell, M.D. was invited to report at a conference, regarding a 67-year-old female, (to be published in the August 1997 issue of the *Journal of the American Nutraceutical Association*), who suffered from life-threatening asthma, as follows:

*I introduced glyconutrients [a specially processed extract of Aloe Vera] to her in the acute care setting, soon after learning of this technology in 1996 and **after all drugs had failed to give her relief from severe asthma. First, it allowed me to discharge her from the hospital. In 30 days, her peak flow had improved by 300% and stayed that way for 6 months (to the end of the study period).** The most important thing was that she substituted these economical, non-toxic and harmless in any amount, plant extracts for a \$1,500 monthly expense. This expense included her drugs, **frequent doctor visits and emergency room visits** (*The Healing Power of 8 Sugars*[®], 2006, p. 152).*

As usual, when all else fails – try the natural approach. Better yet, it might be best to start with the natural approach to begin with. Then you might soon discover that makes far more sense than resorting to potentially dangerous drugs that all

too often lead to emergency room visits at the hospital, (and often a shorter lifespan as well).

One source of glyconutrients is online at <http://www.911HealthShop.com>, or by calling (800) 764-9112. Although, you may find others.

Bronchiectasis – A Rather Serious Lung Condition First Analyzing the Condition, Then Providing The Solution

The American Lung Association gives the following explanation of the degenerative lung condition called Bronchiectasis:

When the body is unable to get rid of mucus, mucus becomes stuck and accumulates in the airways. The blockage and accompanying infection cause inflammation, leading to the weakening and widening of the passages. The weakened passages can become scarred and deformed, allowing more mucus and bacteria to accumulate, resulting in a cycle of infection and blocked airways.

Bronchiectasis patients are often given antibiotics for infection and bronchodilator medicines to open passages.

Lung transplants are [sometimes] an option for severe cases.
(<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=35009>)

Two Doctors' Quite Amazing Discoveries – Goji Juice for Bronchiectasis and Emphysema

On a CD titled “Goji – Listen To What Doctors Are Saying”, are discussions by different doctors relating their experiences using goji with their patients, as well as themselves.

Dr. Carlos Orozco, from Mexico City, told of **an 80-year-old lady, whose severe emphysema had completely resolved in only three weeks using goji juice.** And Dr. F.G. Nicley told of **one patient who was on oxygen 24/7, and was able to get off his oxygen just by consuming two ounces of goji twice daily.** He also tells of one lady who had an elevated blood pressure level

of 158/98, and was taking two medications to control her blood pressure. She was able to get off both medications, after her blood pressure normalized, again by ingesting goji juice.

Another account was by Dr. David Bridgman from Queensland, Australia, who had experienced some outstanding results from goji with his patients. First, he was a runner and soon discovered **an improvement in his fitness level, as well as a considerable drop in his heart rate when running.** That would likely indicate an increase in oxygen efficiency. He also recognized **an increase in hemoglobin and white blood cell levels.** He used a biometric testing device, which measures the stored energy in various organs, and found considerable improvement in 90% of his patients. Although the ideal level is 50, he claimed that the majority of his patients' initial reading was 20 to 30, but soon normalized at the optimal level of 50.

By far, the most dramatic results Dr. Bridgman experienced were regarding **two different individuals who were scheduled for lung transplants. After using goji, neither patient required the transplant, a quite amazing discovery!** The condition they were both diagnosed with is considered a fatal lung disease called *“Bronchiectasis [which] is an abnormal stretching and enlarging of the respiratory passages caused by mucus blockage.”*

The Proteolytic (Protein Digesting) Enzyme Vitälzym™ Provides Multiple Benefits

Following is one person's quite amazing experience with Vitälzym™, as noted in one of the testimonials in Dr. William Wong's product information booklet on Vitälzym™. From the benefits this lady recognized, it appears that it was likely thinning her blood, reducing her inflammation, and eliminating the fibrosis in her lungs. Following is one woman's experiences, in her own words:

Seven years ago I had sclerotherapy done on one of my legs for varicose veins. My leg became infected after the procedure causing fibrosis to form. Three months ago I began experiencing an incredible amount of swelling, pain, and lumpiness. I began taking Vitälzym and in under a week I experienced a dramatic reduction in pain. It's been five weeks and my leg is now soft and supple. It's no longer inflamed and I consider the condition resolved!!!!

*In addition, **I have had several unexpected results!** I have always had very sallow, yellowish skin, and now am pleased to report that my skin is a rosy pink and my circulation has improved. In the past year, **I noticed that I had lost some of the vital capacity in my lungs** and I was not able [to] exhale fully. I was very worried about this and **the Vitälzym cleared it up quickly. I can now exhale deep breaths! I feel as though my lungs have returned to normal.** None [of] this would have been possible without Vitälzym, thank you!!*

-- Carol V, Houston, DE

Dr. Wong's Explanation of Vitälzym's Benefits

According to Dr. William Wong, N.D., Ph.D., the enzyme formula called Vitälzym™ basically digests and removes the buildup of fibrosis in the lungs, which is responsible for reducing their efficiency. It also removes fibrogen and any necrotic (dead) tissue in the bloodstream. Thus, it reduces the viscosity of the blood, allowing it to then flow more freely through all the minute capillaries in the alveoli (small air sacs) in the lungs. Another cause of obstruction in the lungs is inflammation. According to Dr. Wong, reducing inflammation is another area that Vitälzym™ is also beneficial. Reducing inflammation often reduces pain, as well as increasing circulation.

It's as though Vitälzym™ was made to order, for the problems Carol had been dealing with. As usual, you will “never” find a drug with the kind of potential that many of the natural resources we will be discussing seem to possess. The difference is like night and day. I personally prefer the daylight, where nothing is hidden, and there is no potential threat.

The more serious lung conditions such as Bronchiectasis, often involve the accumulation of scar tissue. Although we normally think of scar tissue as permanent, according to Dr. Wong that's apparently not really true. He claims the Vitälzym also breaks down scar tissue. This would prove especially beneficial, as the efficiency of both the lungs, and kidneys, can at times be compromised by the formation of scar tissue. Again, one more benefit associated with a natural supplement, and for more than one organ as well.

Many health food stores carry Vitälzym™. If yours doesn't, you can contact *World Nutrition* for availability at (800) 548-2710, or visit <http://www.vitalzyme.com>.

Other Ways to Improve Lung Function

➤ **Maintain healthy blood sugar levels.** Researchers have found a significant link between lung function and blood sugar problems, concluding that high blood sugar levels are independently associated with decreased lung function. In my latest release, *Reversing Type 2 Diabetes While Removing Fat*, I explain how to control blood sugar levels safely, and without any drugs!

➤ **Omega-3 Fatty Acids with Vitamin D.** According to an article found in the February 2006 issue of Dr. James Balch's *Prescriptions for Healthy Living* newsletter (Vol. 5, No. 2), ***"If both omega-3 fatty acids (one to three grams daily) and vitamin D (2,000 IU daily) are taken together, they can significantly improve your lung function."*** We now know that higher doses of vitamin D₃ are more appropriate. That's especially true for cancer patients. Thus I would recommend 4,000 IU two times daily (a total of 8,000 IU of vitamin D₃ daily).

➤ **Apples.** In another article, found in the April 2006 issue of Dr. James Balch's *Prescriptions for Healthy Living* newsletter (Vol. 5, No. 4), it states the following:

*Researchers recently conducted **the largest review of the benefits of apples to date.** They found that apples are more consistently associated*

*with a **reduced risk of cancer, heart disease, asthma, and type-2 diabetes** when compared to other fruits and vegetables. The researchers also found that **apple consumption is positively associated with increased lung function** and increased weight loss. In the laboratory, scientists have found that apples have very strong antioxidant activity, **inhibit cancer-cell proliferation**, decrease lipid oxidation, and lower cholesterol (p. 2).*

It appears that apples, like many herbs or the glyconutritionals for instance, are actually multi-talented, sometimes referred to as adaptogens. Just maybe, the adage “an apple a day can keep the doctor away” might possibly have some merit. Then if your doctor depends on drugs as the only viable solution (as all too many do), avoiding him or her might not be a bad idea. As you can see from the wording, that particular saying likely originated back when doctors made house calls – keeping the doctor away! The objective now is to avoid visits to your doctor’s office, unless absolutely necessary. If you are fortunate enough to have a knowledgeable doctor, familiar with natural therapies and disease prevention, visiting your doctor could actually be beneficial, rather than risky.

My guess is that, many children and adults, are dealing with chronic (long-term) lung disorders that have been treated for years with serious medications, or inhalers, when the condition can often be “cured”, without any drugs. That soon becomes obvious if you consider that several natural therapies have proven to be successful, as we just discovered.

Maintaining optimum lung function is critical to assure you will have sufficient oxygen capacity to both resolve, and prevent, the future occurrence of cancer. It is also important for reducing the risk of developing Alzheimer’s in the future. In fact, it’s critical for your overall health – the ultimate objective. If oncologists considered your overall health (as we will be doing), they could in no way justify exposing their patients to such toxic therapies – those that are capable of totally

destroying the health of a perfectly healthy individual, and even causing them to get cancer! We already know from statistics that, the therapies appropriately titled (slash/burn/poison), greatly “reduce” your chance of survival. Worst of all, you are paying a very high price for the privilege.

SECTION: CANDIDA YEAST INFECTION

The candida yeast converts sugar and digestible carbohydrates to acetaldehyde under anaerobic (oxygen-deficient) conditions, and the intestinal environment is sufficiently anaerobic for this process to occur. Acetaldehyde is the first and most toxic poison created by alcohol metabolism in the liver. It is a carcinogen also found in cigarette smoke, car exhaust, and even embalming fluid. Scientists consider acetaldehyde to be much more toxic to the body (and brain) than the alcohol itself.

The potentially harmful acetaldehyde is transported to the liver, along with digested food. In the liver, it is eventually oxidized to harmless acetate (basically vinegar) and water, by a zinc-containing enzyme called aldehyde dehydrogenase. Unfortunately, due to a genetic difference, the aldehyde dehydrogenase enzyme appears to be much less efficient in the metabolizing of acetaldehyde in the liver of many Orientals and Native Americans, causing it to circulate throughout the body and brain much longer, (something these nationalities should be aware of).

Acetaldehyde binds strongly to proteins (as do the SSRI antidepressants), and like the closely related substance formaldehyde, it has significant potential for damaging organs. Even during moderate production, **acetaldehyde can bind to the cells of the brain**, as well as the intestine, liver, and blood vessels. And during excessive acetaldehyde production, the bonding is cumulative and can at times become irreversible when exposure to the acetaldehyde is prolonged.

At least part of the acetaldehyde is found within the brain, and there is research to confirm that, in two autopsies of FM (Fibromyalgia) patients, **Candida was still found in the brain and its fluid. Then, once the acetaldehyde enters the brain, it hinders the production of acetylcholine, a key neurotransmitter, normally deficient in those with Alzheimer's disease.** Any disturbance in the

availability of the neurotransmitter, acetylcholine, will destabilize the natural functions of the autonomic nervous system, (which controls cardiovascular, respiratory, and digestive functions, and many other involuntary activities). This can potentially result in **erratic thinking and deranged behavior, as well as defective short-term memory**, which is why these mental disturbances are quite common in people with Candidiasis. Actually, **many neurotransmitters can be bound to acetaldehyde**, which results in the formation of “false neurotransmitters” that are thought to **contribute to conditions such as depression, anxiety**, the vague uneasiness sometimes associated with stress, **schizophrenic-like symptoms, difficulties with concentration**, and possibly even **complete lapses in memory**.

Then, if you also combine other medications such as cholesterol lowering and antihypertensive drugs, which are responsible for severe nutrient depletion, and reduced circulation to the brain, you are basically compounding the problem. The SSRI antidepressants such as Prozac™, Paxil™, Celexa™, and Zoloft™, are also notorious for nutrient depletion, (actually, a total of sixteen, **including vitamin B₆**).

Then, according to Dr. Sherry Rogers, M.D., **just a deficiency in vitamin B₆ alone, actually causes the released acetaldehyde from Candida to be even more damaging to the brain, increasing the potential for permanent brain damage**. Thus, the risk of developing either dementia, or Alzheimer's disease, in the future would be much greater. So, we are not just looking at depression and behavioral problems, but also the potential for serious irreversible brain damage!

And, as SSRI antidepressants are also very difficult for the liver to metabolize, they would contribute to elevated acetaldehyde as well. Both are metabolized by the very same P450 enzyme in the liver, and are thus in

competition, increasing the toxicity of both. Not only that, but as both Prozac™ and Paxil™ are known to greatly potentiate (increase the level) of alcohol, and as acetaldehyde is a metabolite of alcohol, they will also increase the level of acetaldehyde that the brain will be exposed to, potentially causing even more brain damage!

What May Help, Until You Can Completely Eliminate The Candida For Good?

It appears as though there is a way to prevent the Candida yeast from producing alcohol, which is in turn metabolized into acetaldehyde, during the first phase of detoxification in the liver. According to Dr. William Wong, N.D., Ph.D., it's the trace mineral molybdenum, at a dosage of 50 mcg to 150 mcg. That's micrograms – far less than milligrams. Dr. Wong claims that **“Yeast can produce up to fourteen percent alcohol in your intestines from the carbohydrates that you eat. This mineral short circuits the process of alcohol production and keeps the fungus in chronic yeast infections from producing the alcohol that makes your brain swim and your mind dopey”** (Wong, *10 Natural Treatments You Haven't Heard Of Until Now*, 2000, p. 19).

Thus, at least until you can resolve the candidiasis, supplementing with molybdenum would be a good solution to prevent exposing your brain to the very toxic acetaldehyde.

As usual, with supplements in general, the trace mineral molybdenum has additional benefits as well. We'll evaluate a few of the more important ones, although there are others as well. The one I personally use is produced in a liquid form, and can be purchased from *Water Oz* in quarts or gallons. It is created in a super small molecule (one-millionth of a micron), and is thus readily absorbed. The recommended dosage is one teaspoon daily. The company is located in Grangeville, Idaho, and their toll free number is (800) 547-2294. Or you could

check them out at <http://www.wateroz.com>, if you prefer. Capsules are usually available at your local health food store.

Following are just a few of the benefits of molybdenum, as listed in the *Water Oz Retail/Buyer's Club Catalog*, (2004, p. 13):

*Molybdenum is a little-known, though essential, trace mineral. It is instrumental in regulating pH balance in the body. **For each pH point increase (e.g., 6.1 to 6.2), the oxygen level is increased ten times, increasing the metabolism and enhancing the body's ability to burn fat.***

When the iron stored in the liver is freed by the molybdenum-dependent enzymes, it then can carry oxygen to body [and brain] cells and tissue.

Molybdenum promotes general well being, aids in carbohydrate metabolism, has proven itself useful in MSG (or other chemical) sensitivity. [An important issue, as MSG and aspartame are both excitotoxins of concern.]

*Some symptoms of a molybdenum deficiency: **Anemia, asthma, Hepatitis C, Cancer, Candidiasis, depression, diabetes, insomnia, liver damage – cirrhosis, lupus, multiple sclerosis, obesity.***

How to Tell If It's Candidiasis

It is best to determine if you have candidiasis by performing some sort of test, which incidentally you can likely do yourself. As Dr. Bruce West, D.C. has suggested, you can test for candidiasis by spitting into a glass of water. If saliva floats, there is not a candida problem.

You can also take this quick quiz. If you answer yes to more than half of the following questions, more than likely your symptoms are yeast-connected.

1. Have you taken repeated "cycles" of antibiotic drugs?
2. Have you ever taken birth control pills?
3. Do you suffer from recurrent digestive problems?
4. Do you suffer from hives, psoriasis, or other chronic skin conditions?
5. Do you suffer from headaches or earaches?

6. Do you suffer from unexplained pain or swelling in your muscles or joints?
7. Do symptoms seem to occur after exposure to tobacco, perfume and other chemicals?
8. Do you crave sugar, breads or alcoholic beverages?
9. Do symptoms seem to worsen after consumption of sugar, breads or alcoholic beverages?
10. Do you suffer from rectal itching or itching of the genitalia?
11. Do you feel bad all over but no one can seem to find the cause?

Natural Solutions for Treating Candidiasis

NOTE: Several issues should be addressed, simultaneously, in order to effectively eliminate the Candida yeast. Serious measures are sometimes necessary to overcome this very aggressive fungus infection. Following are several options to consider.

#1 Avoid or Eliminate the Known Contributors

As noted earlier, the likelihood of developing candidiasis greatly depends on the number of contributors the body is exposed to, thus **eliminating or avoiding as many factors as possible** should obviously be your very first step, as well as watching what you eat. These factors include:

- Stress (physical and emotional) – **Prozac™ produces stress hormones**
- Lack of sleep – **both Ritalin™ and Prozac™ can cause insomnia**
- Allergies (such as food and additives)
- Alcohol (**cravings caused by Prozac™**)
- Caffeine
- Smoking or nicotine
- Environmental Toxins
- Excessive Drug Use (over-the-counter, legal or illegal) – especially antibiotics

- Insufficient stomach acid – especially those with type “A” blood or the use of antacids
- Chlorinated Water (in some water systems, and most commercial swimming pools)
- Fluoride (found in some water systems and Prozac™)

#2 Remove the Primary Food Source

Remember, when you are feeding yourself, you may also be feeding the candida as well, thus **it is important to avoid:**

- ✓ **Sugar and Simple Carbohydrates** (Candida’s primary source of food). And remember, alcohol is sugar!
- ✓ **Avoid all fruits** (they are full of sugar!)
- ✓ **Acidic foods** (Candida thrives on an acidic environment. Some examples of acidic foods are: tomatoes, limes, pickles, and vinegar.
- ✓ **Yeast and all fermented foods.** Any form of bread. Avoid foods labeled “enriched” and all grains containing gluten (wheat, oats, rye, and barley). Remember, alcohol is also a yeast!
- ✓ **Molds**, such as:
 - Any leftover foods that have not been frozen, as mold grows quickly on any food that isn’t eaten as soon as it is prepared.
 - Fruit juices. Not only are they full of sugar, but most fruits used for making juice often contain mold.
 - Aged Cheese.
 - Mushrooms.
 - Dried fruits.
 - Potatoes.
 - Sprouts.
 - Also avoid moldy places, such as basements.

#3 Rebuild the Weakened Immune System To Its Full Potential

Aside from decreasing stress and increasing rest, you will likely be required to change your diet (and definitely avoid sugar). Increasing your nutritional supplementation and eliminating any nutrient depleting medications is also helpful. Just keep in mind that the recommended daily allowance (RDA) of all supplements is normally the average suggested dosage. The most beneficial dosage for a particular individual can sometimes vary considerably between individuals.

✓ **Garlic.** Just one of the suggested supplements listed by the School of Natural Healing, as it **assists in enhancing the immune system.** It has been said that the builders of the pyramids ate garlic daily for endurance and strength, considering it to be one of the most valuable foods on this planet. **Garlic is known as a potent immune system stimulant** and even touted as being a **natural antibiotic.** Additionally, **garlic is also effective against fungal infections, as it aids in removing parasites, and has proven effective in fighting both candida and yeast vaginitis.**

✓ **Vitamin C.** Supplementing with vitamin C not only enhances the immune system, but it can increase iron absorption by as much as 30 percent. It is important to remember that vitamin C can easily be depleted by many things, such as:

- **Alcohol**
- **Antibiotics**
- **Caffeine**
- **Estrogen and oral contraceptives**
- **Histamine H₂ blockers (i.e. Tagamet™, Pepcid™, Zantac™)**
- **NSAIDs (i.e. ibuprofen)**
- **Steroids and corticosteroids**
- **Physical and Emotional Stress (and Prozac™)**

They not only deplete vitamin C, but are detrimental to your overall health as well, so they should be avoided whenever possible.

Be sure to take the **esterfied form of vitamin C**, as it is not acidic and is metabolized by the body easier. In fact, esterfied vitamin C enters the bloodstream and tissues **four times faster** than standard forms of vitamin C. It is buffered with calcium, which helps maintain a more alkaline pH, and avoids the removal of calcium from the bones, which could contribute to osteoporosis. It moves into the blood cells more efficiently and also stays in the body tissues longer. I would recommend 8,000 mg of Ester-C with bioflavonoids daily, in divided doses.

✓ **Iron** is required for a healthy immune system, as well as energy production. Incidentally, iron deficiency is also more prevalent in people with candidiasis. In my opinion, the best form of organic iron is blackstrap molasses, as it is a natural form that won't accumulate at toxic levels as some forms of iron can. One or two tablespoon daily is normally adequate.

✓ **Castor oil** has been found to improve the function of the thymus gland and other parts of the immune system, as well as treating liver disease. Cold-pressed castor oil should be available at your local health food store. Just be aware that castor oil is also a laxative.

✓ **Zinc.** Just as a zinc deficiency can cause deterioration of the liver and the immune system, as well as a propensity to diabetes, zinc supplementation enhances the immune system and the healing process. I would recommend 50 mg daily.

✓ **Ginger** is naturally rich in zinc, and can be made into tea or added to meals. It can also be taken in capsule form, and is readily available at most health food stores and online, as well as inexpensive.

✓ **Lower histamine levels.** Since elevated histamine levels add to allergic conditions and further weaken the immune system, it is important to reduce histamine levels if elevated. Furthermore, Dr. Carl C. Pfeiffer, Ph.D., M.D. claims that **those with high histamine levels actually tend to unconsciously crave**

sugar to relieve the pressure caused by a histamine imbalance, which would just feed the candida.

#4 Correct Any Nutritional Deficiencies Caused by the Candida

✓ **Calcium and Magnesium.** Not only does candidiasis deplete calcium and magnesium, but it has been documented that **patients low in magnesium are more prone to develop chronic (long-term) candidiasis** (Dr. Sherry Rogers, *Depression – Cured at Last!*, 1997). Incidentally, Prozac™ depletes both calcium, and magnesium as well.

Although many formulas contain 2-to-1 calcium-to-magnesium ratios, I recommend the opposite, as do some other doctors. While the normal recommendation might be the adequate for building bone, magnesium is actually used for many different functions throughout the body. When in our youth, our magnesium to calcium ratio is normally 3 to 1, in favor of magnesium. I personally take 1,000 mg of calcium and 2,000 mg of magnesium daily.

It would also be helpful to take 8,000 IU of vitamin D₃ to enhance the calcium absorption, (something I do, as well). During the winter months, or when you are not exposed to direct sunlight, is the time when you're more inclined to be deficient in vitamin D.

✓ **Vitamin K** is produced by the good bacteria in the intestines, thus when the good bacteria is missing, vitamin K is normally deficient. Not only does a deficiency interfere with insulin release, and glucose regulation in ways similar to diabetes, but a deficiency of vitamin K can also produce abnormal bleeding disorders. Vitamin K helps escort calcium to the bones, helping prevent osteoporosis. Incidentally, vitamin K also assists in converting glucose to glycogen for storage in the liver, thus promoting healthy liver function. I personally use one soft gel daily of SuperK™ with K₂, by Life Extension™, which contains 9 mg of vitamin K₁ and 1 mg of vitamin K₂. One daily should be adequate.

✓ **Vitamin B₁** is commonly depleted by candida infections, and yet can easily go completely unnoticed. Vitamin B₁ (thiamine) assists in the production of hydrochloric acid, which is necessary for proper digestion and a healthy digestive tract (preventing candidiasis), as well as reducing stress, and enhancing energy and circulation. One vitamin B-100 complex (which includes 100 mg of B₁, along with the other B vitamins) daily should normally be adequate, unless you drink alcohol, which is notorious for B₁ depletion, then an additional 100 mg of B₁ might be necessary. Best of all, just don't drink alcohol, as it just contributes to candidiasis!

#5 Repair Your Liver

The authors of *Recovery From Addiction* (Finnegan & Gray, 1990) tell us that **the link between candidiasis and liver damage is so strong that it can often cause severe liver damage**, requiring months or even years to correct. They point out that *“Specific nutrients feed and regenerate the liver and glands, so that as people recover they can slowly introduce more good quality complex carbohydrates into their diets and be able to metabolize them”* (p. 41). Following are just a few supplements, which have proven to be beneficial for liver detoxification and repair.

NOTE: Some of the following suggestions may be repeated from chapters sixteen and seventeen of this book.

✓ **Alpha Lipoic Acid (ALA), Selenium, and Milk Thistle**, is a combination used by Dr. Burt Berkson at the Integrative Center of New Mexico, New Mexico State University to successfully treat patients suffering from cirrhosis of the liver, as noted in the March 2002 issue of Dr. David G. Williams' *Alternatives* newsletter (Vol. 9, No. 9, p. 70).

Dr. Berkson published a report detailing a treatment program, as follows:

*Each patient was given 600 milligrams of alpha lipoic acid, 400 micrograms of selenium, and 900 milligrams of Silymarin (milk thistle extract) daily in three divided doses. He reports that **all responded positively to the treatment within a short period of time and none required transplant surgery**. All feel fine and returned to work without any problems.*

This is obviously a much better solution than resorting to a liver transplant, and the accompanying dependence on a lifetime of anti-rejection medication.

✓ **Golden Seal** is extremely effective for cleansing the liver, as well as proving **beneficial for those with liver damage and yeast disorders**. According to the late legendary herbalist Dr. John Christopher, M.H., N.D., 3 to 6 capsules a day, for 1 to 3 months has proven to be effective.

✓ **Chamomile tea** has powerful anti-fungal capabilities, known to **effectively battle candidiasis, as well reduce stress**. Chamomile is also one of a few plants that have been **established to have properties that rebuild the liver**. In fact, researchers found two compounds of chamomile (azulene and guaiazulene) that are able to **initiate new growth of liver tissue** in rats that had portions of their liver surgically removed.

✓ **Lecithin** is a type of lipid (fat) that is needed by every living cell in the body. It not only **helps repair liver damage, but it also enhances the immune system**, and enables fats, such as cholesterol and other lipids, to be dispersed in water and removed from the body. Lecithin granules are the least expensive and can easily be sprinkled on cereals or soups, salads, or juice. I would recommend two to four tablespoons of granules daily. I just swallow the lecithin granules with water, as it has very little flavor.

✓ **Dandelion root** is a multi-talented herb, and **extremely beneficial for candidiasis sufferers**, in many ways. **It improves liver function**, as well as increasing the flow of bile and improving digestion. Available as a supplement in capsules. Two capsules, twice daily, should normally be adequate.

✓ **Potassium supplementation can promote strong liver function**, just as a potassium deficiency can result in weak liver function. Normally, 100 mg daily should be sufficient.

#6 Do The Liver Flush

Once we have healed the liver, removing stones lodged throughout the bile ducts in the liver should prove beneficial. Most adults actually have dozens of stones in their liver or gallbladder, (or both). The process is quite easy, takes only three days, and is painless. The stones are softened, and then removed by working their way through the intestinal tract. They are quite easy to identify, as they float. They normally vary in size, from large grains of sand to the size of marbles, and normally range in color from green to yellow.

As the bile helps digest fats and remove toxins, eliminating any restrictions to its efficient flow would definitely be beneficial. The only thing you need to order is Dews™ *Super Phos 30™*. One 4-ounce bottle is normally sufficient for about 8 flushes, and prices may vary. Although there are several sources on the internet, you may also try your local health food store.

You will also need 3 quarts of apple juice (no sugar added), one cup of pure extra-virgin olive oil, one 12-ounce can of Classic Coke™ (something I wouldn't "normally" recommend), and the juice of one fresh-squeezed lemon, and then **follow the instructions that come with the Dews™ *Super Phos 30™***, (also see chapter seventeen in this book).

Considering the potential benefits, I believe it's well worth the little effort involved. I personally did two flushes myself, about one month apart, and got nearly twice as many stones the first time as I did the second time. Most people are quite amazed at how many stones were eliminated. Remember, they have been accumulating for a lifetime. For some of us, it's much longer than others, as in my case (1933 was a long time ago)! Life was so much simpler back then, when

most of these drugs had yet to be created, although we somehow seemed to manage without them. That was also a long time before we “somehow” developed 374 different mental conditions! It was only after discovering that we had so many different mental conditions, which we weren’t even aware of years ago, that the need for mind-altering drugs suddenly became a major concern, (apparently due to a void that we somehow needed to fill, or possibly a rapidly developing industry that needed financing)!

#7 Kill the candida and prevent it from coming back

✓ **Colloidal Silver.** Silver Biotics™, available through *American Biotech Labs*® is 10ppm purified colloidal silver, and purified water. It contains no artificial ingredients, preservatives, or additives, and when taken in the doses specified, is completely safe for human consumption, or can be applied to the skin or eyes. It’s perfectly safe for young children as well.

Research performed by microbiologist Jason Henrie, at the University of California at Davis, tested the ability of the silver to inhibit the growth of yeast. The following observations were reported:

[Silver Biotics™] definitely inhibits the growth of yeast and the difference between treatments is statistically significant. *The maximum growth rate and the final population are the same, so inhibition is due to a delay in the onset of growth.*

It is important to note that [Silver Biotics™] was applied in only one dose and that in a real-world situation it will be applied multiple times. It is evident that a single 10ppm application could prevent the further growth of a small population of yeast for 24 hours, allowing ones immune system time to respond. Even more, multiple 10ppm applications could conceivably prevent the growth of yeast indefinitely.

Silver Biotics™ is made by a special patented process, and proven in laboratory tests to be more effective than other colloidal silver products, and at a much lower concentration.

Silver Biotics™ can be purchased by calling *American Biotech Labs*® at (801) 756-1000, or on their website <http://www.silverbiotics.com>.

✓ **Coenzyme Q₁₀** (CoQ₁₀) has proven beneficial in treating candidiasis. It is also extremely effective in stimulating the immune system, protecting the stomach lining against ulcers (and maintaining healthy intestinal flora), and is a natural antihistamine (thus assisting in fighting allergies as well). Unless you have been taking medications that deplete CoQ₁₀, 100 mg daily (of the most active form, Ubiquinol) should be sufficient. Statin (cholesterol lowering) medications are some of the worst drugs for CoQ₁₀ depletion, in which case I would recommend 200 mg of Ubiquinol daily, (and **get off the statins**)!

✓ **Folic Acid and PABA (Para-Amino benzoic Acid)** are both water-soluble cofactors of the B-vitamin family, and necessary for the maintenance of healthy intestinal bacteria, thus **preventing candidiasis**. They also promote a healthy digestive/intestinal tract and **assist in depression**. They are both depleted by alcohol, estrogen, and oral contraceptives. Both are normally found in a good vitamin B-complex, (I suggest B-100).

✓ **Vitamin E**. In a report in the *Journal of the American College of Nutrition* (1983), Robert S. London, M.D. of Baltimore tells of controlled research studies using **vitamin E**, resulting in **significant improvement regarding candidiasis symptoms such as: mood swings, headache, craving for sweets, increased appetite, fatigue, depression and insomnia**. Doses ranging from 150 to 600 IU of vitamin E were used, with **300 IU per day appearing to be optimal** (*The Yeast Connection – A Medical Breakthrough*, William Crook, 1983/1986). Keep in mind that vitamin E can be easily depleted by alcohol, antibiotics, aspirin, laxatives, estrogen and oral contraceptives, NSAIDS (i.e. ibuprofen), and **all cholesterol-lowering drugs**. Always take the natural vitamin E. Avoid the one with an “L” following the “D”. Just think of the “L” as standing for “built in a Lab”.

✓ **Essential Fatty Acids (EFAs)** are beneficial for treating and preventing candida, as well as **preventing the fungus from destroying cells**. They also super enhance the immune system. Either flax seed oil or fish oil should work. I would recommend four 1,000 mg soft gels of either, or two of both, daily. One tablespoon daily would be another option. Incidentally, **EFAs have also proven beneficial with ADHD, depression and bipolar disorder**. As with all supplements, they have many “benefits”. The difference with drugs is, the drugs have many “side effects”!

✓ **The mineral Copper**. According to Dr. Sherry Rogers, research has found that animals given copper have more resistance to bad yeast. Three mg daily should be sufficient. Be aware that excessive levels of copper can be toxic, (so in this case, more is not always better).

✓ **Aloe vera juice**. The aloe vera plant is well known for its healing effect of stomach and colon disorders. Its juice **kills bacteria, parasites, and candida in the digestive tract**. It also normalizes stomach acid production, aids in digestion thus preventing deficiencies, and has been found to benefit food allergy sufferers. One tablespoon of aloe vera juice, twice daily, **improves blood sugar levels, and reduces sugar cravings (for those attempting to give up sugar)**.

✓ **Probiotics – The most common are: *Lactobacillus acidophilus* and *Bifidobacterium bifidum***, which provide many beneficial functions in the intestinal tract. Taking a probiotic supplement (such as *lactobacillus acidophilus* or *Bifidobacterium bifidum*) not only helps return the intestinal flora to its healthy balance, and inhibits the growth of current and future candida in the digestive tract and vagina, but it also enhances the absorption of nutrients from food. There are many probiotic formulas, containing various beneficial bacteria, and in various concentrations of each.

✓ **Valerian Root.** Known for its relaxing effects, this calming herb also supports healthy bacteria levels in the body, as well as reducing stress (an immune suppressant, and another contributor to candidiasis).

✓ **Lavender oil** has been found to have a potent antifungal effect, in addition to boosting the immune system.

✓ **L-Glutamine** is an amino acid that not only helps prevent candidiasis, but also protects the intestines and the liver, as well as maintaining a healthy digestive tract, and promoting proper pH balance. As an added benefit, glutamine also provides an alternate source of energy for the brain, reducing cravings for carbohydrates.

Although L-Glutamine is available at most health food stores or online, it is probably the most reasonable when purchased in bulk. *Nutrition Express™* sells it at a discount. The large 2.2-pound size sells for \$34, and can be ordered by calling (800) 338-7979, or by visiting <http://www.nutritionexpress.com>.

#8 Make sure the candida has been completely eliminated

In her book *Depression Cured at Last!* (1997), Dr. Rogers describes the following scenario to avoid:

*A common mistake is someone who got better on a program to eradicate yeast. **But they did not go far enough to discover why they were vulnerable enough to get it in the first place. So they never totally get rid of it. It begins to drive persistent cravings.** But since they feel worse eating sugars (it causes the growth of further yeasts), they suck down more anti-fungals.*

This is a great way to foster the growth of Candida species that are highly resistant to anti-fungals.** And taking anti-fungals while you are on antibiotics will foster resistant fungi even faster. Always be suspicious if you have “chronic [long-term] yeast” or “chronic” anything. For what it really means is that the **total load has not been addressed.

#9 Be persistent!

Don't give up until you have totally eradicated your yeast infection, (it will be well worth your effort)! Then avoid the things we just discussed that will lead to the onset of another episode. In order to be successful in your endeavor, you absolutely must be more persistent than the yeast! As usual, I am basically providing you with different options to choose from, and you don't necessarily have to incorporate them all, unless you choose to, (although the more the better).

As I often stress, due to our bio-individuality, we won't all experience the same results from the very same therapy. Some serious systemic cases of candida infection that has migrated from the intestinal tract, throughout the body, often respond the best to oxygen therapy. This is a therapy that some natural practitioners incorporate in their practice.

And don't forget to take the molybdenum to prevent the candida yeast from literally turning your body into a brewery. Both the alcohol, and its metabolite acetaldehyde are very destructive to both the liver, and the brain.

NOTE: If all else fails, some natural practitioners use I.V. hydrogen peroxide therapy to resolve systemic candidiasis (difficult cases that have migrated from the intestine to other areas of the body).

SECTION: HEART

Cardiomyopathy and Mitral Valve Prolapse (MVP) – The Causes, The Deception and Proper Solutions

Tens of thousands each year are diagnosed with either cardiomyopathy or Mitral Valve Prolapse (MVP), or both. The latter is the result of the former. Once the heart muscle becomes weak and enlarged, both the heart and the valve soon become distorted. Any valve, be it in your engine, a pump, or your heart, will not function as efficiently when distorted. The more the distortion, the greater the leakage would become.

Although cardiomyopathy and MVP are both diagnosed by cardiologists as diseases, they are not actually diseases but instead conditions caused by nutritional deficiencies. This is another example similar to the cardiovascular risk factor homocysteine, conveniently suppressed from the public for decades. As a result, the cholesterol-lowering medications (for a non-disease) are still being aggressively promoted, while the true risk factor continues to be ignored. Although every adult that goes to a doctor, or watches TV, knows what a terrible threat elevated cholesterol is **“supposed to be”**, few have even heard of **the true risk factor (homocysteine)**.

As I have indicated, there is no such thing as bad cholesterol. Both LDL and HDL cholesterol have critical functions. Our bodies were not designed to “create bad anything” – that’s man’s deception. Cholesterol medications are highly profitable, as are chemo drugs. Both create havoc throughout the body and brain. They are basically poisons in disguise!

In fact, most cancer patients have low (not high) cholesterol. Then as we’re aware, chemo drugs can cause cancer in a perfectly healthy individual – something some of those handling chemo drugs learned the hard way.

Modern Medicine's Flawed Approach – Proven to Fail Vs. The Commonsense Solution – That Works

Anything capable of wasting muscle tissue in the body, will especially influence the heart, which is mostly muscle. Conversely, anything that will build muscle tissue throughout the body will do the same for the most important muscle in our body, our heart. Contrary to other muscles, the larger the heart, the weaker the muscle. The heart basically has chambers surrounded by muscle. As the heart muscles weaken, they lose their strength and tone. The muscles atrophy and stretch as well as weaken, thus the heart gradually enlarges.

According to cardiologists, there is no known cure. If you choose to exclude nutrients as a viable solution, as traditional medicine has stubbornly continued to do for decades, there would be no possible cure. Fortunately, you will soon discover there is a very effective solution, but as usual the solution involves only nutrients.

But first, let's evaluate the typical approach currently employed by most cardiologists (heart specialists). Unfortunately, they are only trained to treat symptoms or conditions with either medications or surgery. We will first discuss the symptoms normally associated with cardiomyopathy, and then we will evaluate the traditional approach for a solution.

In the August 2004 issue of his *Health Alert* newsletter, Dr. Bruce West states that *"Thousands upon thousands of people are diagnosed with leaky heart valves. Many are subjected to a lifetime of powerful drugs. Many more suffer through open heart surgery to have a pig or other heart valve implanted in their chest – followed by a lifetime of rat-poison drugs to thin the blood"* (referring to the drug Coumadin™). Quite blunt and to the point, but unfortunately true.

Dr. West goes on to share his experience with one of his patients, regarding her diagnosis, and the recommended therapy proposed by her cardiologist,

followed by his approach to resolving her condition using only phytonutrients as follows:

Most cases are similar to the following – one of my own patients. Before coming to me, she got an abnormal reading on a heart scan and was referred to a cardiologist.

She wrote to me, “I am so anxious to know about a protocol to help my heart. I am 75 years old and in good health. I have no weakness or chest pain. Was referred to a cardiologist following an abnormal heart scan. The cardiologist told me I have atrial fibrillation and mitral valve prolapse. He also told me I had a valve problem that was causing an enlarged heart. He prescribed Coumadin, Cardizem, Lotensin, and a diuretic. He wants to do an angioplasty right away with valve surgery as soon as possible thereafter. I never knew I had a heart problem.”

In this case the cardiologist was almost right, he just had things reversed. The valve problem did not cause the enlarged heart. Rather the enlarged (weak and flaccid) heart caused the valve problem. Luckily, and thankfully for phytonutrients therapies, the entire set of problems was resolved in six months with the right nutritional treatment. You can rest assured that since the underlying cause of the entire problem was beri-beri of the heart, all the drugs and all the surgery combined would not have done much for this wonderful lady. In fact, none of the treatments prescribed by the doctor was ever needed in the first place.

Had she taken her cardiologists advice, she would have unnecessarily had two surgeries, and been placed on four different medications!

Many live a life of restricted activity, and die prematurely from this debilitating condition. Others take their doctor’s advice and resort to a heart transplant, along with a lifetime of immune suppressant medication. **Some later acquire cancer, (usually following any organ transplant), due to the immune suppression medication required following transplant surgery.**

Another problem is an overall deterioration of health following a transplant, as all the nutrients important for strengthening the immune system must be

avoided. Anything that could strengthen the immune system, and improve overall health, could easily stimulate the body to reject the organ. This is basically a catch-22, as the immune suppression caused by these medications is very similar to acquiring the HIV virus, and quite often leads to cancer.

Most transplants, (including heart transplants), are in my opinion, totally unnecessary. So our focus will be to restore, rather than replace your heart. You will learn how to not only strengthen your heart muscles, but also restore its conformation (size and shape) back to normal! This is something cardiologists never attempt, as it can only be accomplished by supplementation with the proper amount and form of nutrients. Although this very effective therapy costs a fraction of the costs associated with a heart transplant, and would not require a lifetime of expensive and potentially dangerous immune suppressant medications, you can rest assured, it won't be covered by your insurance, and thus you have likely never heard of it.

The three organs most often transplanted are the heart, kidneys, and liver. All three are very resilient, and thus have tremendous restorative capability. The basic problem is: The solution involves eliminating toxic medications, along with incorporating natural nutrients. Unfortunately this type of therapy, (along with prevention), is never taught in medical school (as nutrients are apparently not worth mentioning). For that very reason, restoring and thus saving organs is considered impossible by traditional medicine. The good news is, you will soon discover that it is actually is **very possible**. This is in my opinion, when **not healing is a crime!** Especially when **the solution is already known, readily available, and obviously much less expensive.**

And now, back to the subject at hand.

Safely and Effectively Dealing With Cardiomyopathy and MVP

✓ **Check your thyroid!** Although cardiomyopathy can eventually lead to other conditions, those conditions can only be effectively treated and resolved by addressing the underlying problem (restoring the health of the heart). One seemingly unrelated contributor to cardiomyopathy might be the thyroid. In his book, *Hypothyroidism: The Unsuspected Illness* (1976), Dr. Broda Barnes, M.D. tells how a German physician named Dr. H. Zondek, in 1918, had many patients under his care that were bedridden with heart failure, and ***“when he tried thyroid therapy their response was remarkable. Their enlarged hearts shrank to normal size, their edema disappeared, and they were able to resume normal activities”*** (p. 186). Just remember to use the natural hormone Armour™ thyroid, (not Synthroid™). If you have a hypothyroid condition, that should be your very first focus (explained in an earlier Thyroid chapter, in the “Detailed Sections” of this book).

✓ **Phytonutrients, usually in the form of Cardio-plus™ and Cataplex-B™.** Interestingly, one doctor that appears to have achieved the greatest success in regard to resolving cardiomyopathy (Dr. Bruce West), is actually not a cardiologist, in fact he’s not even an M.D! As it turns out, he’s “only a chiropractor” (as if it really matters). I have always contended that results, and not title or credentials, is what really counts. A doctor’s motivation and sincere desire to look for and utilize the very best therapy, is the most important criterion for selecting a doctor to place your trust in. Although in theory cardiologists should be your best resource for resolving any heart or cardiovascular concern, unfortunately that is not always the case. Any doctor that continues to resort to surgeries or medications as the only available solutions will seldom experience the kind of success that Dr. West, and other natural practitioners such as Dr. Jonathan Wright, Dr. Julian Whitaker, and Dr. James Balch have. Just remember, there are many other natural practitioners

in the nation today. All three doctors mentioned are actually M.D.s, taught to use drugs while in medical school.

The same applies to Dr. Frederic Templeman, M.D., who continues conducting research on the many benefits of the different xanthonenes in the mangosteen fruit. After 20 years of prescribing medications, he finally discovered that much better natural solutions are available. He continually poses the question: **“Why would anyone take a medication when a food works better”** (referring to the mangosteen juice). So now let’s see what Dr. West has to say regarding cardiomyopathy and MVP. In an issue of his *Health Alert* newsletter, (Vol. 21, Issue 8), Dr. West explains that:

When heart muscle loses tone, it is very similar to any other muscle in the body that loses tone, it begins to sag, droop, and stretch. When the heart muscle is weakened because of a vitamin B deficiency, the entire heart will sag, droop, enlarge, and stretch. This stretches the heart valves out of their normal shape and position and can even make them seem deformed, as in mitral valve prolapse. This allows for heart valve leaks and murmurs.

He also indicates that he has resolved thousands of similar cases with the right kinds of phytonutrients, usually in the form of Cardio-plus™ and Cataplex-B™, by Standard Process™, Inc. I just happen to use both, as a preventative. Although the company’s products are perfectly safe and are high quality, they can only be purchased through a doctor. Dr. West seems to use their products almost exclusively. Their products are the ones he normally suggests for various other conditions also in his monthly newsletter, (one of several I have subscribed to over the years). Dr. West notes that:

With this nutrition, heart conditions begin to clear up. Murmurs disappear. Leaks suddenly seal up. Enlarged hearts shrink and shed excess water. And the heart actually repositions higher and more normally in the chest cavity. All of this means that tens of thousands of other folks have had open-heart surgery with valve replacement and drugs, all of which was never needed.

The average time before a response can be seen is 90 to 120 days. And the response is easy to measure with standard medical diagnostics. The murmurs disappear, the leaking seals up, and the heart on x-ray is seen shrinking and repositioning in the chest. These are the kinds of changes that no surgeon, no drugs, and even no synthetic vitamins and minerals can produce.

Quite amazing if you just compare it with the traditional therapy of bypass surgery, or transplants and a lifetime of immune suppressing medications. The reason *Standard Process*[™] only sells their products through doctors is because they have a fairly extensive line of products, which can be confusing when determining which ones might be the most appropriate for a particular condition. As doctors, we are provided with a clinical guide, containing a lot of excellent information in that regard. Unfortunately, the FDA will not allow a company selling nutrients to state their benefits. This is normally a deterrent (their primary objective), as few are actually aware of the benefits of most supplements. The only options are to either take the time to learn, or find a doctor or nutritionist knowledgeable in nutrition. The more knowledgeable the doctor, or the more knowledgeable you become, the better.

Dr. West often stresses that synthetic vitamins and minerals will not produce the same results as those derived from natural sources. I recall that in the past he has mentioned that *Cataplex-B*[™] contains vitamin B₄, which won't be found in synthetic vitamins, although it is apparently important in this regard. **I would also recommend employing both the *CardioPlus*[™] and *Cataplex-B*[™] that Dr. West employs, as well as the following additional nutrients that should not only speed up the recovery, but also strengthen the heart even more.**

✓ **Goji juice.** On a goji marketing CD titled "Goji – Listen To What Doctors Are Saying", Dr. Eddie Rettstatt tells an outstanding story of one of his patients,

a 67-year-old gentleman, who had two prior triple-bypass surgeries, and also had considerable restriction in his carotid arteries. Surprisingly, in only a few months of drinking goji, (he didn't specifically how long or the amount), but the blockage in his carotid arteries greatly decreased from 43% flow to an amazing 73%, an unbelievable reduction. I'm not aware of any therapy, (even IV chelation), that could possibly remove plaque that rapidly.

✓ **Coenzyme Q₁₀ (CoQ₁₀).** As we learned, a B-vitamin deficiency isn't the only deficiency associated with cardiomyopathy. A CoQ₁₀ deficiency caused by statin drugs, as well as many blood pressure medications, can lead to cardiomyopathy as well. We also know the highest level of CoQ₁₀ (when available) is found in the heart. For that reason, CoQ₁₀ should also be part of our regimen.

CoQ10 improves hypertension and can prevent congestive heart failure

Patients with congestive heart failure that were supplemented with the active form of coenzyme Q10 (Ubiquinol) improved ejection fraction by 39%. Ejection fraction is a critical marker of heart function used to determine the volume of blood pumped by the heart through the vascular system. CoQ10 is essential to convert nutrients to energy and power the cellular engine, and natural production in the body declines with age.

Studies were conducted on patients with advanced congestive heart failure that were classified as Stage IV, the most severe form of the disease. Patients were supplemented with 580 mg of the Ubiquinol form of coenzyme Q10 daily to increase plasma blood levels by a factor of four.

The researchers found "the improvement in plasma CoQ10 levels is correlated with both clinical improvement and improvement in measurement of left ventricular function." Prior to CoQ10 supplementation, most of the participants were considered critically ill and confined to bed or a wheel chair. After a regimen of Ubiquinol patients typically improved two classification levels (Stage IV to II or II to I) and were able to carry on a productive lifestyle.

The result of a study published in the journal Nutrition and metabolism found that coenzyme Q10 supplemented along with other potent antioxidant nutrients (vitamin C, vitamin E, and selenium) significantly increased small and large arterial elasticity that led to lower blood pressure and risk of a heart attack.

Subjects in this study received 60 mg of CoQ10 for a period of six months along with moderate amounts of the other nutrients. In addition to improved arterial elasticity, researchers found a significant decline in HbA1C blood sugar levels and an increase in protective HDL cholesterol levels. The authors of the research concluded that the CoQ10 nutrient antioxidant cocktail “has beneficial effect on glucose and lipid metabolism, blood pressure and arterial compliances in patients with multiple cardiovascular risk factors.”

Adults will want to supplement with 50 to 100 mg per day (higher amounts may be necessary for existing cardiovascular disease) of the Ubiquinol form of coenzyme Q10 to maintain optimal health, energy and protection from age-related diseases of the heart (retrieved from http://www.naturalnews.com/032041_cOq10_hypertension.html).

There is not one drug (or combination of drugs) with that kind of potential. The truth is – by depleting CoQ₁₀ and many other critical nutrients, drugs instead worsen the condition.

For anyone who has **not been taking** cholesterol-lowering or hypertension medications, (or any of the other 88 drugs that also deplete CoQ₁₀), 100 mg might be sufficient. For anyone else who has unfortunately been taking medications responsible for depleting CoQ₁₀, I would recommend 200 mg of CoQ₁₀ to restore the level back to normal, and to help strengthen the heart. In regard to the amount of CoQ₁₀, more is better if you can afford it. **I would recommend the most active form of CoQ₁₀, called Ubiquinol.** It is considered to be eight times as effective as the original CoQ₁₀, but the conversion in the liver is unnecessary.

✓ **D-Ribose.** The following information was obtained from the *Life & Health* newsletter (2011):

D-Ribose is the complex sugar that begins the metabolic process for production of adenosine triphosphate (or ATP) by your body's 70 trillion cells. ATP is the major source of energy used by the body for normal function. It forms the carbohydrate portion of DNA and RNA, the very building blocks of life.

For many patients with cardiovascular disease, even the simplest activities required for daily living may be difficult. The body is simply not producing the needed energy. This makes energy recovery a major concern for heart disease patients.

But in one study researchers have recently discovered that supplemental D-Ribose allows the heart to recover a whopping 85 percent of its ATP levels within 24 hours!

And another study found that, following a heart attack, supplemental D-Ribose helped ATP levels and heart function return to normal within only two days. This is absolutely astonishing, considering the fact that without supplemental D-Ribose heart function was still depressed after four weeks!

Another amazing discovery is that D-Ribose may help blood cells live longer. This has tremendous implications for D-Ribose as an anti-aging supplement. What triggered this discovery is research by Dr. Daniel Ericson, M.D., a former Mayo Clinic hematologist who teamed up with a bio-technology lab called Via-Cyte to find ways to extend the life of blood platelets used in blood transfusions and organ transplants. Platelets for transfusions and transplants are only viable for a few days, after which they lose their effectiveness and cannot be used. This often leaves hospitals in chronic short supply.

But Dr. Ericson and his team found that D-Ribose acts as a preservative agent for platelets, slowing the aging process during storage. He states that D-Ribose was found to "significantly enhance the function of blood platelets for transfusion." After only five days of storage, platelet function is normally reduced to a mere 5% or less. But when D-ribose is included in the mix, platelets retain an astonishing 90% of their function after five days, and 80% after seven days. Furthermore, harmful bacterial growth was dramatically inhibited in the D-Ribose treated blood platelet samples, according to Dr. Ericson!

The company who published the above article also sells D-Ribose, and can be contacted at (888) 528-0559. Another source I'm aware of is the Life Extension Foundation, (where I purchase a lot of my products), along with your local health food store or other sources online.

✓ **Magnesium.** Not only can cardiomyopathy result in MVP, but it often leads to the condition known as congestive heart failure (CHF) as well. The result is an excessive accumulation of fluid in both the body and lungs. This condition, along with any MVP (or valve distortion), should begin resolving once the heart is again strengthened. In the interim, for CHF, Dr. Jonathan Wright has some good suggestions, which should also strengthen the heart in the process. As he is an M.D., Dr. Wright suggests that magnesium frequently works better when given by a series of IV injections initially. I personally feel there might possibly be an effective approach for rapid absorption that would be less invasive, less expensive, as well as more convenient. It is liquid magnesium that can be purchased in pints, quarts or gallons, from a company called *Water Oz™*, in Grangeville, Idaho. They can be contacted at (800) 547-2294 for more information. Their liquid magnesium is in an ionic form that rapidly absorbs, due to the super-small molecule size. For instance, magnesium can at times resolve a headache. When in this ionic form, I have seen it at times resolve a headache in a matter of five minutes or less, (depending on the cause). Taking a bath in Epsom salts (which is magnesium) might also be helpful, as would drinking a large glass of cold water.

✓ **Dr. Jonathan Wright recommends three other nutrients**, (readily available at most health food stores and online), which I would also recommend, and ones I personally take as a preventative (as well as taking 100 mg of CoQ₁₀ daily, which I already discussed). Following are Dr. Wright's recommendations:

- **L-carnitine**, 250 milligrams three times daily. This takes care of congestive heart failure all by itself sometimes. It enables the heart-muscle cells to use more sources of energy and to burn them all more efficiently.
- **Taurine**, another naturally occurring amino acid like L-carnitine. It's the most abundant amino acid found in the heart and is known to keep the electrical activity of the heart flowing smoothly. Take 1,500 milligrams twice daily between meals. The other supplements can be taken at any time.
- **Hawthorn** (the solid extract; take either ½ teaspoon twice daily or 250 milligrams of the standardized 10 percent proanthocyanidin extract three times daily. Hawthorn improves energy production in heart-muscle cells and improves heart-muscle contraction. It dilates coronary arteries, providing more blood flow. It also acts as a mild diuretic, can lower cholesterol, and can slow and possibly even reverse atherosclerosis a bit (Dr. Wright's New Secrets for Repairing Your Heart & Arteries, 2000).

While a good multi-amino acid complex containing all essential amino acids should be taken, it is best to take additional individual supplements (such as the L-carnitine and Taurine just mentioned) at a separate time.

✓ **Several inexpensive herbal formulas** are also available that contain herbs such as parsley, Uva Ursi, and juniper berry, (all natural diuretics). Most importantly, they won't deplete critical minerals, such as the diuretics produced by the pharmaceutical industry are well known for.

Bypassing Bypass Surgery With EECF Therapy

There is a very promising new alternative to heart bypass surgery and angioplasty for those experiencing vascular constriction in the coronary arteries with the accompanying angina pain. The therapy is called

External CounterPulsation (ECP), or you might also find that it is sometimes referred to as **EECP**, which simply stands for **Enhanced External CounterPulsation**. This is a non-invasive drug-free treatment that was actually approved by the FDA in 1995 for the treatment of angina pectoris and coronary heart failure (CHF), which is even currently covered by Medicare. It's quite amazing to me that we seem to have a safe yet effective therapy, which would actually be covered by your insurance. That is a rather rare occurrence in medicine today. And best of all, EECP doesn't involve any of the risks or recovery time associated with surgery! In fact, one study found that patients do just as well five years after EECP as those who have surgery (<http://www.bravermancenters.com/abouteeep.html>).

According to an article in the March 8, 2004 issue of *Time* magazine, the idea behind EECP “*is to decrease the demand on an ailing heart by helping it push blood through the body.*” The article describes the procedure, as follows:

Patients lie down during the procedure, which lasts an hour and is performed once a day, five times a week, for seven weeks. (The cost is about \$6,000, compared with as much as \$60,000 for bypass surgery.) The pneumatic cuffs are timed to inflate in progression – starting with the section around the calves – when the heart reaches its resting phase between beats. As each cuff inflates, it squeezes blood out of the legs and back to the heart. “It feels like a deep muscle massage,” says Dr. Debra Braverman, who administers EECP to patients in Philadelphia.

Intriguingly, recent studies suggest that the heart responds to this extra flow of blood by producing tiny blood vessels to better nourish the heart. That may be why the benefits of EECP may also be useful in other hard-to-treat conditions, like congestive heart failure.

EECP has been found to be particularly beneficial for people who have already had angioplasty, stints, or bypass surgery, but their heart disease symptoms have returned or persisted. It has also been suggested that EECP may

benefit those with diabetes, diabetic neuropathy, peripheral vascular disease, coronary heart disease, coronary artery disease, hypertension, memory disorders, Parkinson's disease and kidney disease.

EECP is now performed at more than 600 locations throughout the US, (as well as around the world). Following are just a few of those facilities:

- The Mayo Clinic
- The Cleveland Clinic
- University of Pittsburgh
- Texas Heart Institute
- University of Virginia
- University of Pittsburgh
- Emory University
- The Miami Heart Institute
- Kaiser Permanente of Denver
- Christ Hospital and Medical Center
- University of California at San Diego
- Beth Israel Medical Center, New York City
- John Hopkins Medical Center
- University of California at San Francisco
- The Ochsner Foundation Hospital
- JFK Medical Center, Atlantis, FL
- University of New York at Stony Brook
- University of Florida at Gainseville

To locate a treatment center near you, visit
http://www.vasomedical.com/patients_treatment.php

Other Considerations

Something considerably less expensive than EECP for resolving angina pain that you might also consider, is a natural whole food form of vitamin E by *Standard Process*[™], called *Cataplex-E*[™]. Other high-potency vitamin E supplements are normally missing the important vitamin E₂ found in *Cataplex-E*[™], which appears to be beneficial for those suffering from angina pain. That is very similar to another whole food product previously discussed, also from *Standard Process*[™], called *Cataplex-B*[™], which contains vitamin B₄ not found in most B-complex vitamins.

If you choose the EECP option, I would I would suggest doing that therapy first, followed by either oral or IV chelation. The objective would be to first start building a new network of arteries to supply the heart muscles more efficiently.

Then, you could follow up with the chelation therapy to begin removing the plaque from the original arteries. It seems logical that you might possibly be able to provide an even greater supply of oxygen to the heart muscles than before you had the restriction.

It would be beneficial if you could also supplement with as much as 200 mg of the most active form of CoQ₁₀ called Ubiquinol, along with both Cardio-plus™ and Cataplex-B™. I believe this would be a winning combination that could very possibly allow you to go from an invalid to an athlete, as well as avoiding a great deal of unnecessary pain and suffering. The heart has tremendous restorative capability, and with the many natural resources at our disposal, seldom should anyone be required to resort to bypass or heart transplant surgery.

Resources for Health Products and Procedures Mentioned in this Book

NOTE: None of the manufacturers or distributors mentioned has any connection with the production of this book. Telephone numbers and Web addresses are subject to change.

Health Products

- ♣ **Avemar™**
Sold through *The Harmony Company*
(800) 521-0543
<http://www.theharmonyco.com>.
or
American BioSciences, Inc.
(888) 884-7770
<http://www.americanbiosciences.com>.

- ♣ **Beyond™ Chelation**
Sold through *Longevity Plus™*
(800) 580-7587
<http://www.longevityplus.com>

- ♣ **Cardio-plus™**
Standard Process™, Inc.
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **Cataplex-B™**
Standard Process™, Inc.
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **Cataplex-E™**
Standard Process™, Inc.
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **Celtic Sea Salt™**
Sold through *Selina Naturally™*.
273 Fairway Drive
Ashville, NC 28805
(800) TOP-SALT (800-867-7258)
<http://www.celtic-seasalt.com/>

- ♣ **Colloidal Silver (Silver Biotics™)**
Sold through *American Biotech Labs™*
(801) 756-1000
<http://www.silverbiotics.com>

- ♣ **Country Life™ Vitamins**
(800) 645-5768
<http://www.countrylifevitamins.com>

- ♣ **Glandulars (protomorphogens)**
Standard Process™, Inc.
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **Glyconutrients**
(800) 764-9112
<http://www.911HealthShop.com>

- ♣ **Hepatrophin™**
Standard Process™, Inc.
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **L-glutamine**
Nutrition Express™
(800) 338-7979
<http://www.nutritionexpress.com/>

- ♣ **Life Extension Foundation Vitamins and Supplements**
(800) 544-4440
<http://www.lef.org/>

- ♣ **Livaplex™**
Standard Process™, Inc.
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **Magnesium (liquid form)**
Sold through *WaterOz™*
1753 Stites Road
Grangeville, ID 83530
(800) 547-2294
<http://www.wateroz.com>

- ♣ **Molybdenum (liquid form)**
Sold through *WaterOz™*
1753 Stites Road
Grangeville, ID 83530
(800) 547-2294
<http://www.wateroz.com>

- ♣ **Nature's Life™**
To locate a store near you that carries *Nature's Life™* brand supplements:
(800) 643-7195
<http://www.natureslife.com/>

- ♣ **Nutrition Express™**
(800) 338-7979
<http://www.nutritionexpress.com/>

- ♣ **Poly-MVA**
(877) POLYMVA (877-765-9682)
<http://www.polymva.org/>

- ♣ **Silver Biotics™ (colloidal silver)**
Sold through *American Biotech Labs™*
(801) 756-1000
<http://www.silverbiotics.com>

- ♣ **Smoke Away™**
(800) 611-5930
<http://www.smokeaway.com/>

- ♣ **Standard Process™, Inc.**
Products only sold through doctors (most often N.D.s)
For a distributor nearest you call:
(800) 558-8740

- ♣ **Swanson's Health Products**
(800) 824-4491
<http://www.swansonvitamins.com/>

- ♣ **TG100™**
Sold through *Women's International Pharmacy*
(800) 279-5708
<http://www.womensinternational.com/>

- ♣ **Uni-Liver™**
Made and sold by *Universal Nutrition™*
(800) USA-0101
or
Sold through *Nutrition Express™*
(800) 338-7979
<http://www.nutritionexpress.com/>

- ♣ **Vitalzym™**
Sold through *World Nutrition, Inc.*
Scottsdale Seville
7001 N. Scottsdale Rd., Suite 2000
Scottsdale, AZ 85253
(800-548-2710)
In Arizona (480) 921-1188
<http://www.worldnutrition.info>

Alternative Procedures and Professionals

♣ **ALCAT allergy testing**

For information:

(800) 872-5228

<https://www.alcat.com/>

♣ **American Association of Naturopathic Physicians (AANP)**

To locate a naturopathic physician nearest you:

(866) 538-2267

<http://www.naturopathic.org/>

♣ **American Board of Holistic Medicine**

To locate an American Board of Holistic Medicine certified physician nearest you:

http://www.holisticboard.org/D/locate_physician.html

♣ **American College for Advancement in Medicine (ACAM)**

(888) 439-6891

<http://www.acam.org>

♣ **American Holistic Health Association (AHHA)**

To locate a natural practitioner nearest you:

(714) 779-6152

<http://ahha.org/ahhasearch.asp>

♣ **Burzynski Clinic**

9432 Katy Freeway, #200

Houston, TX 77055

(713) 335-5677

InfoLine (800) 714-7181

<http://www.burzynskiclinic.com/>

♣ **Cancer Cure Foundation**

PO Box 3782

Westlake Village, CA 91359

(800) 282-2873

(805) 498-0185

http://www.cancure.org/financial_assistance.htm

- ♣ **Directory of Practitioners Internet Resources (National/International)**
Holistic Medicine Resource Center
To locate a natural practitioner nearest you:
<http://www.holisticmed.com/www/directory.html>

- ♣ **EECP Enhanced External CounterPulsation**
To find a treatment center near you visit:
http://www.vasomedical.com/patients_treatment.php

- ♣ **Insulin Potentiation Therapy (IPT)**
To locate a physician who practices IPT nearest you:
<http://iptforcancer.com/>

- ♣ **International College of Integrative Medicine**
To locate a natural practitioner nearest you:
(866) 464-5226
(419) 358-0273
<http://www.icimed.com/>

- ♣ **Natural Solutions**
For a directory of natural practitioners nearest you:
<http://www.naturalsolutionsmag.com/>

- ♣ **Oxygen Concentrators**
The *Oxygen and Health Association*
Charlotte, NC
(866) 694-6425

- ♣ **Thermography**
To find a thermography center near you:
<http://www.breastthermography.com/find-a-center.htm>.

