

CANCER TRUTH, PREVENTION, AND NATURAL TREATMENT

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INTRODUCTION

Contrary to what the cancer establishment says, the truth is, we are NOT winning the so called 'war against cancer'. Every year, millions of people are diagnosed with some form of cancer and thousands die from it everyday. Most cancers typically developed in older people, but in the past decade, it has risen at an alarming rate among young people and children as well. According to the World Health Organization WHO, cancer is a leading cause of disease worldwide, is the second largest cause of death after heart disease in most developed countries, and has recently surpassed heart disease as the leading cause of death, including childhood death, in the United States. Cancer rates continue to increase dramatically especially in developing countries that have been strongly influenced by western culture. And this is happening while billions of dollars are being spent in the US alone on conventional cancer treatment and research. The estimated 2012 annual cost of cancer in the United States was about \$124.6 billion, approximately 2 percent of its gross national product. For decades, the cancer establishment foolishly relied on conventional cancer therapies using the primitive treatments of surgery, radiation, and chemotherapy. These therapies are dangerous, toxic, and ineffective, but hugely profitable for the conventional medical field. Misinformed by narrow-minded, conventionally-trained physicians, most cancer patients are told their only hope is surgery, chemotherapy and radiation. Most patients administered chemotherapy die within a few years of treatment either from secondary cancers or weak immunity as a direct consequence of the treatment. Chemotherapy and radiation combined are the leading cause of secondary cancers worldwide. Worst yet is the long-term, negative impact on the patient's quality of life due to poor health and cognitive function after receiving this toxic treatment. Meanwhile, there is tons of suppressed, valid scientific evidence proving we can both prevent and cure cancer naturally with a healthy diet, lifestyle, and environment. Many proven, safe, natural, effective, inexpensive treatments for cancer are available to anyone, yet, they are continuously ignored by the medical establishment because they cannot be patented and thus cannot be profited from. Clearly, western medicine has failed miserably in the prevention and treatment of cancer. And while government and society have responsibilities to restrict unsafe products, require accurate product labeling, prevent environmental hazards, and educate the public about cancer risk, prevention, and the many safe, natural treatments that have been available for decades, in reality none of this has happened. It's important therefore, now more than ever, that every individual take responsibility for their own health and wellbeing by educating themselves about prevention and natural holistic health, and applying this knowledge into their daily lives by maintaining a healthy diet, lifestyle, and environment. Nature has given us an array of tools to beat any illness including cancer and the underlying causes that lead to it. The key is not merely addressing the tumors and cancer cells that are only symptoms of cancer, but addressing and eliminating the ROOT CAUSES that led to cancer to begin with. While conventional healing

focuses only on treating or eliminating the physical symptoms of an illness with synthetic drugs, invasive surgery, and radiation; natural holistic healing, on the other hand, focuses on eliminating the physical, psychological, or emotional root causes (sources) of an illness through safe, non-invasive, natural methods like changes in the diet, lifestyle, and environment. These sources of both our nourishment and stressors determine our physical, mental, emotional, and spiritual health. I believe a true healer educates rather than medicates, and with this valuable knowledge, each of us can heal ourselves, feel empowered, and help educate others. We have all been blessed with a powerful self-healing body that thrives with proper nutrition and minimal toxicity, while nature provides us with all the medicines we need.

CANCER'S GRIM STATISTICS

Every year, millions of people worldwide are diagnosed with some form of cancer and thousands die from it everyday. In the early 1900's, cancer was practically unheard of, then in 1960, about 1 in 4 people developed cancer, today it's 1 in 3 people, and soon, it will be 1 in 2 people who develop cancer in their lifetime. Most cancers developed in people over fifty years old, but in the past decade, it has risen at an alarming rate among young people and children as well. According to the World Health Organization (WHO), cancer is a leading cause of disease worldwide, is the second largest cause of death after heart disease in most developed countries, and has recently surpassed heart disease as the leading cause of death, including childhood death, in the United States. The World Health Organization has issued urgent new predictions about the spread of cancer throughout the world that prove that the Western model of medicine is a complete failure globally. Within the next 10 years, WHO, the public health arm of the United Nations, claims cancer rates will increase dramatically with most of this growth expected to occur in developing countries that have been strongly influenced by western culture. By 2030, WHO claims, the annual number of new cancer diagnoses worldwide is expected to increase by roughly 75 percent, rising from a current annual total of about 14.1 million people to a shocking 25 million people. The number of cancer patients that will end up dying from the disease or its corresponding treatment is also expected to rise dramatically from a current total of about 8.2 million people annually. Meanwhile in the United States, 1.6 million new cancer cases were diagnosed, and 650,000 cancer deaths were reported in 2012. And these predicted rates do not even account for the recent proliferation of carcinogenic (cancer-causing) GMOs and exposure to the radiation from Fukushima, which after an incubation period of a few years, will cause cancer rates to skyrocket. Among men in the United States, the top three cancer diagnoses were prostate cancer, lung cancer, and colorectal cancer, and among women it was breast cancer, lung cancer, and colorectal cancer. According to WHO, evidence points to a growing trend emerging in the less developed world, particularly in transition or middle-income countries such as in South America and Asia. And more than half of all cancer cases occur in developing countries with the highest risk in countries developing by western standards like China and India. The high risk countries, where traditional ways of living are being rapidly replaced with western diets and lifestyles due to the strong influence of Western culture and consumerism, are the most affected. In India, for instance, U.S. and European-based biotechnology companies have played a major role in transitioning native cultures to genetically modified organisms (GMOs), which are strongly linked to causing cancer. The same is true in China, where many modern cities are being patterned after American ones, including similar lifestyle and dietary patterns. Traditional ways of living, including native foods and heirloom agriculture, are being replaced quickly with Western consumerism culture like convenient junk foods, minimal physical activity, high stress lifestyles, toxic products,

western drugs, and polluted environments. Western culture, and its associated illnesses like cancer, is spreading across the globe, and western medicine has failed terribly in preventing or effectively treating them.

CANCER'S PROFIT-DRIVEN INDUSTRY

The reported spending on cancer treatment in 2012 in the United States alone was 124.6 billion dollars, approximately 2 percent of its gross national product. In the US, cancer is the most expensive per person illness to treat. The drugs alone can cost a patient over \$100,000 per year, in addition to the enormous costs for radiation, chemotherapy, and physicians bills. An estimated 80 million people in the US don't have sufficient health insurance to cover the costs of a catastrophic illness such as cancer, so many people go broke, suffer horribly, and die. Cancer is a multi-billion dollar industry and big business that represents huge profits to the pharmaceutical companies and the health industry. Those who are profiting have great financial interest in seeing the deadly trend continue to increase. They do not have a vested interest in prevention or finding a cure because there is little profit in eradicating the disease. A great deal of research is covered up and many potential cures are ignored and discredited because there is far more money in perpetuating cancer than in curing it. Natural remedies cannot be patented. There are a number of alternative healing therapies that are very inexpensive and effective compared to patented, expensive conventional treatments, but organized medicine, the Food and Drug Administration (FDA), and their controllers in the pharmaceutical industry do not want the public to know about them. The reason is obvious: alternative, non-toxic therapies represent a potential loss of billions of dollars to the pharmaceutical drug companies.

The pharmaceutical industry has collectively engaged in a medical conspiracy for the past 70 years to influence legislative bodies on both the state and federal level to create regulations that promote the use of drug medicine, while simultaneously creating restrictive, controlling mechanisms like licensing and government approval designed to limit the availability of non-drug, alternative healing treatments. The conspiracy to limit and eliminate competition from non-drug therapies began with the Flexner Report of 1910. Abraham Flexner was hired by oil and business magnate John D. Rockefeller to evaluate the effectiveness of therapies taught in medical schools and other institutions of the healing arts all over the US. Rockefeller wanted to dominate control over the oil, chemical, and pharmaceutical industry. He arranged for his company, Standard Oil of New Jersey to obtain a controlling interest in a huge German drug cartel called I. G. Farben. He pulled in his stronger competitors like Andrew Carnegie and JP Morgan as partners, while making other, less powerful players, stockholders in Standard Oil. Those who refused to cooperate were eliminated according to Rockefeller biographer David W. Hoffman in "Report on a Rockefeller". The report Flexner submitted to The Carnegie Foundation was titled "Medical Education in the United States and Canada" and recommended appointing a medical school or healing institution "doorkeeper". It was decided that the American Medical Association (AMA) would be the "doorkeeper", and it was empowered to certify or de-certify any medical school in the country on

the grounds of whether that school met the AMA's standards of approved medicine. The AMA came into existence in 1847. It is a private organization of allopathic physicians which serves the interests of its members, especially when it comes to influencing favorable legislation. It functions in every sense of the word as a union, although its members wear white collars instead of blue. Flexner decided that any discipline that didn't use drugs to help cure the patient was deceptive and a fraud. Medical schools that offered courses in bioelectric medicine, homeopathy, or Eastern medicine, for example, were told to either drop these courses from their curriculum or lose their accreditation and underwriting support. A few schools resisted for a time, but eventually most schools cooperated or were closed down. A similar scenario was played out in Canada. It was attempted in England against homeopathy, but it failed due to the personal intervention of the royal family who had received much relief and healing at the hands of homeopathic healers in the 19th century. The total number of medical schools in the United States went from 160 in 1906 (before the Flexner Report) to 85 in 1920 and further down to 69 schools in 1944. Due to the Rockefeller Foundation, Carnegie Foundation, and the Flexner Report, only 30 medical schools in the United States require their students to take a course in nutrition. The AMA began removing nutritional education from medical schools in the US almost a century ago. The average US physician, after four years of medical training, receives only 2.5 hours of nutritional education. Bottom line is doctors can't cure cancer because they've been kept ignorant by the controlling interests of medicine and pharmacology. Medical doctors no longer understand anything about using food as medicine or are even allowed to suggest it. All mid-wives, Native American herbalists, and natural healers would be referred to in medical journals as "quacks." The western medicine philosophy would soon come to be that no food in the world could ever heal a human being or cure any disease or disorder; in fact, only pharmaceuticals and vaccines would ever be able to make that claim legally and get away with it, whether in peer reviews, medical and science journals, scientific studies, or labeled as such on products. Currently, it is illegal for any food, herb, tincture or superfood product to say that it cures anything or else it faces heavy fines or serious jail time. Yet medications advertised on TV since 1997 in the US can say they treat all kinds of diseases and disorders, even though the side effects are horrendous, sometimes including internal bleeding and suicide. In 2002, the Journal of the American Medical Association reported that in the previous year, the average oncologist (cancer doctor) had made \$253,000 of which 75% was profit on chemotherapy drugs administered in his/her office. Surveys of oncologists by the Los Angeles Times and the McGill Cancer Center in Montreal show that from 75% to 91% of oncologists would refuse chemotherapy as a treatment for themselves or their families because it is too toxic and ineffective. Yet, 75% of cancer patients today are urged to do the chemotherapy treatment by their oncologists. The medical establishment works closely with the drug multinationals whose main objective is profits, and who does not want an epidemic of good health. Lots of drugs must be sold and to achieve this, anything goes: lies, fraud, and kickbacks. Doctors

are the principal salespeople of the drug companies. They are rewarded with research grants, gifts, and lavish perks. The authorities forbid natural alternative medicine because they are serving the industry, and the industry cannot make money with herbs, vitamins, and homeopathy. They cannot patent natural remedies. That is why they push synthetic medicines. They control medicine, and that is why they are able to tell medical schools what they can and cannot teach. They have their own sets of laws, and they force people into them. It costs millions to fund research and clinical trials needed to produce a new drug that can be patented and sold. These drugs create more illness, have serious side effects, and only treat the symptoms rather than the true underlying root cause of the illness. Managing the disease symptoms is done to keep patients coming back for more of their expensive treatments while draining their medical insurance coverage, bank account, and savings in the process. It has been said that the key to success in the conventional health business is to pull off the trick of making people patients for life!

Over the past decades, hundreds of caring, concerned, and conscientious alternative healers have been jailed and abused like common criminals, for the so called crime of curing people of life-threatening diseases in an "unapproved" manner, by heavy-handed government agents who raid these non-drug alternative clinics. In the US, a relentless campaign of misinformation, fraud, deception, and suppression of alternative therapies and healers has been in place for most of this century in order to keep highly effective alternative therapies from reaching any significant level of public awareness. Control is exerted through propaganda from pro-establishment organizations like the American Medical Association (AMA), the non-profit American Cancer Society (ACS), the Diabetes Foundation; local medical boards; and government agencies like the Food and Drug Administration (FDA), the National Institute of Health (NIH), the National Cancer Institute (NCI), the National Academy of Science, and with the full cooperation of the corporate-controlled mainstream media. John D. Rockefeller, Jr., the son of the founder of the pharmaceutical industry in America, founded the American Cancer Society (ACS) in 1913. The cancer establishment policies, particularly those of the ACS, are strongly influenced by extensive conflicts of interest with the pharmaceutical industry. And the NCI, with support from the ACS, has effectively blocked funding for research and clinical trials on promising non-toxic alternative cancer drugs for decades, in favor of highly toxic and largely ineffective patented drugs developed by the multibillion dollar global cancer drug industry. As admitted by former NCI director Samuel Broder, the NCI has become what amounts to a governmental pharmaceutical company. Additionally, the cancer establishment has systematically harassed the proponents of non-toxic alternative cancer drugs. As reported in *The Chronicle of Philanthropy*, the ACS is more interested in accumulating wealth than saving lives. Furthermore, it is the only known charity that makes contributions to political parties. In addition to this, the ACS and NCI have failed to provide Congress and regulatory agencies like the FDA and EPA with available scientific information on a wide range of

exposures to avoidable carcinogens (cancer-causing substances) in food, air, water, the workplace, consumer products, cosmetics, body-care products, and household products. As a result, corrective legislative and regulatory action has not been taken. That in spite of billions of dollars in expenditures since the "war against cancer" was launched by President Nixon in 1971. Since then, there has been little if any significant improvement in treatment and survival rates for most common cancers in spite of contrary misleading hype by the cancer establishment. Governmental protection agencies like the FDA or the Environmental Protection Agency (EPA) have proven repeatedly that their purpose is to serve the interests of pharmaceutical companies and corporate interests, not their citizens' interests. Vaccines, pharmaceuticals, diagnostics and therapies, dentistry, psychiatry and practically all medical research is an industry and driver of corporate profits. The cancer industry is particularly ironic because the toxic consumer products that cause many cancers are made by divisions of the same multinational corporations whose subsidiaries make the scanners and equipment used to diagnose cancers, and the chemotherapy drugs used to treat it. A few examples of the common conflicts of interest in the industry as stated in John Robbins book "Reclaiming Our Health: Exploding the Medical Myth and Embracing the Source of True Healing":

-John S. Reed, chairman and board member of Memorial Sloan-Kettering Cancer Center, the world's oldest and largest private cancer treatment and research center, is also director of Philip Morris, the tobacco company, and of Monsanto, the multinational chemical and agricultural biotech company that is a leading producer of toxic chemical products, pesticides, and GMOs (genetically modified organisms) which are strongly linked to causing cancer.;

-Richard L. Gelb, vice chairman and board member of Memorial Sloan-Kettering Cancer Center, is also chairman of the board of Bristol-Meyers, the company that accounts for half of the chemotherapy drug sales in the world;

-Samuel Broder, executive director of the government agency National Cancer Institute NCI until 1995, is also director of Ivax, a prominent chemotherapy company.

Many prominent physicians and authors continue to speak out against the cancer industry. Robert Atkins, M.D. states: "There is not one, but many cures for cancer available. But they are all being systematically suppressed by the American Cancer Society, the National Cancer Institute, and the major oncology centers. They have too much of an interest in the status quo" and Dr John Diamond, M.D. states: "Finding a cure for cancer is absolutely contraindicated by the profits of the cancer industry's chemotherapy, radiation, and surgery cash trough" and Dr. Glenn Warner, one of the most highly qualified cancer specialists in the US, states: "We have a multi-billion dollar industry that is killing people, right and left, just for financial gain. Their idea of research is to see whether two doses of this poison is better than three doses of that poison." The bottom line is that

the healthcare and cancer industry is big business driven by profits only, and not by public health concerns.

CANCER'S TOXIC INEFFECTIVE CONVENTIONAL TREATMENTS

For decades, the cancer establishment has used the conventional cancer therapies of surgery, radiation, and chemotherapy, also known in the natural healing community as 'cut, burn, and poison' therapies, for the treatment of cancer. The cancer industry claims these primitive therapies save lives, boost long-term survival rates, and do not damage healthy cells. All these statements by the cancer industry are false. These therapies are very toxic and ineffective, but hugely profitable for the conventional medical field. Misinformed by narrow-minded, conventionally-trained physicians, most cancer patients are told their only option is surgery, chemotherapy, and radiation. Millions of people needlessly die of cancer each year because they cling to the myth and mistaken belief that their oncologist (cancer doctor) and the chemotherapy and radiation treatments will cure them of cancer, when in fact, the evidence is abundantly clear that they are the worst possible choice to treat cancer because they have the lowest track record of success among all cancer therapies. Most patients administered chemotherapy die within a few years of treatment either from secondary cancers or weak immunity as a direct consequence of the treatment. Chemotherapy and radiation combined are the leading cause of secondary cancers worldwide. Worst yet is the long-term, negative impact on the patient's quality of life due to poor health and cognitive function after receiving this toxic treatment.

The official guideline in conventional cancer treatment for what is considered a 'cured' cancer patient is this: if the treated patient lives for five years then he is considered cured and the treatment successful. So if a patient dies of cancer or its complications just one day after the five year anniversary date, he is still statistically considered as a successful cure. This five year benchmark allows doctors to advertise to their new cancer patients these patented, expensive, toxic treatments as being fairly successful, which is deceptive and not true for longterm success rates. A study completed in 1993 by epidemiologist and biostatistician Ulrich Abel found that the overall success rate for most cancers treated with standard allopathic conventional treatment (chemotherapy, radiation, and surgery) was just 4%. In other words, statistically averaged, 96% of cancer patients treated conventionally died of cancer or from complications related to their treatment. The only group of cancers treated conventionally that had a higher average were some blood cancers such as leukemia or Hodgkins which approached a 35% success rate. But according to Dr. John Diamond, M.D., a study of over 10,000 patients showed clearly that chemotherapy's supposedly strong track record with Hodgkin's disease (lymphoma) is also actually a lie. Patients who underwent chemotherapy were 14 times more likely to develop leukemia and 6 times more likely to develop cancers of the bones, joints, and soft tissues than those patients who did not undergo chemotherapy. Most patients who are administered chemotherapy die within 15 years of treatment either from secondary cancers, or a compromised

immunity as a direct consequence of the treatment. Chemotherapy and radiation combined are the leading cause of secondary cancers worldwide. There has been a large increase in the use of chemotherapy drugs since 2003 and despite the massive increase in the incidence of cancer since then, the risk factors of cancer treatment or cancer diagnostics are not mentioned by the cancer industry as a cause of any primary or secondary cancers. In clinical studies, the manufacturers always compare the new drugs with older toxic drugs. There are no control groups that are given no treatment at all. So in order to be allowed onto the market, the new toxic drug must achieve a statistically significant advantage in one small group of chosen test subjects vs. those treated with some already approved toxic drug.

In regards to surgery, many studies have shown that some cancer cells are left behind in 25 to 60 percent of patients, allowing malignant growths to recur. Surgery itself is often responsible for the spread of the cancer, according to many physicians. A microscopic miscue or careless manipulation of tumor tissue by the surgeon can spill literally millions of cancer cells into the bloodstream. Surgical biopsy, a procedure used to detect early-stage cancer, can also contribute to the spread of cancer. Often while making a biopsy the malignant tumor is cut across, which tends to spread or accelerate the growth. Needle biopsies can also accomplish the same tragic results. Surgery also weakens immunity, causes great systemic stress on the patient, and can cause sudden death. Many cancer patients have died on the operating table, or shortly after leaving it, from complications of surgery. Some surgical operations are performed needlessly. Pain, disfigurement, and restriction of function often accompany surgery. Many cancer patients are left debilitated, crippled, and traumatized. For all these reasons, cutting up the body is not the answer to cancer.

Radiation therapy, like chemotherapy, also damages healthy cells and increases the risk of developing cancer in most people because it is a carcinogen (cancer-causing). The types of cancers linked to radiation therapy are vast, but primarily consist of leukemia and sarcomas. These cases typically develop a few years after radiation exposure with the peak of risk being about five to nine years after exposure. Again, most patients that pursue radiation therapy develop secondary cancers related to treatment and not as a consequence of the original cancer. Radiation-induced cancers have exploded in the past two decades ever since radiation has proliferated as a treatment, usually secondary to chemotherapy. Some other cancer risks are tied to radiation therapy, as well. Solid tumors can develop at or near the site of the radiation exposure even ten or more years after the radiation therapy. These risks seem to be greatest in certain areas of the body, such as the breast and the thyroid. In some of these cases, your age at the time of radiation treatment plays a role. For example, younger breast cancer patients are more likely to develop a second cancer from radiation therapy than older breast cancer patients. Radiation

severely depresses immunity and can cause serious chromosomal DNA damage at both diagnostic and therapeutic-dose levels. Radiation can permanently stunt growth in children. Its other side effects includes nausea, vomiting, excessive weakness and fatigue, sores or ulcers in the mouth, throat, intestines, genitals, and other parts of the body, temporary or permanent hair loss, extensive burns on the skin and mucous membranes, ulcers, bone death, swelling of tumors, and other harmful side effects.

Chemotherapy has a number of post-treatment adverse effects. Most chemotherapeutic agents enter the brain and they can directly and indirectly produce a number of acute and delayed changes to the central nervous system. These effects can last for years, then dissipate, or, when they occur in young children, can continue into adulthood. Common side effects include the well-known: nausea, hair loss, diarrhea, vomiting, fever, pain and fatigue. More long term and later developing side effects, however, can be far more serious, and include: lung damage, heart problems, nerve damage, kidney problems, infertility, risk of more incidents of cancer and chemo brain (cognitive dysfunction). The long-term survival rates of chemotherapy patients are grossly exaggerated because most of these patients end up dying of diseases unrelated to the original cancer itself, but instead related to the treatment. Chemotherapy drugs, especially alkylating agents, are known to cause other cancers including leukemia. Alkylating agents directly damage the DNA of all cells. These agents are not phase-specific meaning they work in all phases of the cell cycle. Because these drugs damage DNA, they can cause long-term damage to the bone marrow and consequently affect long-term immunity. With these drugs, the risk for a second cancer develops slowly over time. Studies have shown that the risk begins to rise about two years after treatment, is highest about five to ten years after treatment. It's the reason most chemotherapy patients die 10-15 years after treatment. According to a new study recently published in the peer-reviewed journal Nature, chemotherapy not only promotes the growth and spread of cancer cells by damaging the healthy tissue that surrounds tumors, but it also causes cancer cells to develop full-on resistance to the popular treatment, morphing them into super cancer cells. Researchers from the Fred Hutchison Cancer Research Center in Seattle, Washington, learned this after observing the effects of chemotherapy on healthy cell tissue. They discovered that chemotherapy, which is a recognized poison, damages the DNA of healthy, non-cancerous cells, causing them to produce molecules that in turn produce more cancer cells. The researchers found that chemotherapy can cause fibroblasts (cell DNA) to increase production of a molecule called WNT16B by 30-fold in tissues surrounding a tumor according to the group Cancer Research U.K. in a recent report on the study. It adds that this then helps cancer cells to grow, invade neighboring cells, and resist chemotherapy. The same team found that another major side effect of chemotherapy is cancer cells grow more virulent than they were before the treatment. Like superbugs and super weeds, which develop resistance in response to conventional drug

therapies and chemical spraying respectively, these super cancer cells no longer respond even to the most aggressive forms of chemotherapy, which means cancer itself is becoming more deadly. In other words, healthy cells damaged by chemotherapy secreted more of a protein which boosts cancer cell survival and also resist subsequent therapy. The researchers said they confirmed their findings with breast and ovarian cancer tumors. Thus chemotherapy has shown to boost cancer growth and be a major cause of cancer, not a cure for it, and a leading cause of secondary cancers. Rates of tumor cell reproduction have shown to accelerate between treatments. Tumors may respond well initially, but are followed by rapid re-growth and resistance to further chemotherapy treatment.

These mainstream treatments that either cut, burn or poison away the tumors and cancer cells, damage the central nervous system, organ systems, and the immune system even years after the treatment has finished, resulting in the return of the primary cancer or the development of secondary cancers. Chemotherapy and radiation also cause healthy brain cells to die leading to cognitive problems long after treatment has ended, an effect known as "chemo brain" where the treated patients' memory, learning, and concentration is impaired. In addition to this, these treatments don't cure or resolve the underlying causes of cancer- nutritional deficiencies and/or toxic lifestyles and environments. Conventional treatments are only managing symptoms, not the root cause of the cancer itself, while damaging the body's organs, weakening the immune system, and impairing cognitive functions.

Here are some quotes from prominent cancer authors, physicians, and specialists about the dangers of conventional treatment of cancer:

"My studies have proved conclusively that untreated cancer victims live up to four times longer than treated individuals. If one has cancer and opts to do nothing at all, he will live longer and feel better than if he undergoes radiation, chemotherapy or surgery. For a typical type of cancer, people who refused treatment lived for an average of 12-1/2 years. Those who accepted surgery or other kinds of treatment like chemotherapy and radiation lived an average of only three years. I attribute this to the traumatic effect of surgery and these treatments on the body's natural defense mechanism. The body has a natural defense against every type of cancer."

-Dr. Hardin Jones, one of the nation's top statisticians in the field of cancer, professor of medical physics and physiology at the University of California, Berkeley, in his presentation to the American Cancer Society. He surveyed global cancer of all types, spent years analyzing clinical records, and compared the untreated and the treated concluding that the untreated outlives the treated, both in terms of quality and in terms of quantity.

"Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumors. Despite the fact that most physicians agree that chemotherapy is largely ineffective, they are coerced into using it by special interest groups which have vested interest in the profits of the drug industry."

-Dr. Allen Levin, M.D., professor of immunology at the University of California at San Francisco Medical School, in his book 'The Healing of Cancer'.

"As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good."

-Dr. Alan C. Nixon, past president of the American Chemical Society.

"If I contracted cancer, I would never go to a standard cancer treatment center. Only cancer victims who live far from such centers have a chance."

-Dr. Charles Mathe, French cancer specialist

"Keep in mind that the 5 year mark is still used as the official guideline for "cure" by mainstream oncologists. Statistically, the 5 year cure makes chemotherapy look good for certain kinds of cancer, but when you follow cancer patients beyond 5 years, the reality often shifts in a dramatic way."

-Dr. John Diamond, M.D.

"2% to 4% of cancers respond to chemotherapy. If you can shrink the tumor 50% or more for 28 days you have got the FDA's definition of an active drug. That is called a response rate, so you have a response but when you look to see if there is any life prolongation from taking this treatment what you find is all kinds of hocus pocus and song and dance about the disease free survival, and this and that. In the end there is no proof that chemotherapy in the vast majority of cases actually extends life, and this is the GREAT LIE about chemotherapy, that somehow there is a correlation between shrinking a tumor and extending the life of the patient."

-Ralph Moss, Ph.D. ,author of 'Questioning Chemotherapy'

"Percentage of cancer patients whose lives are predictably saved by chemotherapy - 3%

Conclusive evidence (majority of cancers) that chemotherapy has any positive influence on survival or quality of life - 0%

Percentage of oncologists who said if they had cancer they would not participate in chemotherapy trials due to its ineffectiveness and its unacceptable toxicity -75%

Percentage of people with cancer in the U.S. who receive chemotherapy - 75%"

-John Robbins from 'Reclaiming Our Health: Exploding the Medical Myth and Embracing the Source of True Healing'

"In the matter of duration of malignant tumors before treatment, no studies have established the much talked about relationship between early detection and favorable survival after treatment. Serious attempts to relate prompt treatment with chance of cure have been unsuccessful. In some types of cancer, the opposite of the expected association of short duration of symptoms with a high chance of being "cured" has been observed. A long duration of symptoms before treatment in a few cancers of the breast and cervix is associated with longer than usual survival. Neither the timing nor the extent of treatment of the true malignancies has appreciably altered the average course of the disease. The possibility exists that treatment makes the average situation worse."

-Dr. Hardin Jones, one of the nation's top statisticians in the field of cancer, professor of medical physics and physiology at the University of California, Berkeley, in his presentation to the American Cancer Society. He states that early diagnosis and treatment of cancer does NOT improve the chances of survival. One of the most publicized claims by The American Cancer Society is that early diagnosis and treatment increases the chance of survival. This is one of those slogans that drives millions of people into their doctors' offices for the annual checkup. It's a big revenue to the cancer industry but its medical value is not as proven as the hype would suggest.

"In regard to surgery, no relationship between intensity of surgical treatment and duration of survival has been found in verified malignancies. On the contrary, simple excision of cancers has produced essentially the same survival as radical excision and dissection of the lymphatic drainage. "

-Dr. Hardin Jones, one of the nation's top statisticians in the field of cancer, professor of medical physics and physiology at the University of California, Berkeley, in his presentation to the American Cancer Society, in regards to surgery statistics.

"The majority of publications equate the effect of chemotherapy with tumor response, irrespective of survival. Many oncologists take it for granted that response to therapy prolongs survival, an opinion which is based on a fallacy and which is not supported by clinical studies. To date there is no clear evidence that the treated patients, as a whole, benefit from chemotherapy as to their quality of life."

-Dr. Ulrich Abel

"Many cancers are benign and will not metastasize until they are hit with chemotherapy. In other words, many people who've been diagnosed with metastatic cancer did not have metastatic cancer until they got their chemotherapy."

-Irwin Bross, a biostatistician for the National Cancer Institute

"I look upon cancer in the same way that I look upon heart disease, arthritis, high blood pressure, or even obesity, for that matter, in that by dramatically strengthening the body's immune system through diet, nutritional supplements, and exercise, the body can rid itself of the cancer, just as it does in other degenerative diseases. Consequently, I wouldn't have chemotherapy and radiation because I'm not interested in therapies that cripple the immune system, and, in my opinion, virtually ensure failure for the majority of cancer patients."

-Dr Julian Whitaker, M.D.

"He said, "I'm giving cancer patients over here at this major cancer clinic drugs that are killing them, and I can't stop it because they say the protocol is what's important." And I say, "But the patient's not doing well." They say, "The protocol's what's important, not the patient." And he said, "You can't believe what goes on in the name of medicine and science in this country."

-Author Gary Null

And according to cancer leading authority and author Dr. Ralph W. Moss's book 'Questioning Chemotherapy', a critique of toxic drugs in the treatment of cancer; From John Hopkins University:

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size. In fact, everyone has cancer cells forming all the time. But normally their immune system kills the cancer cells fast enough that a person is never diagnosed with cancer. But when the immune system becomes weak, the cancer cells can grow out of control.

2. Cancer cells occur between 6 to more than 10 times in a person's lifetime

3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food, and lifestyle factors.

5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.

6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.

7. Radiation, while destroying cancer cells, also burns, scars and damages healthy cells, tissues and organs.

8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.

9. When the body has too much toxic burden from chemotherapy and radiation, the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.

10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.

CANCER'S ROOT CAUSES

A correct understanding of the nature of ill health and disease is key to understanding its root causes. The entire approach and foundation of orthodox conventional medicine is based on Louis Pasteur's Germ Theory, a flawed concept. A disease condition is viewed by conventional mainstream medicine as an isolated event, confined to the area in which it manifests itself (like an ear infection, eye infection, gum infection, lung cancer, skin cancer, etc.). Under this theory, for unknown reasons, microbes or tumors indiscriminately grow in the patient and must be cut (surgery), burned (radiation), or poisoned (drugs) out of the body. In the orthodox model, the solution is sought through mechanical and chemical solutions. Seeking to understand WHY the infection or disease condition appeared in the first place, is not usually seriously explored. The quick fix with a prescription of drugs to smother the symptoms is the typical response. A contemporary of Pasteur, Antoine Beauchamp, had a different opinion as to why disease conditions took hold. Beauchamp felt that the environment or ecology of the blood played the critical role in deciding whether disease conditions would manifest or not. Alternative medicine explores the stressors (environmental, biological, chemical, psychological, and emotional) in a patient's life that cause a weakening of a particular energy field; which in turn allows the manifestation of a disease condition in a weakened area. In order to maintain a state of health, all energy systems within the body need to exist in a state of balance or equilibrium. Imbalance leads to conditions of discomfort (dis-ease) which eventually spirals into ill health if not corrected. The Chinese and Indians (Ayurvedic medicine) had worked all of this out thousands of years ago. Orthodox or Allopathic Medicine utilizes poisonous substances (drugs) in non-lethal dosages in order to suppress symptoms in an affected area. This approach neither addresses the cause of the disease condition, nor is it responsible for healing the patient. Rather, the use of drugs often will temporarily mask the outer manifestations of the malady, while at the same time, drive the disease deeper into the body, only to reappear at a later date, as a more serious, and chronic health threat. One of the many flaws of the orthodox approach is that it focuses on the disease condition itself, rather than the patient. The term wholistic (or holistic) sprang up to distinguish those physicians whose diagnostic approach considers all of the physical, emotional, and spiritual energies interacting with the patient.

In general, **the main root causes of any disease**, including cancer, are:

- 1) Major nutritional deficiencies, especially minerals, trace minerals, and hormones(**DEFICIENCY**)
- 2) Many toxins in the body: chemicals, heavy metals, etc. (**TOXICITY**)
- 3) Continuous high mental/emotional stress (**INTERNAL STRESSORS**)
- 4) Continuous exposure to electromagnetic or ionizing radiation (**EXTERNAL STRESSORS**)

Typically one or more of these causes overwhelm the body's own self-healing threshold, limit, and capacity thus leading to disease. The reason is all four of these factors: the nutritional mineral deficiency, acidic synthetic toxins, and the acidic stress hormones like cortisol produced due to internal and external stressors, ACIDIFY the body leading to a weakened immune system, inflammatory symptoms, and eventually disease. Too much acidity in the body is the underlying factor in many degenerative diseases like cancer, diabetes, arthritis, and others. The body needs to maintain an optimum acid-alkaline pH balance (potential of hydrogen pH: 0-14 range) that is slightly alkaline with a blood pH ~7.3. If this balance is disturbed, and the pH drops below neutral 7.0 thus becoming acidic, health problems will develop. We experience symptoms like low energy, weight gain, poor digestion, brain fog, skin problems, aches and pains, and a variety of symptoms. And if the body is too acidic or remains acidic for a long time, individual cells and then vital organs begin deteriorating and dying. Microorganisms like viruses and harmful bacteria that cause infectious diseases, and fungus that develops, thrive in this acidic environment only. They lead to chronic cellular inflammation, the root cause of many degenerative diseases. Restoring alkalinity to the body oxygenates it, strengthens the immune system, and destroys any harmful microorganisms and fungus, thus returning the body to its natural healthy condition.

There is much research showing the link between acidic pH and cancer. Cancer thrives in an acidic environment, and doesn't survive in a alkaline environment. According to Keiichi Morishita in his book 'Hidden Truth of Cancer', when your blood starts to become acidic, your body deposits acidic substances, usually toxins, into cells to allow the blood to remain slightly alkaline and maintain that natural balance. Alkaline water, including the water in cells, holds a lot of oxygen and acidic water holds very little oxygen. So the more acidic your cells are, the less oxygenated they will be. As the body dumps the acid toxins into the cells, it causes the cells to become toxic and acidic and decreases their oxygen levels. Eventually most of the acidic cells will die. However, some will evolve, and adapt to that environment, and survive by becoming abnormal cancerous cells. Dr. Otto Warburg was awarded the Nobel Prize in 1931 for the discovery that, unlike healthy cells in the human body, cancer cells do not "breathe" oxygen. Cancer cells are anaerobic, in other words, they function with no oxygen present. In his book, 'The Prime Cause and Prevention of Cancer', he states that cancer cells cannot survive in the presence of high levels of oxygen and that having a good level of oxygen in your blood and cells helps prevent cancer. Sang Whang, in his book 'Reverse Aging', points out that if the blood is too acidic, toxins will not be released from your cells into the blood. So your cells can't be detoxified. This buildup of toxins in your cells results in acidic, poorly oxygenated cells, which can turn cancerous. He explains: "In general, degenerative diseases are the result of acid waste buildups within us. When we are born, we have the highest alkaline mineral concentration and also the highest body pH. From that point on, the normal process of life is to gradually acidify. That is why these degenerative diseases do not occur

when you are young. Reverse aging requires two separate steps: chemical and physical. The first step is to lower the acidity of the body (raise the blood pH or alkalize it) so that it can dispose of acidic wastes in the blood and cellular fluids safely and easily. The second step is to physically pull out old stored wastes in the blood stream so that they can be discharged from the body." In other words, before you can detoxify the body, you must alkalize it. All of the above acid generating, stressful cell condition root causes lead to lowered cellular oxygen levels and cancerous cells. Virtually everyone with cancer has low pH levels. This is because cancer is created, and thrives, in a body that has low pH levels, a body that is acidic. Also, cancer cells make your body even more acidic as they produce lactic acid. So if you have cancer, your pH levels are low and your body is too acidic. Low pH causes your body to store more toxins in cells, and reduces oxygen levels, both of which are fundamental to the development of cancer. And when cancer cells grow, they produce even more acid. When you take something to increase pH levels, your cells notice the difference and start to dump some of the toxins they are holding back into the bloodstream now that they have a chance to get rid of them. Toxins are acidic and the cells won't release them if the blood is too acidic. Because the cells are releasing some of their stored toxins, the blood pH levels drop again. This detoxification process takes time. There is a long history of reversing cancer simply by alkalizing the body. It is one of the basic strategies against cancer and for improving health in general. Alkalizing the body increases oxygen to the cells, decreases toxins, strengthens the immune system, thus nourishing and healing the body.

Unfortunately, our mineral-depleted soils and food supply, modern day stressful lifestyles, and our toxic environments ACIDIFY our bodies and lead to poor health and disease. With the introduction of modern industrial toxins in our everyday products and environment, exposure to environmental and electromagnetic EMF pollution, and the fast-paced busy high stress lifestyles, these harmful stressors can easily overwhelm our immune systems and lead to serious health problems. Deficiency (nutritional), Toxicity (chemical and heavy metals), External (environmental) Stressors, and Internal Stressors (mental and emotional stress) acidify the body and lead to disease.

Thus, these root causes of disease acidify our body and lead to disease:

DEFICIENCY: Trace minerals are essential in illness healing and prevention and are in fact essential to virtually all of the body's important processes when it comes to utilizing vitamins, minerals and enzymes for good health. Two hundred years ago, the top layer of our soil contained up to 80 or more different minerals. Today, over-farming and the chemical destruction of soil micro-organisms has stripped soils of most bio-available minerals and nutrients, and even those remaining minerals are at levels that are only fractions of what were in the soil 100 years ago and continuing to decline. Man's body is designed to utilize at least 60 or more trace minerals on a

daily basis, and did so for thousands of years by eating the plants that processed such minerals (and the animals that ate the plants). Quite simply, without minerals nothing else works as designed, and every mineral deficiency, whether major or trace minerals, results in the body compensating in one or more ways which are often unhealthy. Today's food supply and diet is often nutrient-deficient and contains harmful additives leading to poor nourishment and nutritional deficiencies. In addition to eating nutrient dense whole plant foods and superfoods, a return to sustainable organic farming and crop rotation practices that prevent soil depletion and destruction without the use of chemical fertilizers is vital.

TOXICITY: With over 100,000 new industrial chemicals introduced into our products and environment in the past century, we are constantly and daily exposed to many of these toxic chemicals. In the US today, for example, over 84,000 chemicals are approved for use yet unregulated, and many of them are untested, toxic, and can cross the blood brain barrier and the mother's placenta. There are tens of thousands of chemicals in our food, air, water, and in the everyday products we use. They are largely unregulated and few are adequately tested for safety. Heavy metals like mercury, aluminum, cadmium, and lead are also toxic and lead to health problems. These chemicals and heavy metals contribute to disease and are linked to conditions such as asthma, autism, ADHD, diabetes, cancers, infertility, cognitive disorders, obesity, reproductive disorders and birth defects. Reducing this chemical exposure and regular detoxication is vital.

EXTERNAL STRESSORS: In this modern age where we are surrounded by electrical devices, and as a multitude of hazardous wireless technologies are deployed in homes, schools and workplaces, government officials and industry representatives continue to insist on their safety despite growing evidence to the contrary. EMFs are a type of radiation emitted from everything electrical around us: power lines, transformers, electrical wiring, computers, TVs, lights, clocks, appliances, etc. and are especially dangerous in communication devices. The main health concern with electromagnetic radiation/frequency (EMR/EMF) emitted by WiFi, smart meters, cell phones, other wireless technologies is that EMR causes a breakdown in the communication between cells in the body, interrupting DNA repair and weakening tissue and organ function. Researchers have discovered that EMFs can suppress the pineal glands secretion of melatonin, a hormone which controls our wake/sleep cycle, moods and task performance. Melatonin also plays a critical cancer role, by increasing the cytotoxicity of the body's natural killer lymphocytes and thus immune system. As quiet and invisible sources of stress, EMR (also called EMFs) cause the body to produce adrenaline and cortisol stress hormones thus acidifying the body and suppressing the immune system. Dr. George Carlo, who oversaw a comprehensive research group study commissioned by the cell phone industry in the mid-1990s revealed how there were indeed

serious health concerns with wireless technology, yet the industry sought to bury the results and discredit Carlo. Yet his research has since been upheld in a wealth of subsequent studies showing the harmful effects of EMF exposure to cell phones, cell phone towers, WiFi, smart meters, and other electrical and communication devices. In 2007 the Bio-Initiative Working Group, a worldwide body of scientists and public health experts, released a 650-page document with over 2000 studies linking EMF exposure to cancer, Alzheimer's disease, DNA damage, immune system dysfunction, cellular damage and tissue reduction. In May 2011 the World Health Organization's International Agency for Research on Cancer released a statement indicating that radiofrequency electromagnetic fields EMR are possibly carcinogenic to humans. In November 2012 the Board of the American Academy of Environmental Medicine (AAEM), a national organization of medical and osteopathic physicians, issued a formal position paper on the health effects of EMR exposure based on a literature review of the most recent research. The organization pointed to how government and industry arguments alleging the doubtful nature of the science on non-thermal effects of EMR were not defensible in light of the newest studies and concluded that genetic damage, reproductive defects, cancer, neurological degeneration and nervous system dysfunction, immune system dysfunction, cognitive effects, protein and peptide damage, kidney damage, and developmental effects have all been reported in the peer-reviewed scientific literature. It is therefore important to limit exposure to EMF radiation and use EMR protection in order to maintain a strong immune system.

INTERNAL STRESSORS: Research studies have been published in medical journals validating the cancer mind-body connection and the psycho-emotional roots of cancer. In recent decades a new medical specialty called "psychoneuroimmunology" (PNI) has sprung up with its own schools, organizations and journals. This field deals with "the study of the interactions between psychological factors, the central nervous system, and immune function as modulated by the neuro-endocrine system." Many PNI studies validate how emotional imbalances lead to the formation of cancerous tumors. Conventional cancer treatments given by oncologists interfere with the body's self-healing process and aggravate the emotional causes of cancer by promoting fear and disempowerment. One article in the European Journal of Cancer linked emotional stress with down-regulation of the immune system. It explored how depression could suppress killer T cell formation in the body, retard repair of damaged DNA and trigger apoptosis (cell death). They concluded that "psychological or behavioral factors may influence the incidence or progression of cancer through psychosocial influences on immune function and other physiological pathways." According to German doctor Ryke Geerd Hamer, human beings are very susceptible to the creation of lesions in the brain and organs due to shock and trauma. These types of lesions create something like a short circuit in the brain that if unresolved can give birth to cancerous tumors. Dr. Hamer has been able to show the precise location and form of these lesions through CT scans of

his patient's brains. In the scans they look like the concentric ripple pattern produced by dropping a pebble into a still pond. CT scans also showed that concentric circle lesions often also form in a related organ at the same time as they appear in the brain. This is generally the organ that develops cancer. This validates a physical basis for the mind-body connection. Another major part of Hamer's work concerns the healing phase of cancer. He has observed in thousands of patients that many of the most uncomfortable inflammatory symptoms, and the formation of many of the tumors showing up in scans, are actually part of the healing process. By managing these symptoms and helping patients transform their emotionally-based lesions through psychotherapy, Hamer achieved a very high success rate. Recent breakthroughs in psychoneuroimmunology suggest that the immune, nervous, and endocrine systems are all highly interrelated. When negative feelings are not expressed, they can contribute to physical illness over time. Even the conservative Centers for Disease Control and Prevention (CDC) states that 85 percent of all diseases have an emotional element. Trapped or repressed negative feelings, such as anger, increase a person's level of the stress hormones like cortisol, which acidify the body and directly suppress the immune system. The health of our immune system is crucial in fighting cancer. How we see and relate to ourselves, others, the world around us, how we react to people and events around us, and how we feel and express our emotions are critical to our health and wellbeing.

The following chart illustrates the possible connections between organs and emotional issues:

Type of Cancer	Primary Emotional Issues according to Traditional Chinese Medicine - Hamer
Thyroid	Lack of full self-expression, disempowerment
Lung	Endless grief, issues with receiving and letting go
Lymphatic	Pervasive fear, loss of self-worth
Breast	Separation conflicts, nurture issues
Stomach	Too much negativity
Pancreatic	Lack of emotional joy in life, relationship trauma or family conflicts
Liver	Repressed anger and frustration
Colon	Rigidity, inadaptability, conflict
Uterine	Sexual conflict and abuse
Cervix	Severe frustration
Bone	Too much or too little willpower, lack of self-worth
Melanoma/skin	Out of touch with natural rhythms of life, feel violated, lack of integrity

These root causes of our diseases can be managed with plant based foods, healthy lifestyle habits

that include proper rest, exercise, and stress control, minimal exposure to toxic chemicals and heavy metals (in our food, water, air, and products), as well as minimal exposure to the invisible, yet harmful, electromagnetic radiation (electro-smog) in our environment.

CANCER'S KNOWN OR HIGHLY SUSPECTED SOURCES

Some specific examples of known or highly suspected cancer-causing sources are:

Carcinogens (cancer-causing chemicals)

Heavy metals (like mercury, aluminum, lead, and cadmium)

Toxic chemicals & pesticides

Hormone-disrupting xenoestrogens (like Bisphenol-A BPA, parabens, phthalates)

Vaccines

Oral contraceptives and hormone therapies

Radiation

Ionizing radiation from-

Nuclear power plant accidents

Medical imaging devices like mammograms, CT scans, x-rays

Non-ionizing electromagnetic radiation/ pollution EMR (electrosmog) from-

Cell phones and cordless phones

Cell phone transmitter stations (mobile phone towers) ; cordless home stations

WiFi

Smart meters

Fluorescent lighting

Power lines

GMO (genetically modified) foods

Aspartame- toxic synthetic sweetener in many processed foods

Fluoride- toxic chemical in tap & bottled water, toothpaste, prescription drugs, etc.

Chlorine - toxic chemical in tap water that forms carcinogenic THCs

Oversupply of omega 6 fatty acids & hydrogenated trans fats

Aflatoxins - toxic fungus usually on moldy peanuts

Parasites

Heavy tobacco and alcohol use

Lymphatic restriction- very tight underwear can lead to breast and prostate cancer

Mental and emotional stress- like endless grief or anxiety, low self-worth, repressed anger

Some common foods that have been scientifically shown to increase cancer risk substantially are:

1) Genetically-modified organisms (GMOs)-

GMOs and the chemicals used to grow them have been shown to cause rapid tumor growth. A shocking new study completed in 2012, led by Gilles-Eric Seralini of the University of Caen, was the first ever study to examine the long-term (lifetime) effects of eating GMOs. It concluded that the long-term effects of consuming Monsanto's genetically modified corn and consuming trace levels of Monsanto's Roundup pesticide (glyphosate) caused rats to develop horrifying tumors, widespread organ damage, and premature death. The findings from the study showed that up to 50% of males and 70% of females suffered premature death, rats that drank trace amounts of Roundup (at levels legally allowed in the water supply) had a 200% to 300% increase in large tumors, and rats fed GM corn and traces of Roundup suffered severe organ damage including liver damage and kidney damage. They also found that the vast majority of pesticides sold on the commercial market are far more toxic than thought because the "inert" ingredients make these assumed-to-be-harmless formulas hundreds, or even thousands, of times more toxic than their approved active ingredients. GM foods are in most food derivatives made from conventional corn, soybeans, canola, sugarbeets, and cottonseed. More foods continue to be genetically modified and sold to the public without any proper independent safety testing. These foods and ingredients can be avoided by buying certified organic, certified non-GMO verified, and locally-grown foods.

2) Processed meats and factory farmed meat and dairy-

Most processed meat products, including lunch meats, bacon, sausage, and hot dogs, contain chemical preservatives that make them appear fresh and appealing, but that can also cause cancer. Both sodium nitrite and sodium nitrate have been linked to significantly increasing the risk of colon and other forms of cancer. So choose only uncured meat products made without nitrates, and preferably from grass-fed sources. Also meat and dairy products from factory farmed animals contain antibiotics and rBGH growth hormones which can be cancer causing.

3) Soft drinks-

Soft drinks which are very acidic have been shown to cause cancer as well. Loaded with sugar, food chemicals, and colorings, they acidify the body and feed cancer cells. Common soft drink chemicals like caramel color and its derivative 4-methylimidazole (4-MI) have also specifically been linked to causing cancer.

4) Diet foods and drinks-

Even worse than conventional sugar-sweetened soft drinks is diet soft drinks and various other diet beverages and foods sweetened with toxic artificial sweeteners. A recent scientific review

issued by the European Food Safety Authority (EFSA) of more than 20 separate research studies found that aspartame, one of the most common artificial sweeteners, causes a range of illnesses including birth defects and cancer. Sucralose (splenda), saccharin, and various other artificial sweeteners have also been linked to causing cancer.

5) Refined white flours and carbohydrates-

Refined flour is a common ingredient in processed foods, but its excess carbohydrate content is a serious cause for concern. A study published in the journal Cancer Epidemiology, Mile Markers, found that regular consumption of refined carbohydrates was linked to a 220 percent increase in breast cancer among women. High-glycemic foods in general have also been shown to rapidly raise blood sugar levels in the body, which directly feeds cancer cell growth and spread.

6) Refined sugars-

Refined sugars tend to rapidly spike insulin levels and feed the growth of cancer cells. Aspartame is one of the worst offenders and has been linked to a long list of health problems and diseases including cancer. Fructose-rich sweeteners like high-fructose corn syrup (HFCS) are particularly offensive, as cancer cells have been shown to quickly and easily metabolize them in order to proliferate. Doughnuts, cookies, cakes, pies, sodas, juices, sauces, cereals, and many other popular, mostly processed, food items are loaded with HFCS and other refined sugars.

7) Conventional (non-organic high pesticide) 'dirty dozen plus' produce. The dirty dozen plus list of the twelve plus heaviest pesticide sprayed fruits and vegetables are-

- 1 Apples
- 2 Celery
- 3 Cherry tomatoes
- 4 Cucumbers
- 5 Grapes
- 6 Hot peppers
- 7 Nectarines (imported)
- 8 Peaches
- 9 Potatoes
- 10 Spinach
- 11 Strawberries
- 12 Sweet bell peppers

Plus: Kale, collard greens, and summer squash

Many people think they are eating healthy when they buy apples, grapes, or strawberries from the store. But unless these fruits are organic or verified to be pesticide-free, they could be a major cancer risk. The Environmental Working Group (EWG) found that up to 98 percent of all conventional produce, and particularly the type found on its dirty dozen plus list, is contaminated with high amounts of cancer-causing pesticides. The vast majority of pesticides sold on the commercial market are far more toxic than we have all been led to believe. The "inert" ingredients make these assumed-to-be-harmless formulas hundreds, or even thousands, of times more toxic than their approved active ingredients. Published in the peer-reviewed journal BioMed Research International (BRI), Prof. Seralini's study looked at nine major pesticides currently available to farmers. Eight of these nine pesticides, or nearly 90 percent, according to the data, were determined to be significantly more toxic than what government regulators have assumed based on assessments of just their active ingredients. Like vaccines, virtually all pesticide formulas contain so-called "inert," or inactive, ingredients that act as adjuvants in boosting the overall efficacy of their primary active ingredients. In practice, these extraneous ingredients have automatically been assumed to be safe, or at least mostly safe, which is why regulators typically avoid testing them as part of the approval process. But in nearly every instance, tested pesticide formulas were identified as being orders of magnitude more toxic than just their active ingredients because of all the added "inert" ingredients, something that regulators have routinely failed to consider. And in at least one case, a pesticide formula was found to be 1,000 times more toxic than its active ingredient in isolation. The most toxic pesticide formula evaluated as part of the study was Roundup, the infamous weed-killing cocktail manufactured by Monsanto. Loaded with toxic glyphosate, which has been linked to birth defects, hormone disruption and cancer, among many other conditions, it was found to be exponentially more toxic as a formula compared to just glyphosate alone. This is a real problem, as the current government framework for establishing acceptable daily intake levels for pesticides is based solely on the assessed toxicity of their active ingredients in isolation rather than pesticide formulas as they are actually sold commercially. The consequence of this is that the general population, both through the environment and the food supply, is being exposed to substantially more poison than anyone could have possibly imagined. So at the very least, purchase these dirty dozen plus foods organic whenever possible.

8) Farmed salmon-

Farmed salmon is another high-risk cancer food. According to Dr. David Carpenter, Director of the Institute for Health and the Environment at the University of Albany, farmed salmon not only lack vitamin D, but are often contaminated with carcinogenic chemicals, PCBs (polychlorinated biphenyls), flame retardants, pesticides, and antibiotics.

9) Hydrogenated oils (Transfats)-

To make them hydrogenated, oils are heated in the presence of hydrogen and metal catalysts. This process helps prolong shelf life but simultaneously creates trans fats. They are commonly used to preserve processed foods and keep them shelf-stable. But hydrogenated oils alter the structure and flexibility of cell membranes throughout the body, which can lead to a host of debilitating diseases such as cancer. Besides being a cancer factor, trans fats promote heart disease, interrupt metabolic processes, and cause belly fat that crowd the organs and strain the heart. The essential fatty acids that the hydrogenation process removes are responsible for a number of processes in the body. After the hydrogenation process, the fatty acid can't biochemically function in the same way. Things like brain cell function, hormones, gland function, oxygen transport, cell wall function (keeping things in or out of your cells) and digestive tract operation (putting together nutrients and blocking allergens) are adversely affected. Some manufacturers are phasing out the use of hydrogenated oils and replacing them with safer alternatives, but trans fats are still widely used in processed foods.

10) Microwave popcorn-

They might be convenient, but the bags of microwave popcorn are lined with chemicals that are linked to causing not only infertility but also liver, testicular, and pancreatic cancers. The U.S. Environmental Protection Agency (EPA) recognizes the perfluorooctanoic acid (PFOA) in microwave popcorn bag linings as likely carcinogenic, and several independent studies have linked the chemical to causing tumors. Similarly, the diacetyl chemical used in the popcorn itself is linked to causing both lung damage and cancer.

We can begin identifying cancer-causing foods once we know which ingredients in our food cause cancer. Some of those ingredients are food additives and chemicals used to enhance taste, while others are used strictly for appearance or to increase product shelf life. The key to avoiding cancer-causing foods is to know which ingredients are carcinogens, or cancer promoters, and then reading food labels to minimize or avoid consuming those ingredients.

BREAST CANCER INDUSTRY MYTHS AND TRUTHS

Myth #1: The only proven treatments for breast cancer are chemotherapy and radiation, and they are safe.

The Truth: Chemotherapy doesn't work and radiation causes cancer. There is absolutely no reliable scientific evidence showing that chemotherapy has any positive effect on breast cancer. There's evidence that chemotherapy shrinks tumors but tumor size is irrelevant. Artificially reducing the size of a tumor does nothing to reverse the physiology of cancer in a patient's body. It doesn't initiate the healing that needs to take place to reverse cancer and stay cancer free. These toxic, ineffective treatments only deal with symptoms and cause vomiting, hair loss, muscle loss, organ damage, brain damage, immune system damage, and secondary cancers. Much of this damage is permanent.

Myth #2: Breast Cancer is not preventable.

The Truth: Most breast cancer cases can be prevented through diet, nutritional supplements, sunshine and exercise. Breast cancer can be almost entirely prevented through commonsense changes in diet like eating healthy foods, the addition of anti-cancer nutritional supplements, boosting vitamin D creation from sunlight, avoiding exposure to toxic chemicals in consumer products, and exercising regularly. The highest breast cancer risks are hormone disrupting estrogen-like foods and chemicals like: soy and soymilk, artificial growth hormones in factory farmed meat, fish, and dairy, consumer and bodycare products with bisphenol-A (BPA), parabens, and phthalates, fluoride in water and other sources, and artificial flavors, colors, preservatives, and sweeteners in foods and drinks. Also ionizing radiation from mammograms accumulates in the body and is carcinogenic. Avoid aluminum in antiperspirants and deodorants. Most breast cancer tumors originate in the upper quadrant of the breast closest to the armpits where toxic aluminum and other toxic chemicals in antiperspirants enter near the breasts and are blocked from being eliminated. The breast cancer industry, which depends on the continuation of cancer for its profits and employment, has so far refused to teach women even basic cancer prevention strategies such as increasing the intake of vitamin D or avoiding hormone disrupting, estrogen-like foods and chemicals, or avoiding antiperspirants containing aluminum.

Myth #3: Regular mammograms are the best way to detect cancer

The Truth: Mammograms do much more harm than good and are a marketing ploy to recruit patients. A new study by researchers from the Nordic Cochrane Centre in Denmark found that

mammograms may harm ten times as many women as they help. The researchers examined the benefits and negative effects of seven breast cancer screening programs on 500,000 women in the United States, Canada, Scotland and Sweden. The study's authors found that for every 2,000 women who received mammograms over a 10-year period, only one would have her life prolonged, but 10 would endure unnecessary and potentially harmful treatments of chemotherapy, radiation or mastectomies. Mammograms are pushed aggressively onto women, not because they detect cancer; but because these treatments are highly profitable for the cancer industry. They use ionizing radiation which accumulates in the body and is cancer-causing.

Myth #4: BRCA-positive women should consider mastectomies to prevent cancer.

The Truth: Women who are BRCA positive (have the gene that makes them more susceptible to breast cancer) are being scared into utterly unnecessary double mastectomies (surgically removing both breasts). Cruciferous vegetables target BRCA1 and BRCA2 genes, preventing cancer with nutrition. These women are not being informed that cruciferous vegetables contain anti-cancer nutrients that specifically target BRCA1 and BRCA2 genes, protecting them from breast cancer. According to a study in the journal *Nature*, I3C (from broccoli) and genistein (from fermented soy) inhibit estrogen-stimulated receptor activity in a dose-dependent fashion thus preventing both breast cancer and prostate cancer. Cancer doctors do not inform women of this. It would hurt their business if women knew how to prevent cancer on their own, at home, with everyday groceries and simple herbs. For example, all it takes for women who are BRCA positive is to take a single ounce of fresh broccoli juice daily, or fresh sprouts, superfoods, or other nutrient dense foods to prevent breast cancer. The FDA, of course, won't allow companies selling I3C supplements to tell you the scientifically-validated truth about their anti-cancer benefits. It's all part of the censorship and oppression that characterizes today's cancer industry. The U.S. government, of course, is the co-conspirator in this sad tragedy of misinformation. The FDA and the cancer industry keep women uninformed and scared when it comes to breast cancer. The last thing they want is for women to be nutritionally literate and well-informed.

Myth #5: If my mother had breast cancer, I'll get it too.

The Truth: Breast Cancer is not caused by bad genes; it's caused by poor diets, lifestyles, and toxic environments. This is another common lie told to women by cancer doctors to scare them into medically unnecessary toxic cancer treatments. Our genes don't control our health, but what we put in and on our bodies does. We can make different healthier dietary and lifestyle choices that will keep us in good health and disease-free.

Myth #6: Breast cancer awareness 'pink ribbon products' are sold to raise money to support breast cancer victims.

The Truth: Nearly all of the funds raised during these campaigns are used to recruit more breast cancer patients into highly-lucrative treatments that do more harm than good. Virtually none of it goes to actually teach women how to prevent cancer even though the World Health Organization states that most cancers are preventable. Those funds go to recruiting breast cancer patients by offering "free" mammograms. This is a clever recruitment strategy of the cancer industry. It's in the financial interests of the cancer industry to diagnose a woman with cancer and scare her into expensive, high-profit treatments like chemotherapy, radiation therapy or cancer surgery. Mammograms, like other medical screening devices using ionizing radiation, thus are cancer-causing, and mammogram false positives are common. The grant list at the Komen for the Cure organization proves that those funds are almost entirely spent on recruiting more women with mammograms. That list shows that there is not a single grant provided for nutritional education to teach women how to prevent cancer with vitamin D, cruciferous vegetables, anti-cancer herbs, supplements or how to avoid dangerous cancer-causing food ingredients like sodium nitrite and chemical sweeteners like aspartame.

Myth #7: The cancer non-profits are searching for a cure for cancer.

The Truth: Even if one was found, they would never allow a cure to be publicized because it would destroy the cancer treatment industry. It's the great scam of the cancer industry: they claim they've been searching for a cure for cancer but they've been using this same con since the late 60's, when they claimed to be only a few million dollars away from curing cancer forever. The search for "the cure" is pure deception. It's a clever con to take money from people for all those pink ribbon activities and to keep generating huge profits for the cancer and other corporate industries. People donate money to the wealthiest corporations in the world, the drug companies, who take their money and use it to develop a new group of toxic drugs that are sold to cancer victims at outrageous price markups sometimes exceeding 5500 times the cost of the chemical ingredients. The FDA, the AMA, or any state health licensing board considers anyone claiming to have a cancer "cure" a quack. Over the last several decades, countless doctors researching and discovering genuine cancer cures have been arrested, imprisoned, or run out of the country. Dr. Stanislaw Burzynski is one of many examples of this.

Myth #8: There is no cure for breast cancer.

The Truth: There are many natural cures for breast cancer available right now. Just a few hours of

research will turn up numerous natural cures for cancer: Vitamin D, cat's claw herbs, vitamin B17, the Essiac formula, Budwig diet, medicinal mushrooms, spirulina, cruciferous vegetables, green tea, graviola herbs, Chinese medicinal herbs, oxygen therapy, alkalizing water therapies and much more. All these cures have one thing in common: They are all suppressed by the FDA and FTC. Telling the truth about anti-cancer foods, herbs or supplements is now a criminal offense in America.

Myth #9: Sunlight causes cancer.

The Truth: Sunlight generates Vitamin D in your skin, which prevents most cancers. The sun is the source of all life on our planet. Without the sun, there would be no plants, no bacteria, no animals, no fish and certainly no humans. The sun is the single most important source of life on our planet, and without it, we'd all die in a matter of a few hours from the cold alone. That the cancer industry would declare war on the sun is just a disturbing example of how far removed modern medicine is from the real world. Cancer industry authorities know that vitamin D prevents most cancers. Since sunlight exposure causes the skin to generate vitamin D in the human body for free, the cancer industry has come to the realization that in order for it to continue surviving and exploiting cancer patients, it has to scare people away from anything that might actually prevent or cure cancer. This is the whole reason behind the sunlight scare campaigns. It's all just a clever profit strategy to keep people sick and diseased by enforcing widespread vitamin D deficiency across the human population. This deficiency is especially prominent in men and women of darker skin color. Staying indoors for an extended time under fluorescent lights or applying toxic sunscreen chemicals to our skin when we are outdoors increases our cancer risks dramatically.

CANCER - THE BODY'S SURVIVAL MECHANISM

According to writer and naturopath Andreas Moritz's book "Cancer is not a Disease - It's a Survival Mechanism", cancer is not an actual disease but a final attempt by the body to heal itself and stay alive for as long as circumstances, which are most likely under your control, allow it. If you are afflicted with any of the root causes of cancer, which constitute the real illness, you would most likely die quickly unless your body actually grew cancer cells. He claims that cancer - the body's final healing mechanism - will only be activated after the body's main waste removal and detoxification mechanisms have already become ineffective, and that it must be supported rather than suppressed. In extreme circumstances, exposure to large amounts of cancer-producing agents (carcinogens) can bring about a collapse of the body's defenses within several weeks or months, which may subsequently require a rapid and aggressive growth of a cancerous tumor to deal with it. Or it may take many years, or even decades, for so-called 'malignant' tumors to form and become diagnostically noticeable. Unfortunately, basic misconceptions or complete lack of awareness about the true reasons behind malignant tumor growth have turned misaligned cells into vicious monsters that indiscriminately attempt to kill us, perhaps in retaliation for our sins or abusing the body. However, he claims, cancer is on our side, not against us. It can be the greatest opportunity to help restore balance to all aspects of our life. He claims cancer does not cause a person to be sick but that it is the sickness of the person that causes the cancer. Once a cancer has occurred, its main purpose is to return the sick person to a balanced condition of mind, body and spirit. This is so contradictory to what conventional medicine and the media us to believe. Yet whether cancer heals you or leads to your death has actually more to do with what is going in your personal life than with the cancer itself or how early it is being detected. Unless we change our perception of what cancer really is, it will most likely resist treatment, particularly the most advanced and commonly applied methods. Cancer can have no power or control over you, unless the beliefs, perceptions, attitudes, thoughts, and feelings you have, allow it. If you have cancer, and cancer is indeed part of the body's complex survival responses and not a disease, he suggests finding answers to the following important questions:

- What reasons coerce your body into developing cancer cells?
- Once you have identified these reasons, how will you need to deal with them to allow your body to heal?
- What determines the type and severity of cancer with which you are afflicted?
- If cancer is indeed a healing mechanism, what will you need to do to avoid the body having to employ such extreme measures of self-preservation in the future?
- Since the body's original genetic design always favors the continuance of life and protection against adversities of any kind, how then could the body possibly permit a genetic change to occur

that causes its own demise?

- Why do almost all cancers disappear by themselves, without medical intervention?
- Do radiation, chemotherapy and surgery actually cure cancer in some people, or do cancer patients heal themselves, in spite of these radical, side-effect-loaded treatments?
- What roles do fear, frustration, low self-worth and repressed anger play in the origination and outcome of cancer?
- Why do so many children develop brain tumors or leukemia?

To deal with and heal the root causes of cancer and to make sense of this life changing experience, you must find satisfying and practical answers to the above questions. Cancer can be your greatest opportunity to help restore balance to all aspects of your life, but it can also bring severe trauma and suffering if you perceive it as a threat to your life. Either way, you will discover that you are always in control of your body. To live in a human body, you must have access to a certain amount of life-sustaining energy. You may either use this inherent energy for nourishing and healing the body or waste it on fighting a battle against a disease that medical theory believes is out to kill you. The choice is ultimately yours. In case you consciously or unconsciously choose negligence of, or going into battle against, your body over loving attention and self-respect, it will likely end up having to fight for its life. Bottom line, the main issue in question is not whether you have cancer but how you perceive it and what you are going to do about it. Cancer is but one of the many possible ways the body forces you to alter the way you see and treat yourself, including your physical body. You may either make out cancer to be something dreadful that leaves you victimized and powerless or see it as an opportunity to stand up for yourself, your values, and self-respect. This inevitably brings up the subject of spiritual health, which he believe plays at least as important a role in cancer as physical and emotional reasons do. Your ability to recover your health requires you to become and feel whole again on all levels of body, mind and spirit. Once the cancer causes and other impediments to feeling whole have been properly identified, it will become apparent what needs to be done to achieve complete recovery.

Cancer appears to be a highly confusing and unpredictable disorder. It seems to strike the very happy and the very sad, the rich and the poor, the smokers and the non-smokers, the very healthy and the not so healthy. And although cancer occurrence among children used to be extremely rare, it is not rare anymore. People from all backgrounds and occupations can have cancer. However, if you dare look behind the mask of its physical symptoms, such as the type, appearance and behavior of a cancerous tumor, you will find that cancer is not as coincidental or unpredictable as it seems to be. One wonders why almost half the American population is so prone to developing cancer, when the other half has no risk at all. Blaming the genes for that is but an excuse to cover up ignorance of the real causes, or lure people afflicted with cancer into costly

treatment and prevention programs. According to the most recent research done on possible genetic inheritance factors in relation to cancers of the breast, lungs, and many others, genes have little, if anything, to do when members from several generations of the same family develop the same types of cancer. In fact, top genetic researchers now affirm that gene-behavior is ultimately determined by the way we eat, think, express emotions, and live our lives. Genes don't just accidentally malfunction one day and cause cancer in everyone related to them like family members. Cancer has always been an extremely rare illness, except in industrialized nations during the past 50-60 years. However, human genes have not significantly changed for thousands of years. It is important to know that cancer rarely causes someone to die, although it is undeniable that many people afflicted with cancer also die. Nonetheless, unless a tumor causes a major mechanical obstruction in a vital organ or severely impedes the blood flow to it, or the lymph drainage from it, a cancer patient is much more likely to die from the reasons that lead to cell mutation and tumor growth than from the cancer itself.

Every cancer therapy should be focused on the root causes of cancer, yet most oncologists typically ignore them. For example, a diet consisting of junk foods that are typically deprived of any nutritional value and real energy causes chaotic, traumatic conditions in the body that are identical to those experienced during physical starvation. It is becoming increasingly evident also that many cancers are sometimes preceded by some kind of traumatic event in the past, such as a divorce, the death of a loved one, an accident, the loss of a job or possessions, or an ongoing relationship conflict. The body may have no other choice than to respond to such profound stress factors with predictable biological survival or coping mechanisms that may involve temporary abnormal cell growth. Cancerous tumors are merely symptoms of disease that are caused by something else that may not be obvious at first. Constant emotional conflicts, resentment, guilt and shame can easily suppress the body's immune system, digestive functions and basic metabolic processes, and thereby create the conditions for the occurrence of a cancerous tumor. Often, many cancer patients feel burdened by some poor self-image, unresolved conflict and worries, or past emotional conflict/trauma that still lingers in their subconscious mind and cellular memories. For cancer, the physical disease, there is often a strong undercurrent of emotional uneasiness and deep-seated frustration. Cancer patients may also typically suffer from lack of self-respect or worthiness, and often have unfinished business or unfulfilled purpose in their life. Cancer can actually be a way of revealing the source of such an unresolved, inner conflict. Furthermore, cancer can help them come to terms with such a conflict, and even heal it altogether. The way to take out weeds is to pull them out along with their roots. This is how we ought to treat cancer; otherwise, it may recur eventually. The psychological stress/cancer-connection is supported by ample scientific evidence. The Centers for Disease Control and Prevention (CDC) makes this important statement on their web site: "Intensive and prolonged stress can lead to a variety of

short- and long-term negative health effects. It can disrupt early brain development and compromise functioning of the nervous and immune systems. In addition, childhood stress can lead to health problems later in life including alcoholism, depression, eating disorders, heart disease, cancer, and other chronic diseases." In spite of the undeniable evidence that backs up the CDC's claims, most medical doctors rarely acknowledge or attempt to treat these root causes of disease but instead focus on eradicating its symptoms. Perhaps, this crucial, potentially fatal, flaw permeating almost the entire medical field is rooted in the complete absence of the nutrition-disease and stress-disease connections. The mind/body relationship is certainly not taught at medical schools. According to medical research, secretions of the DNA's powerful anticancer hormone Interleukin II, drop under physical, mental, and emotional stress, and increase again when the person becomes relaxed and joyful. Low secretions of Interleukin II increase the incidence of cancer in the body, and normal secretions of this hormone keeps cancer at bay. However, people are generally not under severe stress all the time. Since the incidence of cancer rises and falls with the experience of severe stress, many cancers vanish without any form of medical intervention and without causing any real harm. Accordingly, right at this moment, millions of people are walking around with cancers in their body without having a clue that they have them. Likewise, millions of people heal their cancers without even knowing it. Overall, there are many more spontaneous remissions of cancer than there are diagnosed and treated cancers.

The emotional stress and cancer connection also applies to young children who have fallen ill with leukemia or brain cancer. Childhood stress can lead to cancer, according to the CDC and their website states "human beings experience stress early, even before they are born." It is a scientific fact that some of the most powerful influences that a child can experience occur while it is still in the mother's womb. It has been clearly demonstrated that what a mother goes through emotionally and physically has a strong impact on the emotional and physical health of her child. For example, fetuses strongly react to ultrasounds and that this can lead to developmental problems later on. There is further evidence that not having a normal childbirth but being born by Cesarean section can have traumatic effects on babies. In addition, not breastfeeding a baby and keeping a baby in a separate room from the mother can cause a biological separation conflict which can even cause crib death. Absence of breastfeeding is well known to cause psychological, emotional, and developmental problems to a young child. And not sensing and feeling the heartbeat of the mother turns out to be anxiety-provoking for an infant. Prematurely born babies are particularly traumatized by separation anxiety. Furthermore, vaccinations cause biological shocks, similar to mini strokes, besides exposing the baby to numerous carcinogenic toxins like mercury contained in vaccines. The pain of the injection and the resulting healing response may also have trauma-evoking consequences. Direct exposure to the radiation emanated by cell phones while in the womb and thereafter can profoundly affect the health of children, according to recent research. An

inadequate diet that includes sugar, cow's milk, animal proteins, and fried foods, and other junk foods, greatly affects children, too. And if mothers drink alcohol, eat junk food, or take medication during pregnancy, or were vaccinated themselves, this also has a detrimental effect on the baby's health. Babies treated for infection with antibiotics is severely damaging to their growing immune systems. It has been shown recently that babies have as many as 250 chemicals in their blood, many of which are highly carcinogenic. Mothers, who are not in good health and still breastfeed their babies, actually contaminate them. In series of studies, the poison fluoride, added to the municipal drink water in the United States and other countries, has been clearly linked to causing cancer of the bone (osteosarcoma), and other types of cancer. The good news is that after having endorsed fluoride in drinking water for decades, in January 2011, the CDC issued an urgent warning that the current levels of fluoride in drinking water can cause serious harm to children. Clamping the umbilical cord too early, instead of the required 40-60 minutes after birth, can reduce the oxygenation of the blood in the baby by over 40%, and prevent filtering toxins out of the blood through the placenta. This relatively new practice is found to have severely negative effect on the growth of children. Whatever affects a child physically, also affects it emotionally and psychologically. In other words, one doesn't need to be a grown up to be gripped by emotional trauma. Research findings also demonstrate that childhood stress can impact adult health. One of the largest studies of its kind, the Adverse Childhood Experiences (ACE) Study, demonstrates a link between specific violence-related stress, including child abuse, neglect, and repeated exposure to intimate partner violence, and risky behaviors and health problems in adulthood. The ACE study, a collaboration between the Centers for Disease Control and Prevention (CDC) and Kaiser Permanente's Health Appraisal Clinic in San Diego, covered over 17,000 adults participating in the research from 1995 to 1997. It collected and analyzed detailed information on the participants' past history of abuse, neglect, and family dysfunction as well as their current behaviors and health status. The ACE Study findings have been published in more than 30 scientific articles. They revealed that childhood abuse, neglect, and exposure to other adverse experiences are common. Almost two-thirds of study participants reported at least one ACE, and more than one in five reported three or more. The ACE Study findings suggest that certain experiences are major risk factors for the main causes of illness and death, as well as poor quality of life in the United States. Prolonged emotional stress can compromise the immune system and thereby render the body susceptible to virtually every type of illness, including cancer.

It is a medical fact that every person has millions of cancer cells in the body at all times in his life. This is not an indication that there is something wrong with us. On the contrary, as we shall see, this forms an essential part of maintaining the body's healthy equilibrium. These millions of cancer cells remain undetectable through standard tests. However, they show up as tumors once they have multiplied to several billion. When doctors announce to their cancer patients that the

treatments they prescribed had successfully eliminated all cancer cells, they merely refer to tests that are able to identify the detectable size of cancer tumors. Standard cancer treatments may lower the number of cancer cells to an undetectable level, but this certainly cannot eradicate all cancer cells. As long as the causes of tumor growth remain intact, cancer may redevelop at any time, in any part of the body, and at any speed. Curing cancer has little to do with getting rid of a group of detectable cancer cells. Treatments like chemotherapy and radiation are certainly capable of poisoning or burning many cancer cells, but they also destroy healthy cells in the bone marrow, gastrointestinal tract, liver, kidneys, heart, lungs, etc., which often leads to permanent irreparable damage of entire organs and systems in the body. The toxic chemicals contained in chemotherapy drugs alone can cause such severe inflammation in every cell of the body that even the hair follicles can no longer hold on to the strands of hair. A real cure for cancer does not come at the expense of destroying other vital parts of the body. It is achievable only when the causes of excessive growth of cancer cells have been addressed and the body is being properly supported through its healing process. Cancer is the healing process that the body may choose to reestablish homeostasis. Not recognizing cancer as a healing mechanism can turn out to be fatal, and it often is. Dealing with the causes of cancer, not with its symptoms, is what's important. Treating cancer as if it were a disease is a trap that millions of people have fallen into and they have paid a high price for not attending to its root causes. The old saying, "Knowledge is different in different states of consciousness," reveals 'truth' to be a subjective projection of the mind, conscious or subconscious. In other words, if you insist that cancer is a terrible disease that may take your life, this death-fright belief of yours is likely going to fulfill your dreaded expectation. Remember, emotional trauma suppresses the immune system and prevents healing. Likewise, if you perceive cancer to be a healing phase that deals with an underlying imbalance, your truth is also going to help you achieve a positive outcome of your uplifting expectation. It is unfortunate that the medical profession has discouraged patients to participate in, or affect, their own cures. Patients are rarely included in the process of healing. Instead, medical treatments are now propagated to be the sole remedy for today's ills. In truth, whether a person heals or doesn't is largely controlled by the state of the body, mind and spirit of the person. Accepting this as fact can have enormous self-empowering effects which are essential for healing to occur and be effective.

Almost everyone knows that drinking water from a filthy pond or polluted lake can cause life-threatening diarrhea. Yet, relatively few people realize that holding on to resentment, anger, and fear, avoiding exposure to the sun which causes vitamin D deficiency, not getting enough sleep on a regular basis, holding a cell phone to your head for an hour each day, being regularly exposed to X-rays, mammograms or CAT scans, or eating junk foods, chemical additives, and artificial sweeteners is no less dangerous than drinking polluted water. These habits of life may just take a little longer to kill a person than poison, but there is no more doubt that they are harmful. As an

analogy, we all know that if the foundation of a house is strong, the house can easily withstand external sources of stress, such as a violent storm or even an earthquake. As we shall see, cancer is merely an indication that something has been missing in our body and in our life. Cancer reveals that some aspect of our physical, mental and spiritual life stands on shaky ground and is quite fragile, to say the least. It would be foolish for a gardener to water the withering leaves of a tree when he knows so well that the real problem is not where it appears to be, namely, on the level of those withered leaves. The dehydration of the leaves is merely a symptom of lacking water in the less apparent part of the plant - its root system. By watering the roots of the plant, the gardener naturally attends to the causative level, and consequently, the whole plant becomes revived and resumes its normal growth. To the trained eye of a gardener, the symptom of withering leaves is not a dreadful disease. He recognizes that the dehydrated state of these leaves is but a direct consequence of withdrawn nourishment that they need to sustain themselves and the rest of the plant. Although this example from nature may appear to be a simplistic analogy, it nevertheless offers a basic understanding of some very complex disease processes in the human body. It accurately describes one of the most powerful and fundamental principles controlling all life forms on the planet. However skilled we may have become at manipulating the functions of our body through the tools of allopathic medicine, this basic law of nature cannot be suppressed or violated without paying the hefty price of suffering ill-health on the physical, emotional, and spiritual levels.

There is no cancer that has not been survived by someone, regardless of how far advanced it was. If even one person has succeeded in healing his cancer, there must be a mechanism for it, just as there is a mechanism for creating cancer. Every person on the planet has the capacity to do both. If you have been diagnosed with cancer, you may not be able to change the diagnosis, but it is certainly in your power to alter the destructive consequences that the diagnosis may have on you. The way you perceive the cancer and the steps you choose to take following the diagnosis are some of the most powerful determinants of your future wellness, or the lack of it. The indiscriminate reference to cancer as a killer disease has turned cancer into a disorder with tragic consequences for the majority of cancer patients and their families. Cancer has become synonymous with extraordinary fear, suffering, and death. This perception continues despite the fact that up to 90-95 percent of all cancers can appear and disappear of their own accord. Not a day passes without the body making millions of cancer cells. Some people, under severe temporary stress, make more cancer cells than usual. These cancer cells cluster together as tumors that will disappear again once the stress impact has subsided and after a healing response, as indicated by symptoms of illness, has been completed. The cancer industry claims that cancer is supposed to grow and worsen, yet it has been shown that cancers can disappear without treatment. In October 2009, a paper published in The Journal of the American Medical Association noted that "data from more than two decades of screening for breast and prostate

cancer call that view into question." More sophisticated screening technologies find many small tumors that would not cause a problem if they were left alone, undiscovered by screening. These tumors are as dormant and harmless as small scars on the skin. As the paper concedes, these tumors were destined to stop growing on their own or shrink, or even, at least in the case of some breast cancers, disappear. "The old view is that cancer is a linear process," said Dr. Barnett Kramer, associate director for disease prevention at the National Institutes of Health (NIH)." A cell acquired a mutation, and little by little it acquired more and more mutations. Mutations are not supposed to revert spontaneously." Until recently, cancer researchers and doctors alike have falsely assumed and projected their assumption as scientific fact that cancer results from cell mutation (alteration of the genetic makeup of the cell), which then takes on a life of its own. However, the leading edge of cancer research points toward the discovery that uncontrolled and senseless cancer cell division does not take place all. As Dr. Kramer points out, it is becoming increasingly clear that cancers require more than mutations to progress. They need the cooperation of surrounding cells and even, he said, "the whole organism, the person, whose immune system or hormone levels, for example, can squelch or fuel a tumor." This makes cancer, Dr. Kramer said, "a dynamic process." It seems then that the entire body, including the brain, nervous system, immune system and endocrine system, as well as the personality and all the cells surrounding a cancer, support the cancer's growth. The reason is as claimed by the author, cancer is not a disease at all, but rather a healing mechanism. The entire body supports the growth of a cancer so long it is in its best interest. Once the cancer no longer serves a purpose and the healing is complete, it either disappears or moves into a dormant, harmless state. The new view that cancer does not take a predictable path like from mutation to disease, was difficult for some cancer doctors and researchers to accept. But apparently, more and more of the skeptics are now acknowledging that, contrary as it seems to everything they had thought, cancers can in fact disappear on their own. One of the converts is Dr. Robert M. Kaplan, the chairman of the department of health services at the School of Public Health at the University of California, Los Angeles. "At the end of the day, I am not sure how certain I am about this, but I do believe it," said Dr. Kaplan. He added, "The weight of the evidence suggests that there is reason to believe." Still another cancer specialist, Dr. Jonathan Epstein at Johns Hopkins University, says that disappearing tumors are well known in testicular cancer. According to Dr. Epstein, during an operation on a man's testicle, a surgeon may just find scar tissue in place of a large diagnosed tumor. The growing evidence that cancers can go backward or stop is now undeniable, and researchers are left with no other choice than to reassess their notions of what cancer really is and how it develops. Still, unless they recognize that cancer is a healing mechanism orchestrated by the entire organism to correct an underlying imbalance, they will continue to search for ways to fight cancer instead of supporting it through the healing process. This, however, requires trust in the body's wisdom, not suspicion that the body is faulty or broken. The newly made discovery that

cell mutation alone cannot cause cancer but must be supported by surrounding cells and the entire organism, speaks for itself. Certainly the body seems to treat cancer as a friend, not an enemy so the author suggests that we should do the same. One fascinating statement was made by Thea Tlsty, a professor of pathology at the University of California, San Francisco, and one of the world's most distinguished cancer researchers. Dr. Tlsty says that cancer cells and precancerous cells are so common that nearly everyone by middle age or old age is riddled with them. That was discovered in autopsy studies of people who died of other causes, with no idea that they had cancer cells or precancerous cells. They did not have large tumors or symptoms of cancer. "The really interesting question," Dr. Tlsty said, "is not so much why do we get cancer as why don't we get cancer?" Also, according to researchers, the earlier a cell is in its path toward an aggressive cancer, the more likely it is to reverse course. So, for example, cells that are early precursors of cervical cancer are likely to revert. One study found that 60 percent of precancerous cervical cells, found with Pap tests, revert to normal within a year; 90 percent revert within three years. This shows a different trend than previous proposed by cancer theorists. It prompts the question whether it is in fact better to leave many cancers untreated, so that they may either go into dormancy and become harmless, or disappear on their own. For many decades, doctors and health agencies have been pushing the agenda of early detection on the general population with claims that it is vitally important to catch cancers at an early stage. They argue, this allows for better and more successful treatment. However, once again, their assumptions may have been wrong all along. The dynamic process of cancer development appears to be the reason that screening for breast cancer or prostate cancer finds huge numbers of early cancers without a corresponding decline in late stage cancers. In other words, discovering so many extra cancers through new and better screening methods has not reduced the incidence of advanced cancers. This clearly contradicts the assumption which asserts that early detection, which normally leads to early treatment, has any overall preventative or cancer incidence-reducing benefits. It also implies that many cancers are better left alone. This prompts the hypothesis that many early cancers go nowhere. With regard to breast cancer, there is indirect evidence that some actually disappear. Screening for breast and prostate cancers has clearly failed to reduce occurrence. For good reason, Johns Hopkins now offers men with small prostate tumors an option of an "active surveillance," instead of having their prostates removed or destroyed. In the rare case that the cancer grows bigger, they can still have it removed. However, the frightening diagnosis of having prostate cancer discourages most men from going this route of wait and see. This is due to the decades of senseless fear-mongering by medical professionals and the quick-fix obsession among patients for this unfortunate situation.

In addition to this, the high doses of ionizing radiation emitted by cancer screening devices, such as Computed Tomography (CT) and mammography, etc., have actually contributed to the

incidence of various types of cancer. Cancers associated with such radiation exposure include leukemia, multiple myeloma, breast cancer, lung cancer, and skin cancer. In a Canadian study, researchers looked at the behavior of small kidney cancers (renal cell carcinoma) which are among the cancers that are reported to regress occasionally, even when far advanced. The double blind control study, led by Dr. Martin Gleave, Department of Urologic Sciences at Vancouver General Hospital compared an immunomodulating drug treatment, interferon gamma-1b, with a placebo in people with kidney cancer that had spread throughout their bodies. Despite the lack of placebo-controlled trials, interleukin-2 and interferon have become the central component of most immunotherapeutic strategies for metastatic renal-cell carcinoma. The new study was supposed to show that these immunomodulators could control or reverse these kidney cancers, which are very resistant to chemotherapy. Six percent of subjects in both groups had tumors that shrank or remained stable, which led the researchers to conclude that the treatment did not improve outcomes. In this study, the 6 percent of participants who benefited somewhat showed that whether they received medical treatment or not made no difference, except that those in the placebo group lived on average 3.5 months longer than those who received the drug treatment. Dr. Gleave says that these days more patients are having ultrasound or CT scans for other reasons and learning that there is a small lump on one of their kidneys. In the United States, the accepted practice is to surgically remove those tumors. But, based on his findings, he asks, "Is that always necessary?" The conclusion to be drawn from this important piece of research is that the body regresses or stops the growth of a tumor when it deems it necessary, not otherwise. If we poison, burn or cut out a tumor, the body may need to grow another one in order to continue or complete its healing activity. The main flaw in the medical cancer theory lies in the assumption that cancer needs to be subdued in order to save a cancer patient's life. Until recently, nearly all scientists shared the opinion that unless a cancer is treated and stopped, it is destined to grow, spread and eventually kill the person. This is obviously not the case. Millions of people live with all kinds of cancer without a problem, and even without being aware of it, according to the work of Dr. Tlsty and many other top scientists. The truth is, relatively few cancers actually become 'terminal.' A vast number of cancers clearly remain undiagnosed and are not found until autopsy. Usually, these people don't die from cancer, but from something else, such as an accident. They don't even have symptoms that could prompt the doctor to prescribe any of the standard cancer-detecting tests. It's astonishing that 30-40 times as many cases of thyroid, pancreatic and prostate cancers are found in autopsy than are detected by doctors. In 1993, the British medical journal Lancet published a study that showed early screening often leads to unnecessary treatment. For example, although 33 percent of autopsies in men reveal prostate cancer, only about 1 percent die from it. After age 75, half of males may have prostate cancer, but mortality rates only range from 0.1-2.4 percent. More specifically, the overall 5-year relative prostate cancer survival rate for 1995-2002 was 99 percent. The 5-year relative prostate cancer survival rates by race were 99.9

percent for white men and 97.6 percent for black men, regardless whether they had few or no signs or symptoms of prostate cancer, were free of disease, or had treatment. New government recommendations as of August 2008 call for oncologists to no longer treat men with prostate cancer past the age of 75 years because the treatments do more harm than good and offer no advantages over no treatment at all. It must be noted that these low mortality rates especially apply to those who have neither been diagnosed with cancer nor received any treatment for cancer. Since according to the government, mortality rates increase when cancers are being treated, this evidently shows what does the killing. Once diagnosed and treated, the vast majority of cancers are never given a chance to disappear on their own. They are promptly targeted with an arsenal of deadly weapons such as chemotherapy drugs, radiation, and the surgical knife. Dormant tumors that would never really cause any harm to the body may instead be aroused into powerful defensive reactions and become aggressive, not unlike relatively harmless bacteria that turn into dangerous super-bugs when attacked by antibiotic medication. It makes absolutely no sense that at a time you need to strengthen the body's most important healing system, the 'immune system,' you would subject yourself to radical treatments that actually weaken or destroy the immune system. The problem with cancer patients today is that, terrified by the diagnosis, they submit their bodies to these cutting/burning/poisoning procedures that, more likely than not, will do much harm.

Although no scientific proof exists to show that cancer is a disease versus a healing process, most people will insist that it is a disease because this is what they have been told to believe. Yet this belief is only hearsay based on other people's opinions. Finally, the infallible doctrine that cancer is a disease can be traced to some doctors who expressed their subjective feelings or beliefs about what they had observed and published them in some review articles or medical reports. Other doctors agreed with their opinion, and before long, it became a 'well-established fact' that cancer is a dangerous disease that somehow gets hold of people in order to kill them. However, the truth of the matter may actually be quite different and more rational and scientific than that. Cancer cells are not part of a malicious disease process. When cancer cells spread (metastasize) throughout the body, it is not their purpose or goal to disrupt the body's vital functions, infect healthy cells and obliterate their host (the body). Self-destruction is not the theme of any cell unless, of course, it is old and worn-out and ready to be turned-over and replaced. Cancer cells, like all other cells, know that if the body dies, they will die as well. Just because some people assume that cancer cells are there to destroy the body does not mean cancer cells have such a purpose or ability. A cancerous tumor is neither the cause of progressive destruction nor does it actually lead to the death of the body. There is nothing in a cancer cell that has even remotely the ability to kill anything. What eventually leads to the demise of an organ or the entire body is the wasting away of cell tissue resulting from continued deprivation of nutrients and life force. The drastic reduction or shutdown

of vital nutrient supplies to the cells of an organ is not primarily a consequence of a cancerous tumor, but actually its biggest cause. By definition, a cancer cell is a normal, healthy cell that has undergone genetic mutation to the point that it can live in an anaerobic surrounding (an environment where oxygen is not available). In other words, if you deprive a group of cells of vital oxygen (their primary source of energy), some of them will die, but others will manage to alter their genetic software program and mutate in a most ingenious way: the cells will be able to live without oxygen and derive some of their energy needs from such things as cellular metabolic waste products. It may be easier to understand the cancer cells phenomenon when comparing it with the behavior of common microorganisms. Bacteria, for example, are divided into two main groups, aerobic and anaerobic, meaning, those that need to use oxygen and those that can live without it. This is important to understand since we have more bacteria in our body than we have cells. Aerobic bacteria thrive in an oxygenated environment. They are responsible for helping us with the digestion of food and manufacturing of important nutrients, such as B-vitamins. Anaerobic bacteria, on the other hand, can appear and thrive in an environment where oxygen does not reach. They break down waste materials, toxic deposits and dead, worn-out cells. The body sees the cancer as being such an important defense mechanism that it even causes the growth of new blood vessels to guarantee the much-needed supply of glucose and, therefore, survival and spreading of the cancer cells. It knows that cancer cells do not cause but, prevent death; at least for a while, until the wasting away of an organ leads to the demise of the entire organism. If the trigger mechanisms for cancer (causal factors) are properly taken care of, such an outcome can be avoided.

It is commonly believed that our immune system protects us against cancer. However, this is only partially true. On the one hand, the immune system readily destroys the millions of cancer cells that a healthy human body produces as part of the daily turnover of 30 billion cells. On the other hand, the immune system takes no action to eradicate cancer cells that develop in response to a buildup of toxins, congestion, and emotional stress. Cancers and all other tissues in the body are larded with cancer-killing white cells, such as T-cells. In the case of kidney cancer and melanomas, for example, white cells make up 50 per cent of the mass of the cancers. Since these T-cells easily recognize foreign or mutated cell tissue such as cancer cells, you would expect these immune cells to attack cancer cells right away. However, the immune system allows cancer cells to recruit it to actually increase and spread the cancer to other parts of the body. Cancer cells produce specific proteins that tell the immune cells to leave them alone and help them to grow. The immune system want to collaborate with cancer cells to make more or larger tumors because cancer is a survival mechanism, not a disease. The body uses the cancer to keep deadly carcinogenic substances and caustic metabolic waste matter away from the lymph and blood and, therefore, from the heart, brain and other vital organs. Killing off cancer cells would in fact

jeopardize its survival. Cleansing the body of accumulated toxins and waste products through the various cleansing methods removes the need for cancer.

Cancer is the final and most desperate survival mechanism the body has at its disposal. It only takes control of the body when all other measures of self-preservation have failed. To truly heal cancer and what it represents in a person's life we must come to the understanding that the reason the body allows some of its cells to grow in abnormal ways is in its best interest and not an indication that it is about to destroy itself. Cancer is a healing attempt by the body for the body. Blocking this healing attempt can destroy the body. Supporting the body in its healing efforts can save it.

CANCER NATURAL TREATMENTS AND CURES

Public interest in natural medicine for cancer grew massively during the 1900s because of the poor performance of standard medicine. The first truly famous treatment was Essiac tea, which peaked in use during the 1920s and 30s. Then Harry Hoxsey's herbal therapy became known, and by 1950 he was running the largest private cancer clinic in the world. In 1958 Max Gerson published his revolutionary book "A Cancer Therapy: Results of Fifty Cases," which documented remarkable successes from his own practice. Laetrile use peaked in the 1970s, and in 1979 Linus Pauling produced stunning results using IV vitamin C for cancer.

Some of these alternative cancer cures and others are discussed in this documentary 'Cancer: The Forbidden Cures'. It also provides an important commentary about the industry behind the mainstream medical system:

<http://www.wakingtimes.com/2012/10/03/cancer-the-forbidden-cures>

Against this backdrop, the NCI (National Cancer Institute) started its famous Plant Screening Program in 1960. The idea was simple: collect and scientifically test plant extracts for activity against cancer. They tested over 114,000 extracts covering about 15,000 plant species. They surprisingly reported that not a single effective cancer treatment was discovered. That is astounding because today we know that extracts from green tea, turmeric, broccoli, blackberries, pomegranates, many Chinese herbs and other plants do indeed kill cancer cells - and are now being tested in clinical trials. It seems that several plant polyphenols did show activity against the cancer screens used, but were deceptively labeled by the NCI as "false positives." When more and more "false positives" kept turning up, the NCI changed the cancer screening method for the sole purpose of avoiding more false positives. Finally, in a meeting held on Oct. 2 1981, the NCI abolished the Plant Screening Program in its entirety. This decision was met with great outcry from the scientific community.

Alternative natural therapies use a wide range of treatments which, generally, are not available from conventional doctors. In the treatment of cancer, conventional medicine includes surgery, chemotherapy (the use of toxic drugs), and radiation. By contrast, safe alternative cancer therapies include nutritional supplements, enzymes, diet, detoxification, changes in lifestyle, stress control, prevention, and biofeedback. Conventional practitioners view cancer as the tumor, whereas alternative holistic doctors see the tumor as merely the symptom of the cancer. They are more interested in what caused it to appear in the first place. Those in conventional medicine

believe that anything that removes or reduces the tumor is good, even if it weakens the body in the process. Since practitioners of alternative medicine focus on the cause of the tumor, they believe that anything which helps the body eliminate the tumor is progress.

The immune system is the body's front-line defense against cancer. Conventional therapies impact the immune system and can cause cancer if one does not detoxify the body and rebuild the immune system after they are used. Typically nutritional supplementation and other forms of alternative therapy help to strengthen the immune system and help the body to overcome cancer. Practitioners of conventional medicine are in the majority, and patients are well informed about these options. Many patients, however, are not aware of alternative therapies.

Some of the alternative therapies that are used in cancer treatment are:

ACID/ALKALINE BALANCE:

This treatment is a combination of acid-neutralizing minerals like calcium and magnesium to supply proper mineralization and to correct the acid/alkaline balance of the body. When taken, it is believed they alkalize cancer cells (neutralize their acid nature). Cancer cells do not survive in the higher pH ranges and die off. When cancer has gained a foothold, it begins to lower the body's pH due to the production of lactic acid in the cancer cells. The normal body pH as measured by blood pH is within a range of 7.35 - 7.45. In the early stages of cancer the pH lowers to below 7.0 or below and as the cancer progresses it drops lower to very acidic levels of 6.0 and 5.0. Eating a plant-based alkaline diet helps raise and maintain healthy alkaline pH levels.

ADJUNCTIVE THERAPIES:

Adjunctive therapies are used in conjunction with other therapies rather than by themselves. Adjunctive therapies include: detoxification, specific vitamins and supplements like Vitamin C and Co-Q10, water therapy, and nutrition balancing.

Some examples of adjunctive therapies that are very important to add to any cancer healing therapy are:

- **DETOXIFICATION:** the removal of toxins from the body, is considered by many clinics as a very important part of their treatment. Detoxification eliminates toxic substances (like heavy metals, pesticides, environmental toxins, and metabolic wastes) which may be burdening the immune system, compromising metabolic processes and blocking energy flow. Alternative practitioners assist in this important work by cleaning out the liver, digestive system, kidneys, lymph and the bloodstream. A variety of approaches are used

to open up these elimination channels (liver, kidney, colon, and urinary system) including colon cleansing, fasting, chelation, detox diets, water therapy, heat therapy, and nutritional, herbal, and homeopathic methods. Max Gerson introduced coffee into the enema procedure, which causes the liver to release stored up toxins into the digestive system to be eliminated. Increasing your clean water intake may be one of the best ways to get rid of toxins in the body. Thousands of accumulated man-made chemicals in our food, water, soil and air are a primary cause for the alarming rise in diseases like cancer in the last century. It is common knowledge we ingest an array of toxic substances daily. Toxins like mercury, tin and nickel leak steadily from dental fillings. And many people who take prescription and over the counter drugs have accumulated residues in their bodies from these. Most of these substances are laboratory creations that never existed in nature as such prior to the last century. It is typically the job of oxygen, the great purifier, the immune system and the detoxifying organs like the lungs, liver, skin, and kidneys to deal with these foreign materials. The body must work very hard to remove these things one way or another. Kidneys are flushed by drinking large amounts of water containing special herbal preparations. The liver is cleansed using various means. The coffee used in enemas, stimulates the liver to purge itself. Coconut oil, turmeric, beetroot juice, milk thistle, ALA, and selenium are especially helpful for cleansing the liver. Colonic irrigations help remove built-up waste products in the colon, some of which may have been there for years. FASTING is an excellent way to begin virtually any disease fighting protocol as long as one is not physically wasted. It helps the body eliminate wastes and toxins and reset itself to optimum health levels for healing and fighting cancer and other illness. Many people are able to beat disease and illness of all kinds, including cancer, simply by fasting. It can be a water-fast and be supplemented with supergreens like spirulina or chlorella. Juicing and drinking veggie juices only (with 80% organic vegetables and 20% organic fruits) also nourishes the body and provides much detoxification since, like fasting, the body's energy is freed up to heal itself rather than digest food. Sweating (the skin is the largest detox organ) and deep breathing also help remove toxins from the body. This therapeutic approach goes back literally thousands of years to the ancient Egyptians, Romans and Greeks. Besides cleansing and detoxing the body, cleansing the living, working, and surrounding environment to the greatest extent possible of pesticides, herbicides, toxic personal products, household cleansers, other manmade chemicals, and from any electromagnetic radiation is important.

- **NUTRITIONAL THERAPY:** Two types or approaches are emerging. One is a specialized combination of nutrients used as a targeted cancer therapy, depending on the individual needs of the patient. The other, which also depends on the needs of the patient, is a

more general approach seeking to boost health and strength. It is used to boost the immune system, to increase natural mechanisms for eliminating the tumor, and to prevent reoccurrences. Typically this includes nutritional supplements, intravenous protocols such as high doses of vitamin C, anti-oxidants, and immune support nutrients, and diet such as frequent raw vegetable juices, whole grains, legumes and elimination of foods which feed cancer and weaken the immune system.

- **PSYCHOTHERAPY:** Although used at most clinics, it's considered an adjunctive therapy. Psychological counseling, support groups and even psychotherapy make up a critically important aspect of therapy in the world's most successful cancer treatment centers. Some doctors have reported that a traumatic psychological event in a person's life may trigger the appearance of cancer one to two years later. Music, meditation, relaxation techniques, and stress reduction have proven to significantly enhance the power of the immune system. Lifestyle changes and stress control assists the individual in making the necessary changes in their life structure and belief system to minimize stress. Some therapists include emotional and even spiritual counseling, not only for the person's regular life, but in dealing with the trauma of cancer. Emotional healing eliminates toxic emotions and memories in the body. This may take the form of counseling, emotional release therapies, deep breathing, reiki, homeopathy, or bodywork. Spiritual connection reconnects the individual with their purpose for being alive and strengthens their will to live. This may take the form of prayer, meditation, or spiritual counseling. Biofeedback can also be used, where a person visualizes the immune cells of the body attacking the cancer cells.
- **VITAMIN C:** Vitamin C has proven to be a major immune-system booster. Taking high doses of Vitamin C, through IV or lipospheric forms, can assist with the treatment of cancer.
- **WATER THERAPY:** an adjunctive approach that can be used with almost any other approach. In most cases, it is found that we are not drinking enough water. Up to seventy percent of the total body weight is due to water. Normally, our daily diet provides about two-third of the body's requirement of water. Some health practitioners suggest that you drink about eight to ten glasses of clean alkaline spring water every day to meet the remaining one-third of the body's requirement. You may need to drink more water when you are tired, sweating profusely, or when your body has a condition such as cancer.

AMYGDALIN (LAETRILE OR VITAMIN B17):

When the natural substance called amygdalin is purified and concentrated for use in cancer therapy, it is called Laetrile. Amygdalin is extracted from apricot seeds and prepared in both tablet and injectable form. The injectable is more concentrated and capable of delivering higher doses in a shorter period of time. It is usually recommended at the onset of treatment for patients who are seriously ill. After several weeks or a month, if the patient responds well to treatment, the physician will reduce the dosage and prescribe tablets to replace injections. This therapy is usually used in conjunction with the proteolytic enzymes, a broad-spectrum nutritional program, and a diet calling for fresh fruits and vegetables, whole grains, and the elimination of meat and dairy products for the duration of treatment.

ANTINEOPLASTONS:

These are amino-acid compounds (called peptides) found in the blood and urine of healthy people but which are deficient in cancer patients. They were discovered in 1967 by Stanislaw Burzynski, M.D., Ph.D., while a graduate student in Poland. When Burzynski came to the United States to practice medicine, he patented a process for manufacturing these substances and began to administer them to cancer patients on the theory that they will cause cancer cells to revert back to normal cells. In spite of fierce opposition by the AMA and FDA, many patients claim that their cancers have been controlled by this treatment. Dr. Burzynski discovered peptides and amino acid derivatives in the human body that control cancer, not by destroying cancer cells but by correcting them. He named these substances antineoplastons. Antineoplastons are nontoxic substances that have shown to be a promising therapy even for difficult-to-treat brain cancers, and for many common types of solid tumors.

BUDWIG DIET:

The Flaxseed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils, in 1951. Dr. Budwig holds a Ph.D. in Natural Science, has undergone medical training, and was schooled in pharmaceutical science, physics, botany and biology. Dr. Budwig found that the blood of seriously ill cancer patients was deficient in certain important essential ingredients which included substances called phosphatides and lipoproteins, while the blood of a healthy person always contains sufficient quantities of these essential ingredients. She found that when these natural ingredients were replaced over approximately a three month period, tumors gradually receded, weakness and anemia disappeared and life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were alleviated. Dr. Budwig then discovered an all natural way for people to replace those essential ingredients their bodies so desperately needed in their daily diet. By simply eating a combination of just two natural and delicious foods not only can cancer be prevented but in case after case it was actually cured. These two natural foods, organic flax seed oil & cottage cheese must be eaten together to be

effective since one triggers the properties of the other to be released. After more than 10 years of solid clinical application, Dr. Budwig's natural formula has proven successful where many orthodox remedies have failed. Dr. Budwig's formula has been used therapeutically in Europe for prevention of: cancer, arteriosclerosis, strokes, cardiac infarction, stomach ulcers (normalizes gastric juices), prostate (hypertopic), arthritis, eczema (assists all skin diseases), and even immune deficiencies. Thousands have been helped by her protocol. Testimonials can be found for almost every type of cancer and tumors, even late stage. Dr. Budwig has assisted many seriously ill individuals, even those given up as terminal by orthodox medical practitioners, to regain their health through a simple regimen of nutrition. The basis of Dr. Budwig's program is the use of flaxseed oil blended with low-fat cottage cheese. Dr. Johanna preaches against the use of what she calls "pseudo" fats: "hydrogenated," "partially hydrogenated" and even "polyunsaturated." The chemical processing causes the oils to become a harmful substance deposited within the body. The heart, for instance, rejects these fats and they end up as inorganic fatty deposits on the heart muscle itself. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids. Science has proven that fats play an important role in the functioning of the entire body. Fats (lipids) are vital for all growth processing, renewal of cells, brain and nerve functions. Our energy resources are based on lipid metabolism. To function efficiently, cells require true polyunsaturated, live electron-rich lipids, present in abundance in raw flaxseed oil. Lipids are only water-soluble and free-flowing when bound to protein; thus the importance of protein-rich cottage cheese. When high quality, electron-rich fats are combined with proteins, the electrons are protected until the body requires energy. This energy source is then fully and immediately available to the body on demand, as nature intended. Budwig claims that the diet is both a preventative and a curative. She says the absence of linol-acids in the average western diet is responsible for the production of oxydase, which induces cancer growth and is the cause of many other chronic disorders. The theory is: the use of oxygen in the organism can be stimulated by protein compounds of sulphuric content, which make oils water-soluble and which is present in cheese, nuts, onion and leek vegetables such as leek, chive, onion and garlic, but especially cottage cheese. It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, poppyseed, walnut, and flax oils. Such oil should be consumed together with foods containing the right proteins otherwise the oils will have the opposite effect, causing more harm than good. The best combination is cottage cheese and linseed oil. The linseed should be freshly ground. Carbohydrates containing natural sugar, such as dates, figs, pears, apples and grapes, can also be included in the diet. Honey is also beneficial. She feels most of the synthetic vitamin A preparations are bad because they contain oxidation products, but much carotene as pro-vitamin A (from carrot) is consumed. Vitamin B from buttermilk, yogurt, and natural yeast is beneficial. A person requires daily about 4 oz. of cottage cheese mixed well with 1.5 oz. of linseed oil. A blender or egg beater works fine. The mixture can

be sweetened with honey or otherwise flavored naturally. All sugar and artificial sweeteners, animal fats, salad oils (including mayonnaise), meats (chemicals and hormones), butter, margarine, and preserved meats (the preservatives block metabolism even of Flax Oil) are forbidden.

CAAT:

Controlled Amino Acid Treatment is a novel nutritional approach to cancer treatment developed by Angelo P. John at A.P. John Cancer Institute. CAAT is an amino acid and carbohydrate deprivation protocol using scientifically formulated amino acids. It is based on the fact that the needs of normal cells and cancer cells are quite different. By manipulating the diet of a cancer patient and supplying a proprietary blend of amino acids (the building blocks of protein in the body), cancer cells may be literally starved to death. The program consists of: (1) a strict diet; (2) a special amino acid blend, which contains high doses of certain amino acids and low doses of others; the exact blend depends to some extent on the type of cancer being treated; (3) certain nutritional supplements and the avoidance of others. The treatment attacks cancer cells in four ways: (1) It helps to prevent new blood vessel formation, which is necessary for the growth of solid cancers; (2) It interferes with the cancer cells ability to produce energy by blocking a process called glycolysis in cancer cells; (3) It reduces the ability of the body to produce growth factors that stimulate cancers to grow; and (4) It interferes with the production of specific amino acids that are necessary for DNA replication in cancer cells. The diet is quite strict and is low in both carbohydrates and protein. Fat intake is moderate and involves specific fats. The amino acid blend reduces certain amino acids (such as glycine, valine, leucine and isoleucine) and increases others, resulting in reduced production of the protein elastin, which is necessary for new blood vessel formation (angiogenesis). In contrast to normal cells, which produce energy primarily through the use of oxygen, cancer cells produce energy by a process known as glycolysis because their mitochondria (energy producing structures in cells that utilize oxygen) are damaged and not capable of utilizing oxygen the way normal cells do. The strict diet and amino acid blend attack the glycolysis process in cancer cells, thus helping to prevent the production of energy in cancer cells. Certain growth factors produced in the body, such as human growth hormone and insulin growth factor 1 (IGF1) tend to stimulate cancer growth. This program with its reduced calorie and protein diet tends to reduce the production of these growth factors. The growth of cancer cells requires certain amino acids (like glycine) and nutrients (like vitamin B6) for replication of the cancer cells' DNA. The reduction of these nutrients in this CAAT protocol helps to inhibit DNA replication in cancer cells. A number of nutritional supplements are recommended in this program. These may include, but are not limited to: (1) vitamins A, C and D; (2) D-Limonene; (3) N-Acetylcysteine (NAC); (4) Grape Seed Extract; (5) Lycopene; and others. On the other hand, most of the B vitamins and especially vitamin B6 need to be avoided because they

enhance the glycolysis process or DNA replication. This program has been used since 1994 in very advanced cancer patients either combined with conventional treatment of radiation and/or chemotherapy or without these conventional treatments. Angelo John develops these nutritional programs for cancer patients with the cooperation of the patient's oncologist or with nutritionally oriented complementary and alternative physicians who work with cancer patients. The results so far have been quite remarkable. Regardless of the type of cancer one has, cancer cells all survive through the same biochemical processes. CAAT interferes with these processes and causes the cancer cells to die, significantly increasing the chances of recovery. However, because each patient is unique, CAAT is designed for one's specific needs, taking into account the person's patient profile and medical history. A personalized amino acid deprivation formula and food plan is designed for each patient's individual requirements.

CANCEL/CANTRON (ENTELE) - now Protocol:

Cancell is a compound developed by James Sheridan around 1935. Although he obtained cure or remission rates from 70 - 80% in mice, the FDA would not allow him to go forward in full-scale testing or production. This product helps lower the overall energy of the body to help starve the cancer. The cancer dies from energy starvation and is cleaned up by the immune system. For the last 40 years, he and another man, Ed Sopcak, of Michigan, privately made and gave away the product to cancer patients all at their own expense.

DIET AND FOOD THERAPIES:

Many centers are using a variety of food therapies to treat cancer. Max Gerson began in the fifties saving lives using a strict diet of fresh vegetables and fruit. Many people have had successes just using a macrobiotic diet, vegetarian diets, vegan diets, raw food diets, and the Budwig diet. Others add products like wheat grass, barley green, and broccoli sprouts to their diet because of special properties they contain. For example, broccoli sprouts (not just broccoli) contains a cancer-fighting agent known as sulforaphane that prompts the body to make an enzyme that prevents tumors from forming.

- Budwig diet: The Flax seed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils in 1951. Her simple formula of two tablespoons of flaxseed oil to a quarter cup of low fat cottage cheese (or other foods containing sulfur) helps increase metabolism, boosts the immune systems, reduces cholesterol levels, and helps inhibit cancer-cell growth.
- Low sugar diets seem to starve cancer cells. Cancer cells seem to use sugar as their basic "fuel." In addition, a high sugar intake seems to increase factors in the body responsible for

creating conditions that encourage cancer to grow - for example, high acidosis, immune system suppression, and prosglandin production.

DMSO:

A natural product made from trees that is very effective at targeting cancer cells.

ESSIAC HERBAL TEA:

A harmless herbal tea, was used by Canadian nurse Rene Caisse to successfully treat thousands of cancer patients from the 1920s until her death in 1978 at the age of ninety. Refusing payment for her services, instead accepting only voluntary contributions, the Bracebridge, Ontario, nurse brought remissions to hundreds of documented cases, many abandoned as "hopeless" or "terminal" by orthodox medicine. She aided countless more in prolonging life and relieving pain. Caisse obtained remarkable results against a wide variety of cancers, treating persons by administering Essiac through hypodermic injection or oral ingestion. She began using this herbal formula in 1922 to treat individuals with cancer. Essiac, Cassie spelled backwards, is an Ojibway Indian herbal formula. Caisse claimed that Essiac stimulates the body's own self-healing capabilities. Caisse noticed that when it was taken prior to surgery, there was less danger of metastases and recurrence, as well as easier removal of the cancerous growths. Some patients did not need surgery once they were receiving Cassie's treatments. Essiac activates the body's own natural defenses without becoming habit-forming. Most patients experience less pain and overall improvement with the consistent use of Essiac and some patients continue to live for many years in good health. These four herbs, Burdock, Slippery Elm, Sheep Sorrel, and Turkish Rhubarb each have significant therapeutic effects on the body , and when they are combined, there is a synergistic effect. This formula helps to cleanse the blood, normalize the enzymes, promotes cellular repair, and aids effective assimilation and elimination.

ELLAGIC ACID:

Ellagic Acid is a newly discovered extract derived from various fruits such as red berries and pomegranates. Tests conducted at the Hollings Cancer Institute at the Medical University of South Carolina show that Ellagic Acid has proven to be effective in preventing cancer, inhibiting the growth of cancer cells. In addition, Ellagic acid acts as a scavenger to bind cancer-causing chemicals, making them inactive.

ELECTRONIC THERAPIES:

Dr. Rife, Beck, Clark, and others have used electronic therapies to treat cancer. Many have had successes treating cancer using these devices.

- Electrotherapy, also known as electrochemical tumor therapy, Galvanotherapie and electro-cancer treatment (ECT), was developed in Europe by the Swedish professor Bjorn Nordenstrom and the Austrian doctor Rudolf Pekar. The therapy employs galvanic electrical stimulation to treat tumors and skin cancers. ECT is used most often as an adjunct with other therapies. Using local anesthesia, the physician inserts a positively-charged platinum, gold or silver needle into the tumor and places negatively charged needles around the tumor. Voltages of 6 to 15 volts are used, dependent upon tumor size. ECT works by influencing the acid/alkaline (pH) levels within the tumor and causing electrolysis of its tissue, which is more susceptible to direct current than normal tissue. The pH change depolarizes cancer cell membranes and causes tumors to be gently destroyed. The ECT process also appears to generate heat shock proteins around the cancer cells, inducing cell-specific immunity. This process triggers Natural Killer cells.
- Magnetic Resonance or Bio-resonance: A newer technique based on an older technology. All cells have a natural frequency of resonance and cancer cells differ in frequency from normal cells. Radio waves set to resonate with cancer cell frequencies can destroy them similar to the way a high pitched note breaks a glass. It has never been adopted by the conventional medical establishment in the United States, but Bio-resonance devices have been in use in Europe for 23 years.
- Radiowaves set to resonate with certain frequencies can harm the cancer cells similar to the way in which a tone set to the proper pitch can shatter glass without harming other adjacent substances.
- Rife machines were developed by Royal Rife, one of the originators of this bio-technology. These devices transmit specific electronic signals or frequencies to deactivate or destroy living pathogens, bacteria, and cancers. Rife also developed special electron microscopes. Rife machines have been outlawed by the FDA, but some clinics still use them in treatment.
- Zappers and antiparasitic herbals are based on the theory that all diseases are caused by parasites (including flukes) and that all one has to do to eliminate the disease state is to eliminate the parasites. The two methods normally advocated are (1) passing a low-amperage electrical current through the body via a small, battery-powered device called a "zapper" and/or (2) consuming a combination of anti-parasitic herbals. There is strong evidence to support this theory and positive results are often obtained. However, some question the explanations of why this works. Some view that the parasites are not the

cause of diseases but the result of them. It is possible that the disease state is caused by a low electrical charge at the sub-cellular level which leads to an acidic environment. It is this environment that, not only causes the cells to malfunction and thus disease, but which also reduces the cell's defenses against parasites. Anything which raises the electrical potential of the cells (the zapper) or which moves the body toward an alkaline state (the herbs) will produce the desired healing effect. It is possible that the herbs also have a genuine anti-parasitic effect in their own right by being selectively toxic to the parasites. However, if the electrical concept is valid, then the long-term healing effect is attributable, not to the herbal therapy, but the electrical therapy. One of the pioneers in the use of zappers and anti-parasitic herbals is Dr. Hulda Clark. Dr. Clark, in her many years of cancer etiology research using the Syncrometer, discovered how any type of cancer begins in the body and how to stop that cancer from continuing to grow, and how to eliminate the cancer tumors from the body, thus curing the body of cancer.

ENZYMATIC THERAPY:

Enzyme therapy is generally broken down into two types: food enzymes and proteolytic enzymes. Enzymes facilitate the breakdown of the protective coating around cancer cells and to support healthy metabolic processes. Several researchers including Dr. John Beard, Dr. Ernst Krebs, Jr., and Dr. Dean Burk found that the cancer cell is coated with a protein lining and that it is this protein lining (or covering) that prevents the body's normal defenses from getting to the cancer cell. They found that, if you can dissolve the protein lining from around the cancer cell, the body's normal defenses, the leukocytes (white blood cells), will destroy the cancer cell. Woebenzyme is a product from Germany that does that.

GERSON THERAPY:

The Gerson therapy consists of detoxification and diet. Detoxification involves the use of coffee enemas. The theory behind this is that caffeine is rapidly absorbed through the lower bowel and travels directly to the liver where it stimulates the production of natural immune factors. Care must be taken not to over-stimulate the liver which could eventually lead to its fatigue and malfunction. The diet is similar to the Laetrile diet, but is stricter. It includes twelve or more glasses daily of freshly pressed fruit and vegetable juices, a daily vegetable soup, and potassium/iodine supplements. The therapy was developed by Dr. Max Gerson, a graduate of the University of Freiburg Medical School in Germany.

GRAVIOLA (SOURSOP FRUIT):

The plant grows in South and Central America and has been cultivated for its healing properties for over three thousand years. The first modern-day research on graviola was conducted in 1976

by the National Cancer Institute, though the plant has been under investigation since the 1940s. Their findings reported that the leaves of the graviola plant were effective in destroying malignant cancer cells. Tests at Perdue University on cancer cells of prostate, pancreas and lungs have all shown results. A Korean study found that graviola killed colon cancer cells better than chemotherapy drugs and were ten thousand times stronger than the chemotherapy. And, unlike chemotherapy drugs, graviola did not damage any cells except the carcinogenic cells thus had no harmful side-effects. In traditional folk medicine, graviola seeds are used to help eliminate parasites. In Guyana, the leaves are used as both a sedative and a heart tonic. Brazilians drink graviola tea for relief of liver problems, and apply the oil from the seeds to relieve arthritis and rheumatism. In Jamaica and the West Indies, the fruit is eaten to reduce fevers and to treat diarrhea. In the Peruvian Andes, a leaf tea is used for catarrh and the crushed seed is used to kill parasites. In the Peruvian Amazon the bark roots and leaves are used for diabetes and as a sedative and antispasmodic. All parts of the Graviola tree are used in natural medicine in the tropics including the bark, leaves, roots, fruit and fruit-seeds. Different properties and uses are attributed to the different parts of the tree. Generally the fruit and fruit juice is taken for worms and parasites, to cool fevers, to increase mother's milk after childbirth (lactagogue), and as an astringent for diarrhea and dysentery. The crushed seeds are used as a vermifuge and anthelmintic against internal and external parasites and worms. The bark, leaves and roots are considered sedative, antispasmodic, hypotensive and nervine and a tea is made for various disorders for those purposes. Graviola has a long rich history of use in herbal medicine as well as a long recorded indigenous use.

HERBAL EXTRACTS/PLANT PRODUCTS:

There are many herbal extracts and concoctions and plant products used to treat cancer. These include:

- Artemesia, also known as wormwood is being researched as a safe, non-toxic, and inexpensive alternative for cancer patients.
- Italian researchers have found that an extract from the Chuchuhuasi tree fights tumors and reduces inflammation. It is often used for arthritis.
- Essiac tea is an herbal concoction composed of Burdock, Indian Rhubarb, Sorrel, Slippery Elm and other ingredients. It was developed by a nurse in Canada, Rene Caisse (Essiac is Caisse spelled backward). Caisse gave the formula to a company in Canada who markets the product today. Indian Rhubarb contains benzaldehyde, one of the components of Amygdalin (Laetrile). Many alternative physicians use Essiac to help cleanse the blood,

especially if a patient has been on chemotherapy or radiation.

- Graviola is a fruit tree that grows in South and Central America that has been cultivated for its healing properties for over three thousand years. It has shown to be stronger at killing colon cancer cells than common chemotherapeutic drugs and that it destroys prostate, lung, breast, colon, and pancreatic cancers, while leaving healthy cells alone. It also strengthens the immune system.
- Green tea is a popular cancer preventative and a favorite of the Asians for centuries. The active ingredient is a chemical compound abbreviated to EGCG, which has strong free-radical-scavenging properties.
- Hoxsey is an herbal concoction composed of poke root, burdock root, barberry root, buckthorn bark, and stillinga root. It is administered in two forms. One is taken orally and the other is a salve (containing blood root) which, if the tumor is on or close to the surface of the skin, is applied topically. The formula was first used in 1924 by Harry M. Hoxsey who said he obtained it from his grandfather. The elder Hoxsey was a farmer who observed one of his horses apparently cure itself of cancer by instinctively eating certain plants. Many plants which animals seek when they are ill contain nitrilosides. Amygdalin (Laetrile) is classified as a nitrilioside.
- Pau D'Arco is an extract from the inner bark of a certain South American tree. Lapachol, the active ingredient, can produce strong biological responses against cancer. It is said that the pau d'arco tree yields lapachol and 20 other compounds that may be useful in treating cancer, lupus, diabetes and Hodgkin's Disease.
- Radium weed, also known as petty spurge or Euphorbia peplus, may hold the key to treatment of non-melanoma skin cancer. It has been used as a folk treatment for skin conditions for hundreds of years. An Australian company Peplin Biotech has been studying the active compounds in the weed and finding very good results.
- Red Clover has been used for centuries. The National Cancer Institute researched the herb and found 4 anti-tumor compounds in red clover.
- Saw Palmetto is often used in the treatment of prostate cancer.
- Tian Xian (pronounced "Dianne Sean") is a Chinese herbal supplement with ingredients

that help control, inhibit and destroy cancer cells.

HYPERTHERMIA:

The theory behind hyperthermia (heat therapy) is that raising the temperature of the body increases circulation and also increases the supply of oxygen to the cancer site. Cancer cells do not thrive in the presence of oxygen. Tumors and cells located near the surface of the body are more vulnerable to heat treatments than those protected deep inside. Although the prolonged high temperatures can be uncomfortable to the patient, this treatment has produced excellent results.

IMMUNE-SYSTEM BOOSTERS (IMMUNO THERAPIES):

It's also called Biological Response Modifier Therapy. A biological response modifier is a substance that stimulates the body's response to infection and disease. Products like Colostrum, MGN3, IP6 (Inostal), Iscador (Mistletoe), and mushroom extracts help rebuild the immune system and have been successful in fighting and in many cases reversing cancers. Many centers use some form of immuno therapy. Some use herbs, such as Echinacea, Pau D'arco, and Mistletoe, while others use those factors found in a healthy immune system already such as interferon, interleukin, gamma globulin, and tumor necrosis factor (TNF). Other cancer fighting herbs include andrographis, nettle leaf, bladderwrack, and black walnut hull.

Some of the best immune boosters are:

- Aloe vera helps the body fight infections and malignant cells. It is also a detoxifier and an immunomodulator, meaning it will balance your immune system.
- Alpha lipoic acid has been found to have a number of positive impacts in relation to cancer. In its antioxidant capacity, it protects a complex called NF kappa B. NF Kappa B is involved in controlling cell division and is often damaged in cancer cells (by free radicals). When this damage happens NF Kappa B is activated and oncogenes can take over the cell cycle leading to uncontrolled cell division and cancer. ALA in conjunction with N-Acetyl Cysteine has been found to repair functional defects in the immune systems of cancer patients as well.
- Beta Glucan helps build up ones immunity and can have anti-tumor effects.
- Carnivora is an extract of the Venus Fly Trap plant. Carnivora externally applied has helped with skin cancers and when taken in capsules may stop the halt or reduce tumor growth. The active component of carnivora is plumbagin, a powerful immunological

booster.

- Cat's Claw's bark and roots provide most of its immune boosting qualities via oxindole alkaloids. These alkaloids enhance white blood cells' ability to engulf pathogens and destroy them. It has been used traditionally for many centuries by Peruvian medicine men for a variety of ailments.
- Chlorella, a single-cell algae, also helps build the immune system.
- Colostrum is the fluid given by the mother's breast within 24 hours after giving birth. It is a nutrient loaded with immune-system boosters. Colostrum collected from calves is a good source and can be found at many health food stores.
- CoQ10 has shown to be an immune booster and cancer fighter.
- Ganoderma is a unique product containing vitamins, minerals, and different mushroom species. It helps build the immune system and helps with detoxification, especially of the liver. It also helps with the side effects of chemo and radiation.
- Graviola - a fruit tree that grows in South and Central America that has been cultivated for its healing properties for over three thousand years and with immune boosting properties.
- Inositol is a natural phytochemical (plant chemical) found in rice bran. Several studies since the mid-1980s have shown it to increase Natural Killer (NK) cell activity and exhibit anti-tumor activity.
- Interferon, or the Koch serum which is supposed to force the body to create interferon, stimulate the growth of certain disease-fighting blood cells in the immune system, and to help slow tumor growth. These substances are normally produced by the body, but some are produced in the laboratory.
- Interleukin-2 is a synthetic version of a naturally-occurring cytokine found in the human immune system. In conventional treatment, larger doses of this are used vs. smaller amounts used by alternative clinics. Also, recent studies seem to indicate that melatonin combined with IL-2 may be more effective than chemotherapy in treating lung cancer.
- Iscador is an extract of Mistletoe. Mistletoe was first proposed for the treatment of cancer

in 1920 by Rudolph Steiner, an Austrian Swiss physician who founded the Society for Cancer Research to promote mistletoe extracts and anthroposophical medicine. Mistletoe preparations are used to stimulate the immune system, to kill cancer cells, and to help reduce tumor size. It may also help improve the quality of life and survival of some cancer patients, especially those using chemo and radiation, and may help reduce pain and side effects of these treatments. In addition, a German study done by Dr. Ronald Grossarth-Maticek of the Institute for Preventive Medicine in Heidelberg shows that, when used as adjunctive treatment in patients with a variety of cancers, it can increase survival time by as much as 40%.

- MGN3 was developed by Dr. Mamdooh Ghoneum from extracts of rice bran and mushrooms. In published studies, MGN-3 was shown to greatly increase NK cell activity.
- Mushrooms including chaga, reishi, maitake, shitake, ganoderma, cordycep, and agaricus contain cancer-preventive and cancer-fighting actions, are medicinal, and are sources of antitumor and immunity-modulating polysaccharides. They activate NK cells, macrophages, T-lymphocytes, and cytokines, all important immune system components.
- Myrhh has many cancer fighting properties, including preventing metastases of cancer cells and for stimulating white blood cells.
- Oleander extract has powerful immune-boosting properties.
- Shark Liver Oil contains alkylglycerols, chemicals that are found in mother's milk, the immune system organs: liver, spleen, bone marrow, lymphatic tissues, and in the blood. It's another good immune system builder.

INDUCED REMISSION THERAPY:

IRT is one of the most effective treatments for cancer and other diseases discovered by Dr. Sam Chachaoua. A special vaccine is injected into cancer tumors causing them to self destruct. The vaccine tags the cancer cell with a common infection thus enabling the immune system to recognize the cancer cell (normally blind to it), then attack and kill it.

INSULIN POTENTIATION THERAPY:

IPT is an innovation in cancer care using insulin to magnify the powerful cell-killing effects of ordinary chemotherapy drugs, which can then be used in very low doses. Because cancer cells have so many more insulin receptors than normal cells, insulin acts on them much more strongly.

The end result here is that the chemotherapy drugs get effectively targeted just on the cancer cells to kill them, with little or no effects on normal tissues. Thus IPT can avoid the dose-related side effects of chemotherapy.

METABOLIC THERAPY:

Metabolic is that which pertains to the physical and chemical processes involved in the maintenance of life. There are two kinds of metabolism: anabolism, the process by which simple substances are synthesized into complex ones; and catabolism, the process by which complex structures are broken down into simple ones. Anabolism is associated with the growth and repair of healthy tissue. Catabolism is associated with the disease state and the breakdown of tissue. When the term metabolic therapy is used by doctors of alternative medicine, it denotes, not a specific therapy, but a category of treatments which are non-toxic, non-invasive, and which support the anabolic process. Diet and enzymes are key in this type of therapy.

MMS or MIRACLE MINERAL SUPPLEMENT:

Discovered by Jim Humble, chlorine dioxide kills pathogens by oxidation and strengthens the immune system.

714X (NAESSEN) or "IMMUNOSTIM":

714X is a less documented but impressive cancer treatment based on the microorganism theory of cancer. Scientist Gaston Naessens developed a highly advanced new form of microscope which led him to the discovery of a controversial blood microorganism he named "somatid." From this he developed a therapeutic treatment for cancer and even AIDS. 714X is a homeopathic combination of ammonium compounds, camphor, phosphors and salts of silicate. A similar product is Immunostim.

OXYGEN AND OZONE TREATMENT:

The key to this therapy is getting elevated concentrations of oxygen into the body or tumor using various means. Nobel Prize winner Dr. Otto Warburg showed that cancer cells do not occur in a healthy, oxygenated environment. He discovered in the 1930s that cancer cells grow in a low or zero oxygen environment and they die in a high oxygen environment. In a low or zero oxygen environment, cancer cells, in order to obtain energy to function, revert to fermentation, rather than the normal energy cellular pathway of the Krebs cycle which utilizes oxygen. Alternative cancer treatments which utilize higher pressures of oxygen (O₂), such as a hyperbaric chamber, or utilize an oxidizing modality (the singlet oxygen radical, O₁) such as ozone, or hydrogen peroxide, or sodium chlorite, will knock down cancer cells because cancer cells cannot exist in an oxygen rich environment. People who maintain a high oxygen internal cellular environment have strong

immune systems and can prevent or reverse cancer. A variety of new ways to introduce oxygen into the body are emerging including pressure chambers, liquid oxygen, peroxide, chemical compounds, acid/alkaline balancing, injections, and ozone treatments. Flooding cells with oxygen retards the growth of cancer cells and even helps to return them to normal. Oxygenation brings vital energy to the cells, reverses tumor growth, and facilitates the elimination of pathogens (fungi, bacteria and viruses) which may be weakening the immune system. This may take the form of ozone therapy, deep breathing exercises, and/or oxygenation of the blood directly through intravenous protocols.

- Hydrogen Peroxide is a form of ozone treatment. Taken orally or administered intravenously, this therapy supplies an abundance of oxygen to the cancer site. Since cancer thrives in a fermentive state and does not do well in the presence of oxygen, the effect is to inhibit or destroy the cancer.
- Hyperbaric oxygen therapy is generally used for strokes and brain damage, but has been used by some clinics for treating cancer.
- Ozone therapy has been widely used in Europe for many years. Ozone (O₃) is a highly active form of oxygen. Because it has powerful antiviral properties, it is also used in treating AIDS. In the body, ozone gives off O which kills viruses and bacteria. It also creates an oxygen-rich environment that may force cancer cells to shift from an anaerobic metabolism to an aerobic, or oxygen-based, metabolism. Ozone also produces molecular oxygen (O₂), in the same way that hydrogen peroxide does.

POLYMVA:

(Poly for polynucleotide reductase and MVA = mineral, vitamins and amino acids) is a nontoxic antioxidant liquid formula composed of alpha lipoic acid and the element palladium. Poly-MVA is a compound that contains various minerals, vitamins, and amino acids such as lipoic acid, palladium, B 12, and other B complex vitamins. It is promoted as a nutritional supplement that is a nontoxic alternative to chemotherapy. Because it is said to be able to cross the blood brain barrier, this product is usually used with brain tumors, but it is said to be effective against tumors in the brain, lung, ovaries, and breast, and that it boosts the immune system, reduces pain, and helps people regain energy and appetite. It is considered a powerful antioxidant that can turn the toxins released by cancer into energy. The compound attacks cancerous cells and protects DNA and RNA and the lipoic acid allows the various minerals, vitamins, and amino acids to be easily absorbed into the system where they can kill cancerous cells.

SHARK CARTILAGE:

It is believed that it inhibits a tumor's ability to create new blood vessels thereby starving it away.

SHARK LIVER OIL:

Contains alkylglycerols, chemicals that are found in mother's milk, the immune system organs: liver, spleen, bone marrow, lymphatic tissues, and in the blood. One chemical found in shark liver oil is squalamine, which appears to shut down a tumor's ability to connect to and develop its own blood supply, and may be helpful in brain cancer. It is another good immune system builder.

WHEATGRASS:

This therapy consists primarily of detoxification and consuming a wheat-grass drink several times each day. Fresh wheat grass in this form is a potent source of many vitamins, minerals and plant enzymes. Thus, it is said to be nature's own nutritional program. Wheatgrass also contains amygdalin/laetrile, although other sources, such as apricot seeds are more potent.

VACCINES:

Many clinics have developed vaccines that they use to treat cancer.

- One vaccine called Coley's Toxins, developed by Dr. William Coley, appears to stimulate the body to create an anti-cancer immune system response. Clinics that use vaccines include: American Metabolic, BioPulse, and International Center for Medical & Biological Research, Inc., all in Mexico.
- Dendritic cell cancer vaccines are special vaccines that use the body's natural defense system to combat cancer. Dendritic cells are a specialized type of immune system cells. Dendritic cells initiate the immune response by processing antigen and presenting it to lymphocytes to stimulate production of more lymphocytes. BioPulse is one of the clinics on the forefront of this specialized technology.
- VG-1000 Vaccine is a specialized vaccine developed by Dr. Valentin I. Govallo, MD, PhD, which undermines the cancer cells defense mechanisms. This vaccine is most beneficial in treating carcinomas and melanomas, and it is also indicated for some sarcomas (cancers of muscle, bone, and connective tissue) and in leukemia. Patients recently subjected to chemotherapy or radiation responded more slowly to VG-1000 as they have a depressed immune system. However, patients who have had neither radiation nor chemotherapy respond favorably. Thus VG-1000 is clearly indicated as first-line treatment for persons with recently diagnosed cancers, as well as to help prevent recurrence.

VITAMIN D (SUNSHINE VITAMIN):

Not only is Vitamin D a key prevention tool from cancer and any illness or disease, but many reports from the past 60 years at the National Institute of Health (NIH) show how effective Vitamin D is at treating cancer. In 1951, T. Desmots reported that vitamin D treatment was effective against Hodgkin's disease, and in 1955, skin cancer was again reported as cured with vitamin D treatment. In 1963, there was a promising investigation done on vitamin D and breast cancer and then in 1964, vitamin D was found to be effective against lymphatic cancer. Abundant sunlight even into the eyes has high success rates for stopping tumor growth. In 1959, Jane C Wright, directing cancer research at Bellevue Memorial Medical Center in New York City, instructed fifteen cancer patients to stay outdoors as much as possible that summer in natural sunlight without wearing their glasses, and particularly without sunglasses. By that autumn, the tumors in 14 of 15 had not grown, and some patients had gotten better. It was discovered that the one patient that didn't have good results had not fully understood the instructions and not worn sunglasses, but continued wearing her prescription glasses. This blocking of UV into her eyes was enough to stop the benefits enjoyed by the other fourteen.

CANCER FIGHTING FOODS

Many of the common foods found in grocery stores or organic markets contain cancer-fighting properties, from the antioxidants that neutralize the damage caused by free radicals to the powerful phytochemicals. Some foods have the ability to help stave off cancer and some can help inhibit cancer cell growth or reduce tumor size. They also include cancer fighting minerals like iodine, selenium, magnesium, potassium, zinc, vitamin C, calcium and Vitamin D. All have been proven to be essential in beating and avoiding cancer. Fortunately, nature offers a multitude of foods which have great cancer fighting and immune boosting properties.

Some of the top cancer-fighting foods are:

- Cruciferous vegetables such as broccoli, brussels sprouts, cabbage, and cauliflower are among the most powerful cancer fighting foods to be found. Cruciferous vegetables are high in fiber, vitamins and minerals and contain important antioxidants such as beta carotene, lutein, zeaxanthin, and the compound sulforaphane. Cruciferous vegetables contain isothiocyanates, phytochemicals which help break down potential carcinogens. They also contain indole-3-carbidol (I3C), which helps prevent estrogen driven cancers. Other cruciferous vegetables are: arugula, bok choy, chard, Chinese cabbage, collard greens, daikon, kohlrabi, mustard greens, radishes, rutabagas, turnips and watercress.
- Curcumin, the major ingredient of the spice turmeric, has been a rising star against cancer in recent years. Numerous studies have indicated curcumin's cancer fighting abilities, ability to stop and reverse tumors, as well as its abilities to help prevent cancer, including one study which found that curcumin helps prevent lung cancer for tobacco smokers. Not only has peer-reviewed research by UCLA shown that turmeric can naturally block the growth of cancer cells, but in more than 9 studies it was revealed that turmeric can reduce tumor size dramatically. Extensive research has shown that it protects all cells of every type against every form of radiation damage, particularly gamma radiation. It also helps by causing the body to produce protective antioxidants. Though curcumin is poorly absorbed in powder form, if mixed with extra virgin olive oil or coconut oil, absorption is increased almost ten-fold. This spice that has been used for thousands of years by many South Asian and Middle Eastern countries as a 'heal-all' substance for many health conditions.

- Medicinal mushrooms help the body fight cancer and build the immune system. These mushrooms contain a number of valuable cancer fighting and immune boosting compounds including polysaccharides such as lentinan, beta glucan, lectin and thiopoline. These compounds attack cancerous cells, prevent them from multiplying, and boost immune activity - including stimulating the body's natural production of interferon. Some of the very best cancer fighting and immune boosting mushrooms are: agaricus blazei murrill (ABM mushroom), coriolus versicolor (Asian turkey tail mushroom), shitake, reishi, maitake, cordyceps oglossoides and phellinus linteus.
- Hot peppers such as cayenne (chili peppers) and jalapenos contain capsaicin, a chemical which fights cancer and helps neutralize certain cancer-causing nitrosamines. Hot peppers are especially valuable for helping prevent stomach cancers.
- Dark Leafy Vegetables like kale, spinach, turnip greens and other cancer fighting dark green leafy vegetables are rich in folic acid. Folic acid helps maintain the cell's genetic code and regulate normal cell division.
- Garlic, as well as onions, leeks and chives, has immune-enhancing allium compounds that increase the immune cell activity, help break down cancer causing substances and block carcinogens from entering cells . Studies have linked garlic to lower risk of stomach and colon cancer. Diallyl sulfide, a compound found in garlic oil, has also been shown to render carcinogens in the liver inactive.
- Flax contains lignans, compounds which block or suppress cancerous changes in cells. Flax is also high in omega-3 fatty acids, which protect against colon and other cancers. Notably, flax is part of the famous and highly successful Budwig Cancer Diet.
- Dark red grapes contain powerful bioflavonoid antioxidants that work as cancer preventives. Grapes are also a rich source of resveratrol and ellagic acid, a compound that slows the growth of tumors by blocking enzymes needed by cancer cells. Eat the entire grape, seeds and all.
- Brown seaweeds such as kombu, contain the polysaccharide compound fucoidan. Fucoidan has been found to kill cancer tumors including lymphoma, different kinds of leukemia, stomach cancer and colon cancer. Notably, the people of Okinawa, who consume the highest per capita amount of kombu, have some of the highest life expectancies in Japan as well as the lowest cancer death rate.

- Black cumin oil (*Nigella sativa*), also known as black caraway seed oil and blackseed oil, has been shown to be a potent cancer fighter especially against pancreatic cancer.
- Pineapples contain the enzyme bromelain which several studies have indicated has anti-cancer and anti-tumor properties. One of the primary anti-cancer properties of bromelain may be its ability to help prevent cancer from growing and spreading. Bromelain is also a powerful binder which can greatly increase the absorption of other nutrients.
- Avocados are rich in glutathione, a powerful antioxidant that attacks free radicals in the body by blocking intestinal absorption of certain fats. They also supply even more potassium than bananas and are a strong source of beta-carotene. Scientists also believe that avocados may also be useful in treating viral hepatitis (a cause of liver cancer), as well as other sources of liver damage.
- Carrots contain a lot of beta carotene, which may help reduce a wide range of cancers including lung, mouth, throat, stomach, intestine, bladder, prostate and breast. In fact, a substance called falcarinol that is found in carrots has been found to reduce the risk of cancer, according to researchers at Danish Institute of Agricultural Sciences (DIAS).
- Grapefruits, like oranges and other citrus fruits, contain monoterpenes, believed to help prevent cancer by sweeping carcinogens out of the body. Some studies show that grapefruit may inhibit the proliferation of breast-cancer cells in vitro. They also contain vitamin C, beta-carotene, and folic acid.
- Oranges and lemons contain limonene which stimulates cancer-killing immune cells that may also break down cancer-causing substances.
- Dark red grapes contain bioflavonoids, powerful antioxidants that work as cancer preventives. Grapes are also a rich source of resveratrol, which inhibits the enzymes that can stimulate cancer-cell growth and suppress immune response. They also contain ellagic acid, a compound that blocks enzymes that are necessary for cancer cells and slows the growth of tumors. Eat the entire grape with its skin and seeds.
- Nuts contain the antioxidants quercetin and campferol that may suppress the growth of cancers. Brazil nut contains 80 micrograms of selenium, which is important for those with prostate cancer.

- Papayas have vitamin C that works as an antioxidant and may also reduce absorption of cancer-causing nitrosamines from the soil or processed foods. Papaya contains folacin (also known as folic acid), which has been shown to minimize cervical dysplasia and certain cancers.
- Raspberries contain many vitamins, minerals, plant compounds and antioxidants known as anthocyanins that may protect against cancer. Black raspberries are rich in antioxidants, thought to have even more cancer-preventing properties than blueberries and strawberries.
- Red wine, even without alcohol, has polyphenols that may protect against various types of cancer. Polyphenols are potent antioxidants, compounds that help neutralize disease-causing free radicals. Also, researchers at the University of North Carolina's medical school in Chapel Hill found the compound resveratrol, which is found in grape skins. It appears that resveratrol inhibits cell proliferation and can help prevent cancer. However, the findings didn't extend to heavy drinkers, so it should be used in moderation only.
- Rosemary may help increase the activity of detoxification enzymes. An extract of rosemary, termed carnosol, has inhibited the development of both breast and skin tumors in animals.
- Seaweed and other sea vegetables contain beta-carotene, protein, vitamin B12, fiber, and chlorophyll, as well as chlorophyllones - important fatty acids that may help in the fight against breast cancer. Many sea vegetables also have high concentrations of the minerals potassium, calcium, magnesium, iron, and iodine.
- Sweet potatoes contain many anticancer properties, including beta-carotene, which may protect DNA in the cell nucleus from cancer-causing chemicals outside the nuclear membrane.
- Green Tea contains certain antioxidants known as polyphenols (catechins) which appear to prevent cancer cells from dividing. Green tea is best (herbal teas do not show this benefit). According to a report in the July 2001 issue of the Journal of Cellular Biochemistry, these polyphenols that are abundant in green tea, red wine and olive oil, may protect against various types of cancer. Dry green tea leaves, which are about 40% polyphenols by weight, may also reduce the risk of cancer of the stomach, lung, colon,

rectum, liver and pancreas, study findings have suggested.

- Tomatoes contain lycopene, an antioxidant that attacks roaming oxygen molecules, known as free radicals, that are suspected of triggering cancer. It appears that the hotter the weather, the more lycopene tomatoes produce. They also have vitamin C, an antioxidant which can prevent cellular damage that leads to cancer. Watermelons, carrots, and red peppers also contain these substances, but in lesser quantities. It is concentrated by cooking tomatoes. An increased intake of lycopene has already been linked to a reduced risk of breast, prostate, pancreas and colorectal cancer.

CANCER PREVENTION - DIETARY CHANGES

Essential Nutrition (Food, Water, Air, Sunlight):

- **Our body needs all four elements:** Earth (food), Water, Air (oxygen), and Fire (sunlight). These four external inputs affect our physical, mental, emotional, and spiritual health.
- As Hippocrates, the father of western medicine, wisely advised: "Let food be thy medicine, and medicine thy food." A healthy balanced diet has **adequate cleansing foods (alkaline plant foods)** and **adequate nourishing foods (healthy fats)**. Eating alkaline foods helps the body cleanse itself by removing toxins and acidic waste products created by our cells. And eating healthy fats nourishes the brain, nervous system, and hormonal system.

If healthy, the diet should consist of at least 60% alkaline-forming foods and if sick, at least 80%. Generally, alkaline-forming foods include: sea vegetables, land vegetables, fruits, nuts, seeds, herbs, spices, sprouts, and fermented foods. Acid-forming foods include: meat, fish, eggs, dairy, legumes, and grains. Check this [Alkaline/Acid Food Guide](#).

In addition to cleansing alkaline foods, adequate nourishing foods from healthy fats are needed. These foods include grass-fed meat and dairy products, pastured eggs, tropical oils like coconut and palm oil, avocados, olives, cacao beans, nuts, fish, sea vegetables, etc. **Vegetarians and vegans need adequate nourishing foods found in healthy fats, not carbohydrates like grains.** Meat, if eaten, must be pastured or free-range, grass-fed, organically raised, and in moderation. Seafood must be wild, non-farmed, cold-water fish or seafood. Eggs must be organic and pasture-raised. Dairy and dairy products must be organic, grass fed, and raw only. Local farmers markets, family farms, and other sources of clean, grass-fed meat and dairy products in the US can be found online at [localharvest](#) and [eatwild](#).

Above ground vegetables and low fructose fruits are healthiest while other carbs including high fructose fruits are best limited. Carbohydrates like grains (including whole grains), legumes (beans, peas, lentils, peanuts), sweeteners (like sugar), high fructose (fruit sugar) fruits, and root vegetables (starchy foods) are high glycemic (sugary), mostly acidic, and addictive. Grains and legumes also contain anti-nutrients (substances that reduce nutrient absorption and damage the digestive tract/gut) and are difficult to digest. They can lead to chronic inflammation and many of today's modern diseases. Grain-like seeds like quinoa, millet, amaranth, perilla, buckwheat, are a healthy alternative to grains. As far as acidic foods,

it's healthier to include more healthy fats and proteins like organic grass-fed meat, non-farmed fish, and organic pasture-raised eggs but to limit carbohydrates like grains (including whole grains), legumes, and starchy (root) veggies. Anthropological research tells us that the paleo diet was eaten by our ancestors for more than 2 million years, while the current modern day diet which includes grains, legumes, dairy products, and sugar has only been eaten for about 10,000 years. That means for almost all of our evolutionary history, humans have been eating a diet of meat, fish, eggs, above ground vegetables, fruits, nuts, and seeds. Furthermore, prior to the introduction of grains, legumes, sugar, and dairy products, the degenerative health conditions that we see in society today didn't exist. These foods contain a variety of substances that disrupt the brain, nervous system, gastrointestinal (digestive) tract, metabolism, and the endocrine (hormonal) system.

- **Eat healthy fats:** Healthy fats are the most nourishing foods for the body. They were a key part of our infant and ancestral diet, and are essential for the proper development and functioning of the brain, nervous system, and hormonal system (mental and emotional health). They provide a concentrated clean source of energy (superfuel), provide the building blocks for cell membranes, the brain, hormones, and are needed for liver, immune system, heart, lungs, bones, neurotransmitters, blood sugar regulation, satiety (feeling full), and transport of fat-soluble nutrients. The human body's cell membranes are made of fat: 50% saturated fats, 40% monounsaturated fats, and 10% polyunsaturated fats. The brain is made of about 2/3 fat (~67%), and our nerves are protected by myelin sheaths (insulating layers) made mostly of fat, so fats are important for the brain and nervous system to function properly. The three types of healthy fats are: **saturated fats, monounsaturated fats, and polyunsaturated omega 3 fats.** **Transfats**, on the other hand, are unhealthy, toxic, man-made (not natural) **hydrogenated fats** that clog up arteries and lead to many health problems like heart disease. They must be avoided. Also, **polyunsaturated omega 6 fats** are inflammatory and must be limited. Some examples of vital fat-soluble nutrients are: vitamins A, D, E, and K; minerals like calcium and magnesium; carotenoids like carotenes, lycopene, lutein, astaxanthin; and curcumin (in turmeric, the "king of spices").

Saturated fat sources are organic grass-fed animals (esp. organ meats) and organic, raw, grass-fed dairy products (like butter, ghee, yoghurt, raw milk, cream, cheese, etc), tropical oils like [coconut oil](#) (highest food source) and palm oil, [cacao beans](#)/butter, and egg yolks. Human beings have been consuming saturated fats from grass fed animals and tropical oils for thousands of years; it is the arrival of modern industrially processed vegetable oils that is associated with the epidemic of modern degenerative disease, not the consumption of saturated fats. **Contrary to popular belief, transfats and processed vegetable oils are toxic,**

clog the arteries with fatty plaques, and cause heart disease, [NOT saturated fats and cholesterol](#) which are both necessary for good physical, mental, and emotional health. The liver produces cholesterol daily, and it does this because it is an essential nutrient whose function is to repair and protect. Having too little cholesterol negatively impacts brain health, hormone levels, nervous system, bile salts (for digestion), heart disease risk, and more.

Monounsaturated fats (omega 7 and 9 fats) also contain healthy fatty acids, and the best food sources are olives, avocados, cacao beans/butter, almonds, macadamia nuts and all their oils.

Polyunsaturated omega 6 fats are in many foods in the western diet, and because they are inflammatory, they must be limited (ideally 1:1 ratio with anti-inflammatory omega3s). Vegetables (not grains or legumes) are a healthy food source of polyunsaturated omega 6 fats. Massive consumption of omega 6 from corn oil (a grain, not vegetable), soybean oil, peanut oil, canola oil, cottonseed oil, safflower oil, and sunflower oil (all in many foods today) has caused an unhealthy balance in our diet leading to chronic inflammation and many health problems and diseases. Healthy, anti-inflammatory omega 3 fats from wild cold-water fish, sea vegetables and algae, walnuts, and hemp/chia/perilla/sacha inchi seeds or oils should be increased. Fish oils from [krill oil](#) and [greenlip mussels](#) are a good food source. Hemp seeds are a good plant source of omega3s since more seafood is getting contaminated with heavy metals, plastics, and radiation (from the ongoing catastrophic [Fukushima nuclear disaster](#)). The superfood [hempseeds](#) or [hemp oil](#) is high in omega3s and a good complete digestible protein source. Grass-fed meat and fish-fed or plankton-fed fish/seafood contain healthy omega 3 fats while grain-fed meat and fish is high in unhealthy inflammatory omega 6s. Essential omega 3 fats must be consumed through the diet or supplemented because the body cannot synthesize them. The powerful anti-inflammatory, antioxidant "king of carotenoids" [astaxanthin](#) is a great addition to any omega3, especially for its huge benefits to the eyes, brain, and skin (nature's internal sunscreen).

In summary, some good sources of healthy fats are: organic grass-fed meats (especially organ meats like liver) and organic, raw, grass-fed dairy products (like butter, ghee, yoghurt, raw milk, cream, cheese, etc), organic pastured or free range egg yolks, coconuts and coconut oil, cacao beans/butter, olives and olive oil, palm oil (found at asian stores), raw nuts like almonds and walnuts, unheated organic nut oils, and avocados. The highest food source of saturated fats is the superfood [coconut oil](#). [Coconut oil is the most nourishing food](#) and boosts the immune system, improves heart health, controls blood sugar, increases metabolism and energy, improves liver, pancreas, kidney, gallbladder, brain, bone, and hair health, and is great for skin care and for healing wounds and burns. The highest food source of

monounsaturated fats is extra virgin olive oil, and of polyunsaturated omega 3 fats is fish oils like [krill oil](#).

A **ketogenic diet** (high fat, low carb diet) is the best way to address sugar and carb addiction, compulsive overeating, candida overgrowth or other microbes, adrenal fatigue, alcohol and drug addiction, anxiety disorders, depression and other mental health issues or autonomic nervous system disorders. Carbohydrates fuel each of these conditions by disrupting or overstimulating the endocrine system and/or the brain. Not only will you overcome cravings for sugar, carbs, caffeine, and other addictive substances and have more emotional stability, but also reduce your risk of all diet related conditions, like heart disease, diabetes, cancer, etc., simultaneously.

- **Eat healthy protein:** Protein (amino acids) is what the body uses to build, repair, and maintain itself.

Some good food sources of protein are organic pastured chicken and eggs, non-farmed fish, sea vegetables (like kelp, laver/nori, wakame/alaria, kombu, hizike, bladderwrack, and dulce), leafy green veggies like kale and spinach, broccoli, raw nuts, and seeds. The best food source of protein is sea vegetables with the highest source being the superfood [spirulina](#) (70% digestible protein). **Spirulina is the most cleansing food.** The superfood [hempseeds](#) or [hemp oil](#) is high in complete digestible protein (in addition to being a good source of omega 3 fats). **Contrary to popular belief, protein is abundant in plant foods.** This myth was created by the meat industry to promote meat for profit.

Sea vegetables are 10-20 times more nutrient dense than land vegetables and plants. Sea vegetable superfoods [spirulina](#) and [chlorella](#) are high in minerals and trace minerals, protein, iodine, rare earth elements, chlorophyll, and phytonutrients. Spirulina, a blue-green algae, is the 'mother food' having evolved over billions of years, and provides a synergetic (and full spectrum) combination of all of nature's raw materials for healing the body. **Sea vegetables like [spirulina](#) are the most protective foods against radiation and environmental pollutants.**

- **Eat healthy carbohydrates:** Carbs provide fuel for the body in the form of glucose or sugar. But the body burns only what it needs for its immediate energy requirements while the rest is stored as fat.

Healthy carbs typically have a low glycemic index or load (meaning they don't cause big increases in blood sugar/glucose levels and thus insulin level spikes and weight gain) and don't cause overstimulation of neurotransmitters in the brain, the adrenal glands, or the

endocrine (hormonal) system. They are consumed in their unprocessed whole and natural state, which makes them high in fiber and nutrients. Non-starchy (above ground) vegetables and whole low-fructose fruits are **healthy carbs**.

Unhealthy carbs cause big increases in blood sugar levels and weight, and overstimulate neurotransmitters and hormones. These fattening and addictive foods/drinks include refined and whole grains, starchy vegetables, all sugars and artificial sweeteners, molasses, high fructose fruits, high fructose corn syrup, grain alcohol, sodas, milk sugar lactose, and processed foods. Grain-fed meat, fish, and dairy should also be limited or avoided. A high unhealthy carb diet (grains, sugar/sweeteners, and starchy foods) damages the gut flora by feeding pathogens and fungus (candida) leading to inflammation and many degenerative diseases, depression, and mental, learning, and behavioral disorders. It disrupts and depletes important neurotransmitters like serotonin, dopamine, endorphins, and GABA that regulate our emotional states and result in anxiety disorders, depression, addiction, alcoholism, attention deficit, hyperactivity, and much more. It also results in carb cravings and leads to overeating and obesity.

Because it's both physically and psychologically addictive, breaking this habit requires strong determination, gradual dietary changes including a higher healthy fat diet (like the ketogenic diet), a high quality **probiotic**, and gradual **detoxification**. An easy way to eliminate a sweet craving is to have 2 tablespoons of **coconut oil** or to have some nuts with a few slices of fruit. Low carb diets (like the ketogenic diet) are an effective way to lose weight and get healthy. Refined carbohydrates are not filling: wheat is an appetite stimulant, fructose doesn't suppress the hunger, and sugar is an addictive substance. Foods that contain these ingredients cause hunger, cravings, and the tendency to overeat. **Contrary to popular belief, a diet high in unhealthy carbohydrates, not saturated fats, causes obesity, diabetes, heart disease, and other diseases.**

- **Eat mineral-rich foods:** Minerals alkalize the body, are needed for enzyme function, for nutrient transfer across cell membranes, and to provide structural and functional support for the body (regulate and maintain bone, muscle, nerve, and tissue function and growth). **The more mineral-rich a food is, the higher it's pH or alkalinity.** Currently, soils contain only about 15% of the minerals they had 100 years ago due to synthetic fertilizers, pesticides, and monoculture.

The most important mineral is **magnesium** (the "king of minerals") and is vital for life and good health. It relaxes muscles, strengthens bones, controls hundreds of biochemical reactions, calms nerves, aids in deep sleep, keeps the heart healthy and the immune system strong, helps with proper calcium absorption, regulates blood sugar levels, detoxes chemicals, and

has many other benefits. The highest food source of magnesium is the superfood [raw cacao beans](#) which is also high in antioxidants and serotonin-boosting chemicals. Other good sources are sea vegetables, dark leafy greens, raw nuts like almonds, seeds like pumpkin seeds, okra, and figs. Most people are magnesium deficient due to chronic stress and an acidic diet. The most obvious symptoms are muscle cramps/spasms, abnormal heart rhythm, and chronic anxiety. Since it's difficult to get adequate magnesium from food sources, supplement with at least 600mg/day; [ionic](#), [chloride](#), and [orotate](#) forms are best for absorption.

Avoid taking too much calcium or poorly absorbed calcium because it calcifies the arteries leading to kidney stones, arthritis, and higher risk of heart disease. [Contrary to popular belief, you do not need dairy products to get sufficient calcium.](#) Many green vegetables and leafy greens, fish like salmon, nuts like almonds, and seeds provide sufficient calcium. Almonds are actually higher in calcium than dairy. [Magnesium](#) and [vitamin D](#) help with the proper absorption of calcium. [Magnesium and vitamin D deficiencies are very common and responsible for many diseases.](#)

Other vital mineral plant food sources are zinc (from pumpkin seeds, sunflower seeds, chia seeds, spinach, collard greens, avocados), iron (from spinach, green leafy veggies, watermelon), potassium (from bananas, spinach, cauliflowers, tomatoes, kiwi, grapefruit), sulfur (from raw garlic, onion, cruciferous veggies like broccoli, kale, asparagus, organic pastured eggs), selenium (from brazil nuts) and iodine (from sea vegetables like kelp, [spirulina](#) and [chlorella](#), and seaweeds/algae/marine phytoplankton).

- [Eat vitamin-rich foods](#): Vitamins are used for growth, metabolism, and nerve function.

Many are fat-soluble (not water-soluble) so they are absorbed better when taken with fats. The most important vitamins are: [Vitamin C](#), a strong antioxidant that boosts the immune system and helps detoxify the body, and [Vitamin D](#), a prohormone that activates hundreds of genes that promote health and greatly reduces our risk of getting chronic diseases. Vitamin D (as well as magnesium) deficiencies are common and responsible for many diseases.

The highest vitamin C food sources are superfoods like [camu camu](#), [goji](#) berries, acerola berries, amla berries, and [acai](#) berries. Some good food sources of vitamin C are cruciferous veggies like broccoli and cabbage, berries, and citric fruits like grapefruit, lemons and limes. Lipospheric [vitamin C](#) is very highly bioavailable delivering more vitamin C to cells orally than even mega-dose intravenous vitamin C. It can also be [made at home](#). Synthetic vitamin C (ascorbic acid) is made of GM corn so food-sourced vitamin C is best. The best source of Vitamin D is direct sunshine. If you're unable to get some sunshine, the best food sources of

Vitamin D are shitake and button mushrooms, fish like mackarel, salmon, sardines, and cod liver, kelp, alfalfa, nettle, hemp and sunflower seeds, or supplement with natural [vitamin D3](#) (not synthetic D2).

Other vitamin plant food sources are vitamin A (from broccoli, kale, spinach, carrots, apricots), vitamin B1/thiamin (from nuts, sunflower seeds, watermelon), vitamin B2/riboflavin (from broccoli, spinach, mushrooms), vitamin B3/niacin (broccoli, leafy greens, tomatoes), vitamin B6 (from walnuts, bananas, watermelon), vitamin B12 (from sea vegetables like [spirulina](#), the highest food source), vitamin B17/laetrile (from [apricot seeds](#) and apple seeds), vitamin E (from leafy greens, spinach, nuts, avocados, sunflower seeds), and vitamin K (from cruciferous veggies like broccoli and cauliflower, leafy greens like kale and spinach, asparagus, tomatoes, parsley).

- **Eat probiotic-rich foods**, many of which are fermented foods like kimchi, sauerkraut, pickles, miso soup, tempeh, kefir, kombucha tea, raw (unpasteurized) goat milk/cheese/yoghurt, blue green algae (superfoods like spirulina and chlorella), or take a high quality [probiotic](#). You can also [make your own](#) fermented foods and drinks at home.

Probiotics provide the gut (digestive tract) with beneficial bacteria (flora) which strengthen the immune system, aid in digestion and detoxification, and improve nutrient absorption dramatically. **Good health is dependent upon a healthy gut, and a healthy gut is dependent upon good flora, so probiotics are essential.** The body should have at least 80% friendly bacteria (only 20% bad bacteria) in the gut. Because most of the body's immune system activity (about 80%) comes from the gut, it is the center of immunity where good health and all disease begins. **As Hippocrates, the father of western medicine, wisely stated: "All disease begins in the gut"**. It is also our second brain because it contains more nerve cells than the entire spinal cord and surprisingly produces more of the 'feel good' neurotransmitter serotonin than the brain itself. Gut flora produces antibiotic, anti-viral, anti-fungal, and anti-parasitic substances, as well as digestive enzymes and essential vitamins. It protects the body from toxins in our food and byproducts of digestion, either by neutralizing toxins or carrying them out of the body (detoxing). Balanced gut flora prevents candida and harmful organism overgrowth. It also keeps the gut wall healthy which prevents the contents (like food particles, microbes, toxins) from leaking into the bloodstream ("leaky gut") causing immune dysfunction (i.e. allergies, eczema, asthma, food intolerances, IBS, etc.), increased toxicity in the body, and organ damage. Thus poor gut health leads to both toxicity and malnourishment (nutritional deficiency).

Gut flora can be damaged due to: poor diet (like GMOs, anti-nutrients like lectins in grains and legumes, sugary/starchy foods including root vegetables, etc), antibiotics, pesticides, steroids, non-steroidal anti-inflammatory drugs, birth control pills, long use of prescription drugs, chronic stress, conventional dairy, bottle feeding, pollution, radiation, over-consumption of alcohol, toxic chemicals, dental work, and tap water (has chlorine, fluoride, etc). If the gut isn't functioning properly, the body is doomed.

- **Eat hormone-balancing foods.** There are two major types of endocrine hormones: steroids and peptides. Steroids are generally sex hormones, such as estrogen and testosterone, created from cholesterol in the ovaries and testes. Their imbalances can create problems with sexual function and reproduction (like sterility), mood, growth and development. Peptides are concerned with regulating blood sugar (insulin hormone) and sleep cycles (melatonin hormone for ensuring deep sleep). Thyroid hormones are peptides that tend to regulate metabolism in general. Hormones are produced using healthy fats and cholesterol, so lack of these important dietary factors can cause hormonal problems simply because the body doesn't have the building blocks to make them.

The superfood [maca](#), a Peruvian tuber cruciferous vegetable that grows high in the Andes, is a powerful endocrine adaptogen that balances hormones according to one's needs, increases energy, fertility, stamina, libido (it's known as 'nature's viagra'), reduces stress, anxiety, depression, menopause/PMS/PCOS symptoms, insomnia, and other hormonal related problems. Some good food sources for hormone balancing are saturated and monounsaturated fats like [coconut oil](#), avocados, olive oil, raw nuts, organic grass-fed butter/ghee/yogurt, and egg yolks, while some good nutrients are omega-3 fatty acids (like [krill oil](#), [greenlip mussels](#), or [hempseeds](#)), [probiotics](#), [vitamin D3](#), and phytonutrients (like [spirulina](#)).

We are constantly exposed to endocrine/hormone disrupting (estrogen-mimicking) chemicals in the environment, food (like pesticides, etc), personal care products, and household products. They lead to hormonal imbalances causing infertility, depression, sleep disorders, and many health problems. It's best to minimize or avoid exposure to these chemicals. [Learn more about chemical stressors.](#)

- **Eat organic foods** whenever possible because it's safer and healthier since free of pesticides, herbicides, chemicals, antibiotics, hormones, irradiation, and genetic modified GM ingredients. If not organic, you can clean vegetables and fruits using 2 tablespoons of [raw apple cider vinegar](#) mixed with 1 gallon water, then rinse to remove at least surface chemical residues like pesticides and herbicides. Or use white vinegar, sea salt, or [himalayan salt](#). To see what

pesticides are on your food and their human health effects, check the [WhatsOnMyFood](#) website.

Per the EWG, buy these 'dirty dozen plus list' of produce organic only because they are the heaviest sprayed with pesticides: apples, celery, cherry tomatoes, cucumbers, grapes, hot peppers, nectarines, peaches, potatoes, spinach, strawberries, sweet bell peppers, kale, collard greens, and summer squash. The 'cleanest 15 list', which are the least sprayed (so don't need to be bought organic) are: asparagus, avocados, cabbage, cantaloupe, sweet corn, eggplant, grapefruit, kiwi, mangos, mushrooms, onions, pineapple, sweet peas, sweet potatoes, and watermelon.

Keep in mind, more and more conventional foods and fresh produce like meat, shellfish, almonds, milk, lettuce, spinach, veggies, fruits, spices, seasonings, wheat, potatoes, eggs, sprouting seeds like alfalfa, etc. are being irradiated or pasteurized which makes them dead (destroys their nutrients and enzymes) and produces toxic byproducts. Irradiated foods are now not labeled (since not required by law), thus the consumer is unaware. So eat as much organic as possible.

- **Eat fresh, whole, local, seasonal foods.**
- **Eat a variety of colors in foods** (the rainbow) because each color provides different nutrients and phytonutrients. For example, green foods contain lutein and indoles, red foods lycopene and anthocyanins, dark orange foods beta-carotene, yellow-orange foods bioflavonoids, blue and purple foods phenolics and anthocyanins, and white foods allicin.
- **Cooking, soaking, sprouting, or fermenting** grains, legumes/beans, nuts, and seeds reduces the enzyme inhibitors and anti-nutrients (substances that prevent the body from absorbing nutrients and damage the digestive tract/gut). Sprouting and fermenting increases their nutritional benefits enormously. For soaking, soak for at least 12 hours in warm water (with sea salt added best), rinse, and then sun dry, low-temperature oven dry, or dry using a food dehydrator.
- **Eat raw, lightly steamed, slow cooked, or light stir-fried foods.** Minimize or avoid deep fried or high heat cooking. Less cooked and lower heat cooking is healthier because it preserves both the nutrients and the food's natural digestive enzymes. This frees up much of the 80% of energy typically used in the digestive process and is used for self-healing and to achieve higher states of mind and well being. **Gradually increase the amount of plant foods and raw foods into your diet.**

- **Use healthy oils for frying.** For high temperature, use coconut oil, palm oil, butter, ghee (clarified butter), or grass-fed animal fat like beef tallow and lard (pork fat). For low to medium temperature, use virgin olive oil (best), almond/macadamia oil, or sesame oil. [Coconut oil](#), a superfood, is one of mother nature's most perfect foods, is great for cooking, and has many other uses and benefits as well. The best oils (most stable at high heat) are saturated (best) and monounsaturated oils (for low to medium temperature only).

Polyunsaturated oils are not stable and thus not good for cooking, and many are chemically processed using hexane extraction making them unhealthy and toxic. So avoid cooking with toxic inflammatory omega 6 vegetable oils like corn, soy, canola, rice bran, sunflower, and safflower. The high consumption of these processed polyunsaturated **vegetable oils (inflammatory omega 6 oils)** in the diet today (used in cooking and in many processed foods) leads to chronic inflammation, the root cause of many health problems and diseases today. You can also avoid frying with oils by baking or grilling meats and steaming vegetables, then sprinkling some oil afterwards if you like.

- **Eat spices and herbs.** Some healthy spices and herbs and their benefits are: [turmeric/curcumin](#) ("the king of spices", anti-inflammatory, antioxidant, antiseptic, pain relief, boosts immunity, anti-carcinogenic, improve digestion, detox liver, maintain cholesterol/blood pressure/triglycerides, arthritis relief, prevent/treat diseases like cancer, regulate metabolism and weight management, memory and brain function, various skin conditions, neurological disorders, etc); **cayenne or capsicum** ("the queen of spices", blood circulation, heart health including prevent and stop heart attacks, improve digestion, nausea/gas/headache relief, weight loss, sinuses, pain relief, boost immune system, prevent/treat diseases like cancer, etc); **ginger** (blood circulation, warmth, relieving nausea, morning sickness, upset stomach, motion sickness, altitude sickness, anti-inflammatory, cramping, indigestion, migraines, gas, fevers, better breathing, regulate menstruation, etc); **oregano** (antibiotic, antifungal, etc); **cilantro** (detoxes heavy metals like mercury, aluminum, etc); **rosemary** (eases arthritis, cancer prevention, increase circulation/energy/alertness, stop bad breath, gas relief, stimulate hair growth, radiation protection, antifungal, antibacterial, antiviral, anti-inflammatory, etc); **cardamom** (aphrodisiac/circulation to private parts, etc); **saffron** (asthma, sleep, memory enhancer, etc); **cinnamon** (reduce/balance blood sugar, diarrhea, antifungal, antibacterial, antiviral, anti-inflammatory, antioxidant, etc).
- **Eat nuts and seeds.** They're a good source of protein and healthy fats, of minerals like magnesium, and of fiber. Also, they're an easy healthy way to lose weight because: they're a healthy substitute for sugary snacks (since they protect the heart and stabilize blood sugars); fill you up naturally (oleic acid stops hunger) and you feel full longer; and they make nutritious

mini meals. Nuts are only fattening and unhealthy if roasted or fried in an unhealthy fattening hydrogenated vegetable oil or if sugar and refined table salt is added. **The healthiest nuts are raw almonds, walnuts, brazil nuts, and macadamias.** Like nuts, seeds are a vital part of our diet. Seeds are high in fiber, vitamin E, and both monounsaturated fats and polyunsaturated omega 3 fats that help keep the heart healthy and our body disease free. Healthy seeds are also great sources of protein, minerals, zinc and other vital nutrients. Seeds and nuts can also help prevent weight gain. **The healthiest seeds are raw pumpkin, sunflower, hemp, chia, and sesame seeds.** Since nuts and seeds contain some anti-nutrients like lectins and phytates, they are best eaten in moderation (handful a day). Otherwise, it's best to soak or sprout them so that they're easier to digest and their nutrients are more easily absorbed.

- **Eat superhealthy foods** like cruciferous vegetables (broccoli, cauliflower, cabbage, brussel sprouts, kale, collard greens, kohlrabi, mustard, rutabaga, turnips, bok choy, arugula, horse radish, radish, wasabi, watercress, etc), dark green leafy veggies (spinach, kale, dandelion, mustard greens, swiss chard, etc), avocados, olives, cucumbers, garlic, ginger, turmeric, parsley, papaya or pineapple (have natural digestive enzymes), watermelon, raw nuts (almonds/walnuts/macadamias/brazil nuts), sprouts, raw seeds (sunflower/pumpkin/sesame/chia/hemp seeds), berries, lemons/limes, raw unpasteurized organic apple cider vinegar, sea vegetables and seaweeds, fermented foods, cayenne pepper/chilis, cloves, and oregano.
- **Eat superfoods** like [spirulina](#), [chlorella](#), [raw cacao](#), [maca](#), [coconut oil](#), [hemp seeds/oil](#), noni, bee pollen, aloe vera, [goji berries](#), and [acai berries](#). Due to our nutrient-deficient soils and diet, our active stressful lifestyle, and our polluted environment, I recommend supplementation with these nutrient-rich superfoods. They are living, nutrient-dense foods that contain vitamins, minerals, proteins (amino acids), probiotics, phytonutrients, antioxidants, healthy fats, hormones, enzymes, and detoxifiers.

The minimum daily nutritional supplementation should include at least a [superfood mix](#) (travel packet) and the two vital nutrients that most people are deficient in: [magnesium](#), and [vitamin D3](#) (included in the recommended superfood mix). I've provided affiliate source links throughout this website and banners for recommended high quality products (mostly superfoods from [iHerb](#) and detox products from the [Global Healing Center](#)).

- **Drink clean mineral-rich water.** Drink plenty of clean water daily to stay properly hydrated. Drinking a full glass of water with a lemon/lime as soon as you wake up is a great way to start your day. It alkalizes the body, is good for digestion, cleanses the liver (detox), boosts the immune system (vitamin C), reduces inflammation, and helps you lose weight. To check if

you're properly hydrated, observe your urine color. It should be light yellow to clear if you're adequately hydrated. Also, eat more foods which naturally contain lots of water like cucumbers, watermelons, and green leafy veggies.

Tap water and most bottled water is not safe to drink because of toxic chlorine, fluoride, heavy metals like lead and arsenic, trace amounts of pesticides, industrial pollutants, and more contaminants. Fluoride, an industrial waste, is linked to cancer, infertility, lower IQs, hardening of arteries, docility, and many other health problems. It's also found in pesticides, medicines, toothpaste, teflon cookware, many teas, and even baby food. So buy bottled spring water (must have mineral content on label) or [find a spring near you](#). You can test your city water with a simple [test kit](#). An inexpensive option is to refill big bottles with purified water (using reverse osmosis RO machines in your supermarket or neighborhood). This filtered water has no contaminants, but has no minerals as well, so one option is to add 3 tablespoons of raw unpasteurized [apple cider vinegar](#) to 1 gallon of the purified 'dead' water to remineralize it again. The apple cider vinegar not only remineralizes the water, but also offers many other health benefits including detoxing the body. [If there was a panacea to treat almost any ailment, it's raw apple cider vinegar](#). Or, add [himalayan salt](#) to remineralize the water. A pinch of himalayan salt in water is also a healthier alternative to sports drinks to replace electrolytes. Or add a few drops of lemon/lime into your water. If you're adequately supplementing daily to alkalize you body, you may not need to remineralize the water. You can also use a high quality [filtering water pitcher](#).

Keep in mind, we absorb even more water taking hot showers than drinking, so buy a good shower filter to remove chlorine and other contaminants in the tap water, or buy a whole house filter. The body absorbs more water during a 10 minute hot shower than drinking 8 glasses of water. If you don't have a shower filter, avoid hot showers since the body absorbs much water through the skin when the water is hot, so take warm or cool showers instead. Finishing a shower with the coldest water boosts blood circulation and the immune system, and helps relieve stress and depression.

- [Get minimum 20-30 minutes of direct sunlight to exposed skin](#) and without sunscreen daily. Sunlight is essential food too and the best source of vital vitamin D, a prohormone that activates hundreds of genes that promote health and greatly reduces our risk of getting chronic diseases. Vitamin D has been shown to prevent more than 70% of all cancers.

Make sure not to get more than mildly pink or sunburned while slowly increasing your direct sun exposure. If you're unable to get some sunshine, the best food sources are shitake and button mushrooms, fish like mackarel, salmon, sardines, and cod liver, hemp and sunflower

seeds. But to get sufficient vitamin D, its best to supplement with at least 5000mg of natural [vitamin D3](#) (not synthetic D2).

- **Take deep breaths often** especially when the air is clean and in highly oxygenated places like in nature. Proper oxygenation is key to the very foundation of health because it means having a healthy bloodstream, the vital system that transports oxygen and nutrients to every cell in your body. With each breath, you can stimulate the life processes of each and every cell in your body. It not only controls the oxygenation of the cells, but partially regulates the flow of lymph fluid containing both white blood cells (major players in the immune system) and toxic wastes (thus detoxing the body).

Proper breathing is not merely taking plenty of deep breaths and is not rapid breathing (which is characteristic of ill people). Proper breathing comes from slowing down the breathing, breathing deeply from the diaphragm, and then resting between breaths for several seconds. It may take time and effort to learn to breath properly, but it is well worth the effort.

Avoid or Limit:

- **Avoid GM (genetically modified) foods** like soy, corn, cottonseed, canola (rapeseed), and sugarbeet (sugar) since they are mostly GM (~90%). Other common ones are aspartame, dairy, alfalfa, Hawaiian papaya, yellow squash, and zucchini. Most processed foods now has a GM ingredient. GM foods are not even labeled in the US, while they are in Europe. Unfortunately, cross-contamination often occurs (wind, insects, seeds, etc.) so non-GM foods get contaminated. GM salmon was recently approved.

There is much evidence that GM food is carcinogenic (cancer causing) and has many serious health effects like DNA damage and infertility. It damages the gut (our immunity center) allowing undigested food & toxins to enter the bloodstream ('leaky gut') leading to immune dysfunction (i.e. allergies, eczema, asthma, food intolerances, etc.), increased toxicity in the body, and organ damage. It also causes major environmental damage due to deforestation, heavy pesticide use, and pollution. So buying or growing organic food is safe (no pesticides and not GM), healthy, and environment-friendly.

For tips on avoiding GMOs and a non-GMO shopping guide, check the [Non-GMO Shopping Guide](#). To cleanse your body of harmful GMOs, [perform a GMO detox](#).

- Avoid the 'dirty dozen plus list' of conventional produce and buy organic only if you can because they are the heaviest sprayed with pesticides. These are: apples, celery, cherry tomatoes, cucumbers, grapes, hot peppers, nectarines, peaches, potatoes, spinach,

strawberries, sweet bell peppers, kale, collard greens, and summer squash. Otherwise, wash with water and [apple cider vinegar](#) (or white vinegar, sea salt, or [himalayan salt](#)) to reduce the surface chemical residues.

Chemical fertilizers and pesticides wreak havoc on the body. Many of these toxins are endocrine disruptors. They interrupt hormone balance and cause disease, including thyroid disorders, obesity, and infertility. They damage the intestinal lining causing leaky gut and autoimmune disease. They also disrupt neurotransmitters in the brain, which can lead to a wide range of psychological conditions like depression, anxiety, etc. Neurotransmitters affect every facet of our life including our thoughts, moods, behaviors, perception, energy, memory, cognitive functions and ability to focus. And some of these chemicals are known carcinogens that increase the risks of certain cancers.

- **Avoid toxins like:** (check the label ingredients)
 - **Monosodium glutamate MSG**, an addictive neurotoxin commonly used as a flavor enhancer. Check its many hidden names at [Truth In Labeling](#).
 - **Artificial sweeteners like Aspartame**, an addictive carcinogenic neurotoxin, in 'diet' drinks, 'sugar-free" products, and even supplements/medications, that causes seizures, blindness, obesity, diabetes, depression, and a long list of serious health issues. It's also called Equal, NutraSweet, Phenylalanine, Spoonful, Canderel, E951, Benevia, and now Aminosweet (without being labeled!). The FDA has received more reports on reactions to aspartame than all other food additives combined. Also avoid the toxic artificial sweetener **saccharin** (also called 'sweet n low').
 - **Sugar** is not a food; it's a harmful chemical and an addictive drug. Avoid sugars like **white or brown sugars, corn syrup, splenda (sucralose), high fructose (fruit sugar), sucrose, dextrose, maltose, glucose, polydextrose, maltodextrin, maltodextrose, erythritol, sorbitol, malitol, lactose** (dairy sugar) which increase blood sugar levels, weaken the immune system, and are food for cancer cells. **Xylitol**, which is touted as a healthy sweetener, is also a sugar alcohol (often made from GM corn) that is processed with toxic chemicals. Sugar alcohols cause stomach cramps, diarrhea, and digestive issues for many people. Also, avoid **stevia powder** (like the popular products truvia and purevia) because it's processed, usually contains maltodextrin/GM corn, and is not the natural stevia plant .

Use natural sweeteners like: [coconut palm sugar](#) (best), [liquid stevia](#) only, raw honey ([manuka honey](#) best), or cinnamon spice in moderation.

- **Sodium nitrate**, a cancer causing additive to preserve meat and give it a fresh pink color.
- **Bad unhealthy fats = Transfats = hydrogenated oils** - found in commercially prepared baked and fried foods, many processed foods, most salad dressings and mayonnaise, crackers, margarine, vegetable shortening, coffee creamers, and partially hydrogenated vegetable oils. They are formed when hydrogen is added to vegetable oil during food processing in order to make it solidify. This process, known as hydrogenation, gives fats a longer shelf life and a less greasy feel. But it creates a completely unnatural fat that causes cellular dysfunction. Although most food products now claim to be transfat free, they may still contain up to 0.5 grams per serving according to lax FDA rules. Contrary to popular belief, transfats (not saturated fats) lead to heart disease (clog the arteries with fatty plaques), diabetes, cancer, and other health problems.
- **BHA/BHT** - cancer-causing preservatives banned in other countries yet still used in the US. Also, **bromate/bromide** are additives that are allowed in the US but banned in Europe.
- **Artificial preservatives, flavors, colors, and additives** - lead to many health, mental, learning, or behavioral problems.
- **Processed table salt** - natural healthy nutrients in natural salt removed and harmful chemical additives added. Causes high blood pressure, heart, and kidney health problems. So use natural sea salt or even better [himalayan salt](#). Natural salt is necessary for good health.
- **High fructose corn syrup** - probably GM, increases inflammation, causes weight gain (disrupts appetite hormones), and has mercury.
- **Canola**: Probably GM and comes from the rapeseed, the most toxic of all the food oil plants. It has to be refined or partially hydrogenated before it is used commercially and consequently high in transfats which cause inflammation in the body. It inhibits proper metabolism of food and normal enzyme function. Its effects include loss of vision, respiratory illness, disruption of the central nervous system, anemia, constipation, and higher risk of diseases like cancer and heart disease.

- **Soy:** Probably GM and is estrogen-like, thus disrupting thyroid function and hormonal balance, causing digestive problems, and leading to many health problems including infertility and cancer. Contains anti-nutrients. Non-GMO fermented soy (like miso or tempeh) is fine. Soy promoters point to studies of Asians and their reduced rates of cancers, even though their traditional diet contains much soy. However, these studies fail to point out that these soy products are primarily fermented, which destroys the anti-nutrients and creates health-promoting probiotics that facilitate proper digestion.
- **Wheat** and **dairy** - the two most common food allergens. Wheat contains gluten and has been hybridized. Dairy contains lactose (milk sugar), casein and whey, and lectins (antinutrients). Other than humans, no other animal drinks milk past infancy or from another animal.
- Ingredients you can't pronounce and any product with more than five ingredients ;)
- **Avoid processed meats.** They contain sugar, salt, chemicals, additives, nitrates, hormones, pesticides, antibiotics and preservatives that will lead to disease.
- **Avoid factory farmed or grain-fed meat and factory farmed fish.** The animals are fed GM grains and animal by-products, injected with GM growth hormones and antibiotics, and live in unhygienic conditions. **Eat organic, grass-fed meat and plankton/fish-fed fish**, which are high in healthy, anti-inflammatory omega3 and other vital nutrients because they feed on their natural diet. Grain-fed meat and fish, are high in omega6 fats, which increase inflammation and lead to disease. Grass-fed meat contains 2-6 times more omega-3 than grain-fed meat. Traditional, grain-fed, confined, and factory farmed meat is void of the nutrients that are found in organic grass-fed meat (like vitamins and minerals) and has an imbalance in its essential fatty acid structure. It's also common practice in commercial cattle farming to feed them chicken manure, chicken feathers, cardboard, newspapers, and even bubblegum still in the wrapper, to save money and fatten them. Therefore, meat should be organic, hormone and antibiotic free, grass-fed, and pastured or free-range. Fish should be wild and clean (not contaminated with high levels of mercury so avoid tuna and eat salmon which is safest). And keep in mind that **much seafood in the Pacific Ocean is being contaminated with radiation from the ongoing catastrophic Fukushima nuclear disaster.**
- **Avoid grain-fed, non-organic dairy products like milk** since it is very acidic and contains growth hormones, antibiotics, and other harmful substances. Organic grass-fed cow's milk eliminates some of the main concerns of consuming milk, especially antibiotics, hormones and other

chemicals. It's also higher in omega3. However, it's commonly pasteurized which removes all beneficial bacteria and enzymes, and makes it difficult for the human digestive tract to properly break down and absorb it. Organic, raw, grass-fed dairy products (like butter, ghee, yoghurt, raw milk, cream, cheese, etc) are fine.

Like grains and legumes, milk is relatively new to the human diet so most people are lactose intolerant and allergic to it (casein and whey). Casein is a protein in milk that is toxic and addictive (very high in cheese). The human body was not genetically equipped to digest milk from animals, which is why many people have problems with dairy. Also, like grains, dairy products (especially cheese) contain addictive opiates that lead to cravings. Toxic aspartame will also soon be added to dairy products and without labeling.

Instead, **use nut or seed milk** (like almond milk or hemp milk), or **use coconut milk**/coconut butter. Raw **goat milk** is a healthier substitute (closer to mother's milk with more nutrients, easier to digest, and is alkaline). Also, **avoid soy milk** and soy products since it is mostly GM, is estrogen-like so disrupts thyroid function, contains toxic anti-nutrients, and interferes with digestive enzymes.

- **Avoid cooking with vegetable or seed oils** like corn, soy, canola, rice bran, sunflower, and safflower. The high consumption of these oils (inflammatory omega 6 oils) in the diet today (use in cooking, in many processed foods, and in grain-fed meat and fish) is one of the main reasons for modern diseases. Inflammation is the root cause of many health problems and diseases. Also avoid margarine, shortening, or other chemically altered fats. **Use healthy oils for cooking or frying**. For high temperature, use coconut oil, palm oil (red best), butter, ghee (clarified butter), or grass-fed animal fat like beef tallow and lard (pork fat). For low to medium temperature, use virgin olive oil (best), sesame oil, or almond/macadamia oil. [Coconut oil](#), a superfood, is one of mother nature's most perfect foods, is great for cooking, and has many other uses and benefits as well.
- **Avoid consumption of unhealthy carbs like grains, starchy foods, sugar, and high fructose**. As humans have lived for 2.6 million years, we only started eating grains 10,000 years ago with the agricultural revolution, so grains are new to our diet. Prior to the consumption of these foods, the epidemics of type 2 diabetes, anxiety, depression, heart disease, obesity, etc., did not exist. Grains, legumes, and starchy veggies became a common staple in the diet only after it was discovered that they could be mass produced and distributed cheaply to generate a great profit for the producers. These highly fattening, unhealthy, addictive foods and drinks include grains (especially refined like white flour/bread, rice, noodles/pasta), starchy foods like legumes and root vegetables (potatoes, squash, parsnips), all sugars, molasses, fructose,

high fructose corn syrup, grain alcohol, sodas, and grain-fed meat-fish-and dairy. In general, all grains (corn, wheat, barley, oats, rye, rice, etc.), starchy foods like root vegetables and legumes, and processed foods (cookies, brownies, candy, potato chips, corn chips, etc.) are high glycemic and cause rapid increases in blood sugar and insulin levels. All non-starchy vegetables and whole fruits that are low in sugar are good healthy carbs. Contrary to popular belief, obesity, diabetes, and other diseases are due to a diet high in carbohydrates (esp. refined), and not due to saturated fats.

Grains and legumes (like beans, peas, lentils, peanuts) contain several toxins, known as **anti-nutrients**, that damage the intestinal lining, leach minerals from the body, disrupt the digestion of proteins, and cause inflammation and an autoimmune response. They contain enzymes called **protease inhibitors** that interrupt the digestion of proteins leading to nutritional deficiencies, allergies, food sensitivities, and prevent the digestion of lectins contained in grains and legumes. These **lectins** bind to cells in the intestinal tract, causing damage to its protective lining and depleting beneficial bacteria. This leads to holes in the intestinal lining, a condition called leaky gut. Toxins and undigested food particles make their way through these holes and cause autoimmune reactions, digestive problems, and yeast overgrowth. Self-tests (visual indicators) for candida/yeast overgrowth in the body are a white coated tongue, or spitting in a glass of water upon waking up and seeing cloudy strings floating down into the water from the saliva within an hour (the more strings/cloudiness and faster it develops, the more the overgrowth). **Sprouting, soaking, or fermenting any food** that is high in lectins, like grains and legumes, will reduce the lectin content and make them more easily digested, while cooking will also destroy some of the anti-nutrients. But cooking or sprouting will not reduce their carbohydrate content, so they will still increase sugar/insulin levels, contribute to feeding fungus/candida, trigger sugar cravings, and deplete endorphins. Also, **phytates** in grains and legumes bind to minerals like calcium, magnesium, zinc, and iron making them less available to the body and inhibit digestive enzymes needed for proper digestion. And **gluten**, a protein the body can't digest, creates an allergic or inflammatory autoimmune reaction. Wheat is the highest food source due to cross breeding and is highly allergenic. Other foods with gluten are: cereal grains, rye, spelt, barley, white flour, durum wheat, kamut, wheat germ, wheat bran, soy, graham flour, pasta, bread, couscous, flour tortillas, white flour products (baked goods, cookies, pastries, cakes, crackers, pastries, chips), as an additive in processed foods, and imitation fish. Grains also contain high levels of **exorphins** which mimic our brain's endorphins (natural neurotransmitters which relieve pain, promote good moods, relaxation, and feelings of well-being). This leads to their depletion because the brain thinks it doesn't need them and stops producing them (leading to grain cravings and addiction). **Grain-like seeds like quinoa, millet, amaranth, perilla, and buckwheat are a healthy alternative.** Asians enjoy better health

than westerners despite the fact that they consume rice regularly because: rice is less harmful than glutinous wheat (bread), they have better insulin sensitivity/carbohydrate tolerance due to lots of physical activity, and their diet is higher in other health promoting foods like fish, vegetables, and fermented foods.

In the past, fruit was a healthier choice because it contained less fructose (fruit sugar) than it does today, and it was consumed seasonally only. Hybridization, however, created sweeter fruits that contain higher amounts of **fructose** than traditional types, and modern varieties have been developed to ripen after harvest and last for a longer time. Fiber and nutritional content is also lower in our modern day fruit. Since all kinds of fruits are available year round, high amounts of fructose are eaten on a regular basis. Although it is rich in a variety of nutrients like antioxidants and vitamins, in order to maintain good health and weight, the amount of fruit in the diet should be limited and fruit juice should be avoided completely (no fiber/pulp to slow down absorption). Low or no fructose fruits are all berries, grapefruit, lemons, limes, olives, kiwi, apricots, and avocados, followed by moderate fructose fruits which should be limited like peaches, plums, apples, pears, bananas, watermelon, pineapple, grapes, oranges, figs, and cherries. Some high fructose fruits that should also be limited are mangos, dates, honeydew, cantaloupe, and raisins. All dried fruits are high in fructose sugar.

A ketogenic diet (high fat, low carb diet) is the best way to address sugar and carb addiction, compulsive overeating, candida overgrowth or other microbes, adrenal fatigue, alcohol and drug addiction, anxiety disorders, depression and other mental health issues or autonomic nervous system disorders. Carbohydrates fuel each of these conditions by disrupting or overstimulating the endocrine system and/or the brain. Not only will you overcome cravings for sugar, carbs, caffeine, and other addictive substances and have more emotional stability, but also reduce your risk of all diet related conditions, like heart disease, diabetes, cancer, etc., simultaneously.

- **Avoid other potential allergens like nightshade plants.** Nightshade plants like tomatoes, potatoes, pepper, and eggplant are inflammatory so limit them.
- **Avoid endocrine/hormone disrupting (estrogen-mimicking) chemicals** in the environment, food, personal care products, and household products like: non-fermented soy products, canola oil, sugar, refined carbs, steroids, tap water, fluoride, birth control pills, hormone replacement therapy, antidepressants and other pharmaceuticals, non-organic hormone-laced dairy products and meat, body lotions, makeup, plastics (have Bisphenol-A BPA or BPS and phthalates), parabens (in personal care products, cosmetics, etc.), teflon-coated cookware, food additives, pesticides, herbicides, caffeine, artificial colors, spicy and deep-fried acidic

foods, vegetable (omega6) oils, trans fats, alcohol, and soft drinks. They lead to hormone imbalances causing infertility, depression, sleep disorders, cancer, and other health problems.

- **Avoid processed foods** especially if labeled “diet”, “low-fat” or with ingredients in the list above like: “hydrogenated, artificial, high fructose corn syrup, corn, soy, canola, cottonseed, wheat”, or if with many strange ingredients.
- **Avoid soft drinks** because high in sugar and harmful additives causing the body to become very acidic and prone to many health problems.
- **Avoid antibiotics** unless absolutely necessary because they destroy gut flora in the gut (the center of the body's immune system), have side effects, and build resistance. The acids from antibiotics change the bacteria into yeast and mold. That is why when you take antibiotics you can end up with a yeast infection. For a natural infection fighter, use raw garlic, colloidal silver, or bee pollen instead. Otherwise, always take a [probiotic](#) every time you take a dose of antibiotics to repopulate your gut flora, and continue taking it for several weeks after the course of antibiotics is complete. The body should have 80% friendly bacteria (only 20% bad bacteria) inside the intestinal tract. After an antibiotics course, the body will have no more than 20% friendly bacteria creating the potential for health problems. It will take weeks to heal the gut.
- **Avoid synthetic supplements** sold in supermarkets because they are pharmaceutical made, synthetic, and of poor quality with many fillers, excipients, binders, and flow agents that are often toxic. Thus, you find either no benefit or can be harmed by taking them. Natural supplements found at most health stores are safe and good quality (effective) **food-sourced supplements**. Unlike synthetic supplements, they are natural and absorbed easily and effectively by the body (bio-available). Liquid, sublingual (under tongue or in mouth) and powdered forms are best. [Supplementing with nutrient dense superfoods offers the most health benefits.](#)

Ideally, all of the nutrition we need can come from the food we eat. Unfortunately, in today's world, it usually doesn't. Currently, soils contain only about 15% of the minerals they had 100 years ago due to synthetic fertilizers, pesticides, and monoculture. Even if food is grown in nutrient dense soil without contaminants, much of the nutrition is lost in transportation and storage. Hybridization techniques and genetic alterations of traditional heirloom species have also reduced the nutritional content of foods. Also, food alone can only fill our nutritional needs if our bodies are able to digest and absorb all of its nutrients properly (dependent on our gut health). And in today's world, our bodies need even more nutrients to deal with our daily

exposure to high levels of physical, emotional, and environmental toxins and stressors. Thus, to maintain optimal health, supporting the diet with nutritional food-sourced supplements and superfoods has become a necessity.

- **Avoid using the microwave** for cooking. It irradiates the food destroying its nutrients, and also changes the molecular structure of the food making it difficult for the body to digest. Also, don't microwave food in a plastic container or cover it in saran wrap because the toxic chemicals in the plastic will leech into the food.
- **Avoid tap water and most bottled water** because it's unsafe due to toxic chlorine, fluoride, and more contaminants. If you don't have a shower filter, avoid hot showers since the body absorbs much water through the skin when the water is hot.

Eating Habits:

- **Learn to listen to how your body responds to the food after eating.** Burping and gas are signs that the food is too acidic. Some common symptoms of improper digestion include gas, bloating, diarrhea, abdominal cramping, acid reflux, constipation, undigested food in stool, foul-smelling stools, loss of appetite, or the desire to eat mostly sugary or starchy foods. This is your body telling you that these foods don't belong in your diet, or they may need to be reduced in serving size or frequency. Also, if you feel excessively bad in response to a treatment remedy, your body is saying this is counterproductive and it should be discontinued or reduced. And rather than eating at specific times in the day, eat only if and when you feel hungry.

If you have cravings for unhealthy foods like sugar, carbs, caffeine, alcohol, nicotine, or other addictive substances, or even unhealthy lifestyle habits, that means your brain chemistry is disrupted and/or the endocrine system is impaired. Eating healthy and [detoxing](#) will reset your biochemistry and repair those systems. The true voice of your body will always lead you to what is best and healthy for you. It will never tell you to do something destructive.

- **Don't drink water or other beverages with meals** because it dilutes the stomach digestive juices (acid), which disturbs and slows down the digestion process. Its best to drink room temperature water at least an hour or longer before or after meals. Adding lemon to the water aids with digestion. Drink only when thirsty or dehydrated, after physical activity, and when sick or detoxing.
- **Eat until you feel 80% full** to avoid overeating. It takes a few minutes for the brain to get a signal from body that it is full.

- **Chew food fully, slowly, and mindfully** - can get more nutrition through gums, easier on digestion later because food mixed with saliva and carb digestive enzymes, and easier to get brain signal that you're full so you eat less.
- **Proper food combining** is a system of eating foods that combine together efficiently to assist digestion and thus provide us with the nutrients and energy we need. Improper food combining is one of the primary factors that causes gas, bloating, acid reflux, heartburn, upset stomach, weight gain, and even malnutrition from poor digestion. This is because different enzymes are secreted to digest different types of foods (fats, proteins, carbs) in different areas of the body, and their effect is neutralized if foods are not combined properly.

The key guideline to follow is to **avoid eating starchy carbs with: 1) proteins or with 2) fruits.**

Instead eat proteins with non-starchy veggies or ocean veggies. Starchy foods/carbs include grains (like rice, bread, noodles), legumes (beans, peas, etc), potatoes and other starchy root vegetables. Proteins include poultry (like chicken), fish, eggs, etc. Learn more about the food types (fats, proteins, and carbs) in [Essential Nutrition](#).

- **Be thankful for the food** before starting to eat (energizes the food and empowers you).
- **Don't put restrictions on yourself.** It's the main reason why most diets fail. Instead of restricting foods from your diet, just start adding healthier options. It's easier to add healthier foods into your diet, rather than restrict anything, because that will also slowly reduce your cravings for unhealthy foods.
- If you suspect you may be **allergic or sensitive/intolerant to a certain food**, eliminate it for a period of time and then reintroduce it into your diet to see if it produces any symptoms, conditions, or cravings (called the elimination diet). Food allergy reactions are immediate while food sensitivity reactions are delayed. Usually, when you remove these foods from your diet, pain will be reduced or removed, cravings for sweets will diminish, mood will improve, weight will drop, and overall health will improve.
- Make it a habit to always **check the ingredients label of any food or drink** product before you buy or consume it. Ignore anything else on the label because it can be inaccurate. For example, the "all natural" label is deceptive because the product can still contain synthetic, processed, or toxic ingredients.
- **Avoid food, especially meat, before bed.** It makes it harder to sleep and can disturb your sleep. Meat causes acidity and needs a few hours to be digested.

- **Avoid meat and big meals when ill.** The body uses most of its energy (~80%) digesting food (instead of healing). So when ill, a diet high in cleansing alkaline plant foods, small infrequent meals, or fasting/juicing is best for a quick recovery. **As Hippocrates, the father of western medicine, wisely stated: "To eat when you are sick is to feed your sickness".**
- **Take a walk or be physically active (in moderation for a few minutes) before or after consuming a high carb meal** (grains, legumes, starchy foods, sugar, or high fructose fruits) to burn off the sugar. This prevents glucose/insulin spikes and the sugar from being stored as fat (weight gain). Also, eating it with fibrous veggies or nuts reduces the glycemic load.
- Learn and **incorporate the wisdom of native traditional diets:** use meats/dairy/cheese as a spice (small portions) or on special occasions (infrequently) and make sure its pastured or free range, raised organically, grass fed, and eat all parts of the animal; use native grains like quinoa, non meaty proteins, fermented foods, indigenous oils which are high in omega3 and low in omega6s, healing spices, and sweet and salty foods from whole foods. Their eating traditions include communal eating, modified fasts (not dieting but eliminating unhealthy foods for a few weeks), eating until 80% full (okinawans commonly say "hara hachi bu"), living and eating slowly (greek cretians commonly say "siga siga"), and the evening meal is the smallest. Good health is not just from the food but also the recipes, traditions, relationships, the way they eat in the day and season, and the way the food is grown and prepared.

Traditional diets maximize nutrients while modern diets minimize nutrients. In traditional diets vs. modern diets: foods from fertile soil vs. depleted soils, organ meats eaten vs. muscle meats, animal fats vs. vegetable oils, animals on pasture vs. animals in confinement, raw and/or fermented dairy products vs. pasteurized dairy products, grains and legumes soaked/fermented vs. grains refined, bone broths vs. MSG and artificial flavorings, unrefined sweeteners (like honey, maple syrup) vs. refined sweeteners, fermented veggies vs. canned veggies, fermented beverages vs. modern soft drinks, unrefined salt vs. refined salt, natural vitamins in foods vs. synthetic vitamins added, traditional cooking vs. microwave and irradiation, traditional seeds/open pollination vs. hybrid seeds and GMO seeds.

CANCER PREVENTION - LIFESTYLE CHANGES

- **Be physically active daily.** Exercise or just move naturally. Have a daily routine that makes you move your body while doing something at home or outdoors (best). Otherwise, find an intentional physical activity you enjoy like walking or gardening. Regular movement or exercise oxygenates the body, stimulates the lymphatic waste removal system and the immune system, and stimulates production of hormones that make us happier and healthier. But exercise or be physically active in moderation only because excessive physical activity acidifies the body.
- **BALANCE** your daily active routine activities with leisurely, passive or playful activities and hobbies. In other words, **balance "Doing" with "Being"**. It's challenging in today's fast paced society and lifestyle, but it's a must! Over-activity is addictive so learn to slow down.

It's important to have at least one hobby that you both enjoy (interest) and are naturally good at (effortless skill). With free time, curiosity, and mindful attention, we can keep rediscovering our trueSelf and find rewarding hobbies and activities that bring us lasting joy and inner peace, and possibly serve others with our unique gifts/talents. All the wise saints have said "know yourself" which includes knowing what you're both passionate about (interests) and naturally good at (skills/talents). So find what you love and do it :)

- **Reduce stress** with Music, Art, Exercise, Sex, Play, Laughter, Smiling, Meditation, Aromatherapy, Deep Breathing, Hugging, Massage and Reflexology, Earthing, Sun Gazing, Daydreaming, Dancing, Singing/Chanting/Humming, Stretching, Silence, prayer, Nature, Nature, and yes Nature. Human touch is the oldest form of healing.

The types of stressors (sources of stress) are: physical (like chemicals/toxins in foods/drinks or products we use), mental (negative thoughts like anxiety), emotional (negative emotions like anger), and environmental (like polluted air or EMFs/electrosmog).

- **Exposure to nature** is key to healing. All living things and mankind lived for eons in close contact and relative harmony with nature. Regular exposure to fresh air and nature provides both physical and mental healing. Today, many people are disconnected from nature by spending too much time indoors. So take frequent walks in yards, parks, fields, woods and stand/walk barefoot on the soil or grass, a practice called earthing, that grounds and energizes us. It strengthens the immune system and provides many health benefits. Plant vegetable and flower gardens using organic products only or use pots and other containers for the patio, balcony and indoors. Working with your hands and feet in the soil is one of the most physically

and mentally healthy things you can do, and creates a sense of peace and tranquility. Indoor plants also bring the added benefit of adding extra oxygen and removing toxins from the air. You can also visit or [volunteer](#) at organic farms worldwide.

- Negative thinking (regret, blame, worrying/anxiety, pessimism, etc.) and negative emotions (anger, hate, guilt, shame, jealousy, fear, etc.) acidify the body because acidic stress hormones like cortisol are released. This leads to a weaker immune system, inflammatory responses, and disease. **Positive thinking** (hope/faith, acceptance, optimism, etc.) and **positive emotions** (love/compassion, joy, appreciation, gratitude, etc) alkalize the body thus strengthening the immune system and aiding with both healing and disease prevention.
- **Loving ourselves, loving others** (universal love, not only family, romantic, or sexual love), and **being open to love**, are vital emotional nourishment that feeds the soul and strengthens our physical well-being. Just like with physical energy, the more we love ourselves and others, the more our capacity to love and receive love grows. **Practice loving yourself unconditionally and being your true authentic self fearlessly.**
- **Play** is a recreational, leisurely, childlike activity that involves being absorbed in the moment and with no purpose other than to have fun.
- **A simple meditation technique** is sitting in a quiet place with eyes-closed for a few minutes while focusing on your in-out breath or on your abdomen rising-falling. Anytime you catch yourself being distracted by a thought, sound, etc, go back to focusing on your breath or abdomen movement. After a few minutes, you'll notice your breath getting deeper and longer with its mind-calming effect. With practice, it gets easier.

Donation-based ten-day [meditation retreats](#) that teach [vipassana](#) ("insight" meditation) are available worldwide.

People in the West vs. the East (like Asia) may find sitting (passive) meditation difficult since our minds are overactive, so many may find dynamic (active) meditation like tai chi, qi gong, yoga, nature hiking, etc easier and more beneficial. My experience and recommendation is to practice a dynamic type of meditation first and then follow it immediately with a few minutes of sitting meditation since the body is relaxed and the mind is much more quiet after physical activity.

- **Practice staying connected (being aware or mindful) to what you're experiencing** at each moment throughout the day by being aware of what you're doing, thinking, and feeling in your body (both physical sensations and feelings) and **without judgement** (detached self-

observation). Mindfulness (awareness/being present/in the moment/in the here and now) quiets the mind and produces an emotional stillness making calmness and balance easy to achieve. It's a great tool for self-understanding and personal development.

- **Practice expressing your emotions** rather than repressing them which is harmful. Repressed emotions create serious physical and mental health problems. So talk about it with someone or imagine person involved is there and have a conversation, or write it down (daily 'mind journal' of feelings and thoughts, or write a letter but don't send it), or draw/doodle. Or express it directly if you're in a comfortable, safe place: cry if you're sad, tremble if you're scared, scream out loud or move chaotically (hit pillow, throw a tantrum, dance) if you're angry. This will release/transform those negative "e-motions" which are nothing but "energy in motion". You'll feel peaceful and energized afterwards. The [emotional freedom technique \(EFT\)](#) or "acu-tapping" is a useful simple tool for removing negative emotions/thoughts/beliefs using psychological acupressure.

When we suppress our emotions or don't know how to express and release them in a healthy way, we develop addictive behaviors/habits and/or substance-abuse. We do this in order to block and numb the pain, anger, grief, shame, guilt, resentment, fear, etc, and to give ourselves a false sense of control. These fear-based behaviors are developed in early childhood experiences (and stored in the subconscious mind). Some examples are: taking care of others (selfless caregivers), workaholic (no time for emotion), hoarding (to replace loss), eating disorders, compulsive shopping/cleaning/gambling, alcohol, prescription medications, street drugs, etc. Practicing detached (non-judgmental) awareness of our fears and unpleasant feelings (mental and emotional issues) as they arise and expressing them helps let them go. Medicinal visionary plants like ayahuasca and iboga are also helpful and best taken with a shaman in a natural setting.

- **Connect and spend quality time with family, loved ones, and with close positive like-minded friends.** Avoid unhealthy, energy-draining, toxic relationships. All relationships must be based on respect, trust, and communication.
- **Have a sense of purpose** to wake up every morning and activate that purpose in your life.
- **Spend less time watching tv or using the computer.** And spend more time reading, relaxing, playing, exercising, or out in nature.

- **Sleeping** is the body's rest and repair time. It detoxes, heals, replenishes, and keeps the immune system strong. Sleep early mostly and get deep, uninterrupted sleep for at least eight hours; longer if sick. A good rule of thumb is this: don't use an alarm clock and sleep until your body wakes up. This is how much sleep you need.

Sleep on your back or sides. Sleeping on your back or on your right side with a pillow between your legs is best. Sleep quicker and deeper if it's very quiet, dark, away from electrical devices, sockets, or EMFs (cell phone, wireless signals). Sleep on a non-metal bed and mattress because metal amplifies EMFs. Massaging the "bubbling point" (near mid center of foot), or applying pressure to the eye tear duct point relaxes the whole body. Avoid eating anything 1-2 hours before bed esp. grains and sugars which raise blood sugar levels and make it difficult to sleep. And avoid the tv/computer/phone at least for an hour before bed.

- **You need to have at least one bowel movement daily.** Otherwise, eat more fibrous veggies, nuts, and seeds, and drink more water. Or take a natural [colon cleanser](#) or [magnesium](#). **Squatting** on the toilet instead of sitting is a more natural posture. It's easier for the colon and elimination is easier and faster. You can put a small stand in front of a sitting toilet to raise your legs when you go or squat on the toilet seat.
- **Be positive and grateful.** Practicing gratitude daily is an easy quick way to experience joy and happiness!
- **Smile, laugh, and breathe deeply** as often as you can :)

- Avoid or minimize exposure to toxic chemicals by using only natural personal care, cookware, and house cleaning products. Go green to be healthy and to keep our precious natural environment clean too. Buy natural products only or [make your own](#). [Detoxification](#) is needed to remove the toxic chemicals, heavy metals, plastics, and radiation that have accumulated in the body from the food/drinks we consume, the products we use, and the air we breathe.

Incredibly, in the US today, over 84,000 chemicals are approved for use yet unregulated, and many of them are untested, toxic, and can cross the blood brain barrier and the mother's placenta. There are tens of thousands of chemicals in our air, water, and in the everyday products we use. Many are endocrine disruptors (cause hormonal imbalances) that contribute to disease and are linked to conditions such as asthma, autism, ADHD, diabetes, cancers, infertility, cognitive disorders, obesity, reproductive disorders and birth defects.

Chemicals that are applied to the skin enter the bloodstream directly vs. orally in food & drinks where the stomach acid & a healthy digestive system help eliminate some of these chemical toxins. In other words, we're bypassing a key part of the immune system when we apply something to our skin since it immediately enters the bloodstream, so it's especially important to be cautious about what we put on our skin.

I recommend you check the independent Environmental Working Group's (EWG) website to search safety ratings of any [personal care product/ingredient](#) or any [household cleaning product/ingredient](#).

Some common sources and products containing hormone disruptors and toxic chemicals are:

- ✧ **Toothpaste:** avoid fluoride because toxic; avoid sodium laurel sulfate SLS (foaming agent) because it is a skin allergen which can cause mouth sores. Other toxins include triclosan, propylene glycol (wetting agent), saccharin, sorbitol, aspartame, heavy metals, parabens, titanium dioxide, and artificial colors. [Natural toothpaste](#) and ingredients best or brush with sea salt.
- ✧ **Personal care products:** contain toxic synthetic ingredients often so choosing natural ingredients is best. For example, deodorants and antiperspirants contain dangerous chemicals including aluminum, parabens, propylene glycol, artificial colors, talc, and more. Aluminum in antiperspirants is a main cause of breast cancer. Make your own natural deodorant by mixing [coconut oil](#), baking soda and shea butter. Buy a natural bodywash, shampoo and conditioner. Sanitary napkins and tampons are made of toxic bleached rayon, cotton, plastics (BPA, phthalates), and artificial fragrances so use [menstrual cups](#). Also, use safe [natural birth control](#) devices. Avoid toxic ingredients like triclosan, fragrance, PEG, cetareth, polyethylene, DMDM hydantoin, titanium dioxide nanoparticles, and parabens including propyl, isopropyl, butyl, isobutyl.
- ✧ **Cosmetics:** over 13,000 chemicals are used in the cosmetics industry with only about 10% evaluated for their safety so check out the EWG website above and buy natural products only. For example, many contain parabens which are hormone-disruptors, lipsticks have lead, skin lightening creams have mercury, and many skin creams have formaldehyde.
- ✧ **House cleaning products:** toxic synthetic ingredients often and they produce toxic fumes, so choosing [natural cleaning products](#) and ingredients is best. Or [make your own](#) safe, natural house cleaning products using baking soda, vinegar, and lemon.

- ✧ **Clothing:** [use and wear natural, organic fibers and clothes](#) if possible. Synthetic fibers and non-organics are treated with high levels of formaldehyde and even petroleum. Most cotton in the US is GM (genetically modified) and heavily sprayed with toxic pesticides. Natural fabrics include organic cotton, organic wool, silk, hemp, bamboo, and linen.
- ✧ **Cookware:** avoid aluminum, stainless steel, and non-stick PFCs (like teflon) cookware because they can emit toxic gases and leech toxic, even carcinogenic, metals into the cooked food. Use cast iron, clay, glass, or lead-free ceramic cookware which are all safe.
- ✧ **Laundry detergent:** synthetic laundry detergents leave a chemical residue on your clothes which is absorbed by your skin. Ingredients to avoid include linear alkyl sodium sulfonates, petroleum distillates, phenols and sodium hypochlorite (house bleach). Buy natural laundry detergents.
- ✧ **Plastics:** contain toxic hormone-disrupting phthalates and Bisphenol-A BPA (or its also toxic replacement BPS) which are estrogen-like chemicals (hormone disruptors) commonly found in plastic containers (including baby bottles), metal-can linings (like soft drink and soup cans), other packaging containers, receipt and printer ink, some dental fillings, and other sources. They are linked to infertility, brain impairment, neuro-disorders, hyperactivity, obesity, and many other health problems. Polycarbonate plastics marked with letters PC, Nalgene, or recycling code 3 and 7 contain toxic BPA. Never microwave food in a plastic container or covered in saran wrap. Use glass, ceramic, or porcelain containers; replace cans with cartons; and choose fresh or frozen fruits and veggies.
- ✧ **Tooth fillings:** avoid metal fillings because they contain more than 50% mercury which is toxic; white composite safer and looks better. Metal fillings not only leech into the body, but toxic vapor is released when we have a hot drink or brush them. Root canals are essentially dead teeth that can become silent incubators for highly toxic anaerobic bacteria that may make their way into our bloodstream and cause a number of serious health problems. They always remained infected. If you have any metal fillings, root canals, or crowns, consider replacing them after consulting a holistic dentist.
- ✧ **Vaccines:** avoid all because they contain very toxic, carcinogenic, and especially neurotoxic ingredients like squalene, adjuvant, lead, aluminum, formaldehyde, aborted fetal tissue, animal by-products, live viruses, and mercury (thimerosal preservative). They almost always don't protect you anyway. By the age of two, if a child has received all of the recommended vaccines in the US, he or she has received 2,370 times the so called "allowable safe limit" for mercury. By law, vaccine

manufacturers have zero liability for damage or death caused by their vaccines, so they rarely do proper safety testing. To [opt out](#) of forced vaccines, go to your county health department, ask for a religious exemption for vaccination form (some states use "immunization") and then notarize it. You do not need to discuss your personal beliefs. Unfortunately, as of 2015, children vaccinations in California became mandatory with no exemptions allowed, and adult vaccinations may soon be mandatory there as well.

- ✧ **Cigarettes:** stop or reduce smoking because cigarettes contain many harmful and addictive substances. Otherwise, smoke all natural tobacco only.

- **Detox regularly.** It's vital to detox regularly. Detoxifying (cleansing, purification) means removing the harmful toxic substances (toxins like heavy metals, chemicals, and radiation) that we are often exposed to and have accumulated in our bodies over time from food, water, air, personal body care products, cookware, home cleaning products, and other sources.

Some symptoms of being toxic are: sweating constantly (without activity), white film/spots on tongue upon waking up, orange/yellow hue in eye iris color, constant fatigue, constant bloating, irregularity (not eliminating daily), post puberty acne, constant inflammation, etc.

I recommend a 10-14 day detox every four to six months, and a 3 day fast every one to three months . The new moon is an ideal time to detox because our body's capacity to detox is at its highest (it's easy for the body to release toxins).

- ✧ The **body detoxes using four methods:** defecation (bowels), urination (bladder), perspiration/sweating (skin), and respiration/breathing (lungs).
- ✧ **Heavy metal toxicity** is a primary cause of autism (mercury), alzheimers (aluminum), schizophrenia (copper), ADHD, dyslexia, chronic fatigue syndrome, and many more chronic degenerative diseases.
- ✧ **A natural detox is safer, cheaper, and more effective than synthetic chelators** like EDTA and DPMS. These chelators only remove some heavy metals, sometimes dispose them in other tissues/organs instead of removing from body, have side effects so need medical supervision, are expensive, and are time consuming.
- ✧ **Alkalizing the body** before or during the detox is important and makes it safer, easier, and more effective. Make sure you detox slowly and listen to your body always. During a detox, you may experience a '**healing crisis**' (discomfort, headaches, fatigue, irritability, brain fog, skin rash, worsening of original symptoms, etc.) for the first few days (typically 1-10 days)

because the toxins are entering the bloodstream faster than the body can remove them. This is normal. So make sure you drink lots of clean water to urinate frequently to minimize or avoid this healing crisis. Sunshine, rest, and sweating also help. You can also reduce the dose of the detoxifier and detox more slowly. If you're juicing, don't take strong detox supplements at the same time. And if you're taking strong detox supplements, make sure you are eating whole foods with plenty of natural fiber. [If you're new to detoxing or doing a strong or long one, doing it with the guidance of a naturopath is helpful.](#) Feel free to [contact me](#) for info or assistance.

- ✧ Gut flora chelates and detoxes all kinds of toxins including heavy metals and carcinogens so [eat probiotic rich foods](#) like fermented kimchi, saurkraut, miso soup, tempeh, kefir, kombucha tea, raw (unpasteurized) goat milk/cheese/yoghurt, and blue green algae (like spirulina and chlorella) or supplement with a high quality [probiotic](#).
- ✧ [Fasting](#) helps detox the body. It can be a spring water fast (himalayan salt can be added to make "sole" with its many health benefits), a watermelon fast, or an organic veggie juice fast (easiest). You can also do intermittent fasting like eating daily during an eight hour window only. Fasting will give your digestive system a break to detox and heal the body quickly. [The body uses about 80% of its energy during digestion](#), so when this energy is freed up with fasting, restricted diets, raw foods, or enzyme supplementation, it allows for other vital activities (increased metabolic enzyme production) needed for the body's repair and maintenance (like immune system support) and for proper cellular function. [Fasting for as little as three days rebuilds the whole immune system \(even in elderly people\) because it helps the body's stem cells to begin producing new white blood cells.](#)
- ✧ [Juicing](#) (juice fast) or drinking fresh organic juices with 80% veggies and 20% fruits nourishes the body and provides much detoxification. It's easier than water fasting and like fasting, the body's energy is freed up to heal itself rather than digest food. Chew your juice instead of gulping it down because the body absorbs it better when it is mixed with saliva. And drink the juice when it is at room temperature (for better absorption) instead of cold if possible (leave the produce outside for few minutes before juicing). Adding an avocado or a tablespoon of coconut oil will also increase nutrient absorption since many nutrients are fat soluble. I highly recommend the 'Mean Green' recipe: organic kale (1 bunch), organic celery (2 stalks), organic apple (1), organic cucumber (1-2), organic ginger (1"), and organic lemon (1) or lime (2). Enjoy!
- ✧ [Use detoxifiers](#) like detoxing supergreen marine phytoplankton like [spirulina](#) and [chlorella](#) (highest in chlorophyll), dark leafy greens like kale, [turmeric](#) spice (with black pepper and fats to increase absorption), mineral spring water (volvic brand high in detoxing silica), [apple cider vinegar](#), warm water and lemon especially first thing in morning, detoxing foods like cilantro and high sulfur foods (like MSM, cruciferous veggies, crushed cloves of raw

garlic), [probiotics](#), activated charcoal, [zeolite drops](#) (powerful detoxifier), selenium (brazil nuts are highest food source), high-dose [vitamin C](#), [niacin](#) (vitamin B3, detoxes fatty tissues, start with 100mg and increase until you experience a mild warm pink full-body flush), fulvic acid, castor oil (boosts lymphatic system), and edible clays like [calcium bentonite powder](#) or [liquid](#) (high in detoxing silica) to help the body detox itself. Beets, carrots, avocados, asparagus, apples, grapefruit, walnuts, garlic, green tea, dark leafy greens, cruciferous veggies, lemons/limes, turmeric, and olive oil are liver cleansing foods. Feel free to [contact me](#) for info or assistance using detoxifiers.

- ✧ **Cleansing the colon before detoxing the liver** is important to prevent toxins eliminated from the liver from getting trapped in the colon and recycled back into the body. This can be done easily with this natural, effective, safe, gentle oxygen-based [colon cleanser](#). It does not actually induce a bowel movement but merely gently dissolves/breaks down old waste matter so the body can clear it out and begin the healing process. Many herbal laxatives and colon cleansers contain cheap and potentially dangerous ingredients. Our bloodstream is only as clean as our colon.

For best results, do a [colon & liver cleanse](#) at least twice a year. Perform a [full-body cleanse](#) if needed. You can learn more about the benefits of a Green Body Cleanse in this [E-Book](#).

- ✧ If you suspect you have harmful microorganisms like parasites, do a [harmful organism cleanse](#).
- ✧ Use high quality [detox footpads](#) while sleeping. Just **apply detox footpads** for a few nights at bedtime and remove them when you wake up. It's quick and easy.
- ✧ **Do 'Oil Pulling'**- take 1 tablespoon of high quality, virgin, cold pressed oil like extra virgin olive oil or [coconut oil](#) (best) on an empty stomach first thing in morning and swish it around everywhere in your mouth and through teeth for 15-20 minutes then spit it out (don't swallow). The oil will get thicker and milky as it mixed with saliva during this time and will be creamy-white when spit out. Rinse with 3% hydrogen peroxide or sea salt with water or use natural toothpaste. This is an ancient Ayurvedic technique that has been used for ages and is still done today.
- ✧ **Sweating** is very effective for detoxing since our skin is the largest organ. So physical activity, steam or [infrared saunas](#) (hyperthermia), and other methods of sweating are important. Infrared saunas are a non-invasive therapy that possesses the ability to enter the body to a depth of about three inches and warm up the muscles tissues as well as internal organs, thereby facilitating the elimination of all types of toxins. Compared to conventional saunas that use steam and air, infrared saunas are more effective, as they

make the body sweat about 80 percent water and 20 percent toxins and waste vs. conventional saunas that eliminate 97 percent water and only 3 percent toxins and wastes from the body. When the detoxification is done through the skin, it also helps to avoid a potential 'healing crisis'.

- ✧ **Dry skin brushing** (body scrub) removes dead skin, boosts circulation, and stimulates the lymphatic waste system thus helping remove wastes and toxins from the body. Using a natural dry brush or scrub, brush daily using gentle pressure and towards your heart . Your skin should be pink, not red, afterwards.
- ✧ **Breathing deeply** also removes harmful toxins in the body through the lungs so breathing slowly, mindfully, and deeply is important.
- ✧ **Express, rather than repress, your feelings in a safe place** verbally, by writing or drawing, or through sound or physical movement. It's a kind of emotional detox that removes harmful energy blocks. Or use the [emotional freedom technique \(EFT\)](#).
- **Avoid or reduce your exposure to** external environmental stressors from **polluted air, noise, lighting,** and **electrosmog** (also known as electro-pollution or electromagnetic frequencies/radiation or EMFs/EMR).
 - ✧ **Minimize exposure to indoor polluted air** by having air filtering plants in the house (like philodendrons, snake plants, christmas cactus, areca palm, lady palm, bamboo palm, ferns, etc.) or with a good quality air filter and ionizer. At least three plants in a room is sufficient and these plants will naturally absorb toxins and convert CO2 to oxygen. Also Himalayan crystal salt lamps or [candle holders](#), aromatherapy diffusers, beeswax candles, [sage incense](#), and bamboo charcoal clean the air fairly well. And minimize use of chemical products especially home cleaning supplies.
 - ✧ **Minimize exposure to outdoor polluted air** by limiting time outdoors in high smog areas, in radioactive areas (from the ongoing catastrophic [Fukushima nuclear disaster](#)), or if heavy toxic [chemtrail spraying](#) outside (occurring worldwide under the guise of "geoengineering"). As of early 2015, the Fukushima radiation (from the triple meltdown in 2011) has reached the North American coast.

Regular [detoxification](#) of heavy metals, chemicals, and radiation is necessary. Sea vegetables like [spirulina](#) and fermented foods ([probiotics](#)) are the most protective foods against radiation and environmental pollutants.

- ✧ **Minimize exposure to light pollution** from compact fluorescent lights CFLs (which contain toxic mercury, other carcinogens, and dangerous levels of EMFs). The EMFs from LED

lights is 230 hz, incandescent lights is 350 hz, and CFLs is shockingly 26,740 hz. That's why the hazardous EMFs from CFLs can cause headaches, chronic fatigue, tinnitus, respiratory problems, gastric problems, skin problems, and even cancer.

Use full spectrum lights which simulate natural sunlight with its full spectrum of frequencies and colors thus providing healthy lighting. They eliminate screen glare and eye strain, improve mood, enhance mental awareness, concentration and productivity; visual clarity and color perception, and reduce dry eyes and eye fatigue. LED lights are also a more expensive safe eco-friendly option. Or use the safe inexpensive incandescent light bulbs which were banned a few years ago, but can still be found easily especially online. If using the computer at night, use freeware programs like [flux](#) to automatically calibrate the computer or device display's color temperature to the time of the day.

- ✧ [Minimize exposure to EMFs \(electromagnetic frequencies/radiation or electrosmog\) and their harmful health effects](#) from electronic devices ([tv/computer/laptop](#), [microwave appliances](#)), communication devices (Dect cordless home phone, [cell phones](#), [wireless devices](#), [smart meters](#)), [power lines](#), [cell phone towers](#), [geopathic stress zones](#), [water pipes](#), [transport vehicles](#), and compact fluorescent lights CFLs (as mentioned above).

Long-term frequent use of cell phones can cause cancer so limit your cell phone use, and use headphones or the speakerphone whenever possible. Or use a [cell phone protector](#). Keep the cell phone at a safe distance from your body at all times especially when you sleep.

[Smart meters](#) (also known as "spy and fry" meters) are a major EMF health threat that is being deployed worldwide. (full documentary [here](#)).

You can protect yourself by having plants around and using [house/office protection](#) (or [here](#)) and other [EMF protection devices](#).

EMFs suppress pineal gland activity and reduce melatonin production thus disrupting the bodies circadian rhythms. This hormonal imbalance leads to serious health problems. Even the World Health Organization admitted in 2011 that [EMFs](#) are possibly carcinogenic (cancer causing).

Heavy metal [detoxification](#), healthy fats especially saturated fats (to maintain physical integrity/fluidity of protective cell membranes and nerve insulation), [magnesium](#), and mushrooms like reishi, shitake, and mitake help protect the body from the harmful effects of EMFs.

- ✧ **Minimize exposure to noise pollution** by reducing exposure to man-made noises and by listening to relaxing music, sounds of nature, or some peaceful silence.

RECOMMENDED CANCER TREATMENT PROTOCOL

One isn't sick because he/she has cancer, but rather, one has cancer because he/she is sick.

Cancer is a symptom, warning signal, and part of the body's survival mechanism to provide us with more time to address the root cause of cancer: a highly acidic (low oxygen) toxic body (almost all cancer patients have a pH of 5.5 or lower) resulting in a damaged immune system. This is due to a nutritionally deficient diet and/or poor lifestyle habits like: prolonged high mental/emotional stress, too many toxins in the body (from accumulated chemicals, heavy metals, etc), severe vitamin D (sunlight) or melatonin (sleep) deficiency, and/or prolonged exposure to environmental stressors (like air pollution, electromagnetic pollution/EMFs, ionizing radiation, etc.). The body needs to be alkalized (pH>7) because cancer cannot survive in an [alkaline](#) (oxygenated) environment.

Our bodies are continually developing cancerous cells throughout our lives. A healthy immune system identifies and destroys these cells before they are able to grow uncontrollably. It's only when the immune system fails at this basic function that cancerous cells are allowed to grow and reproduce at uncontrollable rates, thus creating a life-threatening situation. For this reason, any cancer healing protocol recognizes that damaging the immune system is a primary concern and works to build it back up, not tear it down further as is the norm when having conventional cancer treatments.

Misinformed by narrow-minded, conventionally-trained physicians, most cancer patients are told their only hope are the toxic, ineffective, but hugely profitable treatments of surgery, chemotherapy and radiation. Most patients administered chemotherapy die within a few years of treatment either from secondary cancers or weak immunity as a direct consequence of the treatment.

Chemotherapy and radiation combined are the leading cause of secondary cancers worldwide. Worst yet is the long-term, negative impact on the patient's quality of life due to poor health and cognitive function after receiving this toxic treatment.

Meanwhile, there is tons of suppressed, valid scientific evidence proving we can both prevent and cure cancer naturally with a healthy diet, lifestyle, and environment. Many proven, safe, natural, effective, inexpensive treatments for cancer are available to anyone, yet, they are continuously ignored by the medical establishment because they cannot be patented and thus cannot be profited from.

[Watch this documentary about natural cancer cures.](#)

[Read testimonials of people who cured their cancer using various natural therapies.](#)

An effective 10-step treatment protocol I recommend is:

1. Have faith/hope/purpose:

- Believe wholeheartedly you will survive.
- Have a sense of purpose and activate it in your daily life.
- Focus on your own needs and wishes instead of others.
- Imagine/visualize daily what you want in the future or the outcome of your desire (we create our reality). Use as many of your five senses as you can including emotions (a few minutes a day for a few weeks).
- The mind is the most powerful healer (PNI or psychoneuroimmunology).

2. Keep stress low and stay positive:

- Mental and emotional stress acidify the body and weaken the immune system.
- Fear weakens the immune system so maintain a joyful positive attitude.
- Spend quality time with loved ones. End all toxic relationships.
- Do fun leisurely activities and hobbies.
- Be kind, forgiving, accepting, and loving towards yourself.
- Reduce stress with music, art, exercise, play, sex, laughter, smiling, meditation, aromatherapy, deep breathing, hugging, massage, earthing, daydreaming, stretching, dancing, singing/chanting/humming, silence, prayer, and nature.
- Do sitting meditation for few minutes daily.
- Identify, resolve, and release any mental issues or negative emotions you are holding on to. Express/release negative emotions using emotional release techniques like talking with someone, writing, drawing, movement or dancing, screaming in safe place, or the [emotional freedom technique \(EFT\)](#). Any past repressed or recent unresolved emotional issues (shock/trauma/conflict/pain) must be identified and released.

[Learn about Lifestyle](#)

3. Avoid chemo drugs, radiation, and surgery if you can:

- They're toxic, ineffective, and expensive.
- They damage an already weak immune system and [lead to secondary cancers](#) (both chemo and radiation are carcinogenic).
- Tumors initially shrink, but are followed by rapid regrowth and resistance to further treatment. Daughter cancer cells are killed, but the cancer stem cells (mother cells) are strengthened and lead to tumor regrowth.

- Treatment not only kills healthy cells, but [increases cancerous cells](#) in tissues surrounding the tumor.
- Surgery can break open the tumor and spread cancer cells throughout the body.
- Quality of life is affected negatively and cognitive function is impaired. Treatment survivors experience "chemobrain" where they have difficulty functioning, remembering, and concentrating.
- Untreated individuals live longer than treated individuals. Remissions are common.
- Cancer is not genetic but [epigenetic](#) (linked to the activation/expression of genes as a result of our diet and lifestyle).
- Conventional diagnostic screenings like mammograms are toxic (ionizing radiation is carcinogenic) and often lead to [over-diagnosis](#) and unnecessary toxic treatments for harmless lesions/lumps/tumors that will go away on their own (for example, dual carcinoma in situ DCIS). The risks far outweigh the benefits. [Thermography](#) (thermal imaging) is a safe, accurate alternative test for early detection of inflammation and many diseases like [breast cancer](#). It can identify pre-cancerous changes 5-10 years before detection of a lump, and thus lifestyle and dietary changes can be implemented immediately. Also, the [AMAS cancer test](#) is safe, inexpensive, and accurate. You can [order a test kit here](#).
- Watch this [documentary about the true history of cancer's conventional treatments](#).
- Otherwise, following this protocol in conjunction with the conventional treatment (as a supplemental treatment) will greatly improve the outcome and minimize the treatment's side effects.

4. Get proper nourishment:

- Eat small meals infrequently so the body isn't busy digesting food, but using its energy to heal itself. Intermittent fasting (restricting eating time window to 8 hours a day) is helpful.
- Eat plant-based (alkaline) foods to cleanse: organic and local when possible, fresh, mostly raw or lightly cooked (light steaming, gentle sautee, or baking). This includes veggies, dark leafy greens, raw nuts and seeds, fermented foods, herbs, spices, and low fructose fruits like berries. Also eat sea vegetables and seaweeds (very high in alkalizing minerals, iodine, and chlorophyll for detoxing). This includes foods like kelp and [spirulina](#).
- Boost the immune system with the most bioavailable source of vitamin C, lipospheric [Vitamin C](#) (1 packet, at least 3x/day), and with probiotic-rich foods like fermented foods (our immunity center is our gut) or with a high quality [probiotic](#).

- Eat specific cancer-killing foods like: [apricot kernels](#) (vitamin B17/laetrile, 10-20 kernels throughout the day, chew well), [graviola](#) (soursop fruit, fresh from asian store or 1 cap 3x/day), [essiac](#) and [hoxsey](#) herbal tonics, [turmeric](#) spice (curcumin) with black pepper and fats to increase absorption, raw garlic (5-6 cloves crushed daily, then wait at least 15 minutes before eating), [apple cider vinegar](#), baking soda (aluminum-free), frankincense and myrrh essential oils, cordyceps/reishi/maitake/shitake/chaga mushrooms (have beta-glucan), and cruciferous vegetables (like broccoli, cauliflower, cabbage, watercress, kale, radish, etc which all contain sulfur). These foods destroy cancerous cells and cancer stem cells.
- Other beneficial foods: dark leafy greens, lemons and limes, beetroot, ginger, [coconut oil](#), avocados, olives (olive oil), red onions, hot peppers like cayenne (has capsaicin), flaxseeds, celery, dark red grapes (with skin and seeds), black cumin oil, moringa, pineapples (has bromelain), brazil nuts (has selenium), almonds, papaya, black raspberries (dark berries), red wine (has polyphenols and resveratrol), rosemary, pumpkin seeds (has zinc), hemp or chia seeds (has omega 3), sprouts, radish, carrots, grapefruit, sweet potatoes, green tea (has ecgc, quercetin, polyphenols), and tomatoes (has lycopene).
- A successful common natural cancer treatment worldwide is the [budwig diet](#) (Johanna Budwig was a seven time nobel prize nominee) which uses [flaxseed oil](#), cottage cheese, and [whole flaxseeds](#) .
- [Hemp oil](#) works and is available at [clinics](#) in states where it is legal..

5. Limit carbohydrates like grains (and grain-fed meat), starchy foods, all sweeteners like sugar, fruit juices, high fructose (fruit sugar) fruits, legumes, soy, and all processed foods. These foods acidify the body (ph<7) so viruses & fungus (cancer) thrive, and the immune system is weakened.

- Unhealthy carbs break down in the body into glucose which is food for cancer cells so it's difficult to heal. The [ketogenic diet](#) (high healthy fats, moderate protein, low carbs) limits glucose by using fat for energy and is effective for [cancer treatment](#) and prevention.
- Limit high fructose/sugar fruits while healing. Eat plenty of low fructose fruits.
- Limit meat because it is acidic and needs a long time to be digested (and thus most of the body's energy will be used for digesting rather than healing). Eat grass-fed, organic, free range meat and dairy products (raw) only.
- Avoid processed foods because they have little nutrition and are high in sugar, unhealthy fats (transfats), GMOs, additives, and preservatives.

[Learn about Diet-Essential Nutrition](#)

6. Detox (cleansing):

- To remove toxins that have accumulated in the body.
- Both the colon and the liver must be detoxed. Perform a [colon and liver cleanse](#) . Or perform a [full-body cleanse](#) if necessary. Or do green juicing for two weeks.
- Take [chlorella](#), a sea vegetable superfood that's very alkaline and cleansing (high in chlorophyll) to remove the toxins in your body. Make sure to drink lots of water to remove the toxins from the body through the urine. Chlorella is also an immune booster.
- You may need to remove any toxic dental work like metal fillings (contain mercury) by visiting a holistic dentist, and make sure you detox during and after this procedure.

[Learn about Detoxing and Juicing.](#)

7. Sleep long/deep and get good rest:

- Much healing happens in the body while we sleep (body's rest and repair time). The body produces vital immune-boosting and cancer-inhibiting melatonin during this time. Try to sleep for 8-12 hours.

8. Get minimum 30 minutes of direct sunlight outside:

- Best source of essential vitamin D; otherwise supplement with [Vitamin D3](#) (15,000mg)
- Not behind glass (filters out beneficial light spectrum) and without sunscreen (blocks sunlight). Expose as much of your body as you can.

9. Take at least a 30 minute walk daily or some physical activity outdoors:

- Walk briskly in a park or in nature is best. Oxygenation alkalizes the body and kills cancer cells. It also stimulates the lymphatic system which both carries nutrients/oxygen to cells and removes acidic wastes.

10. Stay well-hydrated:

- Drink mineral spring water regularly. It both nourishes and detoxes. This is especially important when you are detoxing.

CONCLUSION

Cancer is a growing worldwide epidemic, with staggering statistics: 20,000 people dying of cancer every day; 1 person out of 3 faced with cancer during their life and soon 1 out of 2; and millions worldwide diagnosed with cancer every year. The standard treatment for cancer has been the same for many decades and is comprised of surgery, radiation and chemotherapy. These conventional treatments are not only toxic and expensive, but ineffective. They damage healthy cells, increase tumor growth, build resistance to future treatments, and lead to secondary cancers. This is in addition to all of the side effects like hair loss, nausea, damaged immune system or organs, as well as long term cognitive dysfunction. The treatments, as well as the research surrounding cancer, generate huge profits each year for the medical industry. Sadly, there is clearly a lack of desire in the mainstream medical establishment to research alternative, natural medicines and treatments for cancer. One of the primary reasons for this is that it is difficult to patent a natural treatment, thus limiting the revenue potential of natural medicines. Therefore, there is little interest from the pharmaceutical companies to put natural remedies through the expensive and arduous FDA approval processes. Another reason is that the pharmaceutical industry, through its control over the education system, drug-testing process and the FDA, as well as its influence over the American Medical Association and medical publications, is not interested in a cure unless there is significant revenue potential as well as an opportunity for lucrative patents. Over the last century, several natural cancer treatments have been developed and used to treat patients, even cure them, in the US and in other developed countries. One example is a natural herbal remedy called Essiac, created by nurse Rene Caisse in Canada in the 1920's; another is an herbal cure created by Harry Hoxsey who funded clinics in 17 states before they were all closed down by the FDA in the late 1950's; another is the Gerson Therapy created by German doctor Maximilian Gerson, who was one of the first to suggest a nutritional approach to treating cancer in the 1940's; and many other alternative treatments like Vitamin B-17 based Laetrile, shark cartilage, mistletoe-based Iscador, and Vitamin C based treatments. The conventional medical industry and the health protection governmental agencies have suppressed these safe, cheap, effective natural cancer remedies. They have also failed to educate people about cancer and disease prevention through healthy dietary and lifestyle changes, to limit their exposure to the tens of thousands of toxic chemicals in the food, water, air, and consumer products, and to reduce their exposure to harmful levels of electromagnetic radiation and environmental pollution. It's important therefore, now more than ever, that every individual take responsibility for their own health and wellbeing by educating themselves about prevention and natural holistic health, and then applying this knowledge into their daily lives by maintaining a

healthy diet, lifestyle, and environment. Nature has given us an array of tools to beat any illness including cancer and the underlying causes that lead to it. The key is not merely addressing the tumors and cancer cells that are only symptoms of cancer, but addressing and eliminating the root causes that led to cancer to begin with: deficiency, toxicity, internal and external stressors. While conventional healing focuses only on treating or eliminating the physical symptoms of an illness with synthetic drugs, invasive surgery, and radiation; natural holistic healing, on the other hand, focuses on eliminating the physical, psychological, and emotional root causes (sources) of an illness through safe, non-invasive, natural methods like changes in diet, lifestyle, and environment. These sources of both our nourishment and stressors determine our physical, mental, emotional, and spiritual health. We have all been blessed with a powerful self-healing body that thrives with proper nutrition and minimal toxicity, while nature provides us with all the medicines we need.

SOURCES

Various articles from these sources-

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<http://www.holisticway.info>

APPENDIX

Food and Beverage Chart:

ALKALINE and ACID

To maintain the alkaline balance of your blood, your meals should be made up of **80% alkaline-forming foods**, like vegetables, some fruits, nuts and seeds, herbs, and grains like quinoa, with **20% acid-forming foods**, like meat (free range meat or wild caught fish), beans, nuts (walnuts) and fruits (berries), minimal dairy (avoid milk and cheese), minimal carbs (pasta, bread, potatoes, rice).

* = Excellent for preventing and combating Cancer

* =**SUPER FOODS**: Excellent for nutrition and health.

* = High carb/sugar (glycemic) content so minimize

GMO= eat organic only.

ALKALINE FOOD COLUMN:

VEGETABLES:

-Can combine veggies with all foods

Artichoke.

Asparagus.

Barley Grass.

Beans: Mung, Chia, Broad, Garbanzo (hummus), Green, Lima, Navy, and Soy

-Soy and Soy Milk: most heavily sprayed crops; often **GMO**; toxic anti-nutrients; disturbs hormone balance- so avoid or fermented only.

Beets* - **GMO**.

ACID FOOD COLUMN

VEGETABLES:

Healthy acids

Beans - Black, Kidney, Lima, Pinto, Red.

Peas - Chick and Green

Miso soup/paste.

FRUITS*:

Healthy acids

Berries: Blueberries, Cranberries

Currants

Plums

Prunes

<p>Broccoli*</p> <p>Brussel Sprouts</p> <p>Cabbage.</p> <p>Carrot*</p> <p>Cauliflower*</p> <p>Celery.</p> <p>Corn* - GMO.</p> <p>Cucumber.</p> <p>Dandelions - Edible Flowers.</p> <p>Eggplant/Aubergine.</p> <p>Garlic**</p> <p>Greens* - Beet, Chard, Collard.</p> <p>Mustard, Wild Horseradish*</p> <p>Kale.</p> <p>Kohlrabi.</p> <p>Lentils.</p> <p>Lettuce.</p> <p>Mushrooms.</p> <p>Onions, Chives.</p> <p>Parsnips*</p> <p>Peas.</p> <p>Peppers.</p> <p>Potatoes* - Sweet Potato/Yam*</p> <p>Pumpkin.</p> <p>Radish.</p> <p>Rhubarb.</p> <p>Rutabaga.</p> <p>Spinach*</p> <p>Sprouts*: Alfalfa, Brocco</p> <p>Squash - GMO.</p> <p>Turnip.</p> <p>Watercress.</p> <p>Wheatgrass* - Very alkaline</p> <p>Zucchini - GMO.</p>	<p>-Avoid Canned, Frozen, or Glazed Fruit - high sugar and acidity.</p>
<p>ORIENTAL:</p> <p>Daikon Radish.</p>	<p>GRAINS AND GRAIN PRODUCTS*:</p> <p>-Gluten free healthy choice</p> <p>-Most supermarket grains are sprayed heavily with chemicals.</p> <p>-Sprouted whole grains healthiest choice</p> <p>Barley - Bran - Corn, Popcorn, Cornstarch, Tortillas</p> <p>- Oats - Rye.</p> <p>Wheat - Wheat Germ - Couscous, Semolina.</p> <p>All white bread and products: sourdough, paneer, crackers, chips, cookies, biscuits, pizza.</p> <p>All Pasta's and Noodles.</p> <p>Rice: white, brown, Bulgar</p>
	<p>NUTS:</p> <p>- Many healthy benefits</p> <p>Brazil Nuts (great for selenium), Cashews (high mold), Chestnuts, Hazelnuts, Macadamia, Pecans, Pistachio, Walnuts*.</p> <p>Peanuts and Peanut Butter: peanuts are highly toxic, plus high mold content.</p>
	<p>MEAT:</p> <p>-Most supermarket farm animals have been severely tortured, abused daily, are diseased, deformed, fed un-natural GMO diets, and shot full of</p>

<p>Maitake, Reishi and Shitake Mushrooms*</p> <p>SEA VEGGIES*: Kelp, Kombu, Nori, Wakame Seaweed.</p> <p>-Very alkaline and very healthy</p>	<p>drugs, antibiotics and hormones. U.S. beef is banned from Europe.</p> <p>1) BEEF is highly acidic</p> <p>-USA beef is filled with antibiotics and hormones.</p> <p>-Eat grass-fed, not GMO grain fed, beef</p> <p>-Better options are free range, grass fed Venison, Bison, Lamb, Rabbit.</p>
<p>FRUITS:</p> <p>-Don't mix fruits with other foods.</p> <p>-Many fruits are high in fructose/sugar and should be minimal if fighting cancer, with exception of lemons and berries.</p> <p>Berries: Blackberries, Gooseberry, Raspberries*, Strawberries, Acai**, Goji**.</p>	<p>2) PORK is highly acidic</p> <p>3) POULTRY is highly acidic</p> <p>-Chicken are severely tortured from birth, most are diseased, plus shot-up with hormones.</p> <p>Better options are Wild Turkey, Duck, Game Birds.</p> <p>Eggs:</p> <p>-Choose no hormones, no antibiotics, no grain feed, cage free.</p>
<p>Apples: Seeds contain vitamin B17* which prevents/combats cancer. (apricots seeds also)</p> <p>Apricot</p> <p>Banana, green, unripe</p> <p>Bananas* - fully ripe</p> <p>Cherries</p> <p>Dates, Prunes, Raisins.</p> <p>Figs</p> <p>Grapes: Red is best choice.</p> <p>Grapefruit</p> <p>Lemon, Lime.</p> <p>Mango.</p> <p>Melon.</p> <p>Orange and Tangerine.</p> <p>Papaya - GMO (if from Hawaii).</p> <p>Peach and Nectarine.</p>	<p>FISH/SEAFOOD</p> <p>Fish: Carp, Wild Alaskan Cod, Haddock, Pike, Wild Alaskan Salmon*, Sardines*, Tuna.</p> <p>Shellfish: Clams, Lobster, Mussels, Oysters* (high zinc), Scallops, Shrimp.</p> <p>-Canned fish is highly acidic. Smoked fish is carcinogenic. Farmed fish should never be consumed bec. poisoned with dye and chemicals.</p> <p>-Fish from Japan or the Gulf of Mexico is poisoned with heavy radiation, oil and chemicals.</p>

<p>Pear.</p> <p>Pineapple*</p> <p>Pomegranate.</p> <p>Red Watermelon.</p> <p>Avocado**</p> <p>Tomato - increasingly GMO.</p>	<p>DAIRY:</p> <p>Cow milk</p> <p>-contains CASEIN which triggers cancer, diabetes, asthma, allergies and obesity.</p> <p>-U.S. dairy cows are pumped full of growth hormones, rBGH, banned in many countries.</p>
<p>GRAINS:</p> <p>Amaranth, Buckwheat, Kamut, Millet, Quinoa, Spelt.</p>	<p>Milk Products:</p> <p>Butter</p> <p>Cheese: High casein content.</p> <p>Sour cream.</p> <p>Yogurt: Healthy choice is Greek yogurt for probiotics*, and Kefir*</p>
<p>NUTS - SEEDS:</p> <p>Nuts:</p> <p>Almonds and Chestnuts.</p> <p>Almond butter or almond milk.</p> <p>Coconut: milk, water or flesh.</p> <p>Seeds:</p> <p>Flax*, Millet, Pumpkin, Sesame (tahini), Sprouted, Sunflower, hemp seeds</p> <p>-Hemp seeds* excellent source of protein, plus essential fats like omega 3 and vitamins</p>	<p>Ice Cream contains casein and sugar.</p> <p>-Raw grass fed milk, cheddar, cottage cheese or goat cheese healthy choice</p> <p>FATS & OILS:</p> <p>Healthy Oils*:</p> <p>Avocado, Flax Seed, Hemp Seed, Virgin Olive Oil, Grapeseed, Sesame</p> <p>Unhealthy Oils - usually GMO:</p> <p>Canola, Corn, Safflower, Sunflower.</p> <p>Lard, Margarine: toxic</p>
<p>SWEETENERS:</p> <p>Stevia.</p>	<p>-Heated oils can become carcinogenic.</p>
<p>HERBS & SPICES:</p> <p>Herbs: Basil, Mint, Parsley, Rosemary,</p>	<p>SWEETENERS:</p> <p>Carob - Fructose Corn Syrup - Maple Syrup, Molasses - Honey, Agave.</p>

<p>Cilantro. Cayenne Pepper** - Chili Pepper. Turmeric** (curcumin). Cinnamon - Ginger* Sea Salt, Himalayan Salt.</p>	<p>-Artificial sweeteners are highly acidic- Aspartame, Saccharin are deadly. -Processed Sugar is highly acidic- causes cancer, diabetes and obesity.</p>
<p>BEVERAGES:</p> <p>Ionized Alkaline Water or Mineral Water. Green Juices and Wheat Grass Juice** Teas Herbal: Dandelion, Essiac*, Green*, Ginseng*.</p>	<p>BEVERAGES:</p> <p>Beer- Liquor - Spirits. Wine: Red wine is healthy , not white Sodas and Energy Drinks: Fizzy water- sugar and chemicals Diet sodas- contain toxic carcinogenic aspartame -All sodas/soft drinks are very unhealthy! Fruit juices- high sugar & acidity Coffee- high acidity Black Tea Tap water- toxic, many contaminants like fluoride</p>
<p>OTHER:</p> <p>Bee Pollen* - Royal Jelly* Spirulina** (blue/green algae). Chlorella** (algae). Marine Phytoplankton**</p>	<p>CONDIMENTS:</p> <p>Ketchup, Mayonnaise, Mustard. Soy Sauce Tabasco (made from hot peppers). Wasabi - Vinegar -Pickled foods become highly acidic. Black Pepper.</p>
<p>ALKALIZING MINERALS:</p> <p>Cesium: pH 14 Potassium: pH 14 Sodium: pH 14 Calcium: pH 12 Magnesium: pH 9</p>	<p>DRUGS & CHEMICALS:</p> <p>Drugs: All Prescribed Medications - Hormones and Steroids. Tobacco: contains several carcinogens including cadmium</p>
<p>TIPS:</p> <p>1)Find your local Farmers Market - choose organic if possible. 2)Food is best eaten raw, juiced, steamed or baked. Cooked food</p>	

becomes acidic, and destroys enzymes and vitamin and mineral content.

3) Avoid sugar, dairy, meat, and most grains if you are sick.

FOCUS ON NATURAL WHOLE FOODS for pH BALANCE and HEALTH.

Food Additives

GMO's - MSG - Herbicides & Pesticides.

-All canned and processed food is packed with chemicals and is highly acidic.