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Here is a little tail of the FDA as the junk yard dog of the drug companies. The
The Prof. Nelson Cancer as Recovery Exercise

1. Stop feeding the cancer with high glycemic foods, stop dextrose, use fructose.
2. Plug up the holes in the cell membranes with good fatty acids, not bad fatty acids; eat fresh and raw vegetables and vegetable juice, no cooked oil, supplement fatty acids.
3. Detoxify the body of toxins, get the body’s natural detoxifiers to all work well.
4. Stop adding carcinogenic toxins, smoke, radiation, fluorine, SINthetic chemicals, etc.
5. Take natural more safe chemotherapy not SINthetic.
6. Increase water, nutrition, good air... Food is the best medicine.
7. Use fasting as nature’s surgery.
8. Exercise 20 mins a day, 5 day a week, work to a sweat.
9. Mirth, merriment and mental meditation; laughter is your best medicine; the best sign of mental stability is to be able to laugh at oneself.
10. CARE. Find joy and fun, release the negative, selfish, self pity, anger, greed, arrogance, and delusion. Face your false beliefs and grow in mind, body, spirit, environment, and social networks, find spiritual friends and talk out your troubles with laughter, respect, and care.
DEDICATION
As I researched natural medicine I started to see that the SYNthetic process was wrong. It just was profitable. My dear grandmother came down with cancer. I went to her and said that I think I have found something that could help you. Well she listened and said Billy (only she could call me Billy) I know that you are one of the smartest people to ever live, I believe you, but the pressure to do what the medical doctor says is so strong. So she had chemo. She had a major reaction to it and the chemo killed her. We buried her in 1970 and my grandfather said Bill you were right, you have found something that we all can see is true. Be true to yourself, don’t let them get to you.

They have persecuted and prosecuted me and I have stayed true. Now over 50 years later I have written this book that could have gave my grandmother some extra years. Well it is my gift to the world to be a thorough A-Z book of how to do nature cancer therapy. This is for therapists and patients. Read and see why they persecute me.

INTRO
So you or someone you know has cancer. Well the main cause of cancer is radiation from an ionizing ray that mutates a cell. As you can see from the next picture there is an incredible amount of ionizing rays going thru our bodies. It only takes one to make a cancer. But the body is so empty and full of space that is not likely. But there are probably some cancer cells being made every day. Everyone has some Cancer cells from time to time from this radiation. Our immune system destroys them before they can proliferate. When there is an immune dysfunction the cells grow and multiply into the Cancer mass. There can be an overall weakness or perhaps just an irregularity that stops proper recognition of the tumor cells. The Noble prize in medicine some years ago was awarded to an Argentinian research team that discovered that stimulating the immune system was the best way to deal with Cancer and that the techniques of chemotherapy, radiation, and surgery were poor ways to deal with Cancer.

Cancer can also start from a virus that causes the mutation and a toxin if the person is fatty acid deficient and the virus and or toxin can penetrate the membrane easily. Most often together a virus and a toxin. But they can act individually. So fatty acid deficiency is the number one cause of cancer. And dextrose sugar is the number one aggravator because it lowers the immune system and allows the cancer to form.

So we must deal with
1. radiation
2. fatty acid deficiency
3. smoke
4. toxins
5. viruses
6. stress
7. sugars
8. anti-biotics
9. toxic foods (bologna)
10. mental disturbances
11. general all around health

The Price Pottenger Institute of San Diego is designed to show the power of the work of these two men. Their genius work goes unheralded today. Dr. Price showed that degenerative disease is relatively unknown in societies where they do not have dextrose sugar and cooking. The Eskimos of the north have no dental problems of degenerative disease till cooking and dextrose sugar are put into their diet. Several other societies were also found to have similar results. Cooking and dextrose sugar mark the beginning of degenerative disease. The famous Pottenger cat study showed this. Please review.

It turns out that the cooking and the smoke and excess heat make the most carcinogenic compounds. In Japan, Shabu Shabu (cooking only in boiled water) was found to limit disease. Stir fry cooking or just simple minimal cooking and no exposure to direct flame was shown to also decrease degenerative disease. The heat and smoke make carcinogenic toxins. The diseases of parasites, injury, and infections need to be controlled to limit disease in general. But cooking destroys nutrients, and makes carcinogens. Dextrose sugar weakens the immune system. And this is the start of degenerative disease and cancer.

In my experience the techniques of chemotherapy, radiation, and surgery kill more patients than Cancer. It seems that the more they get it robs the body of the ability to deal with the Cancer itself. The bible says that the healing of the nations will come from the leaves of the field. I have found that natural medicine is not only the best way to deal with disease, but the only way to get a cure.

I have seen many natural therapies that have quality degree of efficacy. So I have decided to put it into this book for all to read and for some to use. Our technique depends on the immune system dealing with the disease. If there is too great a weakness in the life force or too great a SOC index
Suppression and Obstruction to Cure) then perhaps techniques of chemotherapy, radiation, and surgery are for you. But if you want to choose another path or use this with the medical techniques then this article is for you.

The QXCI tech device can have powerful effects on your system. The therapy needs some help from the patient to not only improve the lifestyle but to push the immune system.

Responsibility, dedication, steadfastness, positivity, awareness, non-judgmental, and faith are necessary. This path is work and requires diligence, perseverance, patience, and composure. There is no quick fix, no magic bullet. But for those who want health it is worth the confrontation. In continental Europe the people talk about taking the cure. Here they go to a spa, to relax, eat well, exercise, and use a variety of naturopathic healing techniques. For over two decades, I have been a consultant at several of the best spa of the world and I have designed many of the techniques used around the world. This article is designed for those of you who can’t afford the $2,000 USD a day some of these spas cost. This article will help you at home, so now it is your turn to "take the cure".

Maturity is the ability to see the consequences of our acts. The more mature a person is the more into the future he can see. We need to try to balance symptom reduction with mature vision of long term health. It is a shameful fact that most people are immature. A small reward today such as the cigarette is more important than a large punishment later, like a slow painful death from lung cancer. This makes addiction possible. And dependency is what the drug companies love, for people to get dependent on their drugs. And a small reward like symptom reduction is greater than the large punishment of side effects and a life of dependency later. Addiction, immaturity and dependence are all capitalized on by drug companies.

The most important thing in health care is to care. Care for your family, your friends, your country, your planet, and above all care for yourself. Not caring is the cause of most health problems. Caring is the first task, care to put away the cigarette, the sugar, the drugs. Care to talk, listen, share, enjoy, relax, laugh, feel passion is compassion.

So I introduce to you:

The Professor Nelson Cancer As Recovery Exercise. CARE Therapy
1. Stop Feeding the Cancer with High Glycemic Foods, stop dextrose use fructose
2. Plug up the holes in the cell membranes with Good Fatty Acids not Bad Fatty Acids, eat fresh and raw vegetables and vegetable juice, no cooked oil, supplement Fatty Acids
3. Detoxify the body of toxins, get the body’s natural detoxifiers to all work well
4. Stop adding carcinogenic toxins, smoke, radiation, fluorine, SINthetic chemicals etc
5. Take natural more safe Chemotherapy not SINthetic
6. Increase water, nutrition, good air, Food is the Best Medicine
7. Use Fasting as natures surgery
8. Exercise 20 minutes a day 5 days a week to a sweat
9. Mirth, Merriment and Mental Meditation, Laughter is your Best Medicine, the best sign of mental stability is to be able to laugh at oneself.
10. CARE. Find joy and fun, release the negative, selfish, self pity, anger, greed, arrogance, and delusion. Face your false beliefs and grow in mind, body, spirit, environment, and social networks, find spiritual friends and talk out your troubles with laughter, respect, and CARE.

The references that follow can point to the research data. There was an appalling amount of literature regarding these lectins and their mitogenic effects. The reference list provided is but a small sample. I apologize for the form of the references but that is the way they were shown in the literature I reviewed. It is quite amazing that with all of this research that the dietary recommendations are not prescribed for this devastating condition.

Society has chosen to get its foods from the fields and its medicines from the synthetic chemical companies. The serious flaw in the Synthetic Chemical Philosophy robs the public from some simple solutions. Therapy can come from the fields. Medicine must learn to look for natural solutions not always the profit pictures of the Synthetic Chemicals Companies.

Rather than looking for ways to synthetically reproduce Nature we should use it in its natural ways. A review of the current literature on AIDS will reveal a dramatic revelation. The life style changes are profound in helping the AIDS patient.

The Synthetic Drug therapies are weak and often ineffective. Natural medicine has much to offer AIDS technology, perhaps a cure.

When the patients and our society express the choice towards natural medicine then the technology will grow.

1. Antibiotics

In my research it seems that the use of Antibiotics is the co-factor that leads to death. There is no evidence of cure from Antibiotics, and much evidence of complication. This would imply a strong link to a positive bowel flora as a strong component of the needed immune system.
Antibiotics must be avoided at all costs. New research has shown that the dental use of Antibiotics was very irregular. The American Dental Association now is adamant “Do Not use Antibiotics in dentistry”

Modern science does not like to research the bowel flora because it’s extreme complexity does not lend itself to reductionistic styles of statistic research.

But modern science of food manufacturing has helped. The science of Probiotic use or positive bacteria for the body, has developed quickly. Actimel, Activia, and many other natural food yogurt variation use a host of positive lactobacilli, (good bacteria). These include lacto-immunitas and others that are excellent at immuno-stimulation. So immuno suppressed patients need to use probiotic foods twice daily. Two tins of Actimel are excellent.

ANTIBIOTICS are contraindicated in viral or fungal conditions. They should only be used sparingly and only for short duration and of course only in emergency conditions.

It was sewage not antibiotics that helped the world to overcome many diseases. Sewage helped and antibiotics followed around and claimed the credit.

2. Processed Sugar

The body will benefit much more from a Levulose or left handed sugar that from a Dextrose or right handed sugar. Dextrose lowers hormone production, causes blood sugar troubles, causes brain fatigue, and most importantly causes a suppression of the immune system. Levulose stabilizes the blood sugar, stimulates hormone production, energizes the brain, and most importantly stimulates the immune system.

Dextrose is in the white sugar of the sugar cane, and the grape. The stripping of the minerals and nutrients which give it a white look are further culprits in immuno suppression. Sucrose is a dextrose, as is honey. Use sparsely.

Levulose is also a name for fructose. This is fruit sugar. So the sugar from strawberries, apples,
# The Glycemic Index of Selected Foods

<table>
<thead>
<tr>
<th>Left handed natural sugars; limit disease</th>
<th>LOW GLYCEMIC FOODS</th>
<th>MEDIUM</th>
<th>HIGH GLYCEMIC FOODS</th>
<th>Right handed sugars, mostly processed, make all disease</th>
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<tr>
<td>SUGARS</td>
<td>Levulose Stevia</td>
<td>Fructose</td>
<td>Xylitol</td>
<td>Fructose Cola</td>
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<td>Jelly beans</td>
<td>Date sugar</td>
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<td>Grape sugar</td>
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<td>Fruit roll-up</td>
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<td>Coca-cola</td>
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<tr>
<td>GRAINS</td>
<td>Rye</td>
<td>Sourdough Bulgar Cous-cous</td>
<td>Sweet corn</td>
<td>Brown rice</td>
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<td>Millet</td>
<td>Pearl Barley</td>
<td>Long rice</td>
<td>Quick oats Ezeikiel bread</td>
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<tr>
<td>GRAIN FOODS</td>
<td>Oatmeal cookie with fructose 5 grain pulse bread</td>
<td>Meat ravioli</td>
<td>Fettucine Macaroni Spaghetti (vegetable mix with grain)</td>
<td>Bran Muffin Oatmeal cookie (normal)</td>
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<td>Whole grain with vegetable pasta</td>
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<td>FRUITS</td>
<td>Yogurt with fruits</td>
<td>Cherries</td>
<td>Black grapes</td>
<td>Pineapple Raisins</td>
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<td>Blueberries</td>
<td>Blackberries</td>
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<td>Raspberries</td>
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<td>VEGETABLES</td>
<td>Tofu Olives</td>
<td>Cucumber Carrot Radish</td>
<td>Yam candied with fructose</td>
<td>Sweet potatoe Boiled potatoe</td>
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<td>Sprouts</td>
<td>Cauliflower Cabbage</td>
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<td>BEANS</td>
<td>Soy beans</td>
<td>Black beans</td>
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<td>Lima beans</td>
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<td>Blackeyed beans</td>
<td>Pinto beans</td>
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<td>Butter beans</td>
<td>Baked beans</td>
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<td>NUTS</td>
<td>Pumpkin seeds</td>
<td>Healthy candybar with fructose and nuts</td>
<td>Brazil nuts</td>
<td>Candy bars with nuts</td>
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<td>Peanuts</td>
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<td>Brazil nuts</td>
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Dextrose enters the cell too fast and makes High Glycemic Index This makes immune weakness, nervous irritation, and aggraviates all diseases. Avoid our exposure to hi glycemc foods.
oranges and most other fruits are rich in Levulose. So use fruits for the sweet tooth. If berries are not sweet to you and you must have a processed candy bar, perhaps there is an addiction to deal with. Natural fruit candies and sweeteners are easily available today.

I have written a superb and thorough book on why sugar and cooking are a problem. “Eat Good Sugars not Bad, Eat Good Oils not Bad oils” is a book you should definitely read. Get from IMUNE. The bottom line is the graph below.

When we use more dextrose sugars and high glycemic index foods we increase all diseases especially Cancer. When we use cooked oil and trans-fatty acids we also increase the risk of cancer. Now we can see the deleterious effects of cancer and why cancer has been and still is so prevalent.

3. Street drugs

These all will further drop the immune system. They must be avoided. Use addiction control therapy if you need help.

4. Excess Stress

Stress can be useful. We call this Eu-stress. But negative emotions and excess stress are complicating of Cancer and any immune disease. The ways that stress weaken immunity are proven and complicated. See our books on Stress and Electro-Smog to understand more. Get from IMUNE.

5. The B-Cells Headquarters

To fight any virus or allergy you need the B-cell. He orchestrates the Anti body cascade to disable the virus and or allergy. The HIV virus attacks the T-cell and the patient dies from bacteria, fungus or cancer. These are all the job of the T-cell. The B-cell’s job is to disable the virus, here the HIV.

The general or headquarters of the B-cell is the lymphoid tissues similar to the Bursa of the fowl. This is where the B-cell was first found hence the name B-cell. In ducks and fowl there is a bursa of lymphatic tissue in the neck.

In the human body the Bursa is a network of the Adenoids, the Tonsils, and the Appendix. These are not vestigial or useless but they are needed for immune function. They swell when under attack from allergy or virus. Some medical doctors then see them as the enemy and remove them. This results from a misunderstanding and lack of appreciation of the natural system.
It is better to deal with this swelling naturally. First remove allergy or desensitize them. Next light massage with menthol, wintergreen, eucalyptus, or other can help. Gargle with mixed Tabasco(cayenne pepper), vinegar, lemon, sea salt all can also help a swollen gland.

An excellent choice is Echinacea. This herb will make the lymph spin faster for cleansing and detox. Echinacea, vit C, fatty acids, propolis, and other natural products are excellent if used when needed. They will work best if used when needed not for daily use. This allows them to have the most stimulating effect.

There are a host of natural remedies for use, and all need a pinch of patience. You see the swelling comes from the development of antibody cascade in the Adenoids, the Tonsils, and the Appendix. The virus or allergy causes the white blood cells in the Adenoids, the Tonsils, and the Appendix to produce the needed antibodies. These antibodies will be the agent to disable the virus or the allergy. Give it some time. A virus has three days of onset three days of attack and three days of detox. Natural medicine can minimizes the effects.

6. Bad Fatty Acids

The cell membrane of every cell is made from fatty acids. The good fatty acids come for the fruits and vegetables we eat. Animal products have bad fatty acids. Good oils such as olive oil and others are full of good fatty acids. Most of these are destroyed by cooking. The body must make these fatty acids, but it takes lots of energy. Cooking destroys the fatty acids and produces trans fatty acids and other cancer causing compounds.
When the body is under stress, fatty acids are released from the cell membrane to make emergency energy. When the body is deficient in fatty acids the cell membrane becomes weak. This allows in viruses, and toxins. This can lead to cancer or other viral diseases. So get plenty of fresh and raw fruits and vegetables. Cook little as possible. Chew well. Your mouth is God's juicer he gave you, use it to make good juice. A juicer might help to extract the fatty acids.

7. Processed nitrates and nitrite meats.

Hot dogs make almost as much cancer as cigarettes. All of the processed meats, like bologna, lunch meats, sausage, etc use nitrates and nitrites to process. These are a major cancer risk and a cancer aggravation. You must avoid them at all costs.

SMOKE

Of course as everyone knows (especially the cigarette executives with their hand on the bible) smoke causes cancer. The act of burning produces too many carcinogenic toxins. The addiction to tobacco must be dealt with if you want to stop your cancer advance.

But the same carcinogens are made while cooking something over an open grill. Over cooking meats can contribute to cancer.

Asbestos and other toxins can be placed into the lungs and cause cancer. We need to detox and exercise to get rid of the toxins.

What we are going to ask is to read this article, come back and ask questions of your therapist, and work for some time to produce results.

For more information on a natural lifestyle see the natural switch book, which can be ordered from IMUNE. This manual has a list of ways to achieve a more natural life style. Let’s start with the toughest assignment the rules of the stomach.
...a third of all men killed by the Smoke, ...and by the Smoke which issued out of their mouths.

Prophecies are coming true. The largest killer of humans is by far cigarette smoke. It is directly responsible for killing one in eight. And associated with one in five. But since smoking has no health benefits whatsoever, there is only health degradation. It only weakens the bodies defenses. It can be said that one third of the population is killed by smoke.

There are efforts to make a smoke free America or Europe. But, these are only pipe dreams no pun intended. The cruel fact is that this substance is so easily available that most smokers start before the age of 15, many before ten.

There was an FDA scare over melamine in milk, mad cow disease, leaf in the point of children’s toy, or bird flu. These scares affect a handful of people. One in one hundred million is a scare. This is a fervor and frenzy reaction. Business are frozen, commerce stopped. But the largest killer responsible for literally billions (yes billions of deaths), cigarettes goes off scot free.

This substance is highly addictive, and carcinogenic. It has absolutely no health benefit, and weakens the health with every drag. This is now scientific fact and unchallengeable. And yet this highly inventive, abusive, and vile substance escapes needed safety regulatory actions. Children are being made into uncontrollable addicts to this easy to obtain addictive poison. And cigarettes are just the beginning of an addictive chain of drugs. Cigarettes are available everywhere to anybody. There is little if any enforcement of negotiable controls, and parents leave them around like candy.

It is absurd to let this industry continue. This absurdity is licence, foolish, nonsensical, proceeding to crazy, lunacy, insane, proceeding to hateful, injurious, damaging, proceeding to evil, sinful, vicious, proceeding to criminal, malicious, and lawless. And lawless is the key word, because there seems to be no law or law-maker capable of stopping the killings and the murder. And yes the stockholders of these corporations are obsessed with profits above even the act of murder. They are impervious to the law. The lobby groups and the addicted members of the legislature are over defensive and are unable and most unwilling to see the real problem.

People will say that Tobacco is a personal choice. There is freedom of choice to smoke, that is why the regulators allow the cigarette companies to exists, even though they kill so many. But the regulators do not allow freedom of choice to choose energetic medicine.

Freedom of choice means nothing to the bureaucrats of the Ultra Rich, it is all about profit. This massive hypocrisy undermines the foundation of the FDA and all Health regulatory officials. They attack energetic medicine because it is drugless and it dramatically threatens the profits of the SINthetic drug cartel of the Ultra Rich.

The prejudicial bias of the FDA and other Health Care Regulators and the sanctimonious hypocrisy are perfect examples of the Ultra Rich control and their petty small minded army.
SO TO END DEGENERATIVE DISEASE

we must

1. Make Big Tobacco pay for the damages they incur.
2. Must stop sales of cigarettes
3. Make Big Sugar pay for the damages they incur.
4. Make Big Pharma pay for the damages they incur.
5. End Allopathic philosophy and develop a new stressor reducing based medicine.
6. Avoid Bad white processed sugars. Eat Good Sugars from fresh fruit. Avoid bad oils cooked or saturated. Eat good oils from fresh and raw vegetables and uncooked low temperature made oils.
8. Safe forms of early intervention medicine such as energetic biofeedback
9. Recognize the powers of the mind such as in the EPFX/SC10 system.
10. Recognize the need for an energetic medicine to safely evaluate the body electric and balance the aberrations of the body electric. We need to use a more modern medicine utilizing the body electric without emphasis on synthetic chemistry.
11. Recognize that the SYNthetical experiment has failed and we should be using the synthetics only in extreme cases when the natural remedies fail. Quantum Electrodynamics has further proven the problem of synthetic chemistry.
12. Allopathy does not work, we must adapt a safer and more extensive theory of medicine.

With these social changes degenerative disease could be so greatly reduced to allow for an inexpensive medicine.

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for the International Journal of the Medical Science of Homeopathy

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HERBS TO ADD TO YOUR COOKING

As you can see there are several very common and somewhat common herbs that have anti-cancer effects already easily available to you. (Non from Food Places). In fact you might say “I eat that all of the time”. (All of the time, if you mean once a year). Also your cancer is more because of what else you eat, like the meat, pork, potatoes, French fries, corn, beer sugar and on and on. All of the sugar holiday sweets the fast food garbage. It is far more important what you do not eat than what you eat. One bad McDonald’s meal can set you back a month. So when you go out drinking and have a beer not a Bloody Mary you are doing untold damage.

The beer feeds your cancer 28 times more sugar than the Bloody Mary. The milk shake or cola dose far more damage. You can smile a foolish stupid grin like the village idiot and die, or think and live. If you don’t value your family and children then what the heck put a gun into your mouth, or a beer might do.

You can see what love is when a woman will work her ass to the bone to learn about cooking for cancer, test the recipes, buy the herbs, take the time to cook them, and her stupid cancerous husband will be in the living room eating potato chips and beer. Then you find out what love is as his love for addictive foods and a ciggy is far far FAR greater than his love of his family. His words are often just stupid idiotic babblings of an imbecile who loves his addictions more than his family more than life itself.

The thought of throwing away Christmas and birthdays, trips to the ball game, seeing his children grow means nothing when compared to the French fries and candy. Smoking and bad food are an intelligence test, and most people are too stupid to pass. It is hard to watch a loved one commit suicide from stupidity and addiction.

If you are careful you can learn to save them but first find out truly what they love, truly what they are ready to give up for love.

The other concern is the health of the family. People buy the disease causing foods for someone in the family and they try to cook separate healthy foods for the sick one. It is this lack of concern for others that is the cause of the problem to begin with. Everyone should avoid the bad foods. Everyone should get good oils and sugars, not bad. If you don’t buy the bad foods then they can’t eat them. And within just a short time they will acclimate to good foods. Shopping is the key. If you don’t buy it you will have difficulty eating it.

Now if you want to get rid of your cancer you must stop all, I mean all, I really Mean ALL ALL ALL of these bad foods. Every little sin feeds the cancer that is clinging to stay alive and kill you. If you starve the cancer, there are lots of ways to serve your palate wonderful flavors and great eating.

You might go a party where there is bad food and just a little won’t hurt. And your greatest enemy will say have just a little. He is not your friend. He is an enemy far greater than any other. He laughs at your addiction and takes comfort only when he ca trick or push you into joining him. Resist and you take away this idiots power. Say no, be good, and resist addiction and temptation. Don’t feed your cancer.

Here is a list of the common anti-cancer herbs. These first ones are not poisonous but there effects are anti-cancer from the enzymes, vitamins and subtle by products hidden within them. Buy them fresh and from a quality handler.

• Cumerin, turmeric
• Sage
• Cinnamon
• Ginger
• Rosemary
• Ephedra
• Echinacea
• Myrrha
• Safflowers
• Young bitter orange
• Sanguinaria
• Dandelion
• Elderberry
• Honeysuckle flowers
• Salad burnet
• Skullcap
• Angelica
• Rhubarb
• Chinese dates
• Paprika
• Horseradish

This list is of the foods or spices that are available but are toxic and have natural poisons like chemotherapy. These poisons are more toxic to the cancer but still are toxic to people. Use them carefully and with help.

• Poke root  Poke salad
• Aconite
• Oleander
• Magnolia bark
• California yew bark
• Vinca periwinkle
• Burdock
• Sophora fruit
• Tea tree oil
• Amoni seeds
• Cape jasmine Fruit
• Peony root
• Akebia
• Lobelia
• Phytoalca
• May apple (Podophyllum)
• Celidine
• Graviola , Paw Paw

There are more than these reported in the literature. These are just a few. Mix these into your diet and cooking there are many recipes for you to follow and cook for your cancer patient.
Salt Substitutes

We need sodium. But we need to have 3 times more potassium than sodium in our bodies. People eat less and less vegetables and more and more salt will have health problems. Salt is used too much in cooking and preparation, it makes things like potato chips sell more. It is over used to sell. If you have excess sodium these salt formula substitutes are for you. If your sodium potassium is fine then mix in a little sea salt into these formulas for flavor. But these formulas will not create as great a health risk as pure salt.

Lemon Herb Seasoning (Salt Substitute) Recipe

- Serves/Makes: 75 cup - Cook Time: < 30 minutes - Difficulty: 2/5
- Ingredients: Dried Basil, Dried Oregano, Finely Ground Black Pepper, Dried Onion Flakes, Whole Celery Seed

No Salt Seasoned Mix Recipe

- Serves/Makes: 2 tbsp - Cook Time: < 30 minutes Difficulty: 1/5
- Ingredients: garlic powder, onion powder, thyme leaves, cumin seeds, ground, celery seed

No Salt Seasoned Mix II Recipe

- Serves/Makes: 1.333 cups - Cook Time: < 30 minutes - Difficulty: 1/5
- Ingredients: dried onion flakes, crushed, garlic powder, dried orange peel, crushed, ground lemon peel, crushed, ground black pepper

Salt Substitute Recipe

- Serves/Makes: 2.25 tsp. - Cook Time: < 30 minutes - Difficulty: 1/5
- Ingredients: dry mustard, sage, thyme, marjoram

Salt-Free Seasoning Recipe

- Serves/Makes: .5 cup - Cook Time: < 30 minutes - Difficulty: 1/5
- Ingredients: crushed dried minced onion flakes, crushed dried vegetable flakes, garlic powder, dried orange peel, coarse ground black pepper

Spicy Salt Substitute Recipe

- Serves/Makes: .33 cup - Cook Time: < 30 minutes - Difficulty: 2/5
- Ingredients: savoury, crumbled, dry mustard, onion powder, curry powder, white pepper

Table Salt Substitute Recipe

- Serves/Makes: .25 cup - Cook Time: < 30 minutes - Difficulty: 2/5
- Ingredients: onion powder, dry mustard, basil, celery seed, crushed, paprika
Cancer Patient Salt Substitute Recipe

- Serves/Makes: 25 cup - Cook Time: < 30 minutes - Difficulty: 2/5
- Ingredients: dried onion powder, garlic powder, dried orange peel crushed, ground lemon peel crushed, ground black pepper, dry mustard, basil, turmeric, cumin, sage, paprika, agrimony powder.

Agrimony Herb Uses and Medicinal Properties

Agrimony is not commonly used today, but has its place in traditional herbal medicine. This herb is safe for use for minor ailments in most healthy people. Like most herb simples, the uses to which it is put are remarkably varied.

The English use it to make a delicious “spring” or “diet” drink for purifying the blood. It is considered especially useful as a tonic for aiding recovery from winter colds, fevers, and diarrhea.

Agrimony contains tannin and a volatile essential oil.

As Agrimony also possesses an astringent action, it is frequently used in alternative medicine as an herbal mouthwash and gargle ingredient, and is applied externally in the form of a lotion to minor sores and ulcers. Agrimony has also been recommended, as a strong decoction, to cure sores, blemishes, and pimples.

Agrimony is called XIAN HE CAO in Chinese herbal medicine and is used to stop bleeding. Dr. Michael Tierra L.Ac., O.M.D., The Way of Chinese Herbs

Caution: This is an astringent herb, do not use if constipated. Do not use internally during pregnancy without discussing with your obstetrician.

Habitat and Description

Agrimony can be found growing extensively throughout Europe, Canada, and the United States. A hardy perennial, its natural habitat is woods and fields, but it takes to cultivation easily. Agrimones have one to two foot branchy stems covered with a fine, silky down and terminate in spikes of yellow flowers. Both the flowers and the notched leaves give off a faint characteristic lemony scent when crushed. After the flowers fade they give place to tiny clinging “burrs” which will quickly adhere to your clothing if you brush by an it plant in a hedgerow.

How to grow Agrimony

For garden growing, give Agrimony sun or partial sun and regular watering, a plant from seed or propagate by root division in spring or fall. Gather the herb in summer while the flowers are in bloom.

A good antihemorrhagic combination is equal parts agrimony, cinnamon bark and yarrow.

POKE SALAD eat only if you have AIDS or Cancer

Pokeweed is probably the best known and most widely used wild vegetable in America and Europe. However, a food scientist with the Alabama Cooperative Extension System says no part of this plant should be eaten by a person or animal.

“The roots, berries, seeds and mature stems and leaves of pokeweed are poisonous,” says Extension Food Scientist Jean Weese. There are at least three different types of poison in this plant -- phytolaccaoxin, triterpene saponins, an alkaloid, phytoeicin, and histamines. These poisons are most toxic to cancer cells and they inhibit replication of the AIDS virus.

Pokeweed, a herbaceous perennial native to America, grows from Maine to Florida and Minnesota to Texas. Indians introduced the first colonists to pokeweed, and they took it back to Europe where it became a popular vegetable. It grows along roads and fencerows, in fields and in open woods.

Early American settlers also made a crimson dye from the berry juice. Indians often used the pokeweed concoctions for a variety of internal and external medicinal applications.

The berries, which ripen in fall, are also popular with migrating songbirds, especially robins, towhees, mockingbirds, mourning doves, catbirds and bluebirds. Sometimes the birds get drunk on overly ripe berries and fly into closed windows or sides of buildings.

For years, people have picked the young shoots and developing leaves (before they take on their reddish hue) off this plant and cooked them. The plant is still used by many people today, and the tender young shoots often appear in rural vegetable markets in the South.

Most people boil the shoots and leaves for 20-30 minutes, first in salt water and again in clean water, then eat the plant much like spinach.

(The eating of nonfatal quantities of poke, perhaps of the shoots, may cause retching or vomiting after two hours or more. These signs may be followed by dyspnea (difficulty breathing or air hunger), perspiration, spasms, severe purging, prostration, tremors, watery diarrhea (often bloody) and, sometimes, convulsions. If a fatal quantity is eaten, perhaps including roots, the above signs are followed by paralysis of the respiratory organs and other narcotic effects, culminating in the death of the poisoned person.)
Pick and wash poke salad; bring to a rapid boil for 20 minutes. Drain and rinse with cold tepid water. Bring to a rapid boil, starting with cold water, for a second boil for 20 minutes. Again drain and rinse with cold tepid water. Now for the third time, starting over cold tepid water bring to a rapid boil for 20 more minutes. On the third boil add the milk thistle and jack in the pulpit leaves if you got them. Drain and rinse with cold water. Let drain completely.

Meantime stir fry tofu onions and garlic; set aside. Clean and cut onion in quarters. Take drained poke salad. Cook in fry pan that you fried your tofu. Add spices to flavor, 1/4 cup of water, season to taste. Let steam fry until onions are sautéed, about 15 to 20 minutes. Serve and garnish with hard boiled egg or add a scrambled egg or two for flavor. Cover with alfalfa sprouts.

**Field Greens with Fruit Salad to fight Cancer**

- 1 head green leaf lettuce or anticancer field leaves listed below
- 1 bunch mescaline greens
- 1/2 c. pine nuts, crushed bitter almonds and black walnuts all to be toasted
- Handful of alfalfa sprouts

Add some buttercup flowers, milk thistle leaves, Kale, Kelp or arum maculatum (Jack in the pulpit), burdock (bull thistle), goldenrod, celandine, dandelion, plantain, sheep sorrel, red clover, agrimony or other anti-cancer leaves or flowers. Wash thoroughly. Just use a tiny bit of the extra bitter plants.

- 1 Granny Smith apples, 1 young orange
- Crumbled goat cheese or tofu

**Dressing:**

- 1/2 c. olive oil, safflower oil, sunflower oil (combo or rotate)
- 1/2 c. balsamic vinegar, or weak soy sauce
- 1/4 c. fructose
- 1 tsp. celery seed (use with estrogen cancers but not with prostate or testosterone cancers, celery seed is rich in natural testosterone and should not be used where testosterone aggravates

**Poke Cancer be Gone Salad**

- 1 to 2 lbs. Poke Salad
- 1 cup tofu cubes
- 1 lg. onion
- 2 cloves garlic
- 1-2 eggs
- Handful of alfalfa sprouts

Season with sage, ginger, horseradish, turmeric, cumerin, rosemary, cinnamon or yarrow. Add some buttercup flowers, milk thistle leaves, Kale, or arum maculatum (Jack in the pulpit) leaves.

- 2 eggs

Poke Salad resembles spinach in taste and texture, and it was the perfect accompaniment for the tofu, which I seasoned with nooch ("nutritional yeast"), curry powder, garlic powder, onion powder, and soy sauce. On the side, I sliced a summer tomato from the farmer’s market (yea for summer tomatoes!!!!) and a slice of Ezekiel bread spread with Marmite.

My Granny gave me a batch of poke salad that she’d had frozen in her deep freeze. It was already prepared, so I only had defrost it and heat it in a little safflower oil.

Now, I mentioned that poke salad is poisonous. According to Wikipedia, poke salad must be boiled three times, discarding the water each time, to remove all toxins. I believe Granny did all that before she gave it to me. At least, I hope so.
the cancer)

- 1 tsp. Dijon mustard; Season with sage, ginger, horseradish, turmeric, cuminer, rosemary, cinnamon or yarrow

Whisk all dressing ingredients. Can keep dressing for up to 2 weeks in refrigerator.

Toast lightly pine nuts and almonds on cookie sheet in oven at 400° for 3 minutes, WATCHING them CAREFULLY, as they burn easily.

Use some of the orange and apple peel shavings as seasoning. Slice apples and oranges thinly or into small cubes. Toss all ingredients.

**WARNING**

Amygdalin (from Greek: ἀμυγδαλίς amygdaλή "almond"), C20H27NO11, is a glycoside initially isolated from the seeds of the tree Prunus dulcis, also known as bitter almonds, by Pierre-Jean Robiquet and A. F. Bouteron-Charlard in 1830, and subsequently investigated by Liebig and Wöhler in 1830, and others. Several other related species in the genus of Prunus, including apricot (Prunus armeniaca) and black cherry (Prunus serotina) crushed apricot pits all containing some amygdalin. It was promoted in a modified form called Laetrile as a cancer cure by Ernst T. Krebs under the name "Vitamin B17", Beta-glucosidase, one of the enzymes that catalyzes the release of the cyanide from amygdalin, is present in human small intestine and in a variety of common foods. This leads to an unpredictable and potentially lethal toxicity when amygdalin or laetrile is taken orally.

A 2006 systematic review by the Cochrane Collaboration concluded: "The claim that laetrile has beneficial effects for cancer patients is not supported by data from controlled clinical trials. This systematic review has clearly identified the need for randomised or controlled clinical trials assessing the effectiveness of laetrile or amygdalin for cancer treatment." Given the lack of evidence, laetrile has not been approved by the U.S. Food and Drug Administration. The U.S. National Institutes of Health evaluated the evidence separately and concluded that clinical trials of amygdalin showed little or no effect against cancer. For example, a 1982 trial of 178 patients found that tumor size had increased in all patients. The authors reported that "the hazards of amygdalin therapy were evidenced in several patients by symptoms of cyanide toxicity or by blood cyanide levels approaching the lethal range".

If you want to avoid the amygdalin in this salad use regular not bitter almonds. If you want more amygdalin add crushed apricot pits. The release of cyanide has limited benefits for cyanide is too powerful and quick a toxin to all cells.

**Dr. Desi's Anti-cancer Syrup**

Into a small bowl mix ½ cup rich natural flower pollen dark honey with 1 cup crushed black and or blue berries. Add 2 tablespoons of fructose, 2 tablespoons of cuminer/tumeric, 2 tablespoons of crushed agrimony, 2 tablespoons of crushed dried young oranges peel and all (use the oranges when they are about slightly larger than a golf ball, dry thoroughly) try ginger cinnamon and garlic for flavor. Mix and take 1 teaspoon morning and 1 before bed. See the 3D Cancer Book for more.

**Horseradish peroxidase**

The enzyme **horseradish peroxidase** (HRP), found in horseradish, is used extensively in molecular biology applications primarily for its ability to amplify a weak signal and increase detectability of a target molecule.

Horseradish peroxidase catalyses the oxidation of luminol to 3-aminophthalate via several intermediates. The reaction is accompanied by emission of low intensity light at 428 nm. However, in the presence of certain chemicals, the light emitted is enhanced up to 1000-fold making the light easier to detect and increasing the sensitivity of the reaction. The enhancement of light emission is called enhanced chemiluminescence (ECL). This adds to the anti cancer effects.

**Beet, Red Onion and Horseradish Relish Recipe**

This tangy and colorful relish goes beautifully with beef, especially **prime rib**.

- **Prep Time:** 24 hours, 15 minutes
- **Cook Time:** 1 hour, 45 minutes
- **Total Time:** 25 hours, 60 minutes
**Ingredients:**

- 3 (2-1/2-inch-diameter) beets, trimmed
- 1/2 cup sunflower, safflower oil combination
- 3 tablespoons balsamic vinegar
- 1 teaspoon coarse sea salt, or salt substitute
- 1 teaspoon of a mixture of pepper, cumin, sage, curry, yarrow or rosemary
- 1-1/2 cups chopped red onion
- 1/3 cup prepared white cream-style horseradish

Boil the beets for over an hour to make the beets soft. Crush beets and mix all vegetables and spices in a stir fry till all are mixed. Remove from heat. And the when at just above room temperature mix in the oils. Stir and mash to a paste. Let sit in a cool place for 24 hours. Re-stir before serving.

**Sea Bass in Horseradish Crust in Anchovy Broth with Veg Puree Recipe**

Breaded sea bass fillets get a boost of flavor from horseradish and anchovy oil, served with pureed parsnips, broccoli or cauliflower on the side. This gourmet-quality meal is really quite simple to make and it fights cancer.

*Total Time: 60 minutes after marinating*

**Preparation:**

To prepare the bass, skin the fillets if necessary. Mix the briosc crumbs with the horseradish, parsley, butter, salt, and pepper. Place the fillets on a greased baking sheet, top with a layer of the crumbs, and set aside. Bring the stock to a boil, and reduce to 1-1/2 cups.

Cheap wine is the secret. Cheap wine is very acid and the acids break down the fish and starts releasing the flavor. Leave the heads on for the marinating, this adds to the flavor of the wine sauce as well.

For the puree, boil the parsnips, broccoli and cauliflower in seasoned water until very tender, about 10 to 12 minutes. Drain and place in a saucepan with the cream. Cook over medium heat for 5 minutes. Puree the mixture in a food processor fitted with the steel blade. Season with spice and pepper to taste.

To cook the fish, heat the oven to 400 degrees. Bake the fish fillets for 7 minutes, or until the fish is cooked and the top is lightly browned.

To serve, place two fish fillets on a plate, and pipe some of the parsnip veg puree between the fillets. Sprinkle a few tablespoons of the wine stock around the fish, and then a small amount of the anchovy oil. Serve immediately with the wine sauce.

*Yield: 6 servings*

**Sunflower Pate Recipe**

Serve this vegan sunflower pate with crackers as an appetizer, snack or protein main dish. The spread is baked, cooled, then chilled to set. Yet it is best served at room temperature, so plan ahead.

**Ingredients:**

- 1 cup ground sunflower seeds
- 1/2 cup cornmeal
- 1/2 cup nutritional yeast (Nooch)
- 3 teaspoons parsley
- 1-1/2 teaspoons basil
- 1 teaspoon thyme
- 3/4 teaspoon sea salt or salt substitute

Crush and mix all ingredients into a paste like pate'.
Basic Anti-Cancer Mayonnaise Recipe

Homemade mayonnaise is fast and easy to make in a blender or food processor. Flavored variations follow.
- **Prep Time**: 5 minutes
- **Total Time**: 5 minutes

**Ingredients:**
- 1 large egg
- 2 teaspoon Dijon mustard
- 1 teaspoon chopped and powdered agrimony
- 1 teaspoon powdered parsley, dandelion, burdock, sorrel, plantain, garlic, onion, poke (properly washed), all to taste all if available
- 1 teaspoon dried and powdered young bitter orange
- 1 teaspoon cumerin
- 1/4 teaspoon freshly ground white and black pepper
- 1-1/2 teaspoons white wine vinegar
- 1 cup oil, sunflower or safflower
- 1 to 2 Tablespoons lemon juice with the orange peel soak in for one night

**Preparation:**
Place everything but the oil and lemon juice in the blender or processor container. Process 5 seconds in the blender; 15 seconds in the processor. With the motor running, add the oil, first in a trickle, then in a thin, steady stream. When all the oil has been added, stop the motor and taste. Add lemon juice to your taste. If the sauce is too thick, thin with hot water or lemon juice. If too thin, process a little longer.

**Yield:** 1-1/4 cups

**Mayonnaise Variations**

(Except for Remoulade, each starts with one cup.)

**Aioli:** Add 4 cloves garlic mashed with 1/8 teaspoon salt and 1/2 teaspoon lemon juice. Add 1 to 2 tablespoons sunflower oil, enough to make a soft consistency. Good with fish soups, fish, poached or boiled eggs, vegetables.

**Creamy Goddess:** Stir in as much as an equal amount of probiotic yogurt.

**Green Goddess:** Add 1 small clove garlic, chopped, 2 to 3 chopped anchovy fillets, 3 tablespoons chopped parsley, sorrel or dandelion, 6 tablespoons sour cream and lemon juice to taste. Serve on salad or with fish and shellfish.

**Herb:** Puree 2 tablespoons chopped fresh herbs with an equal part lemon juice. Press out liquid, stir into mayonnaise. Nice with fish, poached or boiled eggs, vegetables.

**Horseradish:** Add horseradish to taste. Serve with ham, beef, corned beef.

**Remoulade:** Add to 1-1/2 cups mayonnaise 1 finely chopped hard-cooked egg, 1 tablespoon chopped capers, 1 tablespoon chopped parsley, 1 teaspoon lemon juice. Classic accompaniment to cold poached or boiled eggs, fried fish, cold vegetables, cold meats.

**Scandinavian Mustard:** Add 2 tablespoons Dijon mustard, 4 teaspoons brown fructose, 2 tablespoons fresh dill. Sweet and delicious with smoked or fresh salmon.

**Tartar Sauce:** Add 1 tablespoon minced pickles, 1/2 tablespoon minced onion, 2 teaspoons parsley, sorrel or dandelion, 1 teaspoon lemon juice. A little dried tarragon is optional. Serve with fish and shellfish.

**Thousand Island or Russian:** Stir in 1/4 cup chili sauce, 2 tablespoons chopped gherkins, 1 chopped shallot or green onion, 1 teaspoon grated horseradish. Serve with boiled eggs, fish, shellfish, cold meats, cold vegetables, or a green salad.

There are currently more than 40 studies underway to see if a specific food combination has better or worse health benefits. Some of the earliest results show that certain foods put together offer much greater cancer prevention properties than any of the foods do all by themselves.

We all know the Omega 3 oils in salmon are hard on cancer cells. Cruciferous vegetables also have anti-cancer properties. What about putting a meal together with a filet of salmon on a bed of watercress and beautiful bunch of broccoli beside it with some crushed walnuts sprinkled on top. That actually sounds like a very expensive fancy restaurant meal. It is also a cancer killer combination beyond compare.

Why? Because each of these foods has certain cancer-fighting ingredients. But something almost magical happens when they are combined into one dish. When you put all of them together they are extremely high in two nutrients- sulphoraphane and selenium. The combination of these two nutrients is said to be 13 times more effective than either one of them alone.

Beyond that, the sulphoraphane found in broccoli also becomes an anti-cancer dynamo when combined with lycopene or with apigenin (another flavonoid). Apigenin is found in apples, endive, beans, broccoli, celery, cherries, cloves, grapes, leeks, onions, barley, parsley and tomatoes. So anything you can imagine that sounds good that combines these will get you many times the cancer-fighting properties of the single food by itself.

Another way to create anti-cancer recipes is to eat meals that combine foods of different colors. When combined they are more likely to give your body what it needs to prevent or fight cancer than if the majority of your meal was all a single color of food. The combinations are endless and the beneficial effects are well worth the effort.

If this whole concept is not new to you there may be a reason why. Even though science has always studied one food at a time, we don’t eat that way. We always eat more than one food at a time. But in the past we’ve usually combined foods together for recipes based on who they taste together rather than how the combination would benefit us nutritionally.
**Rules for the stomach**

The stomach is an important part of our anatomy. Food entering our mouths must be properly prepared for digestion. After being chewed and masticated by the mouth, the food is now sent to the stomach for further processing. The stomach mixes the food in an acid bath for further breakdown of the nutrients. When the acid shifts alkaline to about 5.5 pH the pylorus valve at the base of the stomach opens and the food is passed along to the primary digestive organ the small intestine.

Nature has provided us with a nervous system that regulates this process. This nervous system is designed to prefer a meal over digestion. So if a threat or stress comes to us after a meal, such as a lion attack, our body will shift it’s energy from digestion to the muscles and we can survive by running away. In our present society we have few lions, but our nerves can still stop digestion just as easily.

When we allow the stomach to empty it’s contents prematurely the small intestine is over burdened. The food is not properly prepared for digestion. Then we get an increase in large undigested proteins and large undigested fats that can be absorbed into the lymphatic system. This will enter the free fatty acid and amino acid pool and either clog up the lymphatic system or be used to make cells. Cells which will now be made of poor quality parts. It is not much of a problem if we circumvent the stomach just now and then, but for some the patients, this becomes a way of life. They constantly use ant acids, too much liquid with meals, coffee, milk, or a variety of ways to empty the stomach too early. When the stomach empties there is a release of CCK a hormone which has a slight anti depression or euphoria. This and the release of the stuffy stomach feeling intensifies the addictive quality of the effect. But the long term effects on nutrition are very detrimental. There are rules of the stomach that can maximize nutrition.

The majority of our patients are partially sick because they violate the rules of the stomach. This is the key to weight loss and the healing of a host of other disease. We are seeing more and more evidence of what good nutrition can do. But it is not just what we eat that is important, but what we absorb. Even the best meal or nutrition can result in inappropriate nutrition if we violate the rules of the stomach. Food combining is just part of the answer. As that different foods have different times for stomach digestion. So the stomach can open prematurely from that.

**Rules of the stomach**

1. Fluids alone (no more than 4oz. Of fluid with a meal, or for two hours after a meal)
2. No coffee at meals (wait for 1.5 to 2 hours after or 1 hour before eating)
3. No milk with meals (wait for 1.5 to 2 hours after or 1 hour before eating)
4. Fruits alone (wait for 1.5 to 2 hours after or 1 hour before eating)
5. Melons alone (wait for 1.5 to 2 hours after or 1 hour before eating)
6. Small meal is better Quality of nutrition not quantity
7. Slow meals Savor, enjoy, rejoice, and celebrate the meal
8. Eat for nutrition not for stimulation, Eat when hungry, not when bored
9. Rest comfortably after eating for at least 35 to 45 min. to maximize stomach function
10. Make and eat food with love and kindness, no violent or negative emotions
11. No ant-acids
12. Do not sleep for 3 hours after eating.

When the stomach is weak the signs will be craving fluids with a meal, bloating after a meal, itching skin especially rectum, belching, and gas. The patient will have a difficult time digesting raw vegetables. They will complain that raw vegetables can not be digested. This is not a fluke of their digestion or an inherited weakness. This is a sign of a weak stomach.

Sometimes our children come home from school and say, Daddy I don’t want to go to school any more, it makes my head hurt. We must say back I know it is hard, but you must develop slowly and work to become better. This is what we must say to those with weak stomachs. You must work slowly, day by day building up the stomach by taking some vegetables as juice.

Maybe even very dilute juice and slowly increasing the amount till your stomach develops the strength to process your food properly. The nutrient content of fruits and vegetables is immense, and being able to break up the nutrients and stimulate absorption is needed for complete health and recovery.

The addictive quality of this problem is seen as our society more and more allows for breaking the rules of the stomach. The greater your disease or especially if your disease is critical the more you will need to observe the rules of the stomach. This is a must for proper healing.
YOU ARE WHAT YOU ABSORB

Fossil Lap Rules

Short form (for the longer form see the book)

1. Foods
30% Fresh + Raw fruits and vegetables

Rules:
- Avoid High Glycemic foods.
- Eat Low Glycemic foods.
- Avoid cooked or boiled oil and trans-Fatty-Acids, beer and sugars.
- Eat good cold processed oils, juice vegetables.
- Avoid Pork, lunch meats, bologna, hot dogs and over cooked meats.
- Eat low cooked of meats like chicken, fish, seafood, veal, duck, turkey, buffalo, ostrich, red meat. But meat is always a side dish to vegetables.

2. Oral Symptoms
Do not want to chew, jaw popping or jaw pain, dry mouth
The three main rules are Chew, Chew, Chew. Use your natural juicer. Take care of teeth with good dental hygiene, your jaw with good TMJ massage.

3. Stomach
Symptoms are craving liquids, belching or bloating after a meal. Itchy rectum can mean parasites escaped past the stomach acid. After drinking 4 oz. of beet juice you pee red in the next five or six hours. Ulcers give pain on empty tank perhaps in night, with gas, and hunger. Heart burn or acid reflux is after eating.

Rules: Eat small meals slowly. Drink only small amount of liquid with a meal. Reduce stress during and for 45 minutes after a meal, cabbage juice and or aloe vera heals an ulcer. For acid reflux avoid raw onions, and garlic, exercise the stomach muscles, stop stress and smoking. Fruits alone, fluids alone, milk alone, melons alone, alcohol alone

4. Small Intestine
Symptoms of steatorrhea (not able to digest fats well) are bowel movements that are light in color (white, gray, light tan), sticky, float, oily. Pain 1 to 2 hours after a meal.

Rules: no coffee with meals wait one hour, do not over eat ever, avoid dextrose sugars and high glycemic foods, avoid boiled oil, juice. Do the Mayer diet (take the cure week) once a year.

When you wake up have a large glass of weak citrus juice (grapefruit is best) nothing else for 30 min. fruits alone till noon. No coffee with meals, wait one hour. Use baking soda treatment for three days (This treatment is a combination of pure, 100% maple syrup or honey and non-aluminum baking soda. When mixed and heated together, the maple syrup and baking soda bind together. The maple syrup targets cancer cells (which consume 15 times more glucose than normal cells) and the baking soda, which is dragged into the cancer cell by the maple syrup, being very alkaline forces a rapid shift in pH killing the cell. The actual formula is to mix: one part baking soda with three parts (pure, 100%) maple syrup or honey in a small saucepan. Stir briskly and heat the mixture for 5 minutes. Take 1 teaspoon daily, is what is suggested by Cancer Tutor but one could probably do this several times a day. And one hour before bed on an empty stomach, then add fiber to the meals, take pro-biotic yogurt on an empty stomach at bed.

5. Illeo-Cecal Valve
Symptoms: pain in the lower right abdominal area. Gas, itchy rectum at night, because the parasites love this area to live. Seizures, headaches, depression, mental disturbances.

Rules: avoid popcorn or if you do, do an illeo-cecal massage the day after. Eat fiber, reduce stress after eating. Use an Illeoc-Cecal massage and adjustment. De-Worm once a year.

6. Large Intestine
Symptoms: rectal gas indicates a bowel flora imbalance, diarrhea a disorder of the valve of Houston. Dis-absorption in the bowel of B vitamins makes Dermatitis, Diarrhea, Dementia, or Depression

Rules: Add fiber to the meals; take pro-biotic yogurt on an empty stomach at bed. Supplement natural B vitamins for a week. Colonics, bowel cleanse, enemas can also detox, but use sparingly.

7. Liver Symptoms
1. Yang Jaundice — Thirst, Palpitations, constipation, urinary problem, abdominal distention as well as yellowing of tongue are the major symptoms of whole body jaundice in which the body color changes to somewhat like fresh tangerine color. According to the oriental medicine, this type of jaundice happens from excessive damp and moist heat.
2. Yin Jaundice — Your face, skin and eyes all turn yellow. Severe fever, nausea, poor appetite, lasitude, fatigue, abdominal distention, chest repression, loose stools, hypochondriac pain, cold hands and feet, palpitation, edema and breaking breath are all very common symptoms of Yin Jaundice.
3. Loss of appetite, liver flutter
4. Excessive thirst frequent urination
5. Light colored stools, bloating and distention
6. Headache
7. Problem of skin
8. Allergy
9. Feeling of Dizziness
10. Tinnitus
11. Ticks, Spasms and Tremors
12. Sudden Seizures
13. Stroke
14. Redness and itchiness of eyes
15. Short temperedness and constant irritation
16. Tension and pain in the back
17. Hypochondrical pain
18. Loss of flexibility of tendons and ligaments
19. Depression
20. Mood Swings in fact almost all diseases can come from a liver imbalance

Rules: do a liver gall bladder flush and eat and live right. Live for the liver.

8. Autonomic Nerval balance

Symptoms: Dysfunction of the autonomic nervous system (ANS) is known as dysautonomia. The autonomic nervous system regulates unconscious body functions, including heart rate, blood pressure, temperature regulation, gastrointestinal secretion, and metabolic and endocrine responses to stress such as the “fight or flight” syndrome. Symptoms of the autonomic dysfunction are vaso-vagal or orthostatic intolerance include lightheadedness, palpitations, weakness, and tremors when attempting to assume an upright posture. Less frequently, patients experience visual disturbances, throbbing headaches, and often complain of fatigue and poor concentration. Some patients report fainting when attempting to stand.

Rules: treat adrenal fatigue with SCIO biofeedback and see the adrenal fatigue book

9. Pancreas

Symptoms: over 253 medical symptoms such to say if you are sick your pancreas is involved.

Rules: avoid coffee at meals, avoid stress at meals, avoid milk at meals, no processed sugar, no dextrose, no excess fluids, and no prolonged use of enzymes. Meals cooked with love are foods cooked with hate are poisons.

Lifestyle Changes

Stress reduction must be worked into the lifestyle. Everyone needs to first realize to celebrate each meal and relax afterward to maximize nutritional absorption. This shift to the parasympathetic system will allow the body to use the enzymatic capacity of the body to the max. Stress reduction should be worked into the rest of the life as well. The fast paced life in modern society is so stressful that a release valve is needed. The vacation is designed as a time to relax. Often times the vacation becomes a further source of stress, as when people travel they sometimes become even more obsessed with seeing things or going places. A time that could be spent relaxing can be changed into further stress. Affirmations, meditation, exercise, music, a hobby can all help with stress reduction. But for highly charged executive types start with relaxing after meals.

Avoid high fat content foods. Fat has nine time more calories than other components of food. So even a food that is 50% fat can be overcharged with bad empty calories. The fat collects into the arteries and lymphatics as well as excess adipose tissue. All of these put undue stress on the body. The conditioning of the patient is also important. The body is designed to chop wood and carry water. An exercise program is essential for health. Yoga and stretching of the body is also important. The natural switch book from the International Journal of the Medical art of Homeopathy will outline more detail on exercise and nutrition.

Obeying the rules of the stomach is also very important.

THE FIRST AND MOST IMPORTANT STEP TO CURE CANCER

THE FIRST AND MOST IMPORTANT STEP TO CURE CANCER IS TO CARE. Care for someone. Look into your child’s eyes, your grandchild, your wife, husband, and your own soul. Look deep into your soul. Is not life worth continuing? You could add years to your life, add more Christmases with your family, more holidays, more joy. Every path has sorrow, every path has joy. But you can add more life with some simple rules some simple things, but first you got to care.

Society went wrong with a couple of ideas that made more cancer. High glycemic foods such as dextrose sugar were a mistake. The dextrose weakens the immune system, irritates nerves and increases the risk of cancer. Once you get cancer it feeds the cancer. Eating more and more meat like pork and less and less vegetables was a problem. Boiling in oil is another mistake. Deficiencies of fatty acids make cancer and feed cancer.
Maturity

Maturity is the ability to judge the consequences of today’s positive actions and translate them into the future. The further you can see the positive effects of your behavior in the future, the more mature you are. The problem with people is that a very small miniscule reward now easily takes preference over a powerful punishment tomorrow. The cigarette today becomes more important than lying in a puddle of your own piss and shit anguish for each breath, expiring prematurely, leaving loved ones, and dying before ones time. Lack of care and maturity is the problem. Wellness is simply caring for oneself and Caring for your loved ones. Self Discipline is just as important as anything in Health and Wellness. Maturity and self Discipline also dictates the courage to stand against peer pressure and conventionality. Desire stands for the fight for Health and Wellness. Desire symbolizes this courage.

If you care then control your urges. Is the small reward of the cigarette worth the loss of life, family, self-respect and dignity? It only takes three days to get rid of the physical addiction to cigarettes. The mental addiction takes longer. But, is not your life, family, self-respect and dignity worth three days? Do you care? Have the maturity to see into the future consequences of your actions. The reason you got cancer in the first place was because you didn’t care. Now is the time to care for yourself. And care for your cancer. Take responsibility. CARE.

There are people who will get addicted to cigarettes, sugar, drugs and the refuse to see their decline in health. They say they are strong or different and the laws of physics don’t apply to them. They don’t care about anybody and especially the ones who love them. They wallow in their addiction and laugh at attempts to get them to see how they destroy themselves. Life means nothing to them, Love is but a way to get someone to get them a beer. The tiny stimulus of a cigarette is more important than their family who will one day watch as they painfully wallow in a puddle of their own piss and shit wishing that they could have changed earlier.

There is are scientific names for these people like ASSHOLES, SMUCKS, STUPID, IGNORANT DICKHEADS, IDIOTS, FOOLS, and of course Losers.

These foods must be avoided they feed cancer:

The cells need right handed dextrose sugar for energy. Cancer cells use the dextrose very efficiently. When we intake dextrose sugar it goes into the cells too quickly. This lowers the immune system and feeds cancer. If you have cancer you MUST avoid all use of the high glycemic foods. Throw away all dextrose sugars like cane sugar, sucrose, beet sugar, corn sugar. Use fructose to cook and use one half the old dose of sugar. Fructose is twice as sweet as sugar. Do not over dose on sweets even fructose. Use only natural sweet juice and dilute them one third or one half to taste. In their sold for they are too sweet. Use fruits for your sugars. Use sorbet without dextrose for your ice cream.

Cut corn and potatoes out of your diet. Use squash and yam for your spuds. Avoid salt, pork, food additives, -trans fatty acids. Get good cold processed oils and do not cook with oil. Use oils for
Hospital food feeds cancer.

Hospital food is the worst food. It is full of cheap processed, dextrose, sodium, fats, trans-fats, additives, nitrates etc. Hospital food has fewer nutrients. Hospital food feeds cancer. Hospital food robs nutrients. Hospital food increases disease. If you didn’t have a disease when you went in you do when you come out.

salads and to dip your low glycemic bread into. If you do this you will starve your cancer. But even a slight slip, a small indiscretion can feed the cancer and keep it alive.

Yes high glycemic index foods feed the cancer. The quick addition of glucose surge provides the cancer with the food it needs. Cancer cells can use sucrose as fuel where normal cells cannot. Perhaps you saw a family member with cancer have the tumor grow right after a meat, potatoes, and sugar meal, maybe you watch his cook feed the cancer with his favorite high glycemic foods. Maybe you saw the cancer get worse right after a sugar holiday. Maybe now you understand how this made the cancer worse. Well, Don’t do it again.

If you care you can beat the cancer. But if you don’t care, well do you see why you are sick?

The Sweet Tooth is a symptom of Disease, it means you have a gall bladder concern, or blood sugar disease, Cancer, or some other disease.

You are sick because you don’t care. You need CARE to get better. Start by caring for yourself.

You can see cancers grow after the sugar holidays. The sugar feeds them as that cancer uses the free sugar five times better than regular cells. So you can continue to sometimes eat these cancer feeding foods and watch yourself or your loved one die, die a horrible ugly death. Or you could change your cooking and eating habits and live.

Cancer cells are slightly different than normal cells. They intake dextrose quicker. So surges in blood sugar from high glycemic foods feed them. They intake certain poisons quicker. This is the reason for chemotherapy. There are poisons to all cells but to cancer cells they are more poisonous. More on this later, but for now stop feeding the cancer.
A woman came into my office once with three bald children. As she walked in she handed each of them a sugar sweet so they would be good. I asked why she came. She stated that the children all had cancer. I told her the story of how sugar will kill them, and she said they should die then because what’s life without sugar. I gave her a strawberry and asked if it was sweet. I explained that fructose was sweeter and won’t kill the children. She said it was too expensive to buy fruit when candy is cheap. The children died, and what do you think is the cause of death. It is too bad.

Low Glycemic Index List

- Peanuts 15
- Artichoke 15
- Asparagus 15
- Broccoli 15
- Cauliflower 15
- Celery 15
- Cucumber 15
- Eggplant 15
- Green beans 15
- Lettuce 15
- Low-fat yogurt, artificially sweetened 15
- Peppers 15
- Snow peas 15
- Spinach 15
- Summer squash 15
- Tomatoes 15
- Zucchini 15
- Soybeans, boiled 16
- Cherries 22
- Blue Berries 22
- Black Berries 22
- Raspberries 22
- Cabbage 22
- Lemon 22
- Lime 22
- Straw berries 23
- Tofu 23
- Radishes 23
- Onions 23
- Peas, dried 22
- Pearl barley 25
- Grapefruit 25
- Milk, whole 27
- Spaghetti (Vegetable) 27
- Kidney beans, boiled 29
- Lentils green, boiled 29
- Soy milk 30
- Apricots (dried) 31
- Milk, fat-free 32
- Milk, skimmed 32
- Fettuccine 32
- M&Ms (peanut) 32
- Chickpeas 33
- Rye Bread 34
- Milk, semi-skimmed 34
- Vermicelli 35
- Spaghetti, whole wheat 37
- Apples 38
- Pears 38
- Tomato soup 38
- Green beans 38
- Plums 39
- Ravioli, meat 39
- Brown rice 45
- Oates Oatmeal 47
- Oatmeal cookie 47
- with fructose 47
- Raisins 48
- Yams 48
- Fructose cola 49
- Carrots 46

These are the foods for a cancer diet, do not use cane or any dextrose sugar or honey. Do not use excess salt. Use fructose, spices and variety to give culinary flavor, and taste.

Cold processed natural vegetable oil are excellent added after cooking to dishes.
as a beer substitute

use:

One pint sized glass, add one shot of quality vodka (Finlandia is my favourite) then put in 100% apple juice and fizzy water half and half.

This gives us the fizz like beer, a cider beer taste and is easily available to all.

Now there is no dextrose. Most commercial ciders add sucrose. Un-sweetened blackberry can darken, ginger, cinnamon, or tumeric for taste variation.

Add a Dash of Periwinkle Extract (VINCA) or Burdock for a bitter and your got a natural Chemo-therapy Brew

2/day maximum

The SCIO can undo the damage by regulating and balancing the Body Electric’s Regulatory Processes + increasing VARHOP.
that we don’t allow a second cause of death to be listed on the certificate, second causes like, stubbornness, ignorance, cheap, or just plain stupidity.

The high glycemic index foods not only feed cancer they go into fat quicker as well. So we can understand the fat epidemic, the cancer epidemic, the rampant disease epidemic. The escalating cost of health care and the profit behind it all. (See the evidence based medicine book)

The following are foods to eat:

Now it might appear that you are giving up life. No you are only giving up illogical programming and bad habits. Our bodies developed the sweet tooth to find the berries and fruits which are healthy sweet to the taste but alkaline forming in the body, full of nutrition. But along came sugar with its high glycemic rush and we like the instant surge. Not realizing the fall in blood sugar would follow and the fall would be five times longer. Women all like to multi-task and cooking could be done easier with cooking in boiled oil. Women could go clean etc. So a host of bad nutrition habits led to the rise in cancer.

It only takes a few short weeks to acclimate to the new diet and find the flavor with health in new foods. It takes a good cook paying attention to the foods.

Attention starts with the shopping trip. If you don’t buy the bad foods you won’t eat them. But the marketing people know how to market and get your attention while putting sugar, sodium and trans-fatty acids into the food they dupe us into buying.

This change in diet means that you can have all the things you had before just change a few things.

Your Body Cells need Right Handed Sugar Dextrose Known as Glucose. Cancer cells feed on this Glucose. When we eat dextrose like sucrose we feed the cells too fast, this produces disease and FEEDS THE CANCER cells. Fructose is a laevulose (left handed sugar) which needs conversion and stabilization to become glucose. Fructose in small amounts will starve the Cancer.

But you can have a good life; I have made several tips, recipes and suggestions for you. One is alcohol. Alcohol itself is not a dextrose, but it is most often combined with sucrose. Many studies have shown that a small amount of alcohol is healthy. One to two glasses of alcohol can produce relaxation, release stress, reduce depression, and help thin the blood. But we want to avoid the sucrose and maltose, so beer is out as is most mixed drinks made with sucrose or sucrose sodas. As a beer substitute use:

One pint sized glass; add one shot of quality vodka (Finlandia is my favorite) then put in 100% apple juice and fizzy water half and half. This gives us the fizz like beer a cider beer taste and is easily available to all. Now there is no dextrose. Most commercial ciders add sucrose. Unsweetened blackberry can darken, ginger, cinnamon, or turmeric for taste variation. Add a Dash of Periwinkle Extract (VINCA) or Burdock for a bitter and you got a natural Chemo-therapy Brew. 2/day maximum

Fresh ginger, or ginger root, is a powerful anti-inflammatory that combats certain cancer cells and helps slow tumor growth. A ginger infusion can also alleviate nausea from chemotherapy or radiotherapy. It is used with sushi to kill parasites. Use freely and daily.

How to Use It: Add grated fresh ginger to a vegetable stir-fry or fruit salad. Or, make an infusion by slicing a 1-inch piece of ginger and steeping it in boiling water for 10 to 15 minutes; drink hot or cold. Add to the alcohol drink to make a ginger beer flavor.

Below is a picture of Vinca Minor, Periwinkle
Cancer RX
Martini

1 part Pinky Vodka
St-Germain
Float of Champagne
French lavender infused
Japanese Boba
Lavender &nd Monin

Infuse boba pearls with fresh lavender &nd Monin.
Lavender &nd Periwinkle Flowers for 48hr. Bathe the
boba with float of champagne in a chilled martini
glass. Stir in Pinky and St-Germain. Strain into the
champagne. Pour the Monin into the martini and it
will layer itself at the bottom of the cocktail.
Elder berries for immune stimulation and anti-inflammation

ELDERBERRY WINE
- 10 lbs fresh, ripe elderberries remove insects
- 1 lbs finely granulated fructose
- 4-1/2 to 5 pints RO water
- 1 tsp yeast nutrient
- 1 tsp pectic enzyme
- Montrachet wine yeast

Wash, destem and inspect the berries for ripeness and soundness. Put berries in a stainless steel or enameled pot with 1/2 pound of fructose sugar and half the water. Slowly bring to boil while stirring occasionally and turn off heat. Cover and set aside to cool to room temperature. Strain berries over primary through a nylon straining bag and hang bag over primary to drip drain for two hours. Very gently press pulp to extract a little more juice, but do not overdo this. Stir in remaining fructose sugar and dry ingredients (except yeast) and stir well to dissolve. Add enough water to bring to one gallon and add yeast. Cover primary and wait for active fermentation. Ferment 2 weeks and siphon off sediments into secondary. Top up and fit airlock. Ferment two months, rack, top up, and refit airlock. Repeat after additional two months. Stabilize, wait 10 days, rack, sweeten to taste, and bottle. Age one year before tasting. [Adapted from Julius H. Fessler’s Guidelines to Practical Winemaking]

According to experts, superfoods are edibles densely packed with antioxidant vitamins and other nutrients. Despite having been around for years, it’s still sometimes surprising which foods qualify as super. Here are 10 delicious foods that happen to be ultra-healthy and stimulate the immune system.

Pumpkin
Used most in a super-sweet pie filling, pumpkin, on its own, is highly-nutritious. The fruit contains antioxidants like carotenoids, a defense against cell damage, as well as lutein and zeaxanthin, which can help prevent cataracts and macular degeneration, an eye disease that can result in blindness. When baked with spices—sweet or savory—pumpkin is a delicious, healthy side dish or snack. One of the richest foods in Potassium it helps the heart muscles as well as the immune system.

Cinnamon
This slightly sweet spice helps to slow down the rush of sugar to the blood, known to affect insulin levels and sometimes cause weight gain. It’s also an anti-inflammatory, which means it can help delay the onset of aging.

Tomato Paste
No-salt or low-salt tomato paste has the highest concentration of lycopene of all tomatoes or tomato products, according to Pratt. The phytochemical is a natural blood thinner and a strong defense against certain diseases like prostate cancer.

Frozen Blueberries
Don’t worry about losing nutrients by freezing your fruit—that’s a fallacy, according to Pratt. Any kind of blueberry—frozen or unfrozen—is good for you. The fruit is filled with immune-boosting Vitamin C and antioxidants said to improve brain function. Research at the Boston-based USDA Human Nutrition Research Center on Aging showed that blueberries can help to increase the number of cells in the area of the brain responsible for memory.

Wasabi
Japanese horseradish—a potent condiment often eaten with sushi—has several potential health benefits. It’s said to help prevent everything from ulcers and tooth decay to blood clots and asthma. It also has antibacterial properties.

Eggs
This popular, cheap food was once associated with high cholesterol and heart disease. However, more recent studies have found that notion to be false. An egg, on average, only contains 1.5 grams of saturated fat. They also contain vitamin D (which keeps bones strong), choline—a nutrient that aids in heart and brain health—and sulfur and other minerals, great for keeping hair and nails strong.

Black Tea
Although green tea is often lauded for its health benefits, black tea—more popular in the West—comprises theaflavins and thearubigens, which have been found to be effective in preventing dementia and lowering cholesterol.

Avocados
Sure, this buttery fruit is high in fat, but it’s primarily monounsaturated fat, which means it doesn’t clog arteries. Avocados are also high in potassium (which can reduce the risk of high blood pressure), B vitamins (which promote healthy skin and muscle tone), vitamin E (which protects against cardiovascular disease) and vitamin K (which improves bone health), as well as insoluble and soluble fiber, which help aid in digestion.
Buckwheat Honey

In general, honey is categorized as a high-glycemic food, which means it causes a spike in the body’s sugar levels. But dark honey, like buckwheat, neutralizes sugar levels, according to Pratt. The sweeter is also an anti-inflammatory packed with anti-oxidants, which help improve brain and heart functions. It also has anti-bacterial properties and is used to help heal wounds in certain cultures.

Raw Chocolate

We’re not talking about Hershey’s here. Raw chocolate—or the cacao nut—is the real superfood. (Any chocolate that’s below 70% cacao has very little nutritional value.) Along with omega-3 fatty acids, which help reduce the risk of heart disease, the bitter nut contains magnesium, plant-source iron and phenylethylamine, said to enhance one’s mood. There are chemicals that act like oxytocin the bonding hormone. So chocolate is the candy of love.

Waist Size Matters, Fit or Not

Some fitness tests monitor waist size. Here’s why it matters.

Q: I’m in the armed forces and required to pass a physical fitness test every year that includes timed pushups and sit-ups, a mile and a half run, and measurements for body mass index and waist circumference. Many of my colleagues believe that if a person is fit, their waist size should not matter. Is this really a necessary part of a fitness assessment?

A: Your assessments are rating you not just on your fitness level, but on your health status, too. Standardized fitness tests like pushups and the timed 1.5-mile run are used to indicate the status of your cardiovascular and muscular endurance.

But BMI and waist measurements are not evaluating your physical fitness. They’re assessing your health risks.

The BMI is the starting point; it reflects your relative weight for your height and is generally associated with body-fat percentage. The average person with a BMI of 25 or above is considered overweight because, at this BMI, health risks increase for conditions such as high blood pressure and high cholesterol and/or glucose intolerance.

However, fit people aren’t necessarily at risk of poor health simply because they have a slightly higher BMI. Since a trained exerciser tends to have more lean body mass, he or she can be heavier than normal, but also leaner than normal.

So an above-normal BMI is not necessarily a reflection of the risks associated with being overly fat—unless a person has excess fat in their abdominal area. Ab fat is associated with increased risks of morbidity and diseases like cardiovascular disease and diabetes.

Generally, a person with an “overweight” BMI who has a waist circumference that is greater than 35 inches for women or greater than 40 inches for men is considered to be a candidate for weight-loss treatment to prevent more weight gain that could lead to obesity, and to produce modest weight loss.

Although the best way to gauge the amount of excess visceral fat is with high-tech equipment such as CT scans and MRIs, these methods are pricey and impractical.

So waist circumference is used as a measure of whether excess fat in the abdomen is out of proportion with a person’s total body fat, according to National Institute of Health’s Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults.

So that’s the likely reason your fitness test includes waist size.

Of course, the health benefits that come with being highly fit may actually trump the health risks a bigger belly poses. In fact, researchers at The Cooper Institute in Dallas found that being fit and fat is healthier for men and women than being unfit and thin.

But you can also be fit and unhealthy, or fit in ways that aren’t necessarily helping your health all that much. For example, if you are in great shape but eat poorly and drink too much alcohol, you may be able to win a race and lift a heavy log—but you could still have atherosclerotic plaque in your blood vessels.

Or, if you are strong but not cardiovascularly fit — you do well in the pushup and sit-up portion of the test, but only average in the timed run — and you have extra flab in your gut, your fitness is not the type that can provide you with the most protection against certain health conditions. Being fit is the key for all-around health—and having less abdominal fat is healthier.

The best indicator of heart risk is the ratio of stomach circumference to thigh circumference. The stomach should not be twice the thigh. When it gets to 2.5 times the size there is a problem that cannot be denied.

At three times the size there is a dramatic problem and an extreme risk of heart attack.

Skip the Burgers and Throw Some Veggies on the Grill Health concerns raised by barbecued meats spur new ideas for the summer cookout

Eating meat that’s charred or well-done raises the risk of pancreatic cancer, according to a recent study. Grilled veggies don’t carry the same risk.

“It doesn’t mean if you eat well-done steak that you will get cancer, but it is more evidence to suggest a relationship exists between eating grilled meats and certain cancers,” said Denise Snyder, a nutrition researcher at the Duke University School of Nursing. Snyder was not involved in the study, which was recently presented by Minnesota researchers at an annual cancer meeting.

While red meat and processed meats such as hotdogs are high on the list of foods to eat only in limited quantities, all meats -- including chicken, pork and fish -- can also generate a cancer-causing reaction when cooked on a hot grill, Snyder said.

“When you apply high temperature to any grilled meat, it breaks down the muscle proteins and creates a cancer-causing substance which can damage our DNA and genetic material,” Snyder said. “That can jump-start the cancer development process.”

In the study, which was presented at the American Association for Cancer Research’s annual meeting in Denver in April, researchers used survey information about meat intake and preferred cooking methods from 62,581 participants.
Researchers found that those who preferred very well-done steak were 60 percent more likely to develop pancreatic cancer compared to those who ate steak less well-done or did not eat steak. High heat is believed to cause a chemical reaction that transforms amino acids and creatine found in muscle tissue into carcinogenic compounds called heterocyclic amines.

While not a call to give up the backyard barbecue, there are steps you can take to reduce your risk.

- Try grilling more fruits and vegetables. Mushrooms, peaches, zucchini and pineapple are nutritional good choices and taste great when grilled. Skewer them to make grilling easier.
- Use a meat thermometer to make sure you don’t keep the food on the grill any longer than necessary and use the lowest temperature to cook your food thoroughly.
- Microwave food for a short time before putting it on the grill and throw away the juices, which contain many of the potentially harmful chemicals.
- Choose thinner, leaner cuts of meat or kabobs, which cook faster and cut down on the time carcinogens have to form. Also, flip food frequently to prevent charring.
- Line the cooking surface with punctured foil to create a barrier between the coals and the meat. Flare-ups caused by dripping fat can coat the meat in smoke that contains cancer-causing substances.
- Use marinades, some of which have been shown to reduce the formation of cancer-causing substances.
- Raise your grill rack to keep the meat away from the direct heat.

**Do Anti-Cancer Superfoods Really Work?**

The short answer to this question is—drum roll, please—yes. They really do. While studies are ongoing, and in many cases experts still don’t know exactly how these superfoods work, there’s strong evidence that certain fruits and vegetables rich in plant-based nutrients can both prevent tumors from starting and halt their growth. Here, the top foods to work into the family diet if you’d like to cut cancer risk or help those with cancer recover. And who wouldn’t?

- **Blueberries, açai berries, raspberries, and cranberries**
  The rich, dark colors of blueberries, Brazilian açai berries, raspberries and cranberries come from phytochemicals that protect against numerous types of cancer. Most recently, researchers at the University of Florida found that the active ingredient in açai berries destroyed cancer cells when tested in cell cultures. And blueberries and muscadine grapes contain compounds that recent research shows cause cancer cells in the liver to self-destruct. In studies particularly important to women, cranberries have recently been discovered to be an important weapon in the fight against deadly ovarian cancer: Studies reported at the annual meeting of the American Chemical Society found that ovarian cancer cells that were becoming resistant to platinum chemotherapy—the standard of care for ovarian cancer—became six times more sensitive when exposed to a compound in cranberries.

  The anti-cancer properties of all these berries are so strong that researchers have developing concentrated supplements and other products such as purees and concentrates.

- **Green tea**
  One of the first plant-based chemicals to be studied for its anti-cancer properties, catechins—the chemicals in green tea—have been known for some time to prevent and reduce recurrence of breast and other cancers. With this particular chemical, experts even know why: a chemical known as EGCG inhibits breast tumor growth, a University of Mississippi study shows. Just two cups a day is enough to do the trick.

- **Garlic**
  Numerous studies over the years (more than 30 different studies to date) have documented the anti-cancer properties of garlic. The strongest evidence so far has focused on digestive cancers, but garlic appears to protect against all types of cancer, including breast and prostate. According to the National Cancer Institute, an analysis of seven different large-scale population studies showed that the more raw and cooked garlic a person consumed, the lower the risk of stomach and colorectal cancer; one study found that middle-aged women who regularly consumed garlic had a 50 percent lower risk of developing colon cancer. Scientists have isolated two active ingredients in garlic, allicin and allyl sulfur, and demonstrated that they prevent and fight cancer in both animals and humans; you can take garlic in supplement form but the capsules must be enteric-coated to protect these active ingredients. Add crushed, fresh garlic to your meals whenever possible; some experts also recommend waiting 15 minutes between peeling and chopping the garlic to get the full effects of the active compounds.

- **Broccoli and cabbage**
  British researchers made headlines last year with a study that showed that men with early signs of developing prostate cancer prevented tumor growth by eating broccoli four times a week. Other studies have shown anti-cancer benefits from eating cabbage, Brussels sprouts, and other cruciferous vegetables.

- **Onions and leeks**
  According to the National Institutes of Health, studies of people from southern Europe who eat a diet high in garlic and onions show a direct relationship between high consumption of “allium” vegetables (all types of garlic, onions, and leeks) and reduced risk of many common cancers.

- **Tomatoes**
  Harvard researcher Edward Giovannucci reviewed 72 different studies published by the National
Cancer, Institute, and concluded that lycopene, the active chemical in tomatoes, lowered the risk of many different cancers, particularly prostate, breast, lung and colon cancer. Subsequently, the FDA conducted a review of its own and disagreed, refusing food companies’ request to label tomato products with an anti-cancer health promotion message. However, many experts believe the FDA’s process was flawed and that tomatoes will be vindicated by further studies. The good news: cooking tomatoes seems to enhance the effects of lycopene, qualifying tomato-based spaghetti sauce as a nutritional powerhouse. Bring on the pasta!

- **Resveratrol**
  The hype about red wine centers on an antioxidant called Resveratrol that’s present in grapes and grape juice, but is most concentrated in red wine. Numerous studies show that Resveratrol possesses powerful anti-cancer activity. Teams at several universities and cancer centers are studying Resveratrol’s effects against specific types of cancer. Most recently, a University of Nebraska study published in Cancer Prevention Research demonstrated that Resveratrol suppresses the abnormal cell growth that leads to most types of breast cancer. Breast cancer is fueled by estrogen, and Resveratrol acts to block the action of the estrogen, preventing it from feeding tumor growth. Previously, research conducted at the University of Alabama at Birmingham showed that mice fed a diet enriched with Resveratrol had an 87 percent reduction in their risk of developing prostate tumors of the most dangerous kind.

The problem, however, is that higher alcohol intake has been linked to cancer as well, particularly breast and esophageal cancer. The solution? One glass of red wine a day, unless you’re at risk for or have one of these types of cancer, in which case a Resveratrol supplement is a better idea.

- **Soy**
  The active ingredient in soy is genistein, which is a phytosteroid that protects against hormone-dependent cancers. It’s also a powerful inhibitor of several proteins that are implicated in the uncontrolled growth of cancer cells. To get the anti-cancer benefits of soy, you need to consume about 50 grams per day of the whole food, such as raw fresh soybeans, known as edamame, dry roasted soybeans, or tofu. The research to date shows that supplements containing isoflavones don’t work with the same action as soybeans themselves and in fact can be bad for you rather than good.

- **Turmeric**
  The orange-yellow spice turmeric, best known for its role in Indian curries and other Asian dishes, fights cancer because of an active ingredient, curcumin, that’s a powerful antioxidant. Researchers at Ohio State University in Columbus reviewed numerous animal studies and concluded that curcumin demonstrated anti-cancer effects at virtually all stages of tumor development.

Researchers in France and Britain also have been studying curcumin’s action in the laboratory and concluded that it prevents and slows tumor cell growth. The great news about turmeric is how easy it is to work into the diet, because you don’t need very much. Add a teaspoon of the spice to soups, salad dressings, meat and pasta dishes and you’ll reap the preventative effects.

Watch out, though; according to the American Cancer Society, turmeric made certain anti-cancer drugs less effective when studied in animals and test tubes. Cancer patients shouldn’t add a lot of turmeric to their diets or take curcumin supplements without talking to their doctors first.

- **Watercress and spinach**
  Watercress isn’t exactly a major part of the American diet. But maybe it should be, according to researchers in Ireland, who released studies in the past two years showing that eating watercress everyday can prevent the DNA damage that leads to cancer. Research published in the American Journal of Clinical Nutrition—but conducted in Ulster, where people are more comfortable eating watercress—found that antioxidants in the nutrient-rich greens prevented free radicals from damaging healthy cells. Spinach, which we’re all more familiar with, is also a cancer fighter; research conducted by the M. D. Anderson Cancer Center in Texas showed spinach to protect against bladder cancer. The chemical that gives spinach its dark green color, chlorophyllin, proved to reduce the risk of liver cancer in research by the National Academy of Sciences. Who cares about muscles? Here’s a much more important reason to eat your greens.

The short answer to this question is—drum roll, please—yes. They really do. While studies are ongoing, and in many cases experts still don’t know exactly how these superfoods work, there’s strong evidence that certain fruits and vegetables rich in plant-based nutrients can both prevent tumors from starting and halt their growth. Here, the top foods to work into the family diet if you’d like to cut cancer risk or help those with cancer recover. And who wouldn’t?

**Dr. Johanna Budwig diet**

Cancer, Arthritis, Multiple sclerosis, Psoriasis, Eczema, Acne, ...

**Flaxseed oil and cottage cheese**

Six time Nobel award nominated doctor says this essential nutrient combination actually prevents and cures cancer!

Read Flaxseed oil Testimonials:


Six time Nobel award nominated doctor says this essential nutrient combination actually prevents and helps body to cure cancer!

by Robert Willner, M.D., Ph.D.
(author of “The Cancer Solution”).

**Dr. Johanna Budwig Mix:**

**Put in your blender:**

- 1 cup Organic cottage cheese (low fat, not too hard one, best make your own or yogurt)
- 2-5 Tbsp. of flaxseed oil
- 1-3 Tbsp. of freshly ground up flaxseed (coffee grinder ($15) works fine)
- enough water to make it soft
- little cayenne

A touch of other cold processed oils can help as well. Use some drops of olive, sesame, sunflower, soy, coconut, avocado, carrot, lettuce, nutmeg, and mustard oils to add some extra flavor and a complete source of the fatty acids you need. Lecithin is a phosphatydil choline phosphorated fatty
acid, Vitamin A, E, K, omega 3-6, all can add to the free fatty acid pool you need for total health.

Writes Desiré.

Optional:
- little garlic
- little red pepper
- little champagne

Make it very soft. Eat some of it every day.

(PS Adjust quantities for your taste!)

The Budwig Flax Oil Diet

The Flaxseed (Linseed) oil diet was originally proposed by Dr. Johanna Budwig, a German biochemist and expert on fats and oils, in 1951 and recently re-examined by Dr. Dan C. Roehm M.D. FACP (Oncologist and former cardiologist) in 1990. Dr. Roehm claims: "this diet is far and away the most successful anti-cancer diet in the world".

Budwig claims that the diet is both a preventative and a curative. She says the absence of linolic acids (in the average western diet) is responsible for the production of oxidase, which induces cancer growth and is the cause of many other chronic disorders.

The beneficial oxidase ferments are destroyed by heating or boiling oils in foods, and by nitrates used for preserving meat, etc.

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.

Ferments of cell respiration closely connected with the highly unsaturated fatty acids, are also needed for proper oxidation. It is essential to use only unrefined, cold-pressed oils with high linolic acid content, such as linseed, sunflower, soya, poppy seed, walnut, and corn 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, are also included in the diet. Honey is also beneficial. Most of the synthetic vitamin A preparations are bad because they contain oxidation products, but much carotene as provitamin A (from carrot) is consumed. Vitamin B from buttermilk, yoghurt, and natural yeast is beneficial.

A person requires daily about 4 oz. of cottage cheese mixed well with 1.5 oz. of linseed oil and 1 oz. of milk. A blender or egg beater works fine. The mixture an be sweeten with honey or otherwise flavoured naturally. Fresh fruits can be added. Every morning 2 spoonfuls of freshly ground linseed oil should be taken in lukewarm buttermilk or yoghurt.

The diet is indicated for all kinds of chronic diseases, especially heart ailments (corony thrombosis), gall disorders, diabetes, arthritis, and malignancies. It improves failing hearing and sight. It is the ideal nutrient for children and infants. It is suggested that this diet be supplemented with lactic acid ferments (4).

“What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)..." (Roehm, "Townsend Letter for Doctors", July 1990)

GENERAL RULES

The patient has no nourishment on day #1 other than 250 ml (8.5 oz.) of Flax Oil with honey plus freshly squeezed fruit juices (no sugar added!). In the case of a very ill person, champagne may be added on the first day in place of juice and is taken with the Flax Oil and honey. Champagne is easily absorbable and has a serious purpose here.

1. SUGAR IS ABSOLUTELY FORBIDDEN. Apple juice may be added to sweeten any other freshly squeezed juices.

2. Other 'forbidden' are:
   - All animal fats.
   - All Salad Oils (this included commercial mayonnaise)
   - All Meats (chemicals & hormones)
   - Butter
   - Margarine
   - Preserved Meats (the preservatives block metabolism even of Flax Oil)

3. Freshly squeezed vegetable juices are fine - carrot, celery, apple, and red beet.

4. Three times daily a warm tea is essential - peppermint, rose hips or grape tea - all sweetened as desired with honey. One cup of black tea before noon is fine.

DAILY PLAN

Before breakfast - a glass of Acidophilus milk or Sauerkraut juice is taken.

- **Breakfast** - Muesli (regular cereal) is overlaid with 2 tablespoons (30 ml) of Flax Oil and honey and fresh fruit according to season - berries, cherries, apricots, peaches, grated apple. Vary the flavour from day to day. Use any nuts except peanuts! Herbal teas as desired or black tea. A 4 oz. (120 g) serving of THE SPREAD (directions below). This is fine to eat ‘straight’ like a custard, or add it to other foods taken in the day as you will see.

- **Morning tea (10am)** - A glass of fresh carrot juice, apple, celery, or beet-apple juice is taken.

- **Lunch** - Raw salad with yoghurt-Flax Oil Mayonnaise (directions below). In addition to ‘greens’ salads, use grated turnips, carrots, kohlrabi, radishes, sauerkraut or cauliflower. A fine powder of horseradish, chives or parsley may be added for flavour.

- **Cooked Meal Course** - Steamed vegetables, potatoes, or such grains as rice, buck-wheat or millet may be served. To these add either THE SPREAD or THE MAYO - for flavour and to up your intake of Flax Oil. Also mix THE SPREAD with potatoes for an especially hearty meal. Add caraway, chives, parsley or other herbs.

- **Dessert** - Mix fresh fruit other than those used for breakfast with THE SPREAD, this time (instead of honey), flavoured using cream of lemon, vanilla or berries.

- **Afternoon Tea (4pm)** - A small glass of natural wine (no preservatives) or champagne or fresh fruit juice with 1-2 tablespoons of honey-coated Fax Seeds.
Supper - Have this early, at 6pm. Make a hot meal using buckwheat, oat or soy cakes. Grits from buckwheat are the very best and can be placed in a vegetable soup, or in a more solid form of cakes with herbal sauce. Sweet sauces & soups can always be given far more healing energy by adding THE SPREAD. Only honey or grape juice can be used for sweeteners. NO white sugar (or brown!) Only freshly squeezed juices and NOT reconstituted juices (preservative danger) may be used. These must be completely natural.

How to prepare ‘THE SPREAD’
Place 250 ml (8.5 oz.) Flax Oil into a mixer bowl and add one pound (450 g) of 1% Cottage Cheese (i.e. low fat e.g. Quark) and add 4 tablespoons (60 ml) of Honey. Turn on the mixer and add just enough low fat milk or water to get the contents of the bowl to blend in together. In 5 minutes, a preparation of custard consistency results that has NO taste of the oil (and no oily ‘ring’ should be seen when you rinse out the bowl).
Alternatively, you can use Yoghurt instead of Cottage Cheese in proportions of 1 oz. (30 g) of Yoghurt to 1 tablespoon (15 ml) each of Flax Oil and of honey and blend as above.

• NOTE: When Flax Oil is blended like this, it does not cause diarrhoea even when given in large amounts. It reacts chemically with the (sulphur) proteins of the cottage cheese, yoghurt, etc.

How to prepare ‘THE MAYO’ (Mayonnaise):
• Mix together 2 tablespoons (30 ml) Flax Oil, 2 tablespoons (30 ml) milk, and 2 tablespoons (30 ml) Yoghurt.
• Then add 2 tablespoons (30 ml) of Lemon juice (or Apple Cider Vinegar) and add 1 teaspoon (2.5g) Mustard plus some herbs such as marjoram or dill.
• Next add 2 or 3 slices of health food store pickles (no preservatives! - read label!) and a pinch of herbal salts.

(The above mayonnaise plus lots of mustard and a few bananas is very tasty!)
A touch of other cold processed oils can help as well. Use some drops of olive, sesamew, soy, coconut, avocado, carrot, lettuce, nutmeg, and mustard oils to add some extra flavor and a complete source of the fatty acids you need. Lecithin is a phosphatidyl choline phosphatated fatty acid, Vitamin A, E, K, omega 3-6, all can add to the free fatty acid pool you need for total health.

Concluding remarks by Dr. Roehm - "I only wish that all my patients had a PhD in Biochemistry and Quantum Physics to enable them to see how with such consummate skill this diet was put together. It is a wonder. The champagne vehicle IS easier to assimilate and get someone almost on their death-bed going again. A retention enema of 250 ml (8.5 oz.) of oil is another route to get this precious life-furthering, ELECTRON-RICH oil into the body. It can also be applied to the skin for transdermal absorption. I’ll answer your questions and give you “special orders” for you particular case.
You will have to remain on this diet for a good 5 years, at which time your tumor may have disappeared. Persons who break the rules of this diet, Dr. Budwig reports, (i.e. eating preserved meats, candy, etc) will sometimes grow rapidly worse and cannot be saved after they come back from their spree (bonbons mean bye-bye).
In 1967, Dr. Budwig broadcast the following sentence during an interview over the South German Radio Network, describing her incoming patients with failed operations and x-ray therapy":

“Even in these cases it is possible to restore health in a few months at most, I would truly say 90% of the time”.

“This has never been contradicted, but this knowledge has been a long time reaching this side of the ocean, hasn’t it? Cancer treatment can be very simple and very successful once you know how. The cancer interests don’t want you to know this. May those of you who have suffered from this disease (and I include your family and friends in this) forgive the misconceptions who have kept this same information from reaching you for so long”.

(signed) Dan C. Roehm, M.D. FACP
“The best, purest, most carefully prepared Flax Oil in America is, in my opinion”, said Roehm, “is Omegaflax. Arrowhead mills label is most often seen in Florida (USA). Look for the Omegaflax”.
“FLAX (LINSEED) OIL is readily denatured by oxygen, heat, and light. That’s why it is used in paint. Rancid oil is bad for health, so oil MUST be carefully produced, packed under nitrogen in light-proof containers, refrigerated until used, used as fresh as possible, and stabilized with protein (THE SPREAD, etc) promptly once the container is opened…”
Flax Seeds may also be used. Seeds need only be cracked in a food blender, or they may be ground in a coffee grinder. One needs three times the amount of seed to get the oil equivalent. Seeds are high in calories, so one may gain weight. The seeds are also high in soluble fibre, so blending with liquid tends to produce ever-hardening “jellies”. Fresh-cracked seed sprinkled on muesli & eaten promptly tastes great.

Ed McCabe (p85, “Oxygen Therapies”) discusses his point of view on essential fatty acids:
“The red blood cells in the lungs give up carbon dioxide and take on oxygen. They are then transported to the cell site via the blood vessels, where, they release their oxygen into the plasma. This released oxygen is “attracted” to the cells by the “resonance” of the pi-electron” oxidation-enhancing fatty acids. Otherwise, oxygen cannot work its way into the cell. “Electron rich fatty acids” play the decisive role in “respiratory enzymes, which are the basis of cell oxidation…”.

“Don’t eat anything hydrogenated like (like margarine, or fried foods) as it defeats oxygenation. Avoid products that say “hydrogenated”.

“We should eat essential polyunsaturated fatty acids to enhance oxygenation. They can be found naturally in Carotene, Saffron, and Flaxseed oil.”

References
Who is Dr. Johanna Budwig?

Dr. Johanna Budwig is known and highly respected around the world as Germany’s premier biochemist. In addition, Dr. Budwig holds a Ph.D. in Natural Science, has undergone medical training, and was schooled in pharmaceutical science, physics, botany and biology. In all courses, this brilliant scientist excelled. She is best known for her extensive research on the properties and benefits of flaxseed oil combined with sulphurated proteins in the diet, and over the years has published a number of books on the subject, including “Cancer—A Fat Problem,” “The Death of the Tumor,” and “True Health Against Arteriosclerosis, Heart Infarction & Cancer.”

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.

In the mid 1950’s, Dr. Budwig began her long and meticulous research on the importance of essential fatty acids (linoleic and linolenic) in the diet. Her subsequent discoveries and announcements sparked mixed reactions.

While the general public was eager for this astounding information, German manufacturers of commercial dietary fats (margarine, hard shortening, vegetable oils) went to extremes to prevent her from publishing her findings.

Fortunately, while Dr. Budwig’s vital announcements were initially met with resistance backed by those with financial stakes in the commercial fats industry, her persistence paid off. Today, Dr. Johanna Budwig is world renowned for her important discoveries on the benefits of flaxseed oil. Her fame precedes her as she lectures all over Europe.

Fats-Good and Bad

Dr. Johanna preaches against the use of what she calls “pseudo” fats. In order to extend the shelf life of their products, manufacturers use chemical processes that render their food products harmful to the body. These harmful fats go by a number of names, including “hydrogenated,” “partially hydrogenated” and even “polyunsaturated.”

The chemical processing of fats destroys the vital electron cloud within the fat. Once the electrons have been removed, these fats can no longer bind with oxygen, and they actually 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.

Chemically processed fats are not water-soluble when bound to protein. They end up blocking circulation, damage heart action, inhibit cell renewal and impede the free flow of blood and lymph fluids. The bio-electrical action in these areas slows down and may become completely paralyzed. The entire organism shows a measurable loss of electrical energy which is replenished only by adding active lipids to the diet. These nutritional fats are truly vital for man and beast alike.

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, even for the sensory organs (eyes and ears), and for the body’s adjustment to heat, cold and quick temperature changes. 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. True polyunsaturated fats greedily absorb proteins and oxygen and pump them through the system.

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.

Proven Benefits Still Pouring In

Since Dr. Johanna Budwig’s findings on the benefits of flaxseed oil have been widely publicized, scientists around the world have eagerly jumped on the bandwagon. Studies conducted using flaxseed oil on numerous disorders have been pouring in from all over the world, showing impressive results, including anti-tumor activity, increased metabolism, greatly boosted immune system, reduced cholesterol levels, normalized blood pressure levels and inhibition of cancer cell growth.

Books research reports, articles and testimonials abound, all touting the healthy benefits achieved by supplementing the diet with organic, raw, cold-pressed flaxseed oil with low-fat cottage cheese. Dr. Budwig’s research was based on using the ratio of 2 tablespoons flaxseed oil mixed with one-quarter cup of low fat cottage cheese. Backed with all this extensive research, the indisputable fact is: Supplementing your diet daily with flaxseed oil combined with sulphurated proteins could very well be the most important thing you do for yourself every day.

A top European cancer research scientist, Dr. Johanna Budwig, has discovered a totally natural formula that not only protects against the development of cancer but people all over the world who have been diagnosed with incurable cancer and sent home to die have actually been cured and now lead normal healthy lives.

After three decades of research Dr. Budwig, sixtime nominee for the Nobel Award, found that the blood of seriously ill cancer patients was always, without exception, deficient in certain important essential ingredients which included substances called phosphatides and lipoproteins. (The blood of a healthy person always contains sufficient quantities of these essential ingredients. However, without these natural ingredients cancer cells grow wild and out of control.)

Blood analysis showed a strange greenish-yellow substance in place of the healthy red oxygen carrying hemoglobin that belongs there. This explained why cancer patients weaken and become anemic. This startling discovery led Dr. Budwig to test her theory.

She found that when these natural ingredients where replaced over approximately a three month period, tumors gradually receded. The strange greenish elements in the blood were replaced with healthy red blood cells as the phosphatides and lipoproteins almost miraculously reappeared. Weakness and anemia disappeared and life energy was restored. Symptoms of cancer, liver dysfunction and diabetes were completely 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, Heartbeat (irregular), Liver (fatty degeneration), Lungs (reduces bronchial spasms), Intestines (regulates activity), Stomach Ulcers (normalizes gastric juices), Prostate (hypertopic), Arthritis (exerts a favorable influence), Eczema (assists all skin diseases), Old age (improves many common afflictions), Brain (strengthens activity), Immune Deficiency Syndromes (multiple sclerosis, autoimmune illnesses)

Thousands have flocked to hear Dr. Budwig lecture all over Europe. The many people Dr. Budwig’s formula has helped testify to the benefits of her remarkable discovery. Following are a few examples: In one of my interviews with Dr. Budwig I was introduced to Siegried Ernst, M.D. He is a rare and dedicated man who counts among his personal friends the current Pope as well as many other dignitaries.

Testimonials

Dr. Ernst

Seventeen years ago Dr. Ernst had developed cancer for which he had major surgery requiring removal of his stomach. Two years later he had a recurrence of the cancer and was offered chemotherapy as the only available remedy. There was little hope for survival as virtually all individuals with recurrence of this type of cancer rarely last a year. Dr. Ernst knew that chemotherapy was not only ineffective for his type of cancer but completely destructive of the quality of life, so he refused. He turned to Dr. Budwig and her formula for help. He religiously followed Dr. Budwig’s formula and fifteen years later has not had any recurrence of cancer. As a matter of fact he seemed to me to be in perfect health and is tireless for a man in his late seventies.

Maria W.

Maria W. tells her story in her own words: “I was told by the most expert of doctors that I would have to be operated on to cut out the cancerous tumor that was causing a swelling under my eye. They explained that the size of the tumor was much greater inside and that there was very serious bone involvement. The malignancy was too far advanced to respond to radiation treatment. The doctors planned to remove considerable facial tissue and bone. I was afraid for my life, but being a young woman, couldn’t bear the thought of such disfigurement.

When I heard about Dr. Budwig’s natural formula, I was skeptical but desperate for help. After four months on this regimen, the swelling under my left eye completely disappeared. The doctors at the University hospital gave me many exhausting tests. One told me, ‘If I didn’t have your previous x-rays and medical history in front of me, I wouldn’t believe that you ever had cancer. There is hardly any indication of a tumor remaining.’ I never thought using Dr. Budwig’s formula would be so successful. My whole family and I are very grateful.”

Sandy A.

An examination of Sandy A. revealed arachnoidal bleeding due to an inoperable brain tumor. The doctors informed Sandy that he was beyond medical help. At his expressed wish, Sandy was discharged from the hospital and sent home to die in peace.

A friend brought Dr. Budwig’s formula to Sandy’s attention. Sandy writes, “Since I went on the Budwig regimen, the paralysis is of my eyes, arms, and legs has receded daily. After only a short period of time, I was able to urinate normally. My health improved so rapidly that I was soon able to return to my work part-time.

Shortly after that, I was again examined at the Research Center and my reflexes were completely normal. The Budwig diet saved my life! Ten years later, I was given a thorough examination at the Center as a follow-up. My incredible recovery has been written up In many medical journals and I have become what they call a ‘textbook case,’ and all because of Dr. Johanna Budwig’s simple diet.”

Timmy G.

Seven years ago Timmy G. was diagnosed as having Hodgkins disease. The child was operated on and underwent 24 radiation treatments, plus additional experimental therapies that the experts hoped would be of some small help. When Timmy failed to respond favorably to these heroic measures, he was discharged as incurable, and given six months to live and sent home to die. The desperate parents contacted specialists all over the world. A famous newspaper took up Timmy’s cause and ran editorials pleading for someone to come forth who could offer hope for the life of a child. All the specialists who replied confirmed the cruel prognosis: There was no hope or help for Timmy.

At this dark hour the miracle the family had prayed for happened! Timmy’s mother told her story to the press: “A friend sent me a printed piece about one of Dr. Budwig’s speeches. This material gave us hope and I contacted Dr. Budwig. In just five days, (on the Budwig regimen) Timmy’s breathing became normal for the first time In almost two years.

From this day on, Timmy began to feel good again. He went back to school, started swimming and by winter he was doing craft work. Everyone who knows him says how well he looks.”

At age 18 Timmy is showing great promise in his university work. He knows he owes his life to Dr. Budwig and thanks her daily in his prayers. One of the two foods in on Budwig’s formula, cottage cheese, is available in nearly every grocery store in America. The other, pure organic linseed oil, however comes primarily from Europe and can only be found in certain health food stores throughout the United States.

By simply mixing these two delicious foods together and eating them you will be providing yourself and your family with the optimal preventive nutritional protection against cancer and other disease.

Today, fresh expeller pressed flaxseed oil is available in most countries in the world, including USA and Europe.
Books to read

- “Flax Oil As a True Aid Against Arthritis Heart Infarction Cancer and Other Diseases” by Johanna Dr. Budwig
- “The Breuss Cancer Cure”: Advice for the Prevention and Natural Treatment of Cancer, Leukemia and Other Seemingly Incurable Diseases by Rudolf Breuss
- “A Cancer Therapy”: Results of Fifty Cases and the Cure of Advanced Cancer by Diet Therapy: A Summary of 30 Years of Clinical Experimentation by M. Max Gerson
- Flax Oil by Dr. Budwig
  [http://www.oxotherapy.com/mail-archive/oct96/165.html](http://www.oxotherapy.com/mail-archive/oct96/165.html)
- Flax Oil and Cancer - A Tape Transcription by Clifford Beckwith
  [http://www.public.usit.net/spinner/Flax1.html](http://www.public.usit.net/spinner/Flax1.html)
- Links to Other Flaxseed Oil & Health Sites
  [http://www.public.usit.net/spinner/Flaxlink.html](http://www.public.usit.net/spinner/Flaxlink.html)
- Dr. Budwig and The Healing Power of Flaxseed (Commercial site)
- Essential Fatty Acids for Kids Superimmunity
  [http://www.healthchild.com/efa.htm](http://www.healthchild.com/efa.htm)
- Flaxseed and the Immune System
- The Importance of Omega-3 Fatty Acids for Adults and Children
  [http://www.flaxcouncil.ca/flaxnut11.htm](http://www.flaxcouncil.ca/flaxnut11.htm)
- Essential Fatty Acids: Are You Deficient In These Key Nutrients?

For a healthy type of mashed potatoes, use the Prof Nelson recipe:

Mix boiled or baked Yams, Squash, Pumpkin, celery root, Humus and mashed beans. This blend is for taste, availability, variation. Use as you wish to blend. Season with paprika, cayenne, potassium chloride salt, sage, parsley, salt substitute, garlic, onion, shallots and use Prof Nelson’s better butter for topping. You will find a way to satisfy the pickiest eater with these tips. This will starve a cancer and fortify your heart, while reducing cholesterol.

You will have to experiment to see just what satisfies your family. At first they will fight you, but gradually they will find a way to like the new more favorable taste.

**Lentil-Zucchini Mash with Nigella Seeds and Roasted Sesame Oil**

Originally made to be a topping for oven baked onions, Danish chef Oscar Umahro Cadogo’s recipe for “Lentil-Zucchini Mash With Nigella Seeds”...
SNACKS

Good no additive Popcorn is on the border of the ‘no list’. So if the cancer is extreme or if you really do not want to feed the cancer, then avoid this food. But since popcorn can be made a little more healthy and people like a popcorn snack to watch a movie, and we will want people to watch funny movies, then let me give you a healthier popcorn.

First get a healthy no additives natural low glycemic popcorn. Pop as directed. Then add to one half cup of cold processed unheated sunflower and safflower oil mixture a dash of cayenne (Tabasco if you like spicy), paprika (low hot if you don’t like spicy), black pepper, turmeric, curry, or other spice to flavor as you wish. Pour the oil onto the popcorn and season to taste. Use once a week if you have cancer, not at all if you want to be safe.
Lemon, lime, pistachio and peppermint sorbet

Dessert recipes | serves 4
Place the fructose and water in a pan, bring to the boil and simmer for 5 minutes. Remove from the heat and allow to cool for a while.
Zest and squeeze your limes and lemons and chop your peppermint. Mix everything together in a plastic or earthenware container and place in the freezer.
Generally a sorbet takes 2 hours to set. Try to stir it around every 30 minutes please remember

Papaya Sorbet
Papaya sorbet is wonderful served as a standalone dessert or team it up with other scoops of fruity sorbet. It is nice served with slices of fresh fruit, especially with fresh papaya slice.
- 2 papayas
- 3 tablespoons lime juice, fresh squeezed
- 2 tablespoons agave
Wash the papayas and cut both in half lengthwise. Scoop out the seeds, peel the skin with a vegetable peeler and cut into small chunks.
To make in an ice cream machine: place all ingredients in a food processor and process until well combined. Pour the mixture into an ice cream machine and follow manufacturer’s instructions.
To make without an ice cream machine: place the small chunks for fresh papaya on a cookie sheet and place in the freezer until frozen. Place the frozen papaya chunks in a food processor, add the fresh lime juice and agave, and process until smooth and creamy. Place the papaya mixture in a freeze friendly container with lid and freeze for about 2-3 hours before serving.
Makes about 4-8 servings, depending on the size of the scoop.

Berry Sorbet
Berry sorbet is wonderful served as a standalone dessert or team it up with other scoops of fruity sorbet. It is nice served with slices of fresh fruit.
- 1 pound of berries, straw berry, blue berry, black berry, raspberry
- 3 tablespoons lime juice, fresh squeezed
- 2 tablespoons agave
Wash the berries and use a colander or sieve to remove the seeds if you wish. Sieve out the seeds and cut into small small chunks.
To make in an ice cream machine: place all ingredients in a food processor and process until well combined. Pour the mixture into an ice cream machine and follow manufacturer’s instructions.

To make without an ice cream machine: place the small chunks for fresh berries on a cookie sheet and place in the freezer until frozen. Place the frozen berries in a food processor, add the fresh lime juice and agave or fructose to taste, and process until smooth and creamy. Place the berry mixture in a freeze friendly container with lid and freeze for about 2-3 hours before serving. Stir every 30 min.
Makes about 4-8 servings, depending on the size of the scoop.

CURE IT WITH DESSERT

Enjoy antioxidant-rich dark chocolate.

Chocolates containing over 70% cocoa provide a number of antioxidants, proanthocyanidins, and many polyphenols. In fact, a square of dark chocolate contains twice as many as a glass of red wine and almost as many as a cup of green tea properly steeped. These molecules slow the growth of cancer cells and limit the blood vessels that feed them.

How to Eat It: Enjoy about one-fifth of a dark chocolate bar low sugar or fructose twice a week guilt free. Once a day if it fructose. Milk chocolate isn’t a good alternative because dairy cancels out the cancer protection of the polyphenol compounds and the sugar makes it high glycemic index.

Curried Vegetable Dip Recipe

The best snacks are the fresh and raw vegetables. The combination of curry powder and fructose gives this dip a sweet, spicy flavor. It’s a nice change from onion and ranch vegetable dips, and it’s
also good with natural non-potato or non-corn chips for dipping. (Avoid potato and corn)

12-14 Servings
Prep: 15 min. + chilling

Ingredients
- 1-1/2 cups natural no sugar mayonnaise or use pro-biotic yogurt
- 2 tablespoons finely chopped onion
- 2 tablespoons lemon juice
- 1 tablespoons fructose
- 2 tablespoons ketchup
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 2 to 4 drops hot pepper sauce
- Assorted fresh vegetables

Directions
In a small bowl, combine the first seven ingredients. Cover and refrigerate for at least 1 hour. Serve with vegetables. Yield: 1-2/3 cups.

Vegetable Dip
A friend gave me this zesty dip recipe many years ago, and now I serve it every year at our holiday open house.

Ingredients
- 1 cup (8 ounces) sour cream or use pro-biotic yogurt
- 1 tablespoon finely chopped onion
- 1 teaspoon finely chopped garlic
- 2 teaspoons dried parsley flakes
- 1 teaspoon dill weed
- Dash of black pepper, paprika, turmeric, curry, Curcumin, sea salt to taste
- Assorted fresh vegetables

Directions
Combine the first six ingredients; mix well. Cover and refrigerate. Serve with vegetables. Yield: 1-1/2 cups.

FATTY ACIDS
Nutritional fatty acids are the major deficiency in the world today. They occur in plants and destroyed by cooking. People are eating too much meat and not enough fatty acids. Juicing and supplementing are necessary if you have cancer.

Supplement Fatty Acids. Use Vitamin E, A, K, D, Flax seed oil, lecithin, omega 3-6 use cold non processed Oils

WATER
When I attended YSU (Youngstown State University) in the lab we needed some rats with cancer to investigate. Well we were told that if you give 100 rats high fluoridated water and processed wheat products mixed with white sugar that some of them will get cancer, about 8%. Fluorine has been found to cause cancer and it’s a poison. In fact toothpaste used to have the warning that internal use or swallowing the paste could produce disease. So you must remove fluorine from use. Do not use the tap water to make tea or coffee. Watch use in the shower to not get into the mouth. Use a very good RO filter (Reverse Osmosis). Use bottled water with no fluorine. Be careful the fluorine people get money. It is a by-product of making aluminum and they need to get rid of it somehow. You must get rid of it as well if you want to get rid of your cancer.

Water washes out viruses, toxins, and refuse, all while making everything else work. Water is life and your health will be improved if you get more water.
**JUICING**

We need to juice our foods to properly digest them and get the nutrients. God gave you the best juicer in the world, Your teeth and mouth. But if you have trouble with the teeth, jaw or are lazy, then maybe you will have a problem. Juicing is the answer. If you have cancer, buy a juicer. If you fear cancer, buy a juicer. If you think about cancer, buy a juicer. If you have family, buy a juicer. A juicer is a great way to help guarantee the nutrients are absorbed. But if you have cancer, buy a juicer. But don’t put white processed dextrose or honey into your juice.

Prostate cancer occupies the third place in cancerous diseases among men around the world. The prostate is a gland that surrounds the first centimeters of the urethra.

Most times, prostate cancer does not present any symptoms. In other cases, it is related to the presence of blood in the urine and difficulty when urinating. Some other symptoms could be: fatigue, anemia and weight loss. Even as a deadly disease, prostate cancer benefits of well studied treatments, with spectacular results. In the first stages of the disease, the patients can benefit of extreme treatment which leads to complete cure, like surgically removing the prostate or irradiation. For advanced stages, anti androgenic treatments offer remarkable results, by reducing the tumor.

The risk factors are age (men over 50 years old are most likely to develop prostate cancer), the presence of the disease in the medical history of the family, as well as the diet. Some aliments seem to increase the risk of developing prostate cancer, such as red meat, fats and cheese. But there are some aliments which seem to protect the prostate. Some of these are fruits and vegetables, like broccoli, tomatoes, and tomato juice, vit E, vit D combined with fruits, selenium, found in Brazilian nuts. A proper diet for reducing the risk of prostate cancer should also include small dishes. Men should also reduce the amount of fats they eat, milk and cheese and should start consuming soy.
Physical exercise also plays an important role in the prevention of prostate cancer. Physical exercise will help you maintain your weight. You should also avoid as much as possible consuming alcoholic drinks. Men should also take medical exams, especially men over the age of 50. You should take regular medical exams, at least once a year. The sooner you discover the problem, the better. Once detected, you have more chances of survival.

Some other ways in which you can prevent prostate cancer are by using Vita-mix recipes for prostate cancer. Vegetable cocktails prepared using a Vita-mix blender offer you the best assimilated quantities of Beta Carotene, Lutein, Lycopene, Beta Cryptoxanthin and Zeaxanthin which help prevent conditions such as heart disease, prostate cancer and also lung cancer, but they also help growth, bone development and reproduct.

The manner of preparing the Vita-mix has been proven to get highly positive results, and these results are often better than the ones obtained using a common juice extractor. The best results were obtained when it came to Lycopene. The way the Vita-mix device works is that it tears the walls of the fruit and vegetable cells, releasing the nutrients contained within these walls. Studies have shown that Vita-mix preparation offers a higher level of lycopene and beta-carotene compared to regular juicers or even compared to the amounts offered by the food eaten whole. Also, when using vita-mix preparations, beta cryptoxanthin has been found to be absorbed faster than when using regular juicers, and the levels are similar to those obtained when eating raw food.

Cancer of the prostate is the most common cancer among American men (excluding skin cancer) and the second leading cause of cancer deaths (after lung cancer).

The survival rate for all stages of prostate cancer combined has increased from 67 percent to 92 percent over the past 20 years, primarily because more men are being diagnosed at an earlier stage than in years past. With the combination of our herbal treatment, many patients have enjoyed a prolonged time with less side effect of radiation and hormone, such as impotence. Canelim Capsules, the medicine we recommended here, is the only Chinese anti-cancer medicine listed in Class A of the National Basic Insurance Catalog, China. It is of high efficiency in killing cancer cells, boosting immunity and thus reducing cancer body, inhibiting cancer growth and metastasis, alleviating clinical symptoms and pain, prolonging life expectancy and improving life quality. It fits for all stages of prostate cancer, either be applied alone or in combination with standard treatments:

- As forerunner of surgery to shrink the cancer, so that it is easier to be removed.
- To be applied together with surgery, chemotherapy and radiation therapy.
- As maintenance in the tranquility of treatment or after surgery, or
- As the main treatment when the cancer comes to a terminal stage that none of conventional treatments is applicable.

For anyone who has radiation or chemotherapy or both, additional A-l Tonic Capsules is recommended. I have used this Chinese formula for over a decade on cancers with great success in the early stages. It is expensive in Americas, I buy it cheap in China. But now I supply you the formula for you to make it yourself.

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### Canelim Capsules

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<th>Chinese Name</th>
<th>PING XIAO CAPSULES</th>
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<tr>
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<tr>
<td>Description</td>
<td>Capsule</td>
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<tr>
<td>Main Ingredients</td>
<td><em>Radix Carcine, Herba Agrimonio, Fructus Aurantii etc</em></td>
</tr>
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</table>

#### Main function

1. Kill the cancer cells and inhibit the growth of tumor, has significant therapeutic effect on common solid carcinoma
2. Strengthening body resistance, raising body immunologic function
3. Ideal complex effects:
   a. specially enhance sensitivity of anoxic cells to chemical medicine and radiotherapy.
   b. rapidly release the side effects of radiotherapy and chemotherapy.
4. Raising patient’s living quality and prolonging patient’s life

#### Therapeutic Range

Prostate cancer, esophagus cancer, lung cancer, gastric cancer, etc.

#### Administration & Dosage

take orally, 6 cap * 3 times/day 33days/course generally, a total of 3 courses needed, long term usage encouraged.

#### Adverse Reactions

1. No toxicity and side effect, can be used in a long term.
2. Slight stomach upset occasionally seen. No need to stop.

#### Stands on TCM Theory

1. Resolve mass and swelling
2. Remove the phlegm and detoxicate
3. Promote blood circulation to stop pain
4. Exert tonic effect on the heart and strengthen the body

#### Animal Test

1. Tumor inhibition—180 tumor
2. Life extension—22 tumor
3. Immune enhancement—180 tumor
4. Pain relief
Canelim Capsules

Clinical Reports

- A statistical data of 24771 patients with different types of cancers show that total effective rate varies from 53.2% to 89% respectively.
- Review – therapeutic effects of Canelim Capsules on malignant tumors

Immature Orange Fruit Extract
Fructus Auranti Immaturus Extract
Citrus aurantium L. Extract
Citrus sinensis Osbeck Extract

Part 1 - Immature Orange Fruit /Fructus Auranti Immaturus /Citrus aurantium L./ Citrus sinensis Osbeck

Immature Orange Fruit is the dried young fruit of Citrus aurantium L. and its cultivars or Citrus sinensis Osbeck.

Action: To eliminate stagnation of qi, resolve phlegm and relieve stuffiness sensation in the chest and abdomen.

Indications: Stagnation of qi marked by feeling of stuffiness, fullness and distending pain, tenesmus in dysentery, or constipation; pectoral pain and stuffiness sensation due to stagnation of phlegm and qi; tenderness and feeling of fullness in the costal regions or from the epigastrium down to the lower abdomen accompanied by constipation; gastropathy, p ranquilliof the rectum, p ranquilliof the uterus.

Precaution: Used with caution in pregnancy.

Part 2 - Agrimony (Agrimonia eupatoria, Agrimonia procera)

Related Terms:

- Note: There are other plants, which are not related botanically to Agrimony, but are given a similar name by other herbalists due to similarities in properties. These include the common hemp Agrimony (common Dutch Agrimony, Eupatorium aquaticum mas, Eupatorium cannabinum) and the water Agrimony (bastard Agrimony, bastard hemp, Bidens f ranquill trifid bur-marigold).

Clinical bottom line/effectiveness

Agrimony was one of the most famous vulnerary herbs with anti-inflammatory and diuretic properties. The tannin content is responsible for many of its medicinal uses. The dried leaves can be used to make tea for drinking or as a throat gargle. Data from in vitro and animal studies suggest that Agrimony may be useful against certain bacterial and viral infections, for tumor growth inhibition, diabetes, and hypertension. Available clinical trials looked at its use in treating certain skin and gastrointestinal disorders. More human studies are needed to confirm these findings and other reported uses for Agrimony. But the studies are only done on SInthetic forms of the compound never on the natural plant itself.

Part 3 - Radix Curcumin (Turmeric, Curcuma longa, Curcumino)

The root (radix) of this part of the East Indian and Chinese Herb Curcuma or turmeric is related to ginger, and used extensively as a flavoring herb in both Indian and Chinese cooking. Radix Curcumin has a bright yellow color and mustard like taste, and it is often used in the preparation of various curries. Lately, Radix Curcumin has received a great deal of scientific attention because of the many medicinal properties it yields. Clinical studies demonstrate that Turmeric and the curcuminoids it contains act as an antioxidant, anticarcinogenic and antimutagenic, (inhibiting carcinogenesis and mutagenesis in laboratory animals), aranquilitory (comparable in strength to steroid drugs and nonsteroidal drugs such as idomethacin and phenylbutazone), antimicrobial (inhibiting the growth of numerous gram positive and gram negative bacteria, fungi and the intestinal parasite entamoeba histolytica). Radix Curcumin also shows potential for reducing the risk of heart disease and slowing the degeneration often accompanying AIDs. Curcumin, a curcuminoid, also exhibited antibacterial characteristics by inhibiting production of aflatoxins, a toxin produced by a mold of poorly preserved foods, which causes damage to the liver and could result in liver cancer. Turmeric is thought to be especially important in aiding the body’s natural regenerative and restorative processes (especially in the liver) having been linked to protein production and metabolism recently by Asian science. It is also thought useful in clearing the circulatory system. The active agents, the curcuminoids, appear to preserve the life of critical biomolecules within the body either by shielding its activity, preventing their oxidation, or by the elimination of wastes which could destroy them. The same chemical process in which meat is preserved by Turmeric, preventing it from going rancid, appears to work on the body’s tissues as well, preventing degradation of cellular tissues and systems.

Mix parts 1, 2, 3 equal into a bowl mix and grind. Put into a pill or use as a seasoning.
“BROCCOLI CURES CANCER”

George Carlin once did a comedy act about “Broccoli Cures Cancer”. Were there is a lot of truth. The cruciferous foods like cauliflower, and broccoli, all have little croses in them. They have been shown to have powerful anti-cancer effects. Use them whenever you can. Use healthy stir fries with little oil and little heat. So you can preserve the vitamins and the anti cancer compounds. Make stir fry a way of life.

Tomatoes are low in sugar and high in taste; do not use ketchup with sugar.

HEALTHY ANTI-CANCER SPAGHETTI

Mushroom and Spaghetti sauce recipe

This is a complete dish for people who do not want to junk up their meal but have no time for a large lunch or dinner. Easy to make and great on taste, the mushroom and spaghetti sauce recipe is a winner all the way. You need:

- 500 grams sliced button mushrooms, or whatever healthy mushrooms you can buy
- 6 sliced shallots
- 3 Tbsp olive oil
- 500 grams dried whole wheat vegetable enhanced spaghetti
- 1 cup chopped sun dried tomatoes
- 1 tsp plain whole wheat flour
- ½ cup cream (preferably low fat)
- 1 Tbsp port
- ¼ Tbsp freshly grated nutmeg

Boil chop and mix in Burdock root, sanguinaria, Vinca, poke root, St. Johns Wort and any other herb for cancer into the mix season with turmeric, and black pepper

Salt and pepper to taste

Make sure the veggies or mushrooms are cut so small that your picky eater can’t eat around them, grind them if you need to.

Bring a large saucepan of lightly salted water to boil. Add the spaghetti and a tablespoon of olive oil, cook for about 15 minutes, till the pasta is tender.

Meanwhile in another large pan, heat 2 Tbsp of olive oil, and put in the shallots. Cook over slow heat till the shallots turn translucent. Then add the mushrooms, cook for another two minutes (take care to not overcook the mushrooms). Add the salt and pepper then sprinkle the flour over, stirring constantly. Keep stirring over low fire for about a minute, and then add the cream and the port, the tomatoes and the grated nutmeg. Keep stirring all the while, and cook for another six to eight minutes.

The spaghetti must be cooked by now. Drain it and put into the pan with the mushroom sauce. Mix well and cook for about 3 minutes.

Transfer to the serving plate while still hot, and serve with garnish of choice.
Prawn Spaghetti sauce recipe

This is more of a spaghetti casserole, having vegetables as well as seafood. This is a dish great on
taste, looks and of course, easy cooking convenience. You need:

- 1 cup dried whole wheat vegetable enhanced spaghetti (a 225 grams packet)
- 2 cups shelled and cleaned prawns (350 grams)
- 1 cup chicken stock
- 2 Tbsp olive oil
- 1 onion, thinly sliced
- 1 clove of garlic, crushed
- 2 Tbsp freshly grated Parmesan
- 1 tsp lemon juice
- ½ Tbsp paprika

Salt and pepper to taste

Boil chop and mix in Burdock root, sanguinaria, Vinca, poke root, St. Johns Wort and any other
herb for cancer into the mix season with turmeric, and black pepper. Veggies:

- 1 cup cauliflower florets
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup snow peas

Make sure the veggies are cut so small that your picky eater can’t eat around them, grind them
if you need to. Cook the spaghetti as given above. After draining, toss with a little more olive oil,
cover and keep aside.

Put chicken stock and lemon juice in a pan and bring to the boil, then add the carrots and
cauliflower, and let them cook for about three minutes till just a little tender. Then remove them
from the pan and set aside. Next add the snow peas and cook for about a minute then fish out
from the pan and set aside. Keep boiling the stock till it is reduced by half.

In another pan, put in the olive oil and add the onions, courgettes (zucchini) and fry for about
two minutes. To this add the garlic and the prawns, and cook for another three minutes. Prawns
generally do not take long to cook. Stir in the cooked vegetables and heat well, season to taste,
then put the spaghetti in to the vegetable pan and mix well. Now turn it out on the serving plate
and pour over the sauce.

To add more color to this already colorful dish, add some chopped parsley and mix well turning
over with two forks. Serve hot.

THE NEED FOR SALADS

Major funds have been spent on advertising the 5 a day (vegetables and fruits servings 5 a day for
health). Why? Because it is the ultimate truth of nutrition, we need 5 servings a day of fruits and
vegetables. But as small children the parents feed them foods that are addictive to get them to
eat. As if they won’t eat. Children learn to eat junk foods with high glycemic indexes that pump
blood glucose into the body and brain faster than the low glycemic healthy foods. The children learn bad
eating habits. Salads are one of the healthiest foods we can eat.

I was such a child as I grew up, I was hocked on fast foods and I got fat. Then one day our neighbor
boy was eating a salad. He was two years older than me. I laughed at his salad. He said that I was
the stupid one for had I eaten salads. I had to admit that he was right. I was being presumptive. He
said that the flavors of the vegetables are the best in the world, and they should not be masked
with salad dressing. He said just some black pepper, some paprika and some olive oil and the
flavors are extreme. He gave me a bite and I said no I won’t pre-decide. He said close your eyes
and taste without judgment. Chew slowly and release the flavors. It was great. I discovered the
flavors of a salad. No need ever again for sugary salad dressing. I lost weight and became healthier.
It was simple, just overcome the programming and pre-judgment. Taste, not be marketed.

To make a more cancer treating salad add some California yew berries.
The yew has been found to have anti-cancer compounds such as taxol. Most of the taxol is in the
bark of the yew tree. And it can be made into a tea with another recipe. Among Native Americans,
Saanich Tribal women used Pacific yew to remove underarm hair; Okanaganas made a red paint
The beauty of the B (Ope) and said through a special Rudolf means which is developed tumor mass and more her.

There are many other herbs you can add to the salad to fight cancer. Some of the are:

<table>
<thead>
<tr>
<th>Aloe Vera</th>
<th>Amygdalin</th>
<th>Anti-leukemic</th>
<th>Anti-parasite</th>
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<td>Vinca rosea</td>
<td>Violet</td>
<td>Wheatgrass</td>
<td>Yarrow</td>
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Aloe (Aloe Vera)

Aloe has anti-allergic, anti-inflammatory, antiviral, antibacterial, antifungal and immune stimulating properties. Aloe is very useful in the treatment of Peptic ulcers. The gel reduces the amounts of pepsin and hydrochloric acid. It is useful in the beginning stages of AIDS and, since it enhances the immune system, cancer. Aloe is famous for treating burns. Recent studies by Russian scientists show that aloe reduces tumor mass and metastases.

Rudolf Breuss

Rudolf Breuss is a successful, famous Naturopath from Austria. His diet differs somewhat from other diets, with the essential difference that you don’t get to eat anything for a period of 42 days.

Fasting is indeed able to heal many afflictions and has been elevated to a royal form of treatment through a special system developed by Dr. F.X. Mayr, M.D.

Long before Mayr’s fasting system (Heilfasten), fasting has been called “a surgery without knives” (Operation Ohne Messer).

The beauty of the Breuss system is that during the 42 days the supply of protein is stopped altogether. But since the body cannot function without protein, the body looks for non-essential areas which can be salvaged. That includes all kind of growth.

Thus, by continuing to supply essential vitamins, minerals and enzymes, the body seeks its supply of the missing protein from any kind of tumor it can find.
After 42 days, most patients will have found new energy and will continue maintenance treatment for the rest of their lives.

Sound too simple? The Breuss Cure, like some of the other alternatives, show a success rate that compares favorably with conventional ‘cures’ to say the least.

<table>
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</table>

Hippocrates – The Father of Medicine

“Let food be your medicine, the body will heal itself.”

Add any of these to your salad. But be sure to work a salad into everyday’s menu.

There is a Scottish whiskey named Laphroaig. I tasted one day and found it terrible as did my friend. Then on a tape we heard the advertisement. They explained that this is the only distillery that has a warehouse on the ocean. In a protected and secluded bay in Scotland the warehouse sit over the ocean on pylons. The Laphroaig whiskey is stored for its years of aging in wooden barrels that allow some minute amounts of the ocean mist to penetrate into the whiskey. So this whiskey has the taste of the ocean. After hearing this romantic story I re-tasted the Laphroaig and now found it delicious. The story shaped my taste reaction.

Marketing shapes your reaction. When I was in college in Michigan in 1969, I was in the fraternity Sigma Chi. In 1969, Blatz was acquired from Pabst by the G. Heileman Brewing Company. There was an advertisement for Blatz beer playing all over the country. Blatz was brewed in Milwaukee in an old brewery. The copper vats of the brewery were too expensive to duplicate today, plus when you brew beer for a long time yeasts and special natural agents build up in the vats and make brewing better. The Blatz people sold out for a fortune based on their one hundred year old investment, but this was a trifle of what it was really worth. Now the new brewers had the best beer and the cheapest brewery. Good beer cheap, no fantastic beer really cheap. Sounds good huh.

Well to market the Blatz they did their advertising the beer taste test. Blatz was compared to the tasters favorite beer in a double blind taste test on camera. The people always chose Blatz, and always said they would consider changing to Blatz. We tried the taste test in the fraternity, all around America. And Blatz won 99% of the time, it was good beer.

But cheap good beer was not enough. People do not buy what they like, most people buy what is marketed. They hear a story, see a pretty girl, a fast car, or some humor add and they buy what is marketed. They don’t like to have their false belief exposed. Many of the fraternity boys were angry that they did not pick their favorite beer. This exposed them to be the mindless slaves to marketing they were. So they focused their anger on the messenger. Whoever did the taste test. Blatz was not to survive this attack.

Blatz was acquired by the Stroh Brewery Company in 1996. On 8 February 1999, the Blatz label was sold, in 2000, the Stroh Brewery was dissolved. The Blatz Brewery Building was purchased and converted to condos in 2005-2006. People what is marketed.

**WHAT ABOUT MEAT?**

Well one of the most marketed and additive foods are meats. Meats are not high in glycemic index. Because the carb content of meat and fish is minimal, these foods have a low-GI value with minimal effect on blood glucose levels. Indeed the fattier the meat, the lower the GI rating. However, since meat is a main source of saturated fat, which is a cause of atherosclerotic heart disease, the leaner the meat the better for health. By contrast, fish (especially oily fish) and game meats are healthier options. Fish in particular is an important food option in any low GI diet. Cooking meats makes carcinogens. Open flame char broiling the worst. When we burn anything carcinogens are formed. Burnt compounds are carcinogenic whether they are inhaled into the lungs like smoke, or on a food taken into the digestive tract. If it is burnt don’t eat it.

Like in the story of Blatz beer, I have done the following taste test. People who always order well done steak I ask to close their eyes and taste medium rare steak or rare steak then the well done. In every case they always say the rare or medium rare steak is best. It is better tasting. Then the next time they order they order the well done steak again. I explain that the well done cooking
has over 25 times more carcinogens than the medium rare, and they still order the well done. Their programming and habits are hard to break. And it is hard to break the habits of your cancer patient.

Humans were once complete herbivores. Animals need amino acids to survive. Amino acids can be found in plants, but for humans no one plant provides all of the amino acids we need. So we must use a variety of plants and to be a complete vegetarian it takes skill to mix plants to get the amino acids. Humans had to wander from bush to bush. Since animals have the amino acids locked in their proteins, we can get the amino acids by eating animal flesh. But our digestive system needs to digest the protein to get the amino acids. This is difficult as we age or are under stress.

We grow the most during our first year of life when we double or more our weight and height. Mother’s milk is the perfect food, and it is only 2% protein. A gorilla has an identical digestive system to us, he is 600 lbs and can throw a car. His diet is 2% protein. The massive cow, horse, elephant have diets 2% protein. We do not need large amounts of protein. We need amino acids. We can get all the amino acids from bean sprouts. And if someone craves meat, a handful of bean sprouts will usually satisfy them in about 15 min. But culturally our taste buds like heated cooked dead animal flesh. The protein rush and heated fats are tasty. Thus carnivores crave meat. And humans have evolved to be omnivores.

Chicken, seafood and fish are OK but if you have cancer, your diet should be 30% fresh and raw fruits, nuts and vegetables, 40% low cooked fruits and vegetables, and 30% dairy and meats. Build your meal around the vegetables and make all meats a side dish. Some people’s digestive system is so poor that they have difficulty with vegetables. This is why they got cancer in the first place. From not exercising their digestive tract. If they tried to walk a mile like a little child he says “I can’t Mommy, I am not able to walk, carry me” but the wise mother says “exercise and you will get stronger, I will help but you will push to get stronger and more healthy”. I have had patients say they cannot eat vegetables. I say the use vegetable juice. They say they cannot, it gives them gas. I say then dilute it in half with water. They say they still get gas. I say take one drop of vegetable juice in a swimming pool of water and drink a glass a day. They whine they don’t like vegetables. Then I take the little whining stupid little babies by the ear and tell them to die in a pool of their own blood and piss. The word of God is the healing of the nations will come from the leaves of the field. The science shows us we need vegetables NOT meats, potatoes, corn and sugar. I will not put up with whiny, selfish little stupid patients’ who have no maturity or care of self or others.

I can show them how to have meats in weekly dose, sugar sweets (from fructose), have taste (with spices), and how to exercise. When they whine and cry taking a tantrum or go and pout in the corner, or worse yet lie to me and thus to themselves. I have to tell them the they face the consequences of their actions. I have made this book to help them to live another year, have another Christmas, see their child graduate, live. Many many many people tell me the wonderful stories of how they have beat cancer with my help. How they learned to be different. And how they found a way to grow and cure their cancer. You can too. But stop whining and CARE.

After a month or so on the new diet the taste buds will acclimate and the old foods will lose their appeal. The body’s new health will replace the addictive need for the junk food. Be patient and care enough to not cheat. There are plenty of good tasty foods for you to use.

The next graph shows us just how little nutrients we get from meat. The human evolved as a vegetarian unable to hunt for meat. Tools gave the hunter a way to get meat and fire a way to cook it. Cooked meat has good taste. The saturated fats of an animal are tasty. We get food stress of fats from them. But the carcinogens and lack of nutrients make meat a small part of the cancer patients diet. Switch to the more tasty medium rare, avoid all processed meats like hot dogs and sausage, and limit use of red meat to once a week if early cancer is found once a month if it is extreme. Avoid all pork with the sue toxins.

<table>
<thead>
<tr>
<th>Nutrients present in 100-calorie-portions</th>
<th>Broccoli</th>
<th>Sirloin steak</th>
<th>Romaine lettuce</th>
<th>Kale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>11.2gm</td>
<td>5.4gm</td>
<td>7.5gm</td>
<td>11gm</td>
</tr>
<tr>
<td>Calcium</td>
<td>322mg</td>
<td>2.4mg</td>
<td>374mg</td>
<td>470mg</td>
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<tr>
<td>Iron</td>
<td>3.5mg</td>
<td>0.7mg</td>
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<td>5.8mg</td>
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<tr>
<td>Magnesium</td>
<td>74.5mg</td>
<td>5mg</td>
<td>60.5mg</td>
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<tr>
<td>Fiber</td>
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<td>very high</td>
<td>very high</td>
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<tr>
<td>Antioxidants</td>
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<td>very high</td>
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<tr>
<td>Folate</td>
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<td>3mcg</td>
<td>969mcg</td>
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<tr>
<td>Nicin</td>
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<tr>
<td>Zinc</td>
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<td>1.2mg gm</td>
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<td>Vitamin C</td>
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<td>100mg</td>
<td>329mg</td>
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<td>24 IU</td>
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<td>23,407 IU</td>
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<tr>
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<td>32 IU</td>
<td>34 IU</td>
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<td>Cholesterol</td>
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<tr>
<td>Weight</td>
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<td>24gm</td>
<td>550gm</td>
<td>266gm</td>
</tr>
<tr>
<td></td>
<td>(10.6 oz.)</td>
<td>(0.84 oz.)</td>
<td>(19 oz.)</td>
<td>(9.2 oz.)</td>
</tr>
</tbody>
</table>
Meats in your Diet

Humans were once complete herbivores. All Animals need amino acids to survive. Amino acids can be found in plants, but for humans no one plant provides all of the amino acids we need. So we must use a variety of plants and to be a complete vegetarian it takes skill to mix plants to get the amino acids. Humans had evolved to wander from bush to bush. Then humans developed hunting tools and learned to eat fresh meat. But degenerative disease comes in with the invention of fire and cooking.

Cooking meats makes carcinogens. Open flame char broiling the worst. When we burn anything carcinogens are formed. Burnt compounds are carcinogenic whether they are inhaled into the lungs like smoke, or on a food taken into the digestive tract. If it is burnt don’t eat it. Cooking destroys the good fatty acids, the enzymes, and the vitamins. The more cooked the less nutrition, the more disease.

Humans have an oral teeth design of an herbivore. The TMJ (Temporal Mandibular Joint) of the jaw is designed for plants and chewing, just like a cow. Carnivores teeth and jaw are for ripping and swallowing quickly. We are designed to chew.

Humans have a digestive tract equivalent to the gorilla (an herbivore). Carnivores have short sixteen foot long digestive tract to dissolve the meat. Herbivores have longer tracts over 25 feet long, like the human. Longer tract is designed for the vegetables. Humans have an herbivore digestive tract.

Humans have an herbivore set of legs. If we had to catch an animal for lunch with just our bodies we would mostly starve. Before tools were invented our ancestors had to eat plants. We cannot run fast enough, swim fast enough or jump high enough to feed our families without weapons.

After the recent invention of weapons (15,000 years ago) humans have developed a sense to eat meat. Humans got exercise hunting. Humans have developed a carnivore taste, with an herbivore body. So we have become Omnivores. No human can live healthy on just dead animal flesh.

The Price Pottenger Institute of San Diego is designed to show the power of the work of these two men. Their genius work goes unheralded today. Dr. Price showed that degenerative disease is relatively unknown in societies where they do not have dextrose sugar and cooking. The Eskimos of the north have no dental problems of degenerative disease till cooking and dextrose sugar are put into their diet. Several other societies were also found to have similar results. Cooking and dextrose sugar mark the beginning of degenerative disease. The famous Pottenger cat study showed this. Please review.

It turns out that the cooking and the smoke are the leading carcinogenic compounds. In Japan where Shabu Shabu (cooking only in boiled water) was found to limit disease. Stir fry cooking or just simple minimal cooking was shown to also decrease degenerative disease. The heat and smoke make carcinogenic toxins. The diseases of parasites, injury, and infections need to be controlled to limit disease in general. But cooking destroys nutrients, and makes carcinogens. Dextrose sugar weakens the immune system. And this is the start of degenerative disease.

Since animals have the amino acids locked in their proteins, we can get the amino acids by eating animal flesh. But our digestive system needs to digest the protein to get the amino acids. This is difficult as we age or are under stress.
FIG. 53. No other primitive race seems to deserve so much credit for our health as these primitive Aborigines because of the perpetual drought of much of the land they live on. Half of Australia has less than ten inches of rainfall per year. Note the magnificent dental arches and beautiful teeth of these primitive people. Tooth decay was almost unknown in many districts.

AUSTRALIAN ABORIGINES

Source: Nutrition and Physical Degeneration, by Weston A. Price
Photos used with Permission of Price-Pottenger Nutrition Foundation
http://www.price-pottenger.org/
We grow the most during our first year of life when we double or more our weight and height. 
Mother’s milk is the perfect food, and it is only 2% protein. A gorilla has an identical digestive system to us, he is 600 lbs and can throw a car. His diet is 2% protein. The massive cow, horse, elephant have diets 2% protein. We do not need large amounts of protein. We need amino acids.
We can get all the amino acids from bean sprouts. And if someone craves meat, a handful of bean sprouts will usually satisfy them in about 15 min. But culturally our taste buds like heated cooked dead animal flesh. The protein rush and heated fats are tasty. Thus carnivores crave meat. And humans have evolved to be omnivores.
The major dangers of meat are processed chemicals, carcinogens from cooking, excess bad fats and cholesterol. Putrefaction of red meat in the colon makes it more dangerous. Our digestive system is not designed to take in large quantities of meat. When we improperly combine foods and disobey the rules of the stomach we make everything worse. So eat meat at your caution. The less cooking the better, the less meat the better, the less chemicals the better.

Eating Healthy is good for many reasons. It helps you feel better, helps your body’s immune system stay strong and wards off illness in general. You have more energy, better concentration and a heightened overall sense of wellbeing. A healthy diet consists of many things, including the meats you consume. If you are like many other Americans, your meat diet probably includes higher fat meats, such as different types of red meat. Making your diet healthier can start with replacing these higher fat meats with healthy alternatives. This article will help you do just that.

**Difficulty:**
Moderate

**Instructions**

How to Distinguish Between High-Fat Meats and Healthy Alternatives

1. **Step 1**
   Avoid all processed meats. Like bologna, lunch meats, Hot dogs, sausage, any meats using nitrates and or nitrates to make into a congealed package.

2. **Step 2**
   Avoid pork as much as possible. Reserving it for maybe once or twice a year as a holiday celebrations.

3. **Step 3**
   Avoid excess fatty meats and meats raised in toxic areas with too many chemicals. Organic meats are then the best. Learn what other meats and alternatives are available for you to eat that have less fat content and are healthier. Most of the healthier meats will be white meats or red meats that are lean. Some of these white meats include veal and chicken. You can also use meat substitutes such as tofu or veggie burgers.

How To Eat the Healthy Alternatives, make meat the second dish to serve at a meal. Instead of a side vegetable, use meat as a side dish.

1. **Step 1**
   Start with hamburger. The easiest way to make a modification here is to use a leaner organic type of beef. If the meat you currently use for hamburger is 75%/25% lean, switch to 90%/10% lean. Or, you could consider a different type of burger, such as a veggie burger or turkey burger. Use spices to add flavor. Use seafood, chicken, turkey, duck, buffalo, ostrich and others more. Duck fat is less likely to go into human fat that the others. So use when there is a fat craving person at the table. But use organic, and use sparingly and wean them down.

2. **Step 2**
   Change your pasta dishes. Use vegetable enhanced whole wheat pasta. If you were going to make Hamburger Helper, try making Chicken Helper. If you were going to make spaghetti and meatballs with hamburger, try using veal or lamb instead. Veal is actually considered a white meat and is much healthier for you. The young animals have less fat. And buffalo, ostrich, and other low fat meats are an excellent choice.

3. **Step 3**
   If you can’t do away totally with your hamburger, eat it in less quantities and mix it with other things. Instead of making a veggie burger with no meat, try mixing in vegetables with the hamburger to make it healthier.

4. **Step 4**
   Eat more seafood. Seafood has very low fat content. Just be careful not to add too many seafood dishes with a high cholesterol content, like shrimp and lobster. Your best bet is to eat lots of white fish, such as haddock, pollock and cod. The deeper the sea fish the more healthy oils. So Orange Ruffly is an excellent choice.

5. **Step 5**
   Take any meal you used to eat and switch the meat from a higher fat one to a leaner alternative. If you used to eat meatloaf and mashed potatoes, make a meatloaf with chicken instead.

6. **Step 6**
   Eat dishes that have no meat in them. Substitute some bean sprouts. There is no need to have meat for every meal. For lunch, instead of that Philly steak sandwich, try just having a large garden salad with mixed green lettuce, tomatoes, cucumbers, broccoli and carrots. Have whole-wheat bread with the salad to help make the meal more filling.

7. **Step 7**
   If you are still hungry after the salad and bread, add soup to the meal. The soup could be one with
beans, like meatless chili. A baked potato soup or noodle soup can also be hearty and satisfying.

8. Step 8

If you run out of ideas, look for cookbooks that deal with healthy alternatives to red meat. You can find e-books online or buy books at a popular bookstore. You can often get discounts on book purchasing by joining rewards programs at bookstores, such as by joining Borders Rewards at Border’s Bookstore. If your budget is extremely tight, check out books from the public library.
Tips & Warnings

- The more creative you are, the more alternative ideas you will come up with for replacing your higher-fat meats with healthy alternatives. Use spice.
- If you run out of creative ideas, talk to other people and ask them what recipes they use.
- It can be helpful to consult a physician when making major modifications in your diet.
- Be wary of cutting out meat from your diet altogether. There are many essential nutrients and minerals found in these meats that aren't available elsewhere in your diet.
- When switching your diet choices to something new, be careful that you don't create vitamin deficiencies by cutting out key sources of important nutrients. If you get rid of a red meat that was your sole source of iron, replace it with clams or certain cereals.
The WAR on Cancer

For years there has been a declared war on cancer. But since the powers of money and greed do not want to give up revenue we are losing the war. The recent headlines were:

We Fought Cancer...And Cancer Won.

The Myth of Early Detection

The (false) message that cancer screening cuts mortality.

Published Mar 28, 2009
From the magazine issue dated Apr. 6, 2009

There is a change coming and in my new book on real Health Care maybe there is a glimmer of hope for our people. We must look with clarity of the mind to expose our false beliefs.
To make a great meat sauce that has anti-cancer attributes

Fresh ginger, or gingerroot, is a powerful anti-inflammatory that combats certain cancer cells and helps slow tumor growth. A ginger infusion can also alleviate nausea from chemotherapy or radiotherapy. Turmeric found in curry powder, this spice is the most powerful natural anti-inflammatory available today. It encourages cancer cell death, inhibits tumor growth, and even enhances the effectiveness of chemotherapy. Some research shows that turmeric is most effective in humans when it”’ mixed with black pepper and dissolved in oil (olive or canola, preferably). In store-bought curry mixes, turmeric represents only 20% of the total, so it”’ better to obtain ground turmeric directly from a spice shop. How to Use It: Mix a teaspoon of turmeric powder with 5 tablespoons of olive oil and a generous pinch of ground black pepper or ginger and add to cover chicken or meat. Use a tablespoon if you already have cancer.

Horseradish on your steak is a good idea it has anti-cancer properties.

Proteins for a Better Prognosis. Sub out chicken and meat to prevent disease.

Compounds called isoflavones (including genistein, daidzein, and glycitein) prevent tumor growth and block the stimulation of cancer cells by sex hormones (such as estrogens and testosterone). There are significantly fewer breast cancer cases among Asian women who have eaten soy since adolescence, and when they do have breast cancer, their tumors are usually less aggressive with higher survival rates. Isoflavone supplements (in pill form) have been associated with an aggravation of certain breast cancers, but whole soy, eaten as food, has not. How to Eat It: Replace conventional milk products with soy milk or soy yogurts for breakfast. Also, use tofu, tempeh, and miso in soups and stir-fries.

Fatty Fish: The risk of several cancers is significantly lower in people who eat fish at least twice a week. Several studies discovered that the anti-inflammatory long-chain omega-3s found in fatty fish (or in high-quality purified fish-oil supplements) can help slow cancer cell growth in a large number of tumors (lung, breast, colon, prostate, kidney, etc.)

How to Eat It: Have a seafood-based meal two or three times a week. Choose small fish, such as anchovies, small mackerel, and sardines (including canned sardines, provided they are preserved in olive oil and not in sunflower oil, which is too rich in pro-inflammatory omega-6 fats). Small fish contain fewer environmental toxins such as PCBs and mercury. Wild salmon is also a good source of omega-3 fats, and the level of contamination is still acceptable. Choose fresh over frozen whenever possible, because omega-3 content degrades over time.
Lentil Artichoke Stew
Serves 4-5
This aromatic, fiber-packed, tasty Middle Eastern dish is great served over brown rice or your favorite pasta.
2 cups diced onions
2 large garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon ground coriander
1 cup dry red lentils
1 bay leaf
(continued on next page) p. 89

(Lentil and Artichoke Stew continued)
1 teaspoon olive oil
2 tablespoons fresh lemon juice
2 24-ounce cans chopped tomatoes, undrained (use fire-roasted canned tomatoes if available)
1 1/2 cups quartered artichoke bottoms (9-ounce package frozen or 15-ounce can, drained)
1/4 teaspoon crushed red pepper flakes (optional)
water as needed
salt and ground black pepper to taste
Heat the olive oil in a saucepan. Add the onions and sauté on medium heat for about 5 minutes, until golden. Add the garlic, cumin, and coriander and cook for 2 minutes, stirring frequently. Add the lentils, bay leaf, lemon juice, tomatoes and tomato liquid, artichoke hearts, and crushed red pepper (if using), and bring to a boil. Lower the heat and simmer for about 20 minutes or until the lentils are tender. Add water if stew becomes too thick. Remove and discard the bay leaf.
Add salt and pepper to taste and serve alone or over rice or pasta.

Recipe adapted from Moosewood Restaurant Low-Fat Favorites
by The Moosewood Collective

According to Fortune magazine, the U.S. alone spent almost $15 Billion a year for cancer research. And despite this amount, cure for cancer is still in the blank. This is probably the reason why there is a growing percentage of the world population that is turning to alternative medicine especially for cancer and other degenerative diseases where modern medicine has no cure. One of the popular alternative cures for cancer is a plant called “aloe arborescens”. A close relative of this plant is “aloe vera” (aloe barbadensis), a house plant.
I was fortunate enough to read the book entitled “Cancer Can Be Cured,” written by Fr. Romano Zago, OFM. This so-called cure was discovered by the missionary group of Order of Friars Minor (OFM) in a small shanty town in Rio Grande do Sol in Brazil. The recipe is very simple. You can try it at home provided you have access to the plant.
The recipe consists of 3 large leaves of aloe (or ½ kilo) and ½ kilo of pure fructose honey. Simply mix these two ingredients using a blender. Store this in a fridge using a dark-colored container. Take a tablespoon of the mixture 2 to 3 times a day before meals for 10 days. Stop drinking the mixture for 2 days and continue again for 10 days until cured. There are many good aloe vera drinks and products for you to use. They have a natural hydrogen peroxide and they are powerful anti-cancer agents.
Yummy Smoothies Made with Aloe Concentrate

Recipes - Breakfast Warmer
- 1 Serving non-sugar chocolate or carob ... 92 cals
- 3 Prunes ... 55 cals
- 2 Tablespoons of oat bran ... 52 cals
- 250ml Warmed soy milk ... 120 cals
- 15-20ml aloe vera concentrate (optional)
  * Total calories ... 319 cals

Aloe Vera Recipes - Quick Fix
- 1 Serving cappuccino
- 250ml unsweetened orange juice ... 90 cals
- 3 Dried apricots ... 20 cals
- 15-20ml aloe vera concentrate (optional)
  * Total calories ... 202 cals

Aloe Vera Recipes - Big Breakfast
- 1 Serving cappuccino
- 150g yoghurt ... 130cals
- 2 Tablespoons oat bran ... 52 cals
- 100ml Semi-skimmed milk ... 50 cals
- 30g Corn flakes ... 108cals
- 15-20ml aloe vera concentrate (optional)
  * Total calories ... 432cals

Aloe Vera Recipes - Fresh N Fruity
- 1 Serving vanilla no-sugar ice cream... 95 cals
- 100g (3slices) pineapple ... 77 cals
- 3 Dried apricots ... 20 cals
- 100ml unsweetened orange juice ... 36 cals
- 15-20ml aloe vera concentrate (optional)
- 150ml Water
  * Total calories ... 225cals

Aloe Vera Recipes - Healthy and Heavenly
- 1 Serving low calorie vanilla protein mix ... 110 cals
- 1 Serving strawberry ... 75 cals
- 30gms low fat cream cheese ... 57 cals
- 15-20ml aloe vera concentrate (optional)
- 125ml Water
  * Total calories ... 259 cals

Aloe Vera Recipes - Chocolate and Banana
- 1 serving non-sugar chocolate or carob formula ... 92 cals
- 1 serving protein powder ... 22 cals
- 15mls of aloe vera concentrate (optional)
- 250ml skim milk, low fat chocolate milk or soya milk ... 120 cals
- 1/2–1 banana ... 110 cals
  * Total Calories ... 344 cals

The concentrated product I use has been a great help in alleviating any painful stomach problems and the shakes have made it possible to lose weight and to keep your newly regained shape on a long term basis.

Curry Spice Kills Cancer Cells

Wed, Nov 4, 2009

Culinary News

Researchers from Ireland and Poland proved that curcumin – a compound which is contained in the popular Indian spice curry and gives this powder its bright yellow coloring – kills cancer cells of the gullet and the stomach. They discovered a surprisingly strange process of destruction of cells which wasn’t linked with apoptosis or self-destruction. Besides, they established that the substance started to kill cancer cells during 24 hours and then the cells began digesting themselves.

The research was conducted under the leadership of Dr. Sharon McKenna at the Cork Cancer Research Center in Ireland. The results of the study were published in the British Journal of Cancer. These exciting results show that scientists can work out natural anticancerous remedies for treating stomach cancer and gullet cancer based on curcumin.

Scientists have known for a long time that natural compounds have a therapeutic potential for cancer cells treatment and they believe curcumin to be one of them.

Curcumin Kills Cancer Cells

![Curcumin Kills Cancer Cells](image)
RADIATION DETOX PROGRAM

There is always a possibility that there is some radiation particle absorbed and lodged in the digestive tract, such as radioactive Cesium, Uranium or Cobalt. From fallout of experiments in radiation there is a chance. Here we see again that we are constantly being bombarded by radiation.

The Atmospheric detonation of three A-bombs by Harry S Truman with his War Crimes and subsequent atmospheric testing results in this pattern of radiation fallout exposure. And the Cancer death toll rises as we see proof that Harry Truman killed more Americans with the bomb than Japanese.
Ionizing Radiation and Health Effects

THERE IS NO SAFE DOSE of IONIZING RADIATION

Natural radiation is all around us and comes mostly from the sun. In recent years artificial sources of radiation have increased dramatically. In the workplace and at home new technologies expose us more and more to various kinds of radiation. Most radiation is unseen and unfelt. But we do sense some radiation. We see by the visible rays from the sun and feel the warmth of its infra-red rays. We are aware of ultraviolet rays by the way they tan our skin.

Our radiation exposures are broadly classed as either ionizing or non-ionizing according to how they affect body tissues. X-rays and the rays emitted by radioactive materials are ionizing.

The electromagnetic radiations (EMR) associated with electricity and electronic equipment used for telecommunications are non-ionizing. At least since the 1930s ionizing radiation has been known to damage human health, even at extremely low exposures. Knowledge of damage of non-ionizing EMR, at low exposures is more recent. Here we deal only with the ionizing radiations.

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<th>Ionizing Radiation Exposure</th>
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<td></td>
</tr>
<tr>
<td>cosmic rays</td>
<td>0.32</td>
</tr>
<tr>
<td>internal (from air, food, and water)</td>
<td>1.30</td>
</tr>
<tr>
<td>external (from soil and rocks)</td>
<td>0.35</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>1.97</strong></td>
</tr>
<tr>
<td>Artificial Created</td>
<td></td>
</tr>
<tr>
<td>medical exposure</td>
<td>0.50</td>
</tr>
<tr>
<td>fallout from nuclear testing</td>
<td>0.04</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>0.54</strong></td>
</tr>
</tbody>
</table>

* - a unit of radiation

As radioactive materials decay they emit alpha, beta and gamma rays. Alpha and beta rays behave as streams of particles; gamma rays are electromagnetic like X-rays though more penetrating.

Only ten out of the 92 natural elements have atoms which are radioactive. Uranium and thorium are two of these. Many more radioactive atoms would have been present when the earth was formed but most had decayed long before life evolved on earth. Today we live with a weak background of ionizing radiation from natural sources (see table above).

The Nature of Ionizing Radiation

Ionizing radiations are powerful enough to knock electrons out of atoms forming the molecules from which our body tissues are built. X-RAYS CAN AND DO CAUSE CANCER. Cancer incidents went up after the yearly x-ray check. And in countries where they use x-ray checks the incidents of cancer is greater. Yes the x-ray can cause cancer. There is no such thing as a safe dose, but the odds of an x-ray doing this are slim.

When an atom loses an electron the molecule to which it belongs is left with an electrical charge. Electrically charged atoms and molecules are called ions hence ionizing radiation. Ions react chemically with molecules in living cells causing mutations which result in cancer and immune deficiencies.

- **Alpha particles** carry a positive charge and travel no more than 40 millimeters through air. They penetrate the body to just below the dead skin. When released inside our bodies from material we breathe or swallow, alpha rays are able to transfer their energy at short range to damage body cells.
- **Beta particles** carry a negative charge; they travel about one meter through air and penetrate the skin, to reach internal tissue. Beta rays are especially dangerous when emitted inside the body.

Gamma rays behave like X-rays in the body; having no electrical charge and being weightless they penetrate deeply into the body, or pass through it, creating ions as they collide with atoms along their path.

A Legacy of Radioactive Fallout

The atomic bombings of Hiroshima and Nagasaki in August 1945 brought great human suffering from exposure to high levels of gamma rays. People suffered nausea, vomiting, loss of hair, hemorrhage and destruction of the digestive system leading to loss of body fluids.

Death occurred over weeks in great agony. At lower exposures victims suffered vomiting, loss of
appetite, chromosome damage, cataracts and loss of hair. 

Children born of mothers pregnant at the time of the bombing suffered a high rate of microcephaly a reduction in the size of head and brain.

People in the outer areas of the two cities received low radiation exposures. In the years since the bombings the survivors’ health has been closely followed. The number of deaths from cancer has been plotted against the radiation dose to individual survivors. The results of this study are used to estimate the risk of cancer from radiation exposures and for setting safety standards.

When leaders of the major powers began testing nuclear weapons they knew the fallout would damage the health of their own, and other, citizens. By the time of the signing of the Comprehensive Test Ban Treaty in 1996 the six major nuclear-weapons nations had tested around 2000 nuclear weapons. Of these 518 have been in the atmosphere, under water or in space.

The Australian government agreed, without consulting the Australian people, to the British government testing at Monte Bello Islands, Emu fields and Maralinga.

Nuclear test sites became mock radioactive battlefields to train ‘atomic’ soldiers for nuclear war. Some nuclear veterans developed cancer later as a result of their radiation exposures.

In 1963 the Partial Test Ban Treaty banning open-air tests came into force. Since then 1400 tests have been conducted underground around the world.

A study of the health and environmental effects of radioactive fallout by the International Physicians for the Prevention of Nuclear War has found that:

- atmospheric testing will cause 430,000 cancer deaths by year 2000 and eventually over 2 million cancer deaths.
- thousands of people downwind of the test nuclear explosions were dangerously exposed to high levels of radioactivity.
- underground testing creates large quantities of waste in highly fractured underground caverns which could one day contaminate water supplies.

Communities in Danger

In the early hours of the morning on 26 April 1986 a reactor at the Chernobyl nuclear power station, in the Ukraine, exploded. Radioactive material was blasted high into the sky. Fallout descended on Soviet farmlands and cities for hundreds of kilometers. Finer radioactive dust covered vast areas of Europe. The finest dust reached the stratosphere and descended during rain on North America.

Soviet citizen groups are preparing a Black Book compiling the human cost of the disaster.

According to Ukrainian physicist, Vladimir Chernousenko by 1990 the Black Book held 7000 names of people who had died from leukemia and birth defects. Depression of the immune system called ‘Chernobyl AIDS’ has reduced resistance to disease especially among children.

Ten years after the accident three million people remain exposed to dangerous radiation emanating from the long-lived strontium-90 and cesium-137 in the fallout.

In 1945 nuclear reactors at Hanford, in the United States, produced the first plutonium for nuclear weapons. Today small farming communities close to the plant are paying a high price for their country’s nuclear weaponry.

Clouds of strontium-90, cesium-137 and plutonium issuing from the plant’s stacks have concentrated in ‘hotspots’ where radiation levels can be as high as those from the Chernobyl fallout.

Of 28 families along a ‘death mile’, in 27 of them there has been cancer, thyroid abnormalities, a handicapped child, stillbirth or general bad health.

Far away in Rajasthan, in India, villagers living near a nuclear power station tell a similar story of woe to the Hanford community.

Since 1989 village midwives have seen a doubling of the number of miscarriages and deformed children born with no fingers, joined toes, missing genital organs and abnormal heads.

Visitors witnessed villagers suffering a rare skin disease which causes large blue lumps to grow on their bodies.

The British nuclear reprocessing plant at Sellafield isolates plutonium from radioactive wastes discharged from nuclear reactors. Millions of liters of radioactive effluent pour daily into the Irish Sea. Ocean currents have carried radioactive effluent as far as the Scandinavian coast.

Seascale village lies three kilometers from Sellafield. The village children suffer an excess of leukemia and multiple myeloma six times the national rate.

The villagers saw an obvious link with the plant but the management denied any link. Then in 1990 a research team, headed by Dr Martin Gardner, found that children of male workers at the plant had six times greater chance of developing cancer than other children. After the release of the report worried workers were told by the plant’s health officer: “Don’t have a family”.

The Pathways

Once released into the environment radionuclides the radioactive atoms of elements find their way into food along innumerable pathways.

In the sea small marine creatures concentrate radionuclides which have been absorbed on to seabed sediments. As predators eat their prey the radionuclides pass, in turn, from shrimps to crabs to fish, many varieties of which are eaten by humans.

Seaweeds and other algae have a remarkable capacity to concentrate radionuclides. Welsh people have been warned not to eat their traditional lava bread made from a local seaweed because it is badly contaminated by ruthenium-106.

On pastures strontium-90 and iodine-131 migrate from soil through the grass eaten by cows to milk. Cesium-137 accumulates in animals from farm fodder. Fungi and mosses concentrate radionuclides. Reindeer meat is the staple diet of Laplanders but since Chernobyl it has been highly contaminated with radionuclides from the fallout.

Radionuclides produced in a nuclear reactor behave chemically in the same way as nutrient elements, which are vital for keeping good health. Their chemical resemblance to the essential nutrients means they are taken up by the body; once in the body they follow the same metabolic
pathways to particular organs as the nutrient elements.
Iodine-131 mimics natural iodine and so finds its way into the human thyroid. Here it can irradiate the tissue at close range with beta rays. Strontium-90 mimics calcium and so follows the same pathway into bone where it irradiates bone marrow.
Because it behaves like potassium cesium-137 has an affinity for muscle and other soft tissue where it could cause us to age more quickly. Plutonium mimics iron and finds its way into bone and reproductive organs.
There are radiation exposures from elements that give off alpha or beta waves. These are almost impossible to detect. And yet they are the most devastating. Since these rays will not show on medical detection, an unknowing person could inhale or ingest a small amount of a product and it would devastate the inside slowly with cancer and other degeneration.

Smoke detectors are made with a small amount of a radioactive sample of Americium. This emits alpha particle which even the smoke can block, but if this was ingested the effects would be critical and devastating. An improperly destroyed smoke detector could release this poison and it could find its way into your gut.

Prussian blue the paint color can detox many of these alpha and beta wave radioactive products out of your system out of the system.

Prussian blue is a dark blue pigment – one of the first synthetic pigments – which was synthesized for the first time in Berlin around the year 1703. It was named “Preußisch blau” and “Berlinisch Blau” in 1709 by its first trader. Another name for the color Prussian blue is Berlin blue or, in painting, Parisian blue.
The key colored substance in Prussian blue pigment is an insoluble inorganic compound composed of iron and cyanide ions, with water. It has the idealized formula Fe(CN)₉ with 14 to 16 H₂O. The pigment may also contain variable amounts of other ions. The color of the pigment depends partly on the size of precipitated particles formed when it precipitates from addition of iron(III) to soluble Ferro cyanide. With several other names (see table to right), this dark blue solid is commonly abbreviated “PB.” Because it is easily synthesized in impure form, it is the object of instructional experiments. It has a complicated chemistry, however, that has led to extensive speculation on its structure.

Prussian blue is a common pigment, used in paints, and it is the traditional “blue” in blueprints. It has been used as an antidote for certain kinds of heavy metal poisoning.

Prussian blue and its analogs have been extensively studied by inorganic chemists and solid-state physicists because of its unusual properties.
It undergoes intercalation charge transfer. Although intercalation charge transfer is well-understood today, Prussian blue was the subject of intense study when the phenomenon was discovered.
It is electrochromic—changing from blue to colorless upon reduction. This change is caused by
Prussian blue’s ability to incorporate cations that have one unit of positive charge makes it useful as a sequestering agent for certain heavy-metals ions. Pharmaceutical-grade Prussian blue in particular is used for patients who have ingested thallium or radioactive cesium. According to the International Atomic Energy Agency, an adult male can eat at least 10 grams of Prussian blue per day without any serious harm. The U.S. Food and Drug Administration (FDA) has determined that the “500 mg Prussian blue capsules, when manufactured under the conditions of an approved New Drug Application (NDA), can be found safe and effective therapy” in certain poisoning cases. Radiogardase (Prussian blue insoluble capsules) is a commercial product for the removal of cesium-137 from the bloodstream.

It is better to pretend that the gun is loaded. Here is my formula for a detox you can do safely once a year or so to detox.

1. Take 2 grams of Prussian blue stir into a 4oz, glass of water drink. Use double the dose if you are sure there was exposure. It looks and tastes awful.
2. Then thirty minutes later take 1 tablespoon of activated charcoal powder stir into a 4 oz glass of water drink
3. Then thirty minutes later take 1 tablespoon of bentonite clay stir into a 4 oz glass of water drink
4. Then thirty minutes later take 1 tablespoon of psyllium seed powder stir into a 4 oz glass of water drink
5. Then take some high fiber pills
6. For the next ten days have miso soup once a day and use the New Vistas Algin for homeopathic detox 6 drops twice a day
7. You must keep the bowels working every day. Use enemas, or natural laxatives if you need to.
8. Use probiotic yogurts for the next week.

This will detox out some of the radiation compounds concerns from the digestive tract. As well as it will detox out other poisons. Do this twice a week but just once a year, and yes your stool will be blue.

Here are some other detox programs for you to consider using with the above program. Once we get out the cause, we need to attack the tumors with natural chemotherapy, we need to repair the altered DNA with the other therapies.

Mercury or other heavy metals can produce cancer or weaken the body response to it. Here is the following section on mercury detox taken from our book on natural dentistry.

Dr Desi’s Mercury Detox CORIANDER (Cilantro) Pesto Recipe

The Cilantro must be fresh and preferably organic if you can get it. (It is very easy to grow at home in a sunny position). Dried coriander does NOT work well Fresh is better.

Research published late in 1996 has shown that Coriander has a wonderful capacity to remove heavy metals and especially mercury from the body. This is a revolutionary discovery and makes Cilantro the first known substance that mobilizes mercury from the CNS. The active principle is unknown. But the speculative idea contains the high organically bound selenium and the quantum quadrupole found in the remedy.

RECIPE for Cilantro-Pesto:

Buy fresh organic Cilantro. Use equal parts black olives. Wash. Put in blender with small amount of water, dash of sea salt or Desi salt substitutes. Add Sunflower Oil and wheat germ, 3 crushed Brazil nuts, crushed sunflower seeds. Blend until creamy. Take 1 tablespoon 3 times a day with meals. Do not heat, spread on bread or crackers, use on salad. More often, if brain severely compromised; depression, Alzheimer’s disease, “fogginess”, etc.)

Alternate Pesto Recipe

- Coriander - 1 bunch
- Black Olives 10. Crushed onions + tomatoes,
- Garlic, Cumin, Sage, Oleander, Lobelia - to taste
- 3 crushed Brazil nuts, crushed sunflower seeds
- Extra Black pepper to taste
- Coconut desiccated ¼ cup
- Touch of Lime juice

Cover with Sunflower, Safflower Oil - cold pressed and wheat germ, blend to a paste.

Any black vegetable such as black pepper and black olives are black from excess selenium and chromium; the organic selenium is best from natural vegetable sources, and chromium and selenium tend to make foods black. This natural bounding will not stress the kidney but assist detox of heavy metals, Guiness beer also will help no more than one pint a day.

Blend all together and keep refrigerated for one week

PLEASE NOTE: It is important to continue with detoxification after removal of fillings in order to remove mercury which has built up over the years.

It has been found that the combination of vitamin E with selenium is also a profound detoxifier of mercury we list the foods richest in these supplements and you can see why cilantro, (coriander, with sunflower oil and Brazil nuts is so good at chelating out the mercury.)
Rich Food Sources of Selenium

Selenium is a mineral that, although only needed in small amounts, is said to protect the body against some of the major diseases. Selenium teams with vitamin E to protect cells from damage, thus slowing down the aging process, helping the body resist infection, and protecting the body against toxic materials such as cigarette smoke. On its own, selenium helps to maintain healthy eyes, skin and hair, and acts as an anti-inflammatory agent to combat conditions such as arthritis.

The RNI* for selenium is thought to be between 50 & 80ug per day, and this is only a rough guide for an average adult in the UK (not including pregnant or lactating women). It has also been stated that a maximum daily level should not exceed more than 200ug per day!

Consult your doctor before increasing intake of minerals, or changing your diet in any way!

A List of Rich Sources of Selenium

<table>
<thead>
<tr>
<th>Selenium-rich foods list</th>
<th>ug (units)</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brazil Nuts</td>
<td>up to 1500</td>
<td>100</td>
</tr>
<tr>
<td>Wheat germ</td>
<td>up to 300</td>
<td>100</td>
</tr>
<tr>
<td>Brewers Yeast</td>
<td>up to 260</td>
<td>100</td>
</tr>
<tr>
<td>Kidneys</td>
<td>250</td>
<td>100</td>
</tr>
<tr>
<td>Liver</td>
<td>150</td>
<td>100</td>
</tr>
<tr>
<td>Tuna</td>
<td>90</td>
<td>100</td>
</tr>
</tbody>
</table>

What if you're not getting the mineral selenium from rich foods?

According to research, there is a greater risk of heart disease and cancer (specifically breast and skin cancers) if you are deficient in selenium. Deficiency may also lead to a lowering of resistance against disease, infertility in men, faster ageing and possibly, dandruff.

Natural Vitamin E Rich Foods List

Vitamin E (tocopherol) is essential to our health and vitality because it performs so many important FUNCTIONS in our bodies. Some people maintain that it has near-magic powers, which include the ability to improve virility.

Whether vitamin E is a miracle vitamin is open to some debate, but there is no doubt that it plays a protective and restorative part in many body functions. Its primary role is to act as what is called an anti-oxidant, which means that it protects nutrients (including vitamins A, B & C and unsaturated fats) in the body from damage by oxygen. It does this by working with the mineral selenium. Vitamin E also plays an important part in the working of our hearts, dissolving clots, opening up new channels of blood supply, dilating blood vessels and strengthening blood capillary walls. It improves the power and efficient working of our muscle tissue, acts as a natural diuretic, helps the growth of new skin and prevents the formation of excessive scar tissue. The vitamin also helps the body in other ways, including resisting infection and the effects of pollution and, possibly, increasing fertility in men and delaying the aging process.

Vitamin E is a fat-soluble vitamin, but unlike other fat-soluble vitamins only a small amount is stored in the body, mainly in the glands, so regular supplies are needed from vitamin E rich foods or from supplements.

Consult your doctor before increasing intake of any nutrient or changing your diet in any way!

A List of Rich Sources of Vitamin E

<table>
<thead>
<tr>
<th>Vitamin E Rich Foods List</th>
<th>Milligrams</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunflower oil</td>
<td>49</td>
<td>100g</td>
</tr>
<tr>
<td>Cottonseed oil</td>
<td>43</td>
<td>100g</td>
</tr>
<tr>
<td>Safflower oils</td>
<td>40</td>
<td>100g</td>
</tr>
<tr>
<td>Hazelnuts</td>
<td>up to 25</td>
<td>100g</td>
</tr>
<tr>
<td>Almonds</td>
<td>24</td>
<td>100g</td>
</tr>
</tbody>
</table>
### Who Needs Vitamin A?

A great deal of research has been carried out on this vitamin and, while it is accepted as one which is necessary for good health and proper functioning of our bodies, debate rages as to which people would benefit from extra amounts. There is some evidence that the vitamin may cure some illnesses. People with heart disease or related conditions may be helped, along with women with varicose veins, benign breast lumps, repeated miscarriages and menstrual problems. The oestrogen in the pill or in HRT therapy for menopausal women may impair the absorption of the vitamin, and it had been suggested that women taking these should have a daily teaspoon of wheat germ oil to counteract the effect, or supplement their diet with wheat germ.

Diabetics, by taking vitamin E, have reduced the chances of the circulatory problems that often develop. People who suffer from muscle cramps and some skin complaints like ulcers have also benefited. The vitamin might also be useful for athletes, who require that extra bit of stamina, and also for those who have fertility problems.

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### Vitamin E Rich Foods List

<table>
<thead>
<tr>
<th>Vitamin E Rich Foods</th>
<th>Milligrams</th>
<th>Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wheat germ</td>
<td>22mg</td>
<td>100g</td>
</tr>
<tr>
<td>Rapeseed oil</td>
<td>22</td>
<td>100g</td>
</tr>
<tr>
<td>Cod liver oil</td>
<td>20</td>
<td>100g</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>19</td>
<td>100g</td>
</tr>
<tr>
<td>corn oil</td>
<td>17</td>
<td>100g</td>
</tr>
<tr>
<td>Soya bean oil</td>
<td>16</td>
<td>100g</td>
</tr>
<tr>
<td>Peanut or Olive oil</td>
<td>15</td>
<td>100g</td>
</tr>
<tr>
<td>Pine nuts</td>
<td>13</td>
<td>100g</td>
</tr>
<tr>
<td>Popcorn</td>
<td>11</td>
<td>100g</td>
</tr>
<tr>
<td>Samosas</td>
<td>10 +</td>
<td>100g</td>
</tr>
<tr>
<td>Peanuts</td>
<td>10</td>
<td>100g</td>
</tr>
<tr>
<td>Margarine</td>
<td>up to 8</td>
<td>100g</td>
</tr>
<tr>
<td>Brazil Nuts, Flax seed oil</td>
<td>7</td>
<td>100g</td>
</tr>
<tr>
<td>Marzipan</td>
<td>6 +</td>
<td>100g</td>
</tr>
<tr>
<td>Other spreads</td>
<td>2-6mg</td>
<td>100g</td>
</tr>
<tr>
<td>Sweet Potato</td>
<td>4.5</td>
<td>100g</td>
</tr>
<tr>
<td>Walnuts</td>
<td>3</td>
<td>100g</td>
</tr>
<tr>
<td>Egg Yolks</td>
<td>3 +</td>
<td>100g</td>
</tr>
<tr>
<td>Muesli</td>
<td>3mg</td>
<td>100g</td>
</tr>
<tr>
<td>Avocado</td>
<td>up to 3</td>
<td>100g</td>
</tr>
<tr>
<td>Flapjacks</td>
<td>2.8</td>
<td>100g</td>
</tr>
<tr>
<td>Sponge Cake</td>
<td>2.4</td>
<td>100g</td>
</tr>
<tr>
<td>Battenburg Cake</td>
<td>2.4</td>
<td>100g</td>
</tr>
</tbody>
</table>

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### What if you’re not getting vitamin E from rich foods?

Although everyone needs vitamin E, it is rare that a specific illness arises from a deficiency. Newborn babies, especially those who are premature or with a low birth weight, may develop anaemia as they have low levels of the vitamin at birth and they are unable to make sufficient use of what they have. These levels will rise faster if they are breast-fed rather than bottle-fed. Adults with conditions which make them unable to absorb fats may also need supplementation.

In other cases, people who are deficient may feel under the weather - lacking vitality, the ability to concentrate or to be active in any way. There might also be a decreased desire for sex. Severe deficiencies may lead to anaemia and disorder of the reproductive system.
Inside? (Taken from the Intenet)

How cleansing can help you beat occasional constipation, bloating, tiredness and skin problems while gaining more energy and a flatter stomach

by Heather Johnstone, Ph.D., R.N., A.P.N., Director and Chief Academic Officer of the Global College of Natural Medicine

The people in the pictures above, as well as thousands of others whose stories you’ll find on DrNatura.com, once suffered from occasional constipation, gas and bloating, skin and hair problems and many other common ailments.

They put an end to their suffering by becoming clean inside. I’m Dr. Johnstone and as you read this entire article, I will tell you how they did it - and how you can do it too.

“Death Begins In The Colon”

Look at the picture on the right. How would you feel if long pieces of old toxin-filled fecal matter were stuck to the inside of your colon for months? Would you feel constipated, bloated and lethargic? Would your bowels be irritated by this build-up day in and day out causing what we call G.I. dysmotility. Just think about what other problems toxic build-up like this can cause? Stomach pain and occasional constipation? Tiredness, Gas and bloating? Indigestion? Large protruding belly? Lack of sleep, irritation and restlessness? The list is almost endless. As the Vegetarian Times
so aptly wrote:

“Of all the polite topics of conversation, the state of one’s intestines is probably at the bottom of most people’s lists. Let’s face it: Irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss. And yet, as the old expression goes, death begins in the colon. Don’t believe it? Ask any coroner. Autopsies often reveal colons that are plugged up to 80 percent with waste material.” - Vegetarian Times, March, 1998

The Truth About Colon Cleansing

You can stop suffering in silence by learning how body pollution and a toxic colon can be the cause of many common ailments. On DrNatura.com you’ll find out the truth about colon cleansing and detoxification, as I will be explaining in detail:

- Why it is crucial to cleanse and detoxify your body regularly
- How to properly cleanse your colon and detoxify your organs
- What benefits you will experience and how your life will change for the better

What you’re about to find out is absolutely amazing, and the information offered on this site may be the answer to your prayers, as so many here will testify.

DrNatura.com is the most visited Colon Cleansing and Body Detox Resource in the world. In the past decade, it has already improved the lives of over 1 million Americans and Canadians, and many more worldwide.

What You Must Know About Body Pollution

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply, and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives.

If you never wondered or cared much about the pollution around us, it’s time to change your views and start paying attention to this problem. For decades, scientists have been studying the pollutants in our air, water, food, and soil. U.S. industries manufacture over 6 trillion pounds of 9,000 different chemicals a year. They dump billions of pounds of industrial chemicals into our air and water year after year. So now scientists have started to examine pollution levels in humans and their findings are deeply disturbing.

Research clearly proves that our bodies are not capable of eliminating all the different toxins and chemicals we inhale and ingest every day. They simply accumulate in our cells (especially fat cells), tissues, blood, organs (such as the colon, liver and brain) and remain stored for an indefinite length of time causing all kinds of health problems. I can’t show you a picture of what this pollution build-up looks like in the brain or the liver, but I can show you what it looks like in the colon. In fact, we’ve built an entire picture gallery of these photos.

When Do You Need Internal Cleansing?

If this is the first time you’ve been exposed to this life-changing colon cleanse information, you’ve probably never considered this simple question: Are you clean inside? Of course you take care of the outside: You shower, brush your teeth and wash your hair on a regular basis, but do you clean yourself inside? In this modern, toxic world it’s becoming a simple fact of life that our colon (the ‘sewer system’ of the body), liver and other organs also require regular cleaning. Just like a car requires an oil change periodically.

How do you know when it’s time to free your body of accumulated toxins and other waste materials with an all-natural colon cleanse?

If you experience one or more of the following, then it’s time to detoxify:

- Frequent tiredness and low energy
- Flatulence, gas & bloating
- Impaired digestion
- Irritability, mood swings
- Bad breath & foul-smelling stools
- Occasional constipation
- Protruding belly ("pooch")
- Powerful food cravings
- Skin problems
- Metallic taste in mouth

So How Do You Properly Detoxify Your Body?

Now that we know why it is crucial to cleanse and detoxify our body regularly, we have to know how to do a colon cleanse properly and thoroughly. Here’s a quick overview:

1. First you cleanse your colon with specific herbs to clean out all the toxic plaque and debris
2. While cleansing the colon, you have to replenish the good bacteria that protects the flora balance, which in turn protects you as it is part of your immune system
3. Then as a final step, using detoxifying herbs, amino acids, vitamins and minerals, to assist you to detox your liver, blood, tissues, basically your whole body

You can achieve this through several different methods, but in my experience, the easiest, most effective and safest way is through the use of DrNatura’s cleansing and detoxification programs, called Colonix and Toxinout. These have been specifically formulated to detoxify the whole body using the latest research. The two programs together will give you the most comprehensive, all-natural detoxification system ever created, with a proven track record. There are nearly 100 natural ingredients in very specific quantities in Colonix and Toxinout that serve one purpose only: The most thorough detoxification of the human body.

The Colonix Colon Cleanse program is specifically designed to:

- Cleanse the colon of accumulated toxic build-up and prevent the formation of new build-up through the use of herbal dietary fiber
- Cleanse the liver and purify the colon by keeping harmful organisms at bay
- Help normal bowel function and promote regularity.
The Toxinout program works synergistically with Colonix to:

- Remove heavy metals, including lead and mercury, as well as other toxins
- Detoxify the liver, kidneys and other organs
- Replenish friendly bacteria with a top-of-the-line probiotic supplement, and
- Recharge the immune system through powerful antioxidant support.

The Benefits Of Cleansing And Detox

There’s no better way of demonstrating the benefits of cleansing and detox than to let those who have already been through it tell you about their own experiences. Read these short quotes from testimonials submitted to DrNatura.com. You’ll find the full text of these colon cleanse stories on the Testimonials pages.

“I feel so good and have so much more energy!”

“I recently ordered two Colonix packs. I finished the first and will continue the second in one week. It was the greatest month in my entire life concerning my health. It was remarkable the waste that passed from my body! I read the testimonies before ordering and thought to myself, ‘If half of what these people are saying is true, it must be a great product!’ I am here to tell you it works better than I had expected. I feel so good and have so much more energy! I will continue to use once a year for the rest of my life! Thank you so very much and give thanks to our God those of you who developed this product.” - Marlene M., Barkley, Apr 14, 2004

“Thank you for delivering something that really works”

“Just a quick note to let you know that 3 of us here at our office went on the Colonox program a couple weeks ago. I did not really believe anything that I read would come true as I have done other programs as well. I am a 58 year young male. Just this last week something came out of my body that was disgusting. I could not believe this stuff … was inside of me. I almost got sick to see this. What a relief that I am getting rid of this problem. There is no doubt that we will be ordering more of this product to complete the 3 months program. Since we have started, we have several more of us at the office going to start with the next order. I don’t say this too often but thank you for delivering something that really works. Money well spent!” - John K., Merced, CA, Feb 23, 2006

“I have lost about 10 lbs and have lost the desire for any junk food”

“What a great product. I heard about Colonix from a friend of mine and decided to give it a try. I told my friend I probably wouldn’t pass anything because I had gone through a purge about 6 months prior. On the 6th day I noticed something abnormal in the toilet. I passed a rubbery thing about 12 inches long and about 2 inches in diameter. I was so excited I called all my friends to tell them about my bm. I was sure that would be the only thing but in another week here came another one that looked like the pictures on your web site and it really grossed me out. I love the way it makes me feel because I know that I am being proactive in taking care of my colon. I have lost about 10 lbs and have lost the desire for any junk food. My energy level has increased. I also love the effortless bm’s. Thanks for a great product and I am a life time user.” - David P., Lake City, FL, Aug 28, 2005

As John’s experiences prove (and you’ll find his remarks in many other testimonials), you should not be discouraged if you’ve used some other products in the past that didn’t work for you. Colonix will, because it’s different. Why? Because it’s the best and safest, award-winning cleansing system from the market leader, endorsed by health professionals and backed up by thousands of testimonials.

Don’t Wait, Do It Now!

I believe that there are no accidents in life and you’ve found DrNatura.com for a reason, searching for THE answer to one of these questions:

- How can I become regular so I don’t have to strain in the bathroom to produce a few hard pebbles once or twice a week?
- How can I get rid of the uncertainty and pain of my bowel movements and live a more comfortable life?
- How can I get rid of the excruciating gas pains and embarrassing bloating in my stomach?
- Why am I not losing any weight when I’m trying to eat healthy and exercise regularly?
- How can I make my belly flatter?
- Why do I feel so sluggish and tired all the time?

Maybe you’ve already heard about the importance of cleansing, you know it’s good for you, and you are searching for the most popular detoxification program out there. Or perhaps a friend or relative was singing the praises of DrNatura and said that you just HAD to check out this website. Whatever they may be, you know your own reasons and questions all too well. And I’m here to tell you that your search and suffering are over because I know the ANSWER: You have to get the toxins out! And you have to get them out now!

Your health and quality of life depends on it. DrNatura’s colon cleanse detox programs are easy, affordable, effective and safe. Don’t wait, do it now before it’s too late!

Dr. Johnstone is the Director and Chief Academic Officer of the Global College of Natural Medicine. She has been a health care professional for over 30 years.

COLONIX - Advanced Internal Cleansing Program

Milk thistle capsules

- strengthen the digestive-function
- boost the renewal of the liver cells
- stimulate the liver and bile-metabolism
- support the liver detoxication
Colon/kidney detoxification

What Is Detoxification?

Detoxification is the process of clearing toxins from the body or neutralizing or transforming them, and clearing excess mucus and congestion. Many of these toxins come from our diet, drug use, and environmental exposure, both acute and chronic. Internally, fats, especially oxidized fats and cholesterol, free radicals, and other irritating molecules act as toxins. Poor digestion, colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity.

Detoxification involves dietary and lifestyle changes which reduce intake of toxins and improve elimination. Avoidance of chemicals, from food or other sources, refined food, sugar, caffeine, alcohol, tobacco, and many drugs helps minimize the toxin load. Those lifestyle changes are a direct result of choices you make in your life. Transcendental meditation has helped me make marked improvements in not only my health and behavior but all aspects of my life. I highly recommend you look into it.

When detoxifying your colon, it is also important to incorporate probiotics in your diet to replenish your intestinal flora.

Colon cleansing

Bowel movements are the basis of your health. If you don’t have at least 1 bowel movement per day, you are already walking your way toward disease. Man’s body has not changed very much in the past several thousand years. However man’s diet has certainly changed a lot. All the refined sugar, white flour, hormone/antibiotics-filled meats we constantly ingest constitute an assault on our bodies. We are continuously violating our bodies by eating terrible foods. Colon cancer is the 2nd leading cause of cancer deaths in the U.S.

So, all congestion and toxins must be removed, and it must begin with cleansing of the bowel.

One of the most frequent bowel problems that people experience today is constipation. A constipated system is one in which the transition time of toxic wastes is slow. The longer the “transit time,” the longer the toxic waste matter sits in our bowel, which allows them to putrefy, ferment and possibly be reabsorbed. The longer your body is exposed to putrefying food in your intestines, the greater the risk of developing disease. Even with one bowel movement per day, you will still have at least three meals worth of waste matter putrefying in your colon at all times.

Disease usually begins with a toxic bowel. Those having fewer bowel movements are harboring a potentially fertile breeding ground for serious diseases. Infrequent or poor quality bowel movements over an extended period of time may be very hazardous to your health.

A Proper Colon Cleansing Program Removes the Mucoid Plaque From the Colon.

Even a thin layer of Mucoid plaque weakens the body. Nature intended Mucoid plaque to be sloughed off. But due to stress and diet, most Americans have many hardened layers of Mucoid plaque. The healthy colon weighs about 4 pounds. One autopsy revealed a colon choked with 40 pounds of impacted Mucoid plaque! A proper colon cleanse and detoxification program prepares your body for optimal health by removing the Mucoid plaque.

Begin transitioning to a diet rich in raw fruits and vegetables with very few cooked or processed foods to help keep your digestive system free of Mucoid plaque. Regular and easy elimination will be the rule, toxins will not build up and foods will be fully digested and utilized. This optimum nutrition allows rejuvenation and peak vitality. Of course it was a process of years or decades to get the body so full of plaque and toxins, so it will be a process, although faster, to detoxify and

The liver takes up a central role in the metabolism process: It detoxicates the body, regulates the fat metabolism and promotes the digestion. However today is the liver every day exposed to many strains such as stress, pollutants, preservatives, alcohol, etc. The overload of the liver often leads to that digestion doesn’t work optimally anymore. Unpleasant troubles like abdominal fullness, flatulence and pain in the upper abdomen can be the consequence. Here helps Silymarin, the natural active substance of the milk thistle. Silymarin stimulates the regeneration ability and the self regulating forces of the liver, so that the bile liquid can be formed that is important for the digestion. Each capsule contains 200mg of high-dosed milk thistle fruit extract (contains 40-50% of Silymarin).

Fields of application: Traditionally used to the support of the digestive function. This information is exclusively based on tradition and on a long standing experience. For further information on benefits, risks and side effects please consult your physician or pharmacist. Contains soya bean oil. Please pay attention to the package.

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OVER 2 MILLION PACKS SOLD!
get your body pure and back to its highest possible state of health.

"Colon cleanse" or "Bowel Cleanse" or "Intestinal Cleanse" or "Intestinal Therapy" are terms referring to a procedure (or a therapy) which has as its main goal having a clean bowel. A real “bowel cleanse” can take from 3 to 4 weeks up to a few months, depending on the person. But don’t get discouraged, it’s worth it!

Colon cleansing is a procedure which may include the use of many different supplements, and few days of FASTING. A good intestinal cleanse will also include a parasite cleanse.

Natural Colon Cleansing

More often than not, natural colon cleansing means following a colon cleansing diet along with taking some colon cleansing supplements which may include herbs which are known to kill parasites and worms, contain digestive enzymes, contain probiotics (beneficial bacteria), contain herbs that stimulates liver, gallbladder and intestines, also psyllium husk or seeds, Cascara Sagrada, or flax seeds, or slippery elm, and others.

Herbal colon cleansing using psyllium, internal cleansing herbs and other natural colon cleansing products, is an essential part of a good detoxification program.

The person on a typical American diet holds 8 meals of undigested food and waste material in the colon, while the person on the high fiber diet holds only 3. The herbal colon cleansing page and the colon health page explain in detail how you can embark on a good colon cleansing program for yourself.

Start your detoxification program with the COLON

A good cleansing program should always begin by removing the waste in your colon, the last portion of your food processing chain. If you attempt to clean your liver, blood, or lymph system without first addressing a waste-filled bowel, the excreted toxins will only get recycled back into your body.

Decrease Bowel Transit Time With Intestinal Cleansing

Constipation and diarrhea, are also indications of foul matter in your intestines. Furthermore, the much more serious problems of cancer and immune system dysfunctions begin with a toxic bowel.

Once we truly understand that the "single greatest challenge our bodies face is the effective removal of wastes and toxins", we will never again undermine the importance of frequent bowel movements.

As the colon becomes impacted with dry putrefactive waste, its shape and function are affected in numerous ways. It may stretch like a balloon in certain areas, or develop something called "diverticula" (pouches on the intestinal wall which may become infected), or fall down upon itself (prolapsed colon).

All of these colon malformations greatly impair your large intestine’s ability to function, which in turn places severe strain on your digestive organs and glands and affects nutrient assimilation and absorption. The colon is the body’s “sewer system”, and if not treated properly can accumulate toxic poisons, which are absorbed into the bloodstream. This in turn can cause many diseases.

A standard bowel cleanse contains:

- Fasting on water, juices, raw fruits and vegetables
- Probiotics
- Psyllium husk and/or seeds or flax seeds
- Bentonite clay
- Salt water enema

Bentonite clay and flaxseeds assist with the colon cleansing process. Bentonite is a type of edible clay that acts as a bulk laxative by absorbing water to form a gel. It binds toxins such as pesticides and helps to carry them out of the colon. Flaxseeds also absorb water and expand in
the colon, allowing toxins and mucus to be removed. In addition, flaxseeds have been found to lower cholesterol levels. As part of your colon cleansing program, take 1 tablespoon of liquid bentonite and one tablespoon of ground flaxseeds in a glass of water first thing in the morning (wait at least 1/2 hour before eating) and before bed. Drink at least 8 glasses of water per day or constipation may result. You should take the bentonite separate from medications or supplements because it may interfere with absorption. I find the best price for a high quality colon cleaning product containing bentonite clay is here. An important component of a colon cleansing program is the use of probiotics to help replenish the population of friendly bacteria which resides in your colon.

Kidney cleansing

Now let’s turn to kidney cleansing. Did you know that your chances of developing a kidney stone in your lifetime are 1 in 10? More than 300,000 people in the U.S. suffer from renal failure each year and undergo dialysis or await a kidney transplant.

Your kidneys are 2 bean-shaped organs, each about the size of your fist. Although the kidneys are small organs by weight, they receive a huge amount - about 20% - of the blood pumped by the heart. Every day, your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water.

The actual filtering occurs in tiny units inside your kidneys called ‘nephrons’. Every kidney has about a million nephrons. In the nephron, a glomerulus—which is a tiny blood vessel, or capillary—intertwines with a tiny urine-collecting tube called a tubule. A complicated chemical exchange takes place, as waste materials and water leave your blood and enter your urinary system.

The large blood supply to your kidneys enables them to do the following tasks:

- Regulate the composition of your blood
- Keep constant the concentrations of various ions and other important substances
- Keep constant the volume of water in your body
- Remove wastes from your body (urea, drugs, toxic substances)
- Keep the acid/base concentration of your blood constant
- Help regulate your blood pressure
- Stimulate the production of red blood cells
- Maintain your body’s calcium levels

Your kidneys receive the blood, they process the blood by removing the wastes and then return the processed blood to the body and the unwanted substances end up in the urine. Urine flows from the kidneys through the ureters into the bladder. In the bladder, the urine is stored until it is excreted from the body through the urethra.

A kidney cleanse is any procedure that involves drinking a huge amount of liquid, and making sure you are eating a healing diet. Simply eating a better diet and increasing your consumption of water can sometimes be enough. Any form of bowel cleansing will also help kidneys. A juice fast is also a kidney cleanse, and any other form of fasting which incorporates a lot of liquids, will by the same token cleanse the kidneys.

An easy way to do a kidney cleanse is to purchase 20 to 100 pounds of watermelon (a few huge melons) and eat as much of the watermelon as you can throughout the day, while regularly emptying your bladder.
ANTI-CANCER HERBS

(NATURAL CHEMOTHERAPY) THESE PLANTS ARE LOW GRADE POISONS BUT ARE MORE POISONOUS TO CANCER CELLS. DO NOT USE THEM AS A PREVENTIVE OR IF YOU DO NOT HAVE CANCER

<table>
<thead>
<tr>
<th>Plant</th>
<th>Cons</th>
<th>Non-cons</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe vera</td>
<td>Anti-inflammatory</td>
<td>Anti-bacterial</td>
<td>Anti-inflammatory, anti-microbial</td>
</tr>
<tr>
<td>Betel</td>
<td>Black Walnut</td>
<td>Blueberry</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Chaparral</td>
<td>Chlorella</td>
<td>Citrus peel</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Fennel</td>
<td>Flax seed</td>
<td>Garlic</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Jethro Knaan</td>
<td>Kelp</td>
<td>Kombu</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Mistletoe</td>
<td>Mutterwort</td>
<td>Mushrooms</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Peau Arce</td>
<td>Periwinkle</td>
<td>Pokeweed</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Shiitake</td>
<td>Silymarin</td>
<td>Natural medicine, anti-viral</td>
</tr>
<tr>
<td>Yew</td>
<td>Slippery Elm</td>
<td>Sorel</td>
<td>Natural medicine, anti-viral</td>
</tr>
</tbody>
</table>

Chemotherapy is discovered by farmers. Farmers found that some plants healthy animals will not eat and a cancer animal will love to eat. And then sometimes the cancer would go away. One of the first and most powerful anti-cancer herb was the Vinca (periwinkle flower). The drug companies looked at this and found that there were chemotaxic agents in these plants. Compounds toxic to cells but very toxic to cancer cells. The reduced the compound from it natural complexity to its key ingredients and then synthesized the compound, secured a patent on the SINthetic and SINthetic Chemotherapy was born. They called the first form vincastrin after the Vinca. You have to wear rubber gloves to handle it because it is so concentrated that it will burn your hand.

But nobody researched the natural. There was no patent for the natural so no one wanted to research it. No one but me. After the fall of the iron curtain in 1989 there was economic dismay in eastern Europe. I was lecturing in Kiev when I saw that the medical doctors were paid about 10 us dollars a month. I hired five of the best oncologists and doubled their salary to study the natural Vinca versus the synthetic vincastrin. We did cell culture, toxicity studies, mouse, rabbit, and finally after 2 years a human study. And what did we see but the natural was statistically far greater in effectiveness and infinitely better in safety. The synthetic compound all but destroys your natural immunity for the next cancer.

The results of all of these studies are published in the 15 year old peer reviewed medical journal (The Journal of the Medical Science of Homeopathy). I presented these papers to the world congress on oncology in Paris. The theme of the congress was we get you better but you come back. I announced in my presentation, I got the answer for you. The synthetic process (SINthetic is better) is wrong. The natural has complexities. The key ingredient is not enough. There are supporting buffers and helpers in nature. This is like taking the key ingredient of the Los Angeles Lakers Kobe Bryant and having him play alone. As good as he is he can’t play alone he needs supporting players to help him. Nature is designed this way. Reductionism is wrong. SINthetic chemistry is wrong. The greed of the drug companies and the protection of a patent is wrong. We have seen that SINthetic foods make us sick. We all realize that the finest ingredients for cooking are from nature. The gourmet cook does not use synthetics. The same is true of our medicines. But in this Paris conference I was told that the power of the chemical companies is too great. But people are dying of chemotherapy. Power and money don’t care.

So I wrote this momentous book to help you on your own to deal with your cancer naturally. I was impressed with an advertisement I saw of Kevin Trudeau. His infomercial was interesting promising natural cures. But when I spent money for the book and read it there was nothing there. Just links to multi level companies charging massive amounts for joining and still not getting anything. So I decided to write this book and help you people to really get help.

The following plants and herbs have been recognized as helpful for cancer for hundreds of years. They are listed in herb books as helpful for cancer. Many of these are in your yard or could be in your garden. Be careful remember the healthy animals don’t eat them. So spice up your salad, make tea, get advice and cure your cancer.
To date, there is no 100% cure for cancer. But with cancer natural cures, Arum Maculatum, there are ways to help. The jack in the pulpit can be used in your salad or as a garnish. But eat it. *Arum Maculatum* (Autumnalis Rigida) is a common and plentiful plant seen in many gardens.
TRADITIONAL CHINESE MEDICINE (TCM) AND CANCER

Drawings of tumors have been found on turtle shells and “racle bones” dating from the eleventh century B.C. Medical texts dating from 200 B.C. have detailed descriptions of tumors and their causes. Cancer is well known and well documented in Chinese medical literature. Yet there is no word for cancer in Traditional Chinese Medicine (TCM).

This is because Chinese medicine has always regarded cancer as several different diseases rather than a single disease. Ironically, modern physicians are beginning to recognize this as well. Perhaps in our search for “the Cure” we can find a measure of help in the vast experience of Chinese medicine.

Chinese herbal treatment of cancer is based on the principle of Fu Zheng Gu Ben.

“Fu Zheng” means strengthening what is correct. “Gu Ben” means regeneration and repair. Treating cancer with Chinese herbs requires diagnosing according to the four examinations. The aim of treatment is to harmonize the patient as well as to attack cancer.

Chinese Herbal Treatment of Cancer: What In A Formula

1 - Herbs to Reduce Stagnation.

The accumulation (tumor) is attacked with strong blood breaking and anti-cancer herbs. Herbs will differ according to the location of the cancer. Because many patients receive chemotherapy, and because toxicity may be a disease factor, anti-toxic herbs are often added.

2 - Herbs to Strengthen and balance the body.

Reduce excess and supplement deficiencies. Most important is the body’s immune energy (wei qi) which must be heightened to help subdue the cancering process. One or more herbs are usually included to strengthen digestion and absorption of the medicine.

3 - Herbs to Eliminate the Root Causes

To prevent recurrence. We must seek to understand what is the cause, or the causes

Some Chinese herbs commonly used in the treatment of cancer.

<table>
<thead>
<tr>
<th>Vitalize Blood and/or</th>
<th>Anti-Cancer Herbs</th>
<th>Strengthening Herbs</th>
<th>Miscellaneous Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chih Ko Aurantium</td>
<td>Rei Shi and various mushrooms</td>
<td>Astragalus Huang Qi</td>
<td>Yi Yi Ren Coix</td>
</tr>
<tr>
<td>E Zhu Curcuma Zedoaria</td>
<td>Lu Feng Fang Hornet Nest</td>
<td>Xi Yang Shen American Ginseng</td>
<td>LuGen Phragmites</td>
</tr>
<tr>
<td>Tao Ren Persicae Semen</td>
<td>Long Kui Solanum</td>
<td>Shu Di Huang Chinese Foxtail Root</td>
<td>Bai Mao Gen Imperata</td>
</tr>
<tr>
<td>Hong Hua Carolinae Tintori</td>
<td>Ban Zhi Lian Scutellaria</td>
<td>Gan Cao Chinese Licorice Root</td>
<td>Mu Li – Oyster Shell and other shells</td>
</tr>
<tr>
<td>San Leng Sparganii Rhizoma</td>
<td>Dong Ling Cao Rabdosia Rubescens</td>
<td>Dang Gui Angelica Sinensis</td>
<td>Pu Gong Yin Taraxacum</td>
</tr>
<tr>
<td>Wu Ling Shi Trogopterorum Pterom</td>
<td>Bai Hua She She Cao Oldenlandia</td>
<td>Bie Jia Turtle Shell</td>
<td>Ji Xue Teng Millettia</td>
</tr>
</tbody>
</table>

Breast cancer herbs:
oldenlandia (20 %), taraxacum (20 %), scutellaria (20 %), aurantium (20 %), curcuma (20 %)

Stomach cancer herbs:
oldenlandia (40 %) and imperata (30 %) or use scutellaria (15 %) and imperata (15 %)
Esophageal cancer herbs:
- oldenlandia (25 %), scutellaria (25 %), imperata (25 %), cotton root (25 %)

Colon cancer herbs:
- oldenlandia (60 %), scutellaria (15 %), solanum (60 %), sanguisorba (30 %), viola (15 %)

Ovarian cancer herbs:
- oldenlandia (60 %), scutellaria (15 %), solanum (60 %), sanguisorba (30 %), viola (15 %)

Liver cancer herbs:
- scutellaria (50 %), taraxacum (12.5 %), ophiopogonis (12.5 %), oldenlandia (25 %)

Esophageal cancer herbs:
- oldenlandia (30 %), scutellaria (30 %), phragmites (10 %), peonae alba (30 %)

### VINCA TINCTURE

**Overview**

Vinca has more than 400 known alkaloids! Some are used by the pharmaceutical industry for the treatment of childhood leukemia, Hodgkin’s disease, testicular cancer and cancerous tumors. Taken as a daily supplement, it improves the blood supply to the brain, increases oxygen and glucose for the brain to use, helps prevent abnormal coagulation of blood, and it raises brain levels of neurotransmitter serotonin. There are two classes of active compounds in Vinca: alkaloids and tannins.

The major alkaloid is known as vincamine.

A closely related semi-synthetic derivative of vincamine widely used as medicine is known as ethyl-apovincamine or vinpocetine. It has vasodilating, blood thinning, and memory-enhancing actions. It has been shown in double-blind studies to help alleviate a type of dementia known as vascular dementia, in which the arteries supplying blood to the brain develop atherosclerotic plaques. Extracts of Vinca have significant anticancer activity against numerous cell types. The greatest activity is seen against multi-drug resistant tumor types which suggest that there are compounds in Vinca rosea that are synergistic or additive with anti-neoplastic elements by inhibiting resistance to them.

**Constituents**

Over 70 different indole alkaloids, including vincaleukoblastine (vinblastine), 22-oxovincanelukoblastine (vineristine), reserpine, vincamine, alstonine, leurocristine, ajmalicine, vinine, vinomine, vinoxine, vintsine, leurosine.

**Pharmacology**

The hypoglycemic activity of alkaloids isolated from Catharanthus roseus have been studied pharmacologically and a remedy derived from the plant has been marketed under the proprietary name Vinculin as a treatment for diabetes.

**Vinblastine** (Molecular Formula C46H58N4O9, CAS Registry number 865-21/-4, scientific name vincaleukoblastine).

**Vincristine** (Molecular Formula C46H56N4O10, CAS Registry Number 57-22-7, scientific name 22-oxovincanelukoblastine).

Both of these Vinca alkaloids are dimeric compounds of indole and dihydroindole nuclei joined together with other ringed compounds. Vincristine and vinblastine seem to be similar in that both are made up of an upper indole moiety and a lower vindoline moiety. The difference is at the five membered ring of the lower ring systems namely vindoline of the two Vinca alkaloids.

These alkaloids are cytotoxic and target sites in cell division thus preventing mitosis to proceed.
Although for a normal person, this action of the Vinca alkaloids can be toxic but they are helpful agents in stopping the division of cancerous cells.

Vinca alkaloids are used in the prevention and treatment of cancer. The two common cancer treatment drugs (chemotherapy) from Lilly Velban® and Oncovin® are produced from vinblastin and vincristine respectively.

The side effects when using these drugs can be serious.

**Applications**

Prevention of cancer, cancer treatment, anti-diabetic, stomachic, reduces high blood pressure, externally against nose bleeding, sore throat and mouth ulcers.

**Precautions**

Side effects from oral use are mild, only experienced by a small number of people, and disappear after the drug has been taken for a while. Should not be taken by women who are or may become pregnant or are breast feeding. There were no well-known drug interactions with Vinca

**Dosage**

**Tincture:** 1-2 ml / 3 times daily  
**Infusion:** 2-3 cups daily

**References**


**Antitumor Principles Derived from Vinca rosea Linn I. Vincaleukoblastine and Leurosine**

Irvy S. Johnson, Howard F. Wright, Gordon H. Svoboda and Janet Vlantis  
(Lilly Research and Organic Development Laboratories, Indianapolis, Indiana)

The experimental activity of a new clinically confirmed antitumor compound, Vincaleukoblastine (C46H58O9N4), (VLB) as the sulfate has been described. Greatest activity was seen against the P-1534 acute lymphocytic leukemia in DBA/2 mice. Late as well as early stages of this leukemia were significantly affected by this compound. No synergistic or additive effects have been observed in combination therapy with other antitumor compounds.

A second indole-indole alkaloid, leurosine, isomeric with VLB, has also been obtained from Vinca rosea Linn, with similar demonstrable experimental antitumor activity.

Two other alkaloids, vindoline (C25H32O2) and catharanthine (C21H24O2N2), also obtained from Vinca rosea, were devoid of antitumor activity singly or in equimolar concentrations, but have been postulated as the biogenetic precursors of VLB and leurosine.

Preliminary studies in vitro demonstrated that certain compounds were capable of reversing the growth-inhibitory activity of VLB against human mononcytic leukemia cells. These compounds were coenzyme A, aspartic acid, tryptophan, α-keto-glutaric acid, ornithine, citrulline, arginine, and glutamic acid.

VLB and leurosine are representatives of a new class of clinically active antitumor compounds which may interfere with the cellular metabolic pathways leading from glutamic acid to urea, and from glutamic acid to the citric acid cycle.

**HOSEY LIQUID ORAL FORMULA**

**Immune Support Against Degenerative Processes**

*This formula is based on a formula created by Harry Hossey in the 1950’s, who believed that his therapy normalized and balanced the chemistry within the body.* The Hossey Formula is intended to support the original chemical balance of the body’s metabolism, thus preventing degenerative processes to take root.*

**Ingredients:** Red Clover fresh-dried blossoms (Trifolium pratnquil), Chapparal fresh-dried leaf
(Larrea tranquilit, Licorice fresh-dried root (Glycyrrhiza glabra), Oregon Grape fresh-dried root (Berberis nervosa), Burdock fresh-dried root (Arctium lappa), Sarsarparilla fresh-dried root (Smilax oranqu, Echinacea fresh root (Echinacea angustifolia), Prickly Ash fresh-dried bark (Zanthoxyllum americanum).

The ABCDs of skin cancer tell us when to use the Hoxsey topical formula.

**HOXSEY AND NELSON TOPICAL PASTE FORMULAS**

“Hoxsey herbal treatment includes a paste of antimony, zinc and bloodroot, arsenic, sulfur, and talc as external treatments, and a liquid mixture of licorice, red clover, burdock root, Stillinaria root, barberry, Cascara, prickly ash bark, buckthorn bark, and potassium iodide for external use. A mixture of procaine hydrochloride and vitamins, along with liver and cactus, is prescribed.”

(Spencer)

This treatment is currently offered at the Bio-Medical Center in Tijuana, which is operated by Mildred Nelson, Hoxsey’s former chief nurse. (U.S. Congress)

During treatment, patients are asked to avoid consumption of tomatoes, vinegar, pork, alcohol, salt, sugar, and white flour products. (Fink 1988)

The Nelson anti-cancer topical oil comes from a formula in the Bible. Exodus 30: 22-33 tell us of a sacred oil made of 2 parts Myrrh, 2 parts cassia (Senna), 1 part cinnamon, one part fragrant cane; all in an olive oil base. This sacred oil is to not be used except to anoint a priest. Exodus 33 warns that anyone making exactly this formula will be removed from his people. In 1991 a friend of mine asked me to make this oil for a small boy with skin cancer. I did so and the boy’s cancer went away, but I was forced to move from America one month later. The Bible prophecy was true for me. But for you now the Bible says do not use the exact same formula. I now use this:

Equal parts olive, sunflower, and safflower oil as a base.

One part Myrrh, One part Senna, one part Cascara, One part Cinnamon, One part Calamus, One part red clover, One part Burdock, one part Spikenard.

Mix in some procaine, and iodine

This oil is for topical use only, and only to treat suspected or proven cancers.

"Sweet calamus" was one of the specified ingredients of the holy anointing oil:

"Moreover The Lord spake unto Moses, saying, Take thou also unto thee principal spices, of pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet Calamus two hundred and fifty shekels, And of cassia five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin: And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil."
And thou shalt anoint the Tabernacle of the congregation therewith, and the Ark of the testimony, and the table and all his vessels, and the candlestick and his vessels, and the altar of incense, and the altar of burnt offering with all his vessels, and the laver and his foot. And thou shalt sanctify them, that they may be most holy: whatsoever toucheth them shall be holy.” (Exodus 30:22-29 KJV)

Solomon included Calamus among his listing of choice fruit and spices:

“Thy plants are an orchard of pomegranates, with pleasant fruits; capparad, with Spikenard and saffron; Calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices: A fountain of gardens, a well of living waters, and streams from Lebanon.” (Song of Solomon 4:14-15 KJV)

The Lord mentioned “sweet cane,” that is, Calamus, as being sold in the markets. Unfortunately, the occasion for the mention involved Israel’s forsaking of Him.

Spikenard (Lavender family)

Scientific classification
- Kingdom: Plantae
- (Unranked): Angiosperms
- (Unranked): Eudicots
- (Unranked): Asterids
- Order: Dipsacales
- Family: Valerianaceae
- Genus: Nardostachys
- Species: N. Grandiflora
- Binomial name: Nardostachys grandiflora DC.

Spikenard (Nardostachys grandiflora or Nardostachys jatamansi; also called nard, nardin, and muskroot) is a flowering plant of the Valerian family that grows in the Himalayas of China, India and Nepal. The plant grows to about 1 m in height and has pink, bell-shaped flowers. Spikenard rhizomes (underground stems) can be crushed and distilled into an intensely aromatic, amber-colored essential oil, which is very thick in consistency. Nard oil is used as a perfume, an incense, a sedative, and an herbal medicine said to fight insomnia, birth difficulties, and other minor ailments.

Lavender (genus Lavandula) was also known by the ancient Greeks as naardus, nard, after the Syrian city Naarda

Cancer can be reversed

CANCER CAN BE SUCCESSFULLY TREATED WITH GREATER CELANDINE

There is a plant for each disease

modified alkaloid: chelidonine

Ukraine

Greater celandine contains more than 40 alkaloids. For Ukraine some modified alkaloids are used which are relevant for cancer treatment.

Ukraine is registered in many countries

UKRAINE 2008 - #UA/9110/01/01 2003 - #3641, 1998 - #3641
GEORGIA 2008 - #461/o, 1999 - #002861
UNITED ARAB EMIRATES 2007 - #4987-6179-1-C2
MEXICO 2005 - #036M2005 SSA

ORPHAN DRUG STATUS FOR THE TREATMENT OF PANCREATIC CANCER:

USA 2003 – Designation Request #03-1693

- Ukraine autofluorescence in UV-light. A 68 year old female patient was diagnosed as having inoperable pancreatic head carcinoma complicated with jaundice. Ukraine was administered intravenously at a single dose of 20 mg 4 hours before palliative surgery. During surgery, fine needle biopsy of the pancreas was performed. Auto-fluorescence of Ukraine under UV-light is seen in cancer cells only.
<table>
<thead>
<tr>
<th>Therapy success with Ukraine</th>
<th>Ukraine</th>
</tr>
</thead>
<tbody>
<tr>
<td>• more than 70% complete remissions with prostate cancer</td>
<td></td>
</tr>
<tr>
<td>• some patients diagnosed with melanoma breast cancer have lived without recurrence for more than 25 years thanks to Ukraine as monotherapy</td>
<td></td>
</tr>
<tr>
<td>• some patients diagnosed with melanoma colon cancer have lived without recurrence for more than 20 years thanks to Ukraine as monotherapy</td>
<td></td>
</tr>
<tr>
<td>• the best therapy for children with cancer because the therapeutic dose of Ukraine has no side-effects</td>
<td></td>
</tr>
<tr>
<td>• destroys only cancer cells while leaving healthy cells undamaged</td>
<td></td>
</tr>
</tbody>
</table>

This has been proved by research experiments on more than 100 cancer cell lines and 9 normal cell lines.

National Cancer Institute, Bethesda, Maryland, USA
EORTC
Rochester University, USA
Eberhard-Karls-University Tubingen, Germany
Instituto Nacional de Cancerologia, Mexico City, Mexico

Regenerates the immune system
Increases operability of tumors through encapsulation

**Does not help or may harm:**
- High doses of vitamins E, A (beta carotene), and possibly C
- Laetrile
- Chaparral
- Shark cartilage
- Pau d'Arco
- PC-SPES, an herbal concoction for prostate health

**Risk of drug or hormone interaction:**
- St. John’s wort (lowers effectiveness of many medicines)
- Fish oil, garlic, ginger, ginkgo, feverfew (bleeding risk)
- Magnesium and thiazide (bad with cisplatin and similar cancer drugs)
- Red clover, dong quai, licorice (hormonal risk for women on aromatase inhibitors after breast cancer)
• Folic acid (interferes with the cancer drug methotrexate)

**SODIUM BICARBONATE DESTROYS CANCER**

![Baking Soda](image)

**CELLS**

**Cancer Cells are Destroyed by High Levels of Oxygen**

If you have read my other articles on bicarb uses you probably have noted that I am writing about this topic out of passion. In this chapter I am focusing on Cancer and sodium bicarbonate. It is a 100% natural cure for cancer that has a long track record of total cancer remissions. It’s pretty amazing how it works, read on to get the layman’s perspective on how bicarb soda is used to destroy cancers.

**Cancer and Sodium Bicarbonate**

A cancerous tumor in its basic state is fungin. Sodium bicarbonate is the only proven remedy that will act against the fungin. Cancerous masses are penetrated by sodium bicarbonate. Cancer mass penetration affects are long lasting and its ability to expeditiously diminish masses is proven to medicine researchers. The approximate time for degradation of a mass of 2-4 CM is 4-5 days.

**Sodium Bicarbonate and Maple Syrup**

**Reference**

For simplicity in medicine it doesn’t get more down-to-earth than Maple Syrup and Sodium Bicarbonate for fighting cancer. Taken orally it will quickly and effectively transform blood pH into the alkaline. The natural form of chemotherapy is Sodium Bicarbonate and Maple Syrup. This form of treatment can be as effective as chemotherapy but without the side effects typically associated with this aggressive form of treatment. When Sodium Bicarbonate and maple syrup are boiled together they mesh into one substance.

**Added By Desiré:** first since cancer tumors crave the maltose and glucose we can add some honey to the maple syrup formula to increase its drive. We can add some Vinca and burdock to the formula to be targeted to the tumor. This will have good action on exposed tumors of the esophagus, stomach or intestines, but for other tumors deep in the tissues the stomach acid and other intestinal buffers will prevent the activity. So to circumvent these and give our formula a chance at other tumors we must trick the stomach. Do the following on an empty stomach. Do not eat for three hours before this.

First sit comfortably with good music and good company. Do not lie down unless you have to. Drink a cool glass of water and wait 20 minutes. Now drink an 8 oz. glass of semi weak lemon juice, the stomach will see acid fruit juice and set its Ph meter to acid accordingly. When the Ph meter of the stomach hits 5.6 or so the pyloric valve of the stomach will open and transfer the stomach contents to the intestines. So if we wait just 10 minutes and then take in the Bicarb syrup formula of 1 tablespoon, the instant Ph change will trigger the opening of the pylorus valve. Now the alkaline surge into the small intestine will increase absorption of the factors into the lymphatic lacteal. Wait one minute take a small teaspoon of the formula, wait two more minutes and drink a ten oz. glass of lukewarm clean water. Sit and relax for fifteen minutes.

The lymphatic lacteal will absorb the Bicarb and other factors circumventing the rules of the stomach and getting a small chance for the bicarb and natural chemotoxic compounds to get to the tumors. There are many buffers in the body to protect the blood but few for the lymph. This might help.

It is very important not to use baking soda which has had aluminum added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminum but the company insists that is not true. One can buy a product which specifically states it does not include aluminum or other chemicals. (e.g. Bob’s Red Mill, Aluminum-Free, Baking Soda). Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It’s an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more
increases uptake of drugs into cells. The maple syrup will make tissues more permeable, too. It will transport the bicarbonate across the blood-brain barrier and every other barrier in the body for sugar is universally needed by all cells in the body. The essence of IPT is that it allows cancer drugs to be given in a smaller dose, far less toxic to normal cells, while building up lethally toxic concentrations in cancer cells. Both IPT and bicarbonate maple syrup treatments use the rapid growth mechanisms of the cancer cell against them.

**Dr. Jim** did not have contact with Dr. Simoncini and did not know that he is the only oncologist in the world who would sustain the combining of sugar with bicarbonate. Dr. Simoncini always directs his patients to dramatically increase sugar intake with his treatments but has never thought to mix the two directly by cooking them together. Because his treatments depend on interventionist radiologists who insert catheters to direct the bicarbonate as close to the affected area as possible, or physicians willing to do expensive intravenous treatments, I pushed bicarbonate up into the number six slot in the IMVA cancer protocol. With the discovery of Dr. Jim’s work bicarbonate comes back into our number three spot right behind magnesium chloride and iodine.

**Dr. Simoncini** says that, “In some cases, the aggressive power of fungi is so great as to allow it, with only a cellular ring made up of three units, to tighten in its grip, capture and kill its prey in a short time notwithstanding the prey’s desperate struggling. Fungus, which is the most powerful and the most organized micro-organism known, seems to be an extremely logical candidate as a cause of neoplastic proliferation.”

**pH of the blood is the most important factor to determine the state of the microorganisms in the blood.**

“Sodium bicarbonate therapy is harmless, fast and effective because it is extremely diffusible. A therapy with bicarbonate for cancer should be set up with strong dosage, continuously, and with pauseless cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days. In general a mass of 2-3-4 centimeters will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth,” says Dr. Simoncini.

There are many ways to use sodium bicarbonate and it is a universal drug like iodine and magnesium chloride. Raising pH increases the immune system’s ability to kill bacteria, concludes a study conducted at The Royal Free Hospital and School of Medicine in London. Viruses and bacteria that cause bronchitis and colds thrive in an acidic environment. To fight a respiratory infection and dampen symptoms such as a runny nose and sore throat, taking an alkalinizing mixture of sodium bicarbonate and potassium bicarbonate will certainly help.

The apple cider vinegar 1/4 teaspoon and 1/4 teaspoon baking soda taken 2 times or more a day is another treatment as is lemon and baking soda, or lime and baking soda formulas. Perhaps honey could be substituted for maple syrup for those who live in parts of the world where maple syrup is not available but to my knowledge no one has experimented with this.

For simplicity in medicine it doesn’t get more down-to-earth than Maple Syrup and Sodium Bicarbonate for fighting cancer. Taken orally it will quickly and effectively transform blood pH into the alkaline. The natural form of chemotherapy is Sodium Bicarbonate and Maple Syrup. This form of treatment can be as effective as chemotherapy but without the side effects typically associated with this aggressive form of treatment. When Sodium Bicarbonate and maple syrup are boiled
together they mesh into one substance.

**Doctors That Use Sodium Bicarbonate for Cancer**

Probably one of the most well known doctors that uses Sodium Bicarbonate for a cure is Dr. Tullio Simoncini, an oncologist located in Rome. The basic theory is centered around Oxygen. This is one of the effects of sodium bicarbonate in the body. Cancerous cells become shocked from the presence of Sodium Bicarbonate which causes more oxygen to enter the cells. When a cancerous tumor is exposed to a lot of oxygen it will die.

**Fact:** 100 years ago one third of planet earth’s oxygen came from the Amazon Forest. This natural process of oxygen generation is known as photosynthesis, it comes from vegetation and trees.

**Pure Sodium Bicarbonate to Kill Cancer or kill you**

To kill the patient or kill the tumor, that is the question doctors ask when treating cancerous tumors with chemotherapy. Inevitably in every case those are the two questions that mean the most to a cancer patient and doctor. Chemotherapy is both expensive and incredibly unpleasant for cancer patients. It really is hard to decide whether doctor’s prescribed remedies or natural remedies are best for you. The purpose of this information is to provide insights on the question; “Does Pure Sodium Bicarbonate Kill Cancer?”

First we must understand a bit about cancerous cells in the body. Cancer is fungi that takes on many forms in living bodies like breast cancer, colon cancer, or cancer of the prostate. It is believed that if ever man was allowed to live without dying from old age, they would eventually die from prostate cancer. To detect the presence or absence of cancerous cells your body will naturally create tumor markers. They are found in the presence of blood. There are different types of tumor markers that are produced with different types of cancer. The body will produce them when it detects presence of a benign body condition. These conditions may not always be cancerous.

There are thousands of patients that elect to treat their condition with natural remedies. One of the minerals you will always find at the top of the list is Sodium Bicarbonate to Kill Cancer. There are reports of amazing success stories like complete remission within 5 days. With the good stories are also sad stories where treatment was unsuccessful. Including non-aluminum baking soda into your diet to treat cancer is best with the full cooperation and consultation from a health care professional. But the truth is it can also help many other conditions as well. Have you ever used Sodium Bicarbonate to disinfect or remove mold (fungi)? What is cancer? From my perspective that spells effective, safe (safer than chemo) and inexpensive.

**Does Sodium Bicarbonate Really Work?**

I believe it works as well as the more traditional treatment like chemotherapy...in some cases better, in other cases worse. With advice and direction from your doctor Sodium Bicarbonate can be combined with other treatments to target each case. Other natural treatments include...

- Iodine
- Transdermal Magnesium Therapy
- Vitamin C
- Probiotics
- Sun Exposure
- Clay Treatments
- Pure Water
- Doctor Recommended Most Powerful Cleansers

If you are a cancer sufferer I hope this layman’s point of view helps you through your battle! Live long and be prosperous!

**NATURAL CURE FOR CANCER WITH SOUR SOP (ANG MO DURIAN)**

**How many people died in vain while this billion-dollar drug maker concealed the secret of the miraculous Graviola tree?**

If there ever was a single example that makes it dramatically clear why the existence of Health Sciences Institute is so vital to people like you, it’s the incredible story behind the Graviola tree.

The truth is stunningly simple: Deep within the Amazon Rainforest grows a tree that could literally revolutionize what you, your doctor, and the rest of the world thinks about cancer treatment and chances of survival. The future has never looked more promising.

Research shows that with extracts from this miraculous tree it now may be possible to...

- Attack cancer safely and effectively with an all-natural therapy that does not cause extreme nausea, weight loss and hair loss
- Protect your immune system and avoid deadly infections
Feet stronger and healthier throughout the course of the treatment

Boost your energy and improve your outlook on life

The source of this information is just as stunning: It comes from one of America’s largest drug manufacturers, the fruit of over 20 laboratory tests conducted since the 1970s! What those tests revealed was nothing short of mind numbing... Extracts from the tree were shown to:

- Effectively target and kill malignant cells in 12 types of cancer, including colon, breast, prostate, lung and pancreatic cancer.
- The tree compounds proved to be up to 10,000 times stronger in slowing the growth of cancer cells than Adriamycin, a commonly used chemotherapeutic drug!
- What’s more, unlike chemotherapy, the compound extracted from the Graviola tree selectively hunts down and kills only cancer cells. It does not harm healthy cells!

The amazing anti-cancer properties of the Graviola tree have been extensively researched—so why haven’t you heard anything about it? If Graviola extract is as half as promising as it appears to be—why doesn’t every single oncologist at every major hospital insist on using it on all his or her patients?

The spine-chilling answer illustrates just how easily our health—and for many, our very lives(!)—are controlled by money and power.

**Graviola – the plant that worked too well**

One of America’s biggest billion-dollar drug makers began a search for a cancer cure and their research centered on Graviola, a legendary healing tree from the Amazon Rainforest.

Various parts of the Graviola tree—including the bark, leaves, roots, fruit and fruit-seeds—have been used for centuries by medicine men and native Indians in South America to treat heart disease, asthma, liver problems and arthritis. Going on very little documented scientific evidence, the company poured money and resources into testing the tree’s anti-cancerous properties—and were shocked by the results. Graviola proved itself to be a cancer-killing dynamo.

But that’s where the Graviola story nearly ended.

The company had one huge problem with the Graviola tree—it’s completely natural, and so, under federal law, not patentable. There’s no way to make serious profits from it.

It turns out the drug company invested nearly seven years trying to synthesize two of the Graviola tree’s most powerful anti-cancer ingredients. If they could isolate and produce man-made clones of what makes the Graviola so potent, they’d be able to patent it and make their money back. Alas, they hit a brick wall. The original simply could not be replicated. There was no way the company could protect its profits—or even make back the millions it poured into research. As the dream of huge profits evaporated, their testing on Graviola came to a screeching halt. Even worse, the company shelved the entire project and chose not to publish the findings of its research!

Luckily, however, there was one scientist from the Graviola research team whose conscience wouldn’t let him see such atrocity committed. Risking his career, he contacted a company that’s dedicated to harvesting medical plants from the Amazon Rainforest and blew the whistle.

**Miracle unleashed**

When researchers at the Health Sciences Institute were alerted to the news of Graviola, they began tracking the research done on the cancer-killing tree. Evidence of the astounding effectiveness of Graviola—and its shocking cover-up—came in fast and furious...

...The National Cancer Institute performed the first scientific research in 1976. The results showed that Graviola’s “leaves and stems were found effective in attacking and destroying malignant cells.” Inexplicably, the results were published in an internal report and never released to the public...

...Since 1976, Graviola has proven to be an immensely potent cancer killer in 20 independent laboratory tests, yet no double-blind clinical trials—the typical benchmark mainstream doctors and journals use to judge a treatment’s value—were ever initiated...

...A study published in the Journal of Natural Products, following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at “10,000 times the potency of (the commonly used chemotherapy drug) Adriamycin...”

...The most significant part of the Catholic University of South Korea report is that Graviola was shown to selectively target the cancer cells, leaving healthy cells untouched. Unlike chemotherapy, which indiscriminately targets all actively reproducing cells (such as stomach and hair cells), causing the often devastating side effects of nausea and hair loss in cancer patients.

...A study at Purdue University recently found that leaves from the Graviola tree killed cancer cells among six human cell lines and were especially effective against prostate, pancreatic and lung cancers...

**Seven years of silence broken—it’s finally here!**

A limited supply of Graviola extract, grown and harvested by indigenous people in Brazil, is finally available in America. The full Graviola story—including where you can get it and how to use it—is included in Beyond Chemotherapy: New Cancer Killers, Safe as Mother’s Milk, a Health Sciences Institute FREE special bonus report on natural substances that will effectively revolutionize the fight against cancer.

This crucial report (along with five more FREE reports) is yours ABSOLUTELY FREE with a new membership to the Health Sciences Institute. It’s just one example of how absolutely vital each report from the Institute can be to your life and those of your loved ones.

From breakthrough cancer and heart research and revolutionary Amazon Rainforest herbology to world-leading anti-aging research and nutritional medicine, every monthly Health Sciences Institute Member’s Alert puts in your hands today cures the rest of America—including your own doctor(!!)—is likely to find out only ten years from now. You need the Health Sciences Institute in your life because you and your loved ones deserve to know—and you deserve to know it NOW!!
TREATING CANCER WITH CHINESE HERBS

This was the title of a book I found over two decades ago. It was a chronicle of Chinese treatments for cancer. The Chinese respect herbs much more than Americans do. The Chinese pharmacopeia is much more refined in describing how to pick and prepare herbs. So they work better. Chinese herb shops use more care than the American herb shops of old. This has changed and some are now using more skill in growing and preparing herbs everywhere. Be careful in attaining your herbs.

I redeveloped these herbal remedies and got NDC codes for them in America in 1989. I had a patented electrical activation process that gave an increased potency. But because of greed and other factors the company was removed from me and now I am relating these formulas for you to make at home. These formulas have been very successful in helping people with cancer. They are directed at certain types of cancer.

I give you the list of formulas I developed in China with the help of their doctors. Many of these herbs are easy to get or even to grow. All are listed on the internet. Read about use and dangers, get help from a local herbalist, try not to be fooled into multi-level schemes, and respect nature in your body with nature. I will give you some of the pics and formulas broken down to get you started.

Most of these herbs can be used as teas. There is toxicity in all things it is a matter of dose. Three gallons of water is poisonous if you drink it in 3 minutes. Be careful with these herbs. I made them into homeopathics at 3x or so. 3x is one part per thousand or like weak tea. The patient was then to take 10 drops three times a day. This was always safe, but limited in effectiveness. If you use a cup of weak tea a day of the toxic ones it has minimum risk, more is risky. A qualified herbalist can give you some advice where you buy the herbs. You might ask him to make up the remedies I designed. He can advise on the toxicity of some of these.

But if you have cancer the chemotoxic or natural chemotoxic agents are more poisonous to the tumor than you. So here are the remedies I designed for cancer therapy.

Esophagus cancer formula

Use items 1-6 as herbs and as a tea combination, the last homeopathic at 6x added very weak to the tea.

1. *Salvia officinalis*

Sage, Common sage, Garden sage, Kitchen sage, Culinary sage, Dalmatian sage, Purple sage, Broadleaf sage, Red sage) is a small perennial evergreen shrub, with woody stems, grayish leaves, and blue to purplish flowers. It is a member of the mint family.
2. Baikal skullcap (Scutellaria barbata)

is a perennial native to southern China and throughout Korea. In traditional Chinese medicine (TCM), it is used as an anti-inflammatory, diuretic, and antitumor agent, especially in esophagus and liver diseases such as hepatitis and hepatocellular carcinoma (1; 2; 3).

3. Fructus Zizyphi Jujubae Chinese date, jujube.

**Detailed product description**

- 1. Pharmaceutical name: Fructus zizyphi jujubae.
- 4. Channels (meridians) entered: Stomach, spleen
- 5. Actions & indications: For weakness, shortness of breath, lassitude, lack of appetite, loose stools due to pixu (spleen deficient) calming the mind seeds used in insomnia.
- 6. Medical function:
  - A. Improves camp;
  - B. Calms the central nervous system;
  - C. Inhibits histamine, ige, and 5-ht (serotonin);
  - D. Protects liver;
  - E. Improves strength of muscles;
  - F. Inhibits cell mutation and inhibits cancer cells;
  - G. Treating skin cancer the active ingredients betulinic acid;
  - H. And maslinic acid possess the effect of inhibiting cancer cells;
  - I. Preventing reaction in blood transfusion.

4. Rhubarb

**Rhubarb (da huang) - Radix et Rhizoma Rhei**

Properties: Bitter in flavour, cold in nature, it acts on the spleen, stomach, large intestine, heart and liver channels. Bitter and cold for clearing heat, lowering and sinking downward, the herb has effects of clearing the bowels, easing the bowel movement, and releasing stagnation in gastro-intestinal tract, fire of excess type and toxic heat, so it is an important herb for constipation due to accumulation of heat of excess type, and gastro-intestinal fecal impaction due to heat and to heat. The herb also acts on blood, heart and liver, removes the pathogenic heat and toxic material from the blood, promotes blood circulation to relieve blood stasis, resolves furuncles and carbuncles due to blood heat, blood stasis, etc. In addition, it is effective for eliminating dampness and heat, normalizing function of gallbladder and treating stranguria.

5. Achyranthis radix

is a perennial plant of the Amaranthaceae family that is an herbal medicine named for the Achyranthes japonica Leelille et Vaniot roots.

**Achyranthes Root (niu xi) - Radix Achyranthis Bidentatae**

Properties: Bitter and sour in flavour, neutral in nature, it acts on the liver and kidney channels. When used raw, it has the effects of dispersing, promoting the circulation of Qi and lowering the upward flow of Qi by its bitterness, and promoting blood circulation to restore menstruation, conducting downward flow of heat and inducing diuresis to treat strangury. It is used to treat amenorrhea due to blood stasis, hematemesis and epistaxis due to blood-heat, strangury due to heat, and other strengthening When used prepared, it is good at tonifying the liver and kidney, strengthening the bones and muscles, and is used to treat various syndromes caused by deficiency of liver and kidney.

6. Ginger

This ginger plant is at home in a Zone 8 garden.

**Description:** The common cooking ginger is an herbaceous perennial with upright stems and narrow medium green leaves arranged in two ranks on each stem. The plant gets about 4 ft (1.2 m) tall with leaves about 3/4 in (1.9 cm) wide and 7 (17.8 cm) long. Ginger grows from an aromatic tuberlike rhizome (underground stem) which is warty and branched. The inflorescence grows on a separate stem from the foliage stem, and forms a dense spike, to 3 in (7.6 cm) tall. The bracts are green with translucent margins and the small flowers are yellow green with purple lips and cream colored blotches. Most gingers in cultivation are sterile cultivars grown for the edible rhizome, and the flower is rarely seen.

There is a cultivar of Zingiber officinale known as ‘Sunti’, which comes from Java and is similar to the common cooking ginger, but forms smaller rhizomes. It is used in the same way as common ginger but is said to have better medicinal qualities.

7. Ammonia Nitrate

6x one part per million
Liver Cancer Formula

1. Bai Zhi

Angelicae dahuricae root

Also Known As: European Angelica, Garden Angelica, Root of the Holy Ghost, Wild Angelica. Angelica archangelica, synonym Archangelica officinalis; Angelica atropurpurea, Angelica sylvestris; Angelica curtisii; Angelica rosea; Angelica pubescens.

Family: Apiaceae/Umbelliferae.

- expel wind-cold, alleviate pain — supraorbital pain, congestion, toothache
- clears swelling, expel pus — early stage, carbuncles, sores, ulcer
- expel dampness — leucorrhea
- opens nasal passages for nasal congestion

Also Used For:

Orally, Bai Zhi / Angelica root is used for loss of appetite, gastrointestinal spasms, feeling of fullness, and flatulence.

Topically, Bai Zhi / Angelica root is used to create warmth in neuralgia and rheumatism, and is used for skin disorders. It is also used as part of a multi-ingredient preparation for treating premature ejaculation.

Historically, Bai Zhi / Angelica root has been used to promote menstrual flow, as an abortifacient, antiseptic, expectorant, diuretic, and as a cure for the plague.
2. Red sage

*Salvia miltiorrhiza*, also known as Red sage, Chinese sage, tan shen, or dan shen, is a perennial flowering plant in the genus Salvia, highly valued for its roots in traditional Chinese medicine. Native to China and Japan, it grows between 90-1,200 meters elevation, preferring grassy places in forests, hillsides, and along stream banks.

3. Safflower

*hong hua*

Safflower (hong hua) - *Flos Carthami*

Properties: Pungent in flavour, warm in nature, acting on the heart channel, liver channel. Being pungent for dispersing and warm for purging, it acts on the blood division. It is particularly effective in dispersing, promoting Qi, and blood circulation, relieving blood stasis, swelling and pain. It is used in treatment of headache, thoracalgia, abdominal pain, dysmenorrhea caused by blood stasis of the blood division, carbuncle, traumatic ecchymosis and pain. It is the main herb used for promoting blood flow to regulate menstruation.

Effects: Promoting blood circulation and relieving blood stasis, regulating menstruation and relieving pain.

4. Echinopsis radix

*Echinopsis* is a large genus of cacti native to South America, sometimes known as hedgehog cacti, sea-urchin cactus or Easter lily cactus

*Names for Lou Lu*

- Pharmaceutical: Radix Rhapontici seu Echinopsis
- Botanical: *Rhaponticum uniflorum* (L.) DC., *Echinops latifolius* Tausch (Compositae)

*Description*: Rhapontic Root.

*Actions*

Cleans Heat; Expels toxins; Resolves abscesses; Resolves oedema; Promotes lactation; ...

*Origin of lou lu*

Northeast China, Huabei, Xibei, Henan, Anhui, Jiangsu, Hubei.

*Preparation of lou lu*

The drug is collected in autumn. It is used by removing residual stems and fibrous roots, washing the roots clean, slicing them, and drying them in the sun.

5. Mu Tong (Akebia Caulis)

*English Name*: Akebia Caulis

*Functions and Usage:*

- Promotes urination, drains heat from the heart through the small intestine - irritability with
6. Radix Paeoniae Rubra

**Botanical Name**
- 1. Paeonia lactiflora pall
- 2. Paeonia veitchii Lynch

**Common Name**
- Red peony root

**Source of Earliest Record**
- Shenmog Bencao Jing

**Part Used & Method for Pharmaceutical Preparations**
- The roots are dug in autumn. After the fibrous roots and rough bark have been removed, the roots are dried in the sun, soaked in water and cut into slices.

**Properties & Taste**
- Bitter and slightly cold

- Promotes lactation, unblocks the blood vessels - insufficient lactation, less commonly for amenorrhea and bi-syndrome.

**Functional Groupings (Click for Summary/Study Notes):**
- Herbs That Drain Dampness

**Dosage and Preparation Notes:**
- Dosage: 3-9g

**Channels Influenced:**
- Heart
- Small Intestine
- Urinary Bladder

**Temperature and Taste Properties:**
- Bitter (Ku)
- Cool

**Contraindications:**
- Avoid during Pregnancy.
- Toxic - can lead to renal failure (aristolochic acid).

7. Uses and Suggestions of Capejasmine Fruit

1. Febrile diseases manifested as vexation, melancholia and restlessness: It is used together with prepared soybean, i.e. Decoction of Capejasmine and Fermented Soybean (Zhizhi Chi Tang). If excessive noxious heat is present with symptoms of high fever, dysphoria, unconsciousness and delirium, it is often used with coptis root and scutellaria root, as in Antipyretic and Antitoxic Decoction (Qingwen Baidu Yin).

2. Stagnation of damp heat in the liver and gall bladder: This is often used with cocogongrass rhizome, dried rehnmannia root and scutellaria root.

3. Bleeding due to invasion of blood by pathogenic heat, such as hematemesis, epistaxis, dysentery with bloody stool and hematuria: It is often used with cocogongrass rhizome, dried rehnmannia root and scutellaria root.

4. *Clearing away intense fire and relieving fidgets:* For the treatment of febrile disease with fidgets or irascibility, restlessness, it is often combined with Semen Sojae Preparatum, for the combination of these two drugs has the effect on reducing heart-fire and relieving fidgets. For the treatment of febrile disease with unconsciousness and delirium due to abundance of heat-toxicant, it is often combined with the drugs for reducing heat, purging fire and relieving...
toxicants, such as Rhizoma Coptidis, Radix Scutellariae and Cortex Phellodendri; for hot eyes, dry mouth and thirst, fidgets, with Flos Chrysanthemi, Radix Scutellariae, Radix Glycyrrhizae, etc.

5. **Clearing away heat and resolving dampness:** The drug having the functions of facilitating the flow of the bile and relieving jaundice, is indicated in jaundice due to damp-heat, accompanied with scanty urine in dark color; and for the treatment of jaundice, it is often with Herba Artemisiae Scopariae, Cortex Phellodendri, etc.; for the treatment of stranguria with bloody urine, painful micturition with hot sensation and with urine in dark color, with Radix Rehmanniae, Caulis Akebiae, Semen Plantaginis, etc.

6. **Reducing heat in the blood and arresting hemorrhage:** For the treatment of spitting blood, epistaxis, dysentery with hematochezia, painful urination with hematuria, etc., it is often combined with drugs for reducing heat in the blood. Besides, its powder mixed with vinegar can be used to treat injury or sprain, hematoama with pain and swelling; and it is often mixed with white of eggs and is used to treat scald and burn.

    • **Dosage:** 3-10 g
    • **Cautions and Contraindications:** The herb is contraindicated in cases with weakness of the spleen and diarrhea.

7. **Toxicity and Safety:**

   **Geniposide**

   *Gardenia jasminoides* (also known as *Gardenia augusta*) is a fragrant flowering evergreen tropical plant, a favorite in gardens worldwide.

   It originated in Asia and is most commonly found growing in Vietnam, Southern China, Taiwan, Japan and India. With its shiny green leaves and fragrant white summer flowers, it is widely used in gardens in warm temperate and subtropical climates. It has been in cultivation in China for at least a thousand years, and was introduced to English gardens in the mid 18th century.

   Many varieties have been bred for horticulture, with low growing, and large- and long flowering forms.

8. **Baikal skullcap (Scutellaria barbata)** is a perennial native to southern China and throughout Korea. In traditional Chinese medicine (TCM), it is used as an anti-inflammatory, diuretic, and antitumor agent, especially in esophagus and liver diseases such as hepatitis and hepatocellular carcinoma (1; 2; 3).

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**Large Intestine Cancer Formula**

1. **Oldenlandia herbacea (L.) Roxb. var. herbacea**

   The Oldenlandia herbacea is a "small, weak, straggling delicate plant, appearing in the rainy season" in fields and low ground on the banks of water courses. The entire plant is used in medicine, and is regarded as a valuable bitter tonic and febrifuge. It enters into the composition of numerous prescriptions for fever, diarrhoea, skin diseases, etc. A simple decoction of the plant is used in bilious fever, with irritability of the stomach or delirium. 1 Parpata enters
into the composition of numerous febrifuge and tonic decoctions. Plant found in Mozambique and Madagascar

2. Honey suckle flower

**Honeysuckle Flower (jin yin hua) - Flos Lonicerae**

*Properties:* Sweet in flavour, cold in nature, it acts on the lung, heat and stomach channels. The sweet and cold properties clear away heat and the fragrance expels heat outward. It is good at clearing away the heart and stomach fire for detoxication and expelling the wind-heat in the lung channel for diaphoresis. It is often used to treat the syndromes of suppurative infections due to noxious heat, excessive heat in the qi division, invasion of the ying division by warm and heat pathogens and the affection by exopathogenic wind-heat.

*Effects:* Clearing away heat, detoxicating and expelling wind-heat.

*Indications:*

- For suppurative infections on body surface, acute mastitis, furunculosis, it is often used in combination with the heat-clearing and detoxicating drugs, as forsythia fruit, dandelion herb and wild chrysanthemum flower. In case of acute appendicitis and abdominal pain, it is used in combination with rhubarb, peony bark and peach kernel to clear bowels, detoxicate, and drain pus.
- For exopathogenic and cold affection at the early stage of the epidemic febrile diseases with the pathogenic factors still lingering in the wei division, it is used in combination with the drugs for expelling wind-heat, such as forsythia fruit and pepper mint, known as Yin Qiao San (Powder of Lonicera and Forsythia). The herb can also be indicated for epidemic febrile diseases with the exopathogens in the qi and blood divisions if they are used in combination with the heat-clearing and fire-purging or heat-clearing and blood-cooling drugs.

In addition, it can treat the syndromes of restlessness and thirst due to the summer heat because it has the functions of clearing away and relieving the summer heat.

*Dosage and Administration:* 10-15g.

3. Taraxacum

**Taraxacum officinale** commonly called Dandelion, is a herbaceous perennial plant of the family Asteraceae (Compositae). It can be found growing in temperate regions of the world, in lawns, on roadsides, on disturbed banks and shores of water ways, and other areas with moist soils. T. officinale is considered a weedy species, especially in lawns and along roadsides, but it is sometimes used as a medical herb and in food preparation. As a nearly cosmopolitan weed, Dandelion is best known for its yellow flower heads, that turn into round balls of silver tufted fruits, is on the wind.

4. Sophora flos

**Pagodatree Flower** is the dried flower and flower bud of *Sophora japonica* L. (Fam. Leguminosae).

**Sophora Flower (huai hua) - Flos Sophorae**
**Sanguisorba minor**
(Salad burnet, Garden burnet, Small burnet, burnet) is a plant in the family Rosaceae that is native to western, central and southern

**Sanguisorba Root (dì yù) - Radix Sanguisorbae**

*Properties:* The herb is bitter and sour in flavour, slightly cold in nature, and acts on the liver, stomach and large intestine channels. Being slightly cold for clearing heat and sour for astringency, it is mainly used for cooling blood to stop bleeding by astringency. Being bitter and cold for sinking and lowering, and mainly acting on the lower jiao, the herb is indicated for many kinds of bleeding due to blood-heat, and particularly more often used to treat hemorrhoidal bleeding and hemafecia.

*Effects:* Clearing heat from blood to stop bleeding, poison antidotal and astringing for skin sore.

*Indications:*
- The herb is often used in combination with sophora fruit, scutellaria root and other herbs for clearing the bowels an cooling blood to stop bleeding, such as Huaijiao Pill, to treat...
hemafecia and hemorrhoidal bleeding due to excessive heat in the large intestine; and with dried rehmannia root, scutellaria root, cat-tail pollen, moutan bark and other herbs for cooling blood to stop bleeding, to treat metrorrhagia and metrorrhaxis due to blood-heat.

- To treat carbuncle, septicemic sore, damp sore and eczema, the herb powder can be mixed with water for external application, or decocted for external lotion. To treat scald and burn, the herb with rhubarb, borneol, Chinese angelica root, sesame oil and other medicines can be made into ointment for external application.

In addition, the herb can also be used to treat dysentery due to damp-heat.

**Dosage and Administration:** 10-15g. An appropriate amount for external application.

**Precautions:** The herb should not be applied externally to large areas burns in order to prevent from toxic hepatitis caused by the absorption of hydrolytic tannin contained in the herb.

### 6. Magnolia officinalis

In Chinese medicine Magnolia Bark has been associated with the stomach, lungs, spleen and large intestine for over two thousand years and has been used to treat abdominal Bloating, gas, Nausea, Diarrhea, menstrual cramps and indigestion. Recent studies have found that the herb inhibits the production of cortisol (the substance that encourages fat storage) and may be effective in weight loss programs.

**Plant Description:** Magnolia is a magnificent family of forest trees that are revered for their beautiful, large, showy and deliciously fragrant flowers. Magnolias may be both evergreen and deciduous with luxuriant foliage and rich flowers and can reach a height of more than eighty feet, with some species much smaller.

Magnolias can survive in both moist and dry soils (preferring well-drained moist) that can be neutral-to-Acid-to-alkaline, in sun or partial shade with shelter from cold winds and late frosts. It is in flower from June to September, and the flowers are hermaphrodite (has both male and female organs) and are pollinated by beetles. Magnolia can tolerate atmospheric pollution. When growing in warmer climates, the trees reach their greatest development.

**History:** In 1703, Charles Plumier named the genus after Pierre Magnol, the most illustrious botanist in France at that time. For the most part, the genus is North American, where it was originally included in many herbal remedies of the Native Americans. There are also several species that are native to China and Japan (Magnolia officinalis, Magnolia hypoleuca, etc.), where it has been an important part of Traditional Chinese Medicine (TCM) for over two thousand years. Several species were listed in the United States Pharmacopoeia from 1820 through 1894 as a tonic, stimulant and diaphoretic. It was even used as a substitute for quinine when treating malaria. Magnolia’s wood, which is straight-grained, yellow in color, light, soft, easily worked and finishes well, is used for furniture, broom handles, bowls and light woodenware articles, and an essential oil from the flowers has been used in the manufacture of perfumes. Magnolia Bark is collected in the autumn, and the unopened flowers are harvested in the springtime and used in herbal medicines. Some of the constituents in Magnolia Bark include volatile oils (eudesmol, bornyl-acetate, etc.), alkaloids, tannin, magnolol, honokiol, Zinc, copper, calcium, potassium, iron, magnesium and manganese.

**Medical Uses:** Magnolia Bark has been used in Chinese herbal medicine for at least two thousand years as an aromatic, pungent and warming stimulant that treats various disorders of the digestive system and strengthens stomach function. It is a bitter relaxant that acts as a tonic and improves digestion, relieving stomach pains, gastroenteritis and flatulence. It calms Diarrhea and vomiting associated with indigestion, stimulates poor appetite and alleviates fullness and distension of the abdomen.

As a mild diaphoretic, Magnolia Bark is said to increase perspiration and sweating and thus reduce fevers and cool the body. It has been historically used in cases of malarial fevers and fevers of a typhoid type.

Magnolia Bark is believed to have antiseptic, antibacterial, antifungal, antispasmodic, expectorant and anti-inflammatory properties. As such, the bark is thought to relieve the pain and inflammation of rheumatism and Gout, counteract yeast infections (such as leukorrhea) and combat upper respiratory tract infections and spasms, including Asthma, coughs, profuse phlegm in the lungs, shortness of breath and fullness and pressure in the chest area.

In the fight against obesity and weight management, Magnolia Bark has recently been recognized as an efficient fat burner. It is said that the magnolol and honokiol in the herb effectively inhibit the body’s production of cortisol, the substance that liberates fat from adipose cells and thus suppresses fat storage, particularly in the abdominal and belly area. Magnolia is also said to act as a mild laxative.

Magnolia Bark itself has been chewed as a substitute for tobacco and is said to “cure the habit.”
Dosages: Take one (1) capsule, one (1) to two (2) times each day with water at mealtimes.

Precautions: Pregnant and nursing women should not use Magnolia Bark. Overuse (many times the recommended dosage) may cause vertigo and dizziness.

7. Citrus trifolata: young orange

Lymph or breast cancer formula

1. Myrrh

Preparations: Black Powder - Tincture of Myrrh - Compound Tincture of Myrrh - Tincture of Aloes and Myrrh - Compound Myrrh Lotion - Pills of Aloes and Myrrh

Related entry: Olibanum.—Frankincense - Resina Draconis.—Dragon’s Blood

“A gum-resin obtained from Commiphora Myrrha (Nees), Engler”—(U. S. P.). (Balsamodendron Myrrha, Nees.)

Nat. Ord.—Burseraceae.

COMMON NAME: Myrrh (Gummi-resina myrrha).

Botanical Source.—The Commiphora Myrrha (Balsamodendron Myrrha), has a shrubby, arborescent stem, with squarrose, spinescent branches, a very pale-gray bark, and a yellowish-white wood. Its leaves are ternate, on short petioles; leaflets obovate, obtuse, somewhat toothed at the apex, the lateral smooth. The flowers are unknown. The fruit is ovate, smooth, brown, somewhat larger than a pea, surrounded at base by a 4-toothed calyx, and supported on a very short stalk (Nees—De Candolle).

2. Aconite

Aconitum carmichaeli - Carmichael’s aconite; Carmichael’s monkshood

Botanical Information:

- Genus: Aconitum
- Family: Ranunculaceae
- Author: Debeaux
- Synonyms: A carmichaeli wilsonii; Aconitum fischeri

Remark:

Monkshood blooms in October here in zone 8, a beautiful blue and very welcome at the back of those shady corners. The seed pods are large and attractive, a feature in themselves. This one is a neighbor’s; I planted some in the spring, but they died.

3. Ephedra

Biological Name: Ephedra sinica, Ephedra intermedia, Ephedra equisetina, Ephedra distachia, Ephedra trifurca

Other Names: Mahuang, Ma Huang, desert tea, Mormon tea, American ephedra, Chinese ephedra, European ephedra, Pakistani ephedra, Ephedra

Active Compounds:

Ephedra’s active medicinal ingredients are the alkaloids ephedrine and pseudoephedrine. The stem contains 1-3% total alkaloids, with ephedrine accounting for 30-90% of this total, depending on the plant species employed. Both ephedrine and its synthetic counterparts stimulate the central nervous system, dilate the bronchial tubes, elevate blood pressure, and increase heart rate. Pseudoephedrine (the synthetic form) is a popular over-the-counter remedy for relief of nasal congestion.
**Ephedra nevadensis**

- **Common**: Desert Tea, Brigham Young weed, Desert Herb, Mormon tea, Squaw Tea, and Teamster’s Tea
- **Family**: Ephedraceae
- **Range/Origin**: Southwestern N. America - Arizona, California, Nevada, Oregon and Utah. Native at elevations 2-6000’.
- **Light**: Full sun
- **Water**: Can handle drought, reflected heat

**Temperature**: Hardy to 0 degrees F. Not hardy above 7000 feet.

Broom-like shrub which somewhat resembles Shavegrass. Its various species can be found in the arid areas of the Northern Hemisphere, including the deserts of the southwestern U.S. The jointed, grooved green stems and branches of some species reach heights of up to 7 feet, but most are smaller.

Two or three scale-like leaves, more or less persistent depending on the species, grow at each joint in the stem and branches. Male and female cones appear on different plants, the male featuring prominent yellow pollen sacs.

Desert Tea has been used as a diuretic, febrifuge, and tonic. Although most commonly taken as a pleasant beverage, Desert Tea has also been used as a remedy for kidney and bladder problems. Natives of the American Southwest drink a decoction several times a day to relieve kidney pain or to treat a fever. American Indians use it, both internally and externally, to treat syphilis and mucous discharges. Early pioneers considered desert tea a good “blood purifier.”

Ephedra has been removed from the market because it works so well and can be used to make illegal drugs. You have to get the herb or grow it yourself.

4. **Echinacea purpurea**

Eastern purple coneflower or Purple coneflower is a species of flowering plant in the genus Echinacea. Its cone-shaped flowering heads are usually, but not always purple. It is native to eastern North America and present to some extent in the wild in much of the eastern, southeastern and midwest United States. It is also grown as an ornamental plant, and numerous cultivars have been developed for flower quality and plant form.

**Cancer Preventative Formula**

1. **White Chinese Wisteria**

One of the milestones of spring is the sight of these old-fashioned favorite, climbing vines trailing over porches, arbors and among the branches of tall trees. Their masses of long, hanging clusters of fragrant flowers on vines up to 40 feet long are well worth stopping for. Vigorous and long-lived, these woody plants are also trained up and over trellises, along walls or pruned into small, tree-like shapes. All parts of the plant are poisonous, including flowers and seeds. The most fragrant of the many types of Wisteria is Wisteria floribunda, Japanese Wisteria. Start by seed and grafting from select plants. Remove suckers that sprout from base of plants. Ill-timed spring freezes can damage or destroy flower buds.

Its white blossoms open all at once in a spectacular display

**Attributes - Wisteria chinensis ‘Alba’**

- **Plant Type**: Shrub, Tree, Vine
- **Bloom Season**: Early Spring through Late Spring
- **Flower Color**: White
- **Foliage**: Deciduous
- **Height**: 25 ft. to 100 ft.
- **Width**: 35 ft.
- **Sunlight**: Full Sun
- **Climate**: Zones 5, 6, 7, 8, 9


- **Synonyms**: Glycine sinensis, Wisteria chinensis
- **Family**: Leguminosae
- **Medicinal use of Chinese Wisteria**: The seed is diuretic. It is used in the treatment of heart ailments. One report says that the stems and flowers are also used in Chinese medicine, but gives no more information.

**Description of the plant:**

- **Plant**: Deciduous, Climber
- **Height**: 25 m ((82 feet)
- **Floversing**: May
- **Scent**: Scented, Climber

**Habitat of the herb:**

- Clambering over cliffs and trees on woodland edges at low altitudes in W. China.

**Edible parts of Chinese Wisteria:**

- **Seed - cooked.** Some caution is advised, Flowers - cooked. They are thoroughly washed and then boiled or made into fritters. The flowers are also cured in sugar then mixed with flour and
made into a famous local delicacy called “Teng Lo”. The leaves contain allantoinic acid. They are used as a tea substitute. The young leaves have also been eaten.

2. Water-Chestnut

Trapa natans L.

- **Taxonomic Rank:** Magnoliopsida: Myrtales: Trapaceae
- **Synonym(s):** water chestnut, water nut

Water chestnut is a rooted, floating plant that invades shallow to deep, fresh water habitats in the northeastern United States. Water chestnut can grow in 12 to 15 ft. (3.6-4.6 m) of water and forms dense, floating mats, often three layers deep. Leaves on the surface of the water are alternate, triangular in shape, strongly toothed and connected to the stem by an inflated petiole. Submerged leaves are feathery and either opposite or alternate. Flowering occurs from mid-summer to frost. Small, four-petaled flowers give way to the nut-like fruit. The fruit have two to four, ⅜ in. (1.3 cm) long, sharp, barbed spines. The spines can penetrate shoes. The dense, floating mats restrict light availability, reduce the oxygen content, and displace other emergent and floating vegetation. Water chestnut also limits boating, fishing, swimming and other recreational activities. Water chestnut is native to Europe and Asia and was first observed in the United States in Massachusetts in the late 1800s.

**Identification, Biology, Control and Management Resources**

- Global Invasive Species Database - Invasive Species Specialist Group
- Invasive Plant Atlas of New England - University of Connecticut
- Biological Control of Invasive Plants in the Eastern United States - USDA Forest Service
- Plant Invaders of Mid-Atlantic Natural Areas - National Park Service and U.S. Fish and Wildlife Service
- Fact Sheet - Pennsylvania Dept. of Conservation and Natural Resources

3. Melaleuca alternifolia

**Other Names:** Melaleuca oil, Australian tea tree oil

Tea tree oil is an essential oil obtained by steam distillation of the leaves of Melaleuca alternifolia, a plant native to Australia.

Historically, the leaves were used as a substitute for tea, which is how tea tree oil got its name. The part used medicinally is the oil from the leaves.
4. Camellia sinensis

It is the species of plant whose leaves and leaf buds are used to produce tea. It is of the genus Camellia, a genus of flowering plants in the family Theaceae. White tea, green tea, oolong, pu-erh tea and black tea are all harvested from this species, but are processed differently to attain different levels of oxidation. Kukicha (twig tea) is also harvested from Camellia sinensis, but uses twigs and stems rather than leaves. Common names include tea plant, tea tree, and tea shrub.

There are two major varieties that characterize this species (1) Camellia sinensis var. sinensis (L.) Kuntz and (2) Camellia sinensis var. assamica (Masters) Kitam.

5. Terminalia Chebula Black

Terminalia Chebula Botanical Name: Terminalia Chebula English Names: Myrobalan Black, Chebulic Myrobalan Black

• Pharmaceutical name: Fructus Terminaliae Chebulae
• Botanical: Terminalia chebula Retz. (Combretaceae)
• Other names: Sheng He Zi, Sheng He Zi Rou, Sheng He Li Le, Ke Zi
• Description: Medicine Terminalia Fruit.

Actions

Strengthens the Intestines; Restrains Lungs; Moves Qi downwards; Allows the air to circulate in the throat.

Origin of he zi

Yunnan, Guangdong, Guangxi;

Preparation of he zi

Adaprin 455 mg 180 cap

Product information

Pacific BioLogics Adaprin is a proprietary formula of the Badmaev family. Based on the Tibetan tradition and known as Formula Badmaev No. 28, it was developed by five generations of physicians working in Russia, Europe, and recently the USA. Traditional use and research indicate it may have a positive influence on circulation. Adaprin is available exclusively from Pacific BioLogic in partnership with the Badmaev family. Always consult with a qualified practitioner for any illness.

Adaprin has been accepted by the European medical community to assist in healthy blood circulation and is especially notable for its ability to improve circulation to the peripheral vascular system, including hands, legs, feet and head. There have been numerous standardized controlled studies that have conclusively demonstrated the ability of the formula to inhibit platelet aggregation, increase blood flow to obstructed areas and significantly improve such factors as walking range and both waking and resting pain associated with impaired circulation.

It is a recipe comprised of many plants that give the formula a wide range of effects beyond its circulatory dynamics. It clearly demonstrates immunopotentiation, antioxidant actions, anti-inflamatory capacity and numerous cardio benefits.

Ingredients: Each capsule contains 455 mg: Proprietary Blend of:

• Cetaria Islandica Musci (Iceland Moss)
• Pterocarpus Santalinus Cortex (Red Sandalwood)
• Aegle Sepia Fructus (Hardy Orange)
• Vetiveria Zizanoides Rhizome (Vetiver)
• Melia Azedarach Fructus (Margarosa)
• Saussurea Lappa Radix (Spiral Flag)
• Santalum Album Radix (White Sandalwood)
• Eugenia Caryophyllus Flos (Cloves)
• Aquilegia Vulgaris Herba (Columbine)
• Lactuca Sativa Herba (Wild Lettuce)
• Calendula Officinalis Flos (Marigold)
• Polygonum Aviculare Herba (Knotgrass)
• Homeopathic Aconitum Neopellus Radix (Homeopathic Monkshood)
• Glycyrrhiza Uralensis Radix (Licorice)
• Valeriana Officinalis Rhizome (Valerian)
• Camphora Japonicum Cortex (Camphor Bark)
• Calcium Sulphuricum (Gypsum)
• Elettaria Cardamomum Fructus (Cardamom)
• Pimenta Dioica Fructus (Jamaican Pepper)
• Plantago lanceolata Herba (Ribwort, Plantain)
• Sida Cordifolia Radix (Heartleaved Sida)
terminalia chebulae fructus (myrobalan) 
prunus spinosa fructus (blackthorn) 
potentilla aurea herba (golden cinquefoil) 
heyduckium spicatum rhizome (gingerily) 

other ingredients: dicalcium phosphate, stearic acid, magnesium stearate 

suggested use: take 1-4 capsules daily. for best results, capsules should be taken on an empty stomach. beneficial effects have been reported within about the first two to three weeks of usage of the formula. a typical regimen with the formula would be to take 2-4 capsules daily, for approximately four months. after that, a maintenance dosage of 1-2 capsules daily is recommended. dr. badmaev recommends that the full dosage 2-4 capsules daily be gradually worked up. i.e. 1 capsule daily for the first week, 2 capsules daily for the second week, and 2-4 capsules daily for the third week and thereafter.

cation! not intended for children or pregnant or nursing women

6. semen coicis p.e.
herbal extract - lat: coix lachryma jobi l. 
part used: seed 
specifications: dry extract, powder 20:1 (to produce 1 kg. of extract 20 kg. of semen coicis are used) the coicis semen is a drug prepared by drying tear grass seeds excluding skin. in the field of chinese medicine, 
chinese food: the soup of chops with balsam pear and semen coicis (this soup prevents cancer) 

making: semen coicis, chops, balsam pear, star anise, light ginger, scallion, water chestnut, chinese wisteria flowers, sea salt, cooking wine.

a practice:
1. dip semen coicis in clear water about 2 hours before using it.
2. append the cleaned chops after boiling the water and append star anise, water chestnuts, wisteria flowers, light ginger and cooking wine to quick-boil several minutes.
3. clean the quick-boiled chops with dipped semen coicis, slices of light ginger and segments of scallion to append the pan to stew, boil the water of right amount one time by conflagration and boil that about 2 to 3 hours by middle or small fire.
4. take out the white intima and seeds of balsam pear and cut it to small pieces.
5. open the lid to after boiling 2 to 3 hours and append balsam pear to boil 20 to 30 minutes, it is ok to append salt to fix.
1. It will be better to quick-boil chops by boiled water because the surface of meat will shrink to meet high boiling and absorb nutrient content of meat effectively.

2. Add one star anise, light ginger and cooking wine to take out some fishy smell of meat when you quick-boil chops; it can take out the water of blood of chops to quick-boil and make cooking liquor more tidy and make no mince blood and fishy smell.

3. You'd better dip sesame coals in water a few moments because it can't be boiled to be ready in a short time.

4. Add a Balsam pear is very easy to be boiled and change yellow color, so you can't append it too early.

5. It is best to boil the soup by traditional pottery jar, if you want it quickly you can use the small fire cooker. It is ok when the pressure cooker appers gap and boils about 20 minutes by putting jar after working. It is convenient to slow down according to times, you can drink the fresh soup as boiled by pottery jar after working. You append the making before working.
A healthier rhubarb recipe for sugarfree pie

- 2 1/2 cups of diced sweet apples
- 4 cups of chopped rhubarb
- 1 tsp. cinnamon
- 1 tsp dried crushed agrimony leaves (cockle bur)
- 1 teaspoons of turmeric
- 1 tsp. nutmeg
- 1 1/2 tblsp. orange zest (from orange rind, use young orange if possible)
- 1/3 cup concentrated 100% apple juice
- 1/4 cup whole wheat flour flour (vegetable enhanced)

Mix the rhubarb and apples together and place in a single pie crust. Combine the rest of the ingredients and sprinkle over the pie. Dot with 1 1/2 tblsp. Prof Nelson’s better butter butter. Cover with pastry lattice strips. Bake at 400F for approximately 12 - 15 minutes. Reduce heat to 350F and bake for 30 - 40 minutes or until top starts to brown and juices bubble.

Tip - Apples, lemons, turmeric, agrimony, Chinese dates, and oranges all combine well with rhubarb in any recipe, especially pies and muffins. For esophagus cancer add Chinese dates, chopped ginger and sage.

Rhubarb strawberry jelly

- 6 stalks rhubarb
- 1 package Diet strawberry gelatin
- 1 cup sliced strawberries with Chinese dates if you can find them
- 1/3 cup water
- 4 teaspoons of fructose
- Dash of dried crushed agrimony leaves (cockle bur)
- 2 teaspoons of turmeric
- Young orange grate skins and crush juice
- For esophagus cancer add six Chinese dates, chopped ginger and 1 tablespoon sage.

Combine chopped rhubarb and water in a saucepan. Simmer on low heat covered for approximately 15 or 20 minutes. Add the strawberries and the gelatin and remove from the heat. Let cool and stir in the fructose and spices. Pour into sterilized jars and keep refrigerated.

This healthier-rhubarb-recipe for jelly has been deemed appropriate for those with a diabetic condition. Please consult your Doctor or Dietician as necessary to be sure it is suited to you and your situation. This recipe without the gelatin, also serves as basic rhubarb compote.

The rhizomes of Typha latifolia (cat of nine tails) were eaten by many first peoples of North America, as well as the leaf bases and young flower spikes. The rhizomes can be consumed after cooking and removing the skin, while the peeled stems and leaf bases can be eaten raw or cooked. Put a paper bag over the head and shake. The natural pollen can be used to improve the nutrition of flour.

While Typha latifolia grows all over, including in rural areas, it is not advisable to eat specimens deriving from polluted water as it is used as a bioremediator, it absorbs pollutants. Do not eat them if they taste very bitter or spicy.

Wisteria, Cat of nine tails, and Zucchini fritters

Make extra Wisteria and zucchini fritters for dinner and pack the rest for lunch.

Ingredients (serves 5)

- 1 cups whole wheat flour
- 1/2 cup cat of nine tails pollen if you can get it, if not use more flour
- 1 cup dried Wisteria flowers
- cup milk
- eggs
• cups water chestnuts, Chebulic Myrobalan Black, coicis semen, ginger, rhubarb or any of the herbs for cancer
• zucchini, trimmed, grated, or use several small Chinese cucumbers if you can find them
• with sage, safflower, ginger
• oil, for shallow-frying
• cup tzatziki dip, to serve (mix agrimony, sage, and safflower into you tzatziki)

Method
1. Sift flour into a bowl. Season with sage, safflower, ginger and pepper. Using a fork, whisk milk and eggs together in a jug until combined. Pour over flour. Stir until smooth. Add vegetables and zucchini. Stir until well combined.

2. Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until hot. Using 1/4 cup of mixture per fritter, spoon mixture, 3 fritters at a time, into pan. Cook for 3 to 4 minutes each side or until golden and firm to touch in the centre. Transfer to a wire rack to cool.

Notes
To freeze: Wrap each fritter in plastic wrap, then foil. Freeze for up to 2 months. Remove from freezer in the morning. Place frozen fritters in lunch box with a small container of tzatziki. Fritters will thaw by lunchtime.

So review the lists of herbs you might need and find other recipes for them in the net and be careful, be natural, be aware, be free, be healthy wealthy and wise. Imagine if there was a restaurant where you could get meals that feed your body and immune system while they starve your cancer and destroy your cancer with gentle soft safe natural chemotherapy.

The Professor Nelson Cancer as Recovery Exercise - Care Therapy
1. Stop Feeding the Cancer with High Glycemic Foods, stop dextrose use fructose
2. Plug up the holes in the cell membranes with Good Fatty Acids not Bad Fatty Acids, eat fresh and raw vegetables and vegetable juice, no cooked oil, supplement Fatty Acids
3. Detoxify the body of toxins, get the body’s natural detoxifiers to all work well
4. Stop adding carcinogenic toxins, smoke, radiation, fluorine, SINthetic chemicals etc
5. Take natural more safe Chemotherapy not SINthetic
6. Increase water, nutrition, good air, Food is the Best Medicine
7. Use Fasting as natures surgery
8. Exercise 20 minutes a day 5 days a week to a sweat
9. Mirth, Merriment and Mental Meditation, Laughter is your Best Medicine, the best sign of mental stability is to be able to laugh at oneself.
10. CARE. Find joy and fun, release the negative, selfish, self pity, anger, greed, arrogance, and delusion. Face your false beliefs and grow in mind, body, spirit, environment, and social networks, find spiritual friends and talk out your troubles with laughter, respect, and CARE
**POKEWEED**

Dr. John Christopher, famous 20th century herbalist, refers to poke weed as, “an effective and rapid anti-cancer agent.”

In recent years, research has shown the plant and its seeds to have both anti-tumor and anti-viral properties, and it shows much promise in the treatment of both cancer and HIV.

Pokeweed is one of those herbs, however, that you would be best to consult with a professional regarding use, as it is a very powerful herb and it is a strong purgative. It can be used safely, however, if care is taking to strain the water off during the cooking process. As a matter of fact, it has been a popular traditional dish in the Appalachians for years.

Ever hear the song, “Poke Salad Annie,”” sung by Elvis Presley, Johnny Cash, Jerry Reed, and others? That’s it!

**Polk Salad Annie - Tony Joe White and Johnny Cash Duet**

written by Tony Joe White

If some of ya’ll never been down South too much...

I’m gonna tell you a little bit about this, so that you’ll understand

What I’m talking about

Down there we have a plant that grows out in the woods and the fields,

Looks somethin’ like a turnip green.

Everybody calls it Polk salad. Polk salad.

Used to know a girl that lived down there and

She’d go out in the evenings and pick a mess of it...

Carry it home and cook it for supper, ‘cause that’s about all they had to eat,

But they did all right.

Down in Louisiana Where the alligators grow so mean

There lived a girl that I swear to the world Made the alligators look tame

Polk salad Annie polk salad Annie

Everybody said it was a shame

Cause her mama was working on the chain-gang

(a mean, vicious woman)

Everyday ‘fore supper time She’d go down by the truck patch

And pick her a mess o’ Polk salad And carry it home in a tote sack

Polk salad Annie ‘Gators got you granny

Everybody said it was a shame

‘Cause her mama was a workin’ on the chain-gang

(a wretched, spiteful, straight-razor toatin’ woman,

Lord have mercy. Pick a mess of it)

Her daddy was lazy and no count

Claimed he had a bad back

All her brothers were fit for stealin’ watermelons out of my truck patch

Polk salad Annie, the gators got your granny

Everybody said it was a shame

Cause her mama was a working’ on the chain gang

(Sock a little polk salad to me, you know I need a mess of it)
Arum Maculatum is one of the latest of a long list of herbal remedies to be found to help in the treatment of cancer. Arum Maculatum is poisonous and has to be handled with respect and care. The Arum Maculatum is not known to directly treat cancer but is known to help alleviate a lot of the symptoms associated with cancer.

Why we have cancer

We are plagued with cancer because in our haste to escape the natural world that our bodies were designed to function best in, we have cut down all the trees and plants and changed the very makeup of the air we breathe. We have surrounded and exposed ourselves to all kinds of chemicals that would not be found in our natural environment. We are by nature omnivores but most of us eat like carnivores, eating more meat then anything. We are not eating the foods that are bodies were designed for; but rather we eat the things that are unnatural for us. We ingest large amounts of various metals in our body’s as well as a large assortment of chemicals like herbicides, pesticides and all kinds of other chemicals that contaminate most processed foods. We cover our bodies with soaps and cosmetics that are just riveted with all kinds of unnatural chemical agents.

Know your enemy

And then we wonder why we are getting all the disease and maladies like cancer. There are some pretty basic facts about cancer a lot of people are unaware of. One thing about cancer cells that makes them different then regular healthy cells is cancer cells don’t like oxygen; they cannot live in a high oxygen environment. Normal cells need oxygen in order to continue living. Recent studies have shown that there is a significant reduction of oxygen in the atmosphere then there was thousands of years ago. This is a result of pollution and destruction of oxygen producing plants and trees in the world today.

Not all cells are created equally

Another interesting difference between normal cells and cancer cells is that cancer cells like an acidic environment were a healthy cell needs an alkaline environment. Again there is a connection between the pH of your body and the amount of available oxygen. An acidic environment is an environment low in oxygen just as an alkaline environment is rich in oxygen. When we eat large amounts of red meats we cause our bodies to go more acidic. Were if we eat more vegetables and fruits cause our bodies to become more alkaline.

Small changes in chemistry can mean death

All living organisms on this planet are drastically affected by small changes in PH levels. This includes animals as well as plants. For instances you cannot grow a Blue berry plant in alkaline soil because the plant would starve to death, the way organisms metabolize nutrients is totally dependent on the PH levels of the cells , just a slight change of the PH in a cell, makes it impossible for the cell to process certain macro nutrients . If organisms have a PH that is off just a little bit then the cells in that organism cannot combine oxygen with the nutrients that are available, because the electrical charges in those cells has changed, this was caused by a shift in the PH. In physics as well as in biochemistry, like charges repel and opposites attract. When the oxygen is pushed away from the nutrient the two cannot combine creating a situation were certain nutrients are not absorbed into the body of the organism. This often leaves a deficiency of vital nutrients needed by the immune system, as well as other important functions of the body.

Other reasons we still are with cancer

And as well as the biochemical dilemma we have created, we have also created a political climate that will absolutely suppress any cure for cancer. A cure for cancer would not be profitable for a large group of capitalist interest in the world; these people would stand to lose billions of dollars if a cure for cancer was ever found. If we are ever going to beat cancer and all the other diseases that are killing people in the world. People are going to have to take there heads out of the sand and try and learn the truth, by first learning how to filter out all the propaganda and miss information that some interest use to try and manipulate us. WE need to start to think for ourselves.

Dangerous Situations

There are some very dangerous situations in a lot of world governments that allow powerful corporations and cartels to lobby and manipulate the political system, to have laws and bills pass the senate that go against the best interest of the people. This is especially the case in the US political system were anyone can almost guarantee a senator or governors reelection by making large donations to the parties of that official.

This situation leaves a door wide open for corruption and legislation that is not in the interest of the people, these senators are suppose to be working for. Each time that an amendment is made or a bill passed for the sake of keeping with changing times, then watch out for human rights violations and corruption. The US was founded on a good constitution that has a bad case of cancer right now, and is in need of a cure. The sad truth is that capitalism is like meat, you need a little bit to keep healthy, but to much meat and not enough of the others foods you need and you get cancer. Capitalism is a necessity for a strong economy but without the proper checks and controls in place, it can kill an economy and the people in it.

Knowledge is our greatest defense

One of the greatest tools you can use in educating yourself is not giving your trust away like it was worth nothing. Inspect people to earn your trust. The other tool you have is getting back to the grassroots of common sense that seems to be a lost art; it is a way of thinking that forces you to arrive to a conclusion through logic based on the facts that are all around us. Not based on emotion and desires and the words of others that we give our trust away to so freely.

A world of deception and distorted perceptions

There are cures for a lot of things that are killing us today, and there is so much corruption in this world, that I wouldn’t even dare say there is a cure for cancer because, I could get into trouble for
You owe it to yourself to learn the truth

In closing I will say, yes I do believe there are cures for cancer, and I leave it to you to learn were those cures are. There are a large number of links on this site to some good information based on some solid research. The other thing to consider is the motivation behind the information and why. Sometimes the answer to that question is not always as it may appear. There are those that try to manipulate our thinking with distorted facts and use reputations of others as well as data that is not always collected honestly. Money is a major factor for people to try and make you believe lies and false data. Make no mistake you are at war with some very clever folks that are benefiting financially from general ignorance's, and will do their best to keep you and me the dark.

Natural Extracts will Cure Skin Cancer

Natural Extracts for Skin Cancer. A major breakthrough in treatment of skin cancer. Scientist have discovered a novel mixture of natural extracts to battle skin cancer. Skin cancer is one of the devastating diseases which many people are not aware of. In US last year alone more than 67,420 people have been diagnosed with skin cancer, and almost 7420 people have died because of skin cancer in Us alone last year. Excruciating fact is many people are unaware that through proper care and protection, it can be kept away from ones body.

Why it occurs?

Skin cancer is attributed to numerous factors like
1. Hereditary problems
2. Over exposure to sun radiation
3. Exposure to UV (Ultra Violet) rays
4. Natural color of skin, where probability is more in fair skinned people.

Even though exact causes cannot be asserted, but the above factors are found to be chief contributing elements. The research has been performed previously, to extract medicine to battle skin cancer disease and scientist eventually ended up in discovering that a natural substance by name Isothiocyanates, found in greenery of broccoli, cauliflower and cabbages. It gave a ray of hope in treating against skin cancer disease. But practical difficulties kept the treatment for skin cancer at bay, as it required large number of green vegetables to extract a vaccine which was impossible.

Now scientists in National Cancer Institute have stumbled upon the fact that if they can extract a mixture of selenium found commonly in Brazil Nuts and Isothiocyanates tainted in greenery in cabbages, Broccoli, cabbages along with cauliflowers can be used to treat against skin cancer and also treatment against tumors. They have even proved it by a small experiment with mice, where they found out that it halted the skin cancer from 40 to 70 %. Another heartening aspect of this discovery is, they can treat them with very minute mixture of selenium and isothiocyanate unlike the previous case. And also owing to the above discovery there are suggestions in medicine field to use selenium in sun lotion creams, which can literally prevent any occurrences of skin cancer owing to sun rays radiation. As more than 80 % of skin cancer cases occur due to excess exposure to sun radiation. Even though treatment is proved successful against mice, one should understand that it will take few more years to customize a treatment for the solace and effectiveness of human beings. The universal fact that no food can come parallel to green vegetables and fruits is reinstated, as scientist every day stumble on something or other good beneficial factors in green vegetables and fruits. So don’t forget to include some cabbages, cauliflowers, and broccoli in your diet regularly if you get a chance.

Natural ways of fighting cancer

New columnist and naturopathic physician Dr. Harald Gaier begins his fortnightly column by explaining how natural remedies can cure almost any medical condition.

Dr. Gaier is a strong believer in us taking control of our own health, and in working with our bodies to ensure we look after them for our futures. He believes: “Growing old is compulsory, but staying healthy is optional!” and his work is focused around
teaching people how to take more control of their health using natural practices.

As we get older the ageing process can weaken our ability to resist disease and this is when cancers of the prostate, breast, colon, pancreas, bladder, stomach, lung, and rectum become a real risk. These are the most common cancers occurring in people over 65.

Dr. Gaier believes that we can remain in control of our own health, whatever our age and that people young or old can combat cancer through a change in diet and introduction of medicinal herbs and nutritional supplements as well as antioxidants that are effective in slowing the cancer’s growth. Using natural remedies to cure almost any medical condition Dr. Gaier is turned to by thousands of patients nationwide. Here he offers his advice on how to try and fight the cruel disease that is cancer, by looking to the benefits of natural medicine.

**Anti Cancer herbal remedies**

Although alternative practitioners by law cannot claim to offer cancer “cures” many herbal remedies have a long history (and much scientific evidence) demonstrating their anti-cancer effects. These natural ingredients are all easy to get hold of and can be integrated into our diets as part of a healthier lifestyle.

**Green Tea:** One reason the Japanese have the highest tobacco smoking rate but the lowest lung cancer rate, could be green tea. The tea contains epigallocatechin gallate, theophylline, tannic acid and other polyphenols, which have been shown to inhibit cancer growth. Dry green tea leaves may also reduce the risk of stomach, lung, colon, rectum, liver and pancreas cancer.

Scientists have discovered that chemicals in green tea can also shut down a key molecule, which often plays a significant role in the development of cancer. The molecule is known as AH Ryl hydrocarbon and often plays a negative role in activating genes. Scientists have found that green tea chemicals inhibit the AH activity.

**Rhubarb:** Like many red vegetable rhubarb contains cancer killing chemicals. Certain parts of sorrel rhubarb and Indian rhubarb contain rhein, catechin and aloe emodin which have been shown to have anti-tumor activity. Recent studies have shown that there are benefits of British garden rhubarb, specifically a variety grown in South Yorkshire. Baking rhubarb for 20 minutes dramatically increases its concentration, therefore baking a pie or crumble is a good start. Scientists are now working towards trying to discover the best combination of rhubarb polyphenols and chemotherapy agents, which are essential to kill leukemia cells.

**Burdock root:** Named the “burdock factor” it has confirmed anti-tumor properties and has been shown to render virtually innocuous a wide range of substances known to cause carcinogenic mutation. One important component of burdock is benzoaldehydhe, which is also present in Laettrile, or Amygdalin, found primarily in the kernels of plums, apricots, peaches and bitter almonds.

**Mushrooms:** PSK or Krestin, from the Turkey Tail mushroom, which is the fungus Trametes versicolor (mushroom of the Basidiomycetes group, as is our common culinary Chamignon) is a successful alternative non-toxic immune-stimulating anti-cancer treatment that has become the world’s best-selling cancer drug (and is in the world’s ‘top twenty’ best-selling drugs overall) with annual sales running around Sterling £250 million. There are a variety of mushrooms which seem to help the body fight cancer, Shibatake, maitake, reishi, Agaricus blazei Murill, and Coriolus Versicolor to name but a few. These mushrooms contain strong compounds that help build and strengthen the immune system. Mushrooms also contain Lectin, a protein which attacks cancerous cells.

**Aged Garlic:** It contains 17 amino acids, as well as many metals, vitamins and minerals, in addition to 33 sulphur compounds. One of the last-named is its main franquicompound diallyl sulphide, or DAS. This has been shown to inhibit certain cancers of lungs and stomach. The enzyme systems have been studied on different levels, and the stomach’s detoxifying enzymes were seen to become significantly increased when treated with DAS. In short: the more aged garlic, the greater the effect!

**Cruciferous Vegetables:** all the following vegetables contain very potent anti-cancer constituents; cabbage, cauliflower, turnip, bok-choi, oil seed rape, radish, horse-radish, broccoli, Brussels’ sprouts, mustard, kale, swede, cress and water cress. In order to retain their potency then you should either steam or stir-fry them for a short period of time.

**Alliaceae:** such as leek, onions, chives and the shallot family all promote apoptosis, the natural dying-off of cells, in breast, prostate, lung and colon cancer. Insufficient amounts of apoptosis can lead to uncontrolled cancer cell production.

**Dark Chocolate:** contains anti-oxidants and anti-cancer polyphenols, both of which have a retardant effect on the growth cancer cells. Eating one small square of chocolate is the same as drinking one cup of green tea.

Who feeds your cancer? You. But here is a recipe for a healthy chocolate candy that will help your cancer. Remember moderation in all things. Three times a week is good.

- **Yaçalï** (šho-si) is derived from the first two letters of the Aztec word Xocolatl, an ancient, Central American chocolate drink, and the last three letters of Açaí, a berry indigenous to the Amazon Rain Forest.
- **Yaçalï** is what results in dark chocolate products made from the purest European cacao powder and açaí berries from the Amazon Rain Forest, not to mention concord grapes and blueberries.

If this candy is too expensive for you, make your own. Use carob if you wish.

**Ginger Root:** can prevent cancer cell production. Ginger root could be grated into a stir fry or sliced and made into an infusion for consumption.

**Turmeric:** significantly promotes apoptosis in cancer cells and impedes tumor growth. When mixed with olive oil, black pepper or pumpkin-seed oil it is easily assimilated by the human body.

**Citrus Fruits:** like limes, lemons, tangerines, oranges and grapefruits contain flavanoids and are known to stimulate the detoxification of the liver.

**Herbs & Spices:** such as basil, mint, marjoram, oregano, rosemary and thyme all contain oils which block the enzymes that cancer cells require to invade the tissue they are adjacent to, thus slowing down or arresting the spread of cancer.

**Natural treatments that work well with chemotherapy & radiotherapy**

**Astragalus:** A non-toxic botanical medicine that boosts immunity and fights cancer. It effectively protects against the ravages of chemotherapy, part of which usually is in the form of degeneration of the liver expressed by raised liver enzyme values.
Siberian Ginseng: boosts the immune system in patients undergoing mainstream cancer therapy and it is not toxic.

Heat Therapy: Where body temperature is safely raised above the body’s normal temperature by short-wave diathermy, radio frequency, or laser heating energy delivered via flexible fibres into the approximate centre of a tumor. This enhances immunological responses, makes the body’s defence proteins more efficient, and significantly increases white blood cell activity.

Hypnosis: This has been shown to be of real value for children with cancer in decreasing their drug-related nausea and vomiting.

Hypnosis can also help relieve stress by improving our state of relaxation. A useful variant of this is autogenic training. This is a relaxation technique used since the 1930’s to alleviate stress-induced states. It involves the daily practice of sessions that last around 15 minutes, usually in the morning, at lunch time, and in the evening. During each session, you would repeat a set of taught visualizations that induce a state of relaxation. Each session can be done in a position chosen amongst a set of recommended postures: lying down, sitting as in meditation, or sitting like a rag doll and can work towards helping relieve tension and aid relaxation.

Ubiquinone: was found to be non-toxic, it counteracts the extremely toxic action on the heart muscle of the chemotherapy drug Doxorubicin.

Top tips to a Cancer-free lifestyle

1. Heat food in glass or ceramics, not in plastics (such as PVC, Styrofoam, polystyrene, etc.)
2. Use lemon juice, white vinegar and baking soda for domestic cleaning jobs; never use cleaning products containing alkylphenols (like LCAR, cresol, xylene, etc.)
3. Use lavender and cedar bark in wardrobes to deter moths and silverfish; avoid naphthalene and tar camphor.
4. Avoid perfumes and hair-care products that contain phthalates (almost all of them do).

List of Phytochemicals with Anticancer Activity

<table>
<thead>
<tr>
<th>Phytochemicals</th>
<th>Anticancer Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10-HYDROXY CAMPTOTHECIN</strong> (roots of happy tree, camptotheca acuminata)</td>
<td><strong>AMYGDALIN</strong> (seeds and pits of apricots, apples, cherries, peaches, plums, nectarines, buckwheat, millet, cassava, milo, wheat, grass)</td>
</tr>
<tr>
<td><strong>ACETIC ACID</strong> (burdock root)</td>
<td><strong>ANTIOXYANINS</strong> (grapes, black currants, purple loosestrife flowers)</td>
</tr>
<tr>
<td><strong>ACYLATED ARRUSIN</strong> (marjoram also contains phenyl carbolic acid and resorcinic acid)</td>
<td><strong>BENZALDEHYDE</strong> (burdock root, cardamon, almond, car seeds, cumin, chilli, poppy, mehla, cuminal, cinnamones, licorice root, jasmine flowers, motherwort, bay leaves, bay laurel, tomatoes, lemon balm, melissa, ceylon, peaches, black cherry, black currant, raspberry, blueberry, figs, cranberry)</td>
</tr>
<tr>
<td><strong>ALLYL SULFURS</strong> (garlic, onions, chives, leeks)</td>
<td><strong>BETA-SITOSTEROL</strong> (sippery elm)</td>
</tr>
<tr>
<td><strong>ALPHA-LIPONIC ACID</strong> (oxidised potato; important for regeneration of cells and nerves)</td>
<td><strong>ALPHA TOCOPHEROL</strong> (wheat germ, wheat grass)</td>
</tr>
</tbody>
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No it is not a funny Cartoon, it is tragic

Research has shown Natural Chemotherapy to be safer and more effective than Synthetic Chemotherapy but Natural cannot be patented for the profit. Why is profit more important than people?
5. Do not use Teflon-coated pans and irons, they give off odourless fumes, which are silently very
toxic to humans and lethal to parrots; use stainless steel instead.
6. Eat organic meat from grass-fed animals; similarly, for dairy products.
7. Instead of the standard Western cuisine, switch to Mediterranean or Oriental foods.
8. Use olive oil and natural sugar replacements (e.g. xylitol crystals or agave syrup).

Guyabano, The Soursop Fruit

The Sour Sop or the fruit from the Graviola tree is a miraculous natural cancer cell killer
10,000 times stronger than Chemo... Why are we not aware of this? It’s because some big
corporation want to make back their money spent on years of research by trying to make a
synthetic version of it for sale.

So, since you know it now you can help a friend in need by letting him know or just drink some sour
sop juice yourself as a prevention from time to time. The taste is not bad after all. It’s completely
natural and definitely has no side effects. If you have the space plant one in your garden.

The other parts of the tree are also useful.
The next time you have a fruit juice, ask for a sour sop.

How many people died in vain while this billion-dollar drug maker concealed the secret
of the miraculous Graviola tree?

This tree is low and is called Graviola in Brazil, guanabana in Spanish and has the uninspiring name
“oursop” in English. The fruit is very large and the subacid sweet white pulp is eaten out of hand
or, more commonly, used to make fruit drinks, sherbets and such. The principal interest in this
plant is because of its strong anti-cancer effects. Although it is effective for a number of medical
conditions, it is its anti tumor effect that is of most interest. This plant is a proven cancer remedy
for cancers of all types. Besides being a cancer remedy, Graviola is a broad spectrum antimicrobial
agent for both bacterial and fungal infections, is effective against internal parasites and worms,
lowers high blood pressure and is used for depression, stress and nervous disorders.

If there ever was a single example that makes it dramatically clear why the existence of Health
Sciences Institute is so vital to Americans like you, it’s the incredible story behind the Graviola tree.
The truth is stunningly simple: Deep within the Amazon. Rainforest grows a tree that could literally
revolutionize what you, your doctor, and the rest of the world thinks about cancer treatment and
chances of survival. The future has never looked more promising.

- Research shows that with extracts from this miraculous tree it now may be possible to...
- Attack cancer safely and effectively with an all-natural therapy that does not cause extreme
  nausea, weight loss and hair loss
- Protect your immune system and avoid deadly infections
- Feel stronger and healthier throughout the course of the treatment
- Boost your energy and improve your outlook on life

The source of this information is just as stunning: It comes from one of America’s largest drug
manufacturers, the fruit of over 20 laboratory tests conducted since the 1970’s! What those tests
revealed was nothing short of mind numbing... Extracts from the tree were shown to:

- Effectively target and kill malignant cells in 12 types of cancer, including colon, breast, prostate,
lung and pancreatic cancer.

- The tree compounds proved to be up to 10,000 times stronger in slowing the growth of cancer cells than Adriamycin, a commonly used chemotherapeutic drug!
- What’s more, unlike chemotherapy, the compound extracted from the Graviola tree selectively hunts down and kills only cancer cells. It does not harm healthy cells!

The amazing anti-cancer properties of the Graviola tree have been extensively researched - so why haven’t you heard anything about it? If Graviola extract is as half as promising as it appears to be - why doesn’t every single oncologist at every major hospital insist on using it on all his or her patients? The spine-chilling answer illustrates just how easily our health - and for many, our very lives(!) - are controlled by money and power.

**Graviola - he plant that worked too well**

One of America’s biggest billion-dollar drug makers began a search for a cancer cure and their research centered on Graviola, a legendary healing tree from the Amazon Rainforest. Various parts of the Graviola tree - including the bark, leaves, roots, fruit and fruit-seeds - have been used for centuries by medicine men and native Indians in South America to treat heart disease, asthma, liver problems and arthritis. Going on very little documented scientific evidence, the company poured money and resources into testing the tree’s anti-cancerous properties and were shocked by the results. Graviola proved itself to be a cancer-killing dynamo.

But that’s where the Graviola story nearly ended.

The company had one huge problem with the Graviola tree completely natural, and so, under federal law, not patentable. There’s no way to make serious profits from it. It turns out the drug company invested nearly seven years trying to synthesize two of the Graviola tree most powerful anti-cancer ingredients. If they could isolate and produce man-made clones of what makes the Graviola so potent, they’ll be able to patent it and make their money back. Alas, they hit a brick wall. The original simply could not be replicated. There was no way the company could protect its profits even make back the millions it poured into research.

As the dream of huge profits evaporated, their testing on Graviola came to a screeching halt. Even worse, the company shelved the entire project and chose not to publish the findings of its research! Luckily, however, there was one scientist from the Graviola research team whose conscience wouldn’t let him see such atrocity committed. Risking his career, he contacted a company that’s dedicated to harvesting medical plants from the Amazon Rainforest and blew the whistle.

**Miracle unleashed**

When researchers at the Health Sciences Institute were alerted to the news of Graviola, they began tracking the research done on the cancer-killing tree. Evidence of the astounding effectiveness of Graviola - and its shocking cover-up - came in fast and furious.....

...The National Cancer Institute performed the first scientific research in 1976. The results showed that Graviola, eaves and stems were found effective in attacking and destroying malignant cells. Inexplicably, the results were published in an internal report and never released to the public...

...Since 1976, Graviola has proven to be an immensely potent cancer killer in 20 independent laboratory tests, yet no double-blind clinical trials - the typical benchmark mainstream doctors and journals use to judge a treatment value were ever initiated...
...A study published in the Journal of Natural Products, following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at “80,000 times the potency of (the commonly used chemotherapy drug) Adriamycin...”

...The most significant part of the Catholic University of South Korea report is that Graviola was shown to selectively target the cancer cells, leaving healthy cells untouched. Unlike chemotherapy, which indiscriminately targets all actively reproducing cells (such as stomach and hair cells), causing the often devastating side effects of nausea and hair loss in cancer patients.

...I study at Purdue University recently found that leaves from the Graviola tree killed cancer cells among six human cell lines and were especially effective against prostate, pancreatic and lung cancers...

Seven years of silence broken finally here!

A limited supply of Graviola extract, grown and harvested by indigenous people in Brazil, is finally available in America.

The full Graviola Story

Including where you can get it and how to use it’s included in Beyond Chemotherapy: New Cancer Killers, Safe as Mother’s Milk, a Health Sciences Institute FREE special bonus report on natural substances that will effectively revolutionize the fight against cancer.

This crucial report (along with five more FREE reports) is yours ABSOLUTELY FREE with a new membership to the Health Sciences Institute. It’s just one example of how absolutely vital each report from the Institute can be to your life and those of your loved ones.

From breakthrough cancer and heart research and revolutionary Amazon Rainforest herbology to world-leading anti-aging research and nutritional medicine, every monthly Health Sciences Institute Member Alert puts in your hands today cures the rest of America - including your own doctor(!)s - likely to find out only ten years from now.
BREW YOUR OWN ESSIAC TEA

It is very important to prepare Essiac tea herbs the way Rene Caisse prepared them. Read below how to properly prepare Essiac tea herbs and find out why Nurse Caisse followed a specific procedure in preparing Essiac herbs.

Why Do People Drink Essiac Tea?

I have been studying and using herbs for medicine, good health and good tasting teas since the early 1970s. I have not found any single herbal formula or remedy that does more to promote general health than Essiac tea. I began growing organic herbs for Essiac tea after personally experiencing Essiac’s health benefits. I have used Essiac tea to detox harmful pharmaceutical drugs. I have received testimonials from people who claim that Essiac tea solved their personal health problems and in some cases even saved their lives from cancer. Although Essiac tea is historically known for treating cancer and diabetes patients, one does not need to be sick to drink Essiac tea. Many people drink Essiac tea every day for the same reason that they take a daily vitamin/mineral supplement—that is, simply as a preventive measure to maintain good health.

The herbs in Essiac have been traditionally used for food and health since time immemorial. I believe that the best Essiac is the kind that you brew fresh in your own kitchen. Once you brew it a time or two you will find that it is very easy to do. You will also save money by brewing it yourself.

What Is the Authentic, Original Essiac Formula & Recipe?

There are many Essiac tea marketers on the internet with different herb combinations who claim they have the correct formula. This makes it very confusing for anyone trying to find out what the real formula is. However, people who offer truly authentic, original Essiac tea use Rene Caisse’s formula that Dr. Gary Glum published for the first time in 1988: Burdock root (arctium lappa), powdered Sheep Sorrel (rumex acetosella), powdered Slippery Elm bark (ulmus rubra/fulva) and powdered Turkey Rhubarb root (rheum palmatum). This formula was proven to be accurate when Mary McPherson published the Essiac formula in an affidavit in 1994. Mary McPherson was the only person that Rene Caisse trusted to make Essiac for her cancer patients. Also, Sheila Snow conducted many years of research and obtained documentation that revealed many of Rene Caisse’s secrets.

When it comes to serious health issues, doesn’t it make sense to use the correct Essiac tea formula and recipe that Rene Caisse used? One of the reasons I established this web site was to help settle the Essiac tea formula controversy by providing the legal proof of the true Essiac formula. Rene Caisse stated: if it works, don’t change it.”

To the best of my knowledge there are only two sources worldwide that offer authentic whole herb Essiac tea the way Rene Caisse made it. This whole herb special blend is for Essiac connoisseurs who want to get the greatest benefit from their home-brewed Essiac tea by following Rene Caisse’s formula exactly. One of the most revealing testimonials I have ever received regarding the authenticity of my Essiac tea herbs came from one of Rene Caisse’s former cancer patients.

What is “hole herb” Essiac tea?

Sheila Snow, who knew Rene Caisse and Mary McPherson personally, uncovered evidence that Rene Caisse used the whole sheep sorrel plant, not just the leaves. Rene Caisse considered sheep sorrel roots to be an essential part of the Essiac formula and that the tea would not be nearly as effective without the roots. Also, Mary McPherson specified “sheep sorrel herb” (not just the leaves) in her 1994 affidavit which revealed the correct Essiac formula. Therefore, Essiac tea without sheep sorrel roots is not authentic Essiac tea and, according to Rene, may not even be effective enough to regress cancer.

From a nutritional approach it is often better to use the whole herb—e.g., leaves, roots, stems, flowers and seeds. Different parts of plants contain different substances in varying amounts. The whole herb concept offers more vitamins, minerals, Flavonoids, enzymes and other substances that modern science has yet to recognize or discover. For example, the seeds of many herbs contain a substance called laetrile, which has been reported to be most helpful in the treatment and prevention of cancer. Some marketers of Essiac herbs and formulas use only sheep sorrel leaves and lots of stems as well. Harvesting sheep sorrel roots, for example, requires more time, expense and processing, plus it kills the plant. Consequently, whole herb Essiac usually costs more to produce.
ENZYME THERAPY

Perhaps the most important discovery that I made was the role of enzymes in our health. Enzymes are little magnets that reduce the amount of energy we need for a chemical process. Like magnets they are destroyed by cooking and most people are enzyme deficient in their body and foods. Most people, I find, haven’t heard of enzymes. Others know them only as the things that cause sugar to turn to starch and alcohol in the food we preserve by freezing. Packaged frozen foods have had the enzymes destroyed by blanching. This is a quick dip into scalding water, not enough to cook, but to “immobilize” the enzymes.

Enzymes are not a part of bone or flesh, they are independent molecules that have specific roles to play.

There are three basic kinds of enzymes. The metabolism enzymes are the engineers that operate our bodies. Our lungs would not expel carbon dioxide without the action of enzymes. A woman could not conceive without the carefully programmed series of enzyme actions. In fact, a Scottish medical journal says that the human body may be adequately described as the functioning of a series of enzyme reactions. I have a grandson who is in his 7th year of medical school. He tells me that 80% of our DNA code relates to enzymes! This means that 4 out of 5 bits of information in our DNA is for enzymes, and we go along blissfully unaware of the vital role that they play in our lives.

In order to understand the role of enzymes in our diet, we have to know something about how digestion works.

All living cells contain enzymes. Some are called “food” enzymes. Enzymes provided by the pancreas are called “digestive” enzymes. Food enzymes are designed to digest damaged cells. We see the results of this activity when a cut apple turns brown. Digestion is the systematic disassembly of tissue into the basic building blocks that are common to all living things. This is accomplished by enzymes that engage the food particle at a precise location and “unlatch” the particle so that it separates into two parts, somewhat like a key in a lock.

The enzyme is not consumed, but is available to repeat the process over and over. This digestion process continues by the action of other enzymes until the digestion is complete. This process may require the operation of hundreds of different enzymes in order to accomplish the digestion of one food. Thousands of enzymes have been identified, so far.

The digested particles are small enough to pass through the intestinal wall into the blood stream where the body uses it for fuel, repair and growth.

Enzymes are destroyed by heating to as low as 118ºF. When we continually cook our foods, we deprive our bodies of the enzymes in the food which provide digestion. This shortfall is made up by the pancreas which has limited ability to produce enzymes as well as to perform the other functions, such as providing insulin and playing a major role in the operation of our immune system.

Our bodies can accommodate an occasional cooked food, but when we continually destroy enzymes by cooking, the pancreas will double in size in an attempt to keep up with the demand and then it simply quits from exhaustion.

When this happens, the body, in trying to do the best it can with what it has, opens the pores of
the gut and passes incompletely digested food into the blood stream. Two important things occur as a result. The body builds imperfect cells from imperfectly digested food, and the body doesn’t recognize the large particles as food, but as invading foreign particles, and raises antibodies to fight them. The body actually fights the food that we eat. This fight can result in many physical symptoms such as irregular heartbeat, ringing in the ears, itchy skin, irritability, and on and on. Every system in our body can be affected.

You may have your blood tested for the presence of these antibodies. A test of over 100 common foods may be had at a cost of several hundred dollars. The SCIO can test our food reactions and tell us what food products we are sensitive to or have stuck in our bodies. Single foods may be tested for under twenty dollars per food. I had the larger test done and found that my body was fighting about twenty of the foods that I ate.

The treatment is to abstain from the selected foods until the antibodies dissipate. Then these foods can be carefully re introduced into the diet.

The plan is called The Elimination Rotation Diet. The indicated foods are removed from the diet for periods of three month to a year, depending upon the degree of sensitivity, and other foods are eaten on a four day rotation plan so no one single food is regularly eaten and thereby cause the sensitivity to develop with the substituted foods. Information on this plan is available from health food stores. 99% of all people tested have been found to have antibodies against the food they eat in their blood.

The pancreas can be healed through proper diet. This restores the pancreas to full function which includes the effective operation of the immune system. This can usually be accomplished in a year, but the immune system can be “jump started” in as little as three days by a good diet.

The solution to this problem is to eat raw fruit and vegetables. The nutrition of these foods is in the juice. If you have serious troubles such as cancer, your body needs a therapeutic level of nutrition so juicing is an effective way to get large amounts of food and enzymes into your body.

To do the Enzyme Therapy do this for one week minimum to one month maximum

1. Remove all allergy foods and high glycemic index foods
2. Eat 30% fresh and raw and juice fresh vegetable and fruits
3. Take three enzyme pills at bed on an empty stomach This allows the enzyme to be absorbed into the body
4. Take two enzyme pills on the morning with a large pint sized glass of weak citrus juice, grapefruit, orange, lemon do not eat for one hour
5. Eat only fruit till noon

To Lessen a Cytokine storm

1. cabbage juice, orange juice,
2. rest no stress
3. Anti-Inflammatory Turmeric (Curcumin), Fish Oil, omega 3, vitamin C, Acetylsalicylic Acid, feverfew, Grape Seed Extract, Reservatol, Japanese Knotwood, Anise, eucalyptus, lavender
4. flax seed oil, olive oil, pumpkinseed oil, (Sambucol a black elderberry-based) mix with yougurt to stimulate absorption
5. Sunshine solar ultraviolet-B (UVB) irradiance stim Vit D, or supplement
6. Meditation breathing anti-inflammation
FOR A CANCER STORM
Sometimes a cancer grows very fast. This is called a cancer storm. Most often a hormone feeds it. Lettuce juice weakens testosterone. Cabbage juice weakens estrogen combine if necessary. Use the above enzyme therapy. And use the Sambucol or elder berry formulas. Reduce stress, and talk to the cancer see what it wants. Might come out in your dreams.

VITAMIN D PREVENTS CANCER
- Liquid Vitamin D
- Prevent Cancer with Vitamin D
- Start Taking a Liquid Vitamin D Supplement Now
- Stabilized Oxygen
- Chlorine Dioxide
- Raise Your Consciousness with the Power of Your Breath

Yogi RamaCharaka has powerful information on the Use of your Breath as a Tool to a Healthy You. Learn how to Use the Tools You Already Use Daily in a More Effective way.

Yogi RamaCharaka ...

The Science of Breath, like many other teachings, has its esoteric or inner phase, as well as its exoteric or external.

The physiological phase may be termed the outer or exoteric side of the subject, and the phase which we will now consider may be termed its esoteric or inner side. Occultists, in all ages and lands, have always taught, usually secretly to a few followers, that there was to be found in the air a substance or principle from which all activity, vitality and life was derived. They differed in their terms and names for this force, as well as in the details of the theory, but the main principle is to be found in all occult teachings and philosophies, and has for centuries formed a portion of the teachings of the Oriental Yogi.

In order to avoid misconceptions arising from the various theories regarding this great principle, which theories are usually attached to some name given to the principle we, in this work, will speak of the principle as "Prana," this word being the Sanscrit term meaning "Absolute Energy." Many occult authorities teach that the principle which the Hindus term "Prana" is the universal principle of energy or force, and that all energy or force is derived from that principle, or, rather, is a particular form of manifestation of that principle.

These theories do not concern us in the consideration of the subject matter of this work, and we will therefore confine ourselves to an understanding of Prana as the principle of energy exhibited in all living things, which distinguishes them from a lifeless thing. We may consider it as the active principle of life—Vital Force, if you please. It is found in all forms of life, from the amoeba to man—from the most elementary form of plant life to the highest form of animal life.

Prana is all pervading. It is found in all things having life, and as the occult philosophy teaches that life is in all things—in every atom—the apparent lifelessness of some things being only a lesser degree of manifestation, we may understand their teachings that Prana is everywhere, in everything.

Prana must not be confounded with the Ego—that bit of Divine Spirit in every soul, around which clusters matter and energy.

Prana is merely a form of energy used by the Ego in its material manifestation. When the Ego leaves the body, the Prana, being no longer under its control, responds only to the orders of the individual atoms, or groups of atoms, forming the body, and as the body disintegrates and is resolved to its original elements, each atom takes with it sufficient Prana to enable it to form new combinations, the unused Prana returning to the great universal storehouse from which it came. With the Ego in control, cohesion exists and the atoms are held together by the Will of the Ego.

Squamous Cell Carcinoma
SCC often appears as a tumor or ulcer on the skin. SCC can be differentiated from less serious conditions by its irritated or bleeding appearance. It is commonly found around the eye or in the eye itself, on the prepuce or penis and around the vulva.

Squamous cell carcinoma is the 2nd most common tumor occurring in horses. Common locations of this cancer include the skin, genital area and stomach but up to 50% of cases may involve the eye. The cause of Squamous cell carcinoma involving the ocular structures in horses is not entirely known. Similar to that occurring in people, the ultraviolet component of sunlight may be the cause of this cancer in some horses. Horses with white skin seem to be particularly susceptible to SCC. Other factors may include viruses, genetics and compromised immune systems.

The average age of diagnosis has been reported to be between 8.6 and 14.6 years, but has been reported from as young as 1 year of age to 29 years.

When metastasis occurs, local lymph nodes are generally the affected sites.

The gross appearance of Squamous cell carcinoma is quite variable. Early lesions tend to be small superficial nodules that may be covered with normal skin. As the tumor advances, the overlying epidermal layers are destroyed and ulceration, necrosis and a foul odor may be observed as the lesion gradually enlarges.

Carcinoma Ointment
We are successfully treating Squamous Cell Carcinoma topically with an extract of Comfrey, Golden Seal, Thuja and Maritime Pine, with the Bach Flowers Crab apple and Rescue Remedy added, mixed in an ointment base.

In the case of a Carcinoma on the eye lid or other sensitive tissue around the eye, we provide a very slight variation to the treatment above. (If your case involves the horses eyes please discuss it with me via email and I may recommend in addition to this preparation, the eye wash, if irritation or inflammation is a feature of the case.)

These preparations are applied once or twice per day directly to the cancer itself.

Some home remedies, like fresh chickweed juice applied topically, seem to help in many cases but care should be exercised as this juice is highly irritant. It should never be used near sensitive tissues like around the eyes, lips, sheath, vagina or anal area.
Squamous Cell Carcinoma - Internal Treatment

The herbal prescription for internal use specifically targets those aspects of the immune system which allowed the Carcinoma to develop in the first place. It contains homeopathic ingredients as well as specific herbs to support skin health and the body systems in rejecting the Carcinoma which will often fall off or almost always, reduce in size quite quickly.

The mix includes Bladderack, Comfrey, Rue, Hypericum, Maritime Pine, Nettle, Rosehips and Violet Leaves along with the Bach Flowers Oak, Olive, Pine, Water Violet, Walnut and Wild Oat.

I am always interested to follow up individual cases of equine cancer cases and encourage any client to discuss the progress of each case, with either myself or my staff, after the first month on treatment.

Equine cancer other than Squamous Cell Carcinoma and Melanoma are very rare still, but following the human and canine experience, it can only be a matter of time before more and more internal cancers start to become much more common.

Melanoma Ointment

We are a tranquility treating Melanoma topically with an extract of Comfrey, Equisetum, Thuja and Maritime Pine, with the added Bach Flowers of Honeysuckle and Rescue Remedy, mixed into an ointment base.

In some cases it is painful to spread ointment on an active cancer. In these cases we can provide the herbal ingredients separately and these may be sprayed on the area. 25ml for $18.50.

This preparation is applied once or twice per day directly to the cancer itself.

Some home remedies, like fresh chickweed juice applied topically, seem to help in many cases but care should be exercised as this juice is highly irritant. It should never be used near sensitive tissues like around the eyes, lips, sheath, vagina or anal area.

Melanoma - Internal Treatment

The herbal prescription for internal use specifically targets those aspects of the immune system which allowed the Melanoma to develop in the first place. It contains the Bach Flowers Crab Apple, Honeysuckle and Chestnut Bud as well as the herbs Maritime Pine Bark, Comfrey, Horsetail and Violet Leaves.

These herbs together support the lymphatic system and the process of rejecting the cancers which almost always reduce in size quite quickly.

I am always interested to follow up individual cases of equine cancer cases and encourage you to discuss the progress of each case, with either myself or my staff, after the first month on treatment.

Equine cancer other than Squamous Cell Carcinoma and Melanoma are very rare still but, following the human and canine experience, it can only be a matter of time before internal cancers become much more common.

WE NEED EXERCISE

Exercise is a nutrient. Our bodies are designed to chop wood and carry water. We need exercise to be healthy. Whether it is light stretching, walking, or aerobic we need exercise.

Yes we need to get the blood and oxygen moving. Of course we need to exercise. Any exercise from yoga to aerobics. Twenty minutes a day five times a week is minimum. For yoga stretch your spine back, forward , side to side, and up and down. Move your lymph and do cross crawl for emotional stability. Alternate nostril breathing is good for emotional stability.

Yoga Techniques:

Breathing for Life

Breathing is one of the most basic, constant, and sub-conscious human activities. One scarcely pays any attention to it as many other pressing issues prey on the mind. Yoga expert Vasanthi Bhat, however, says a little extra attention to this most mundane of activities can improve the quality of life.

Yoga, with its numerous benefits, is being recognized by a large number of people every day around the world, but one of its most beneficial aspects is often overlooked.
Simple Breathing

Simple breathing is a great technique to start out with because it is the basis of all the other breathing techniques. You can practice this breathing while sitting, relaxing, walking, driving and performing daily duties as this is focusing on your natural breath. This will prevent you from getting exhausted at the end of the day due to the constant storage of energy-prana throughout the day.

In order to practice simple breathing you should close your eyes (open your eyes if you are involved in any activities) and observe your natural breathing. By taking time out to observe your breathing, you become more aware of its pattern and changes. This is the first stage of conscious breathing (Pranayama). If your breath flows heavily and rapidly, understand that you are going through some mental tension. Continue to breathe slowly through your nostrils while slightly expanding and compressing your stomach and chest muscles as you breathe in and out. When your mind is on the breath, notice you tend to breathe slowly and pleasantly as you are able to recharge your mind and entire system very quickly. Practicing just one to two minutes of this simple breathing will help you relax and will alleviate the accumulated stress.

Complete Breathing

Complete breathing is a natural extension of simple breathing. Complete breathing relieves mental fatigue, anxiety, insomnia, hypertension, improves digestion, stamina, tolerance and immune system, relieves constipation, abdominal and heart ailments. While practicing natural breathing try to pull your stomach in while breathing out. When you are breathing in, raise your stomach slightly and breathe upward while expanding your chest. When you are exhaling, remember to pull your stomach in because exhalation is the most important part of complete breathing. Observe how smoothly the breathing flows because this increased awareness purifies all the breathing channels and, allows you to breathe correctly.

Alternate Nostril Breathing

Alternate nostril breathing is another technique that has a variety of advantages. Some practice it to attain tranquility and to have a balanced energy and peace of mind. Others practice it to ease their difficulty in breathing or to clear the blockage in their nostrils if they have sinus problems.

While sitting down and closing your eyes, put your first two fingers in between your eyebrows and close your right nostril with your thumb, inhale with your left nostril and close it with the ring finger. Opening your right nostril, breathe out gently, then breathe in through the same nostril and close it. Open your left nostril, breathing out, and continue to follow this alternating pattern. After practicing a couple of rounds of this, your breathing will naturally get deeper and smoother.

When to Practice

- Whenever you get mentally exhausted.
- Prior to seminars and public meetings.
- To improve concentration, memory, and productivity.
- To control and understand upcoming agitation.
- To convert stressful situation into a positive frame of mind.
- To achieve a balanced and peaceful state of mind.
- To relieve insomnia.

That, of course, is breathing. Breathing is something all people do, but breathing consciously is quite another matter.

Though we normally breathe without paying attention to our breaths as involuntary systems do the job, it is important to know that when we are under stress the breathing channels and other parts of the body associated with breathing get stiff with tension as mind and body work together. This physical fatigue further affects our thinking as the system is starved of oxygen.

Practicing Pranayama is a very valuable technique that leads to a better and healthier lifestyle. Prana means life-force, yama means control. The technique teaches how to breathe consciously. When we breathe consciously we are able to absorb more oxygen. Along with the oxygen, we are able to preserve a great amount of life-force (Prana) in the system. We are also able to release tension and free radicals. Inability to release built-up tension and free radicals causes mental fatigue, nervousness, anxiety, anger and imbalance in the nervous system.

There are several breathing techniques that can be utilized to relax one’s body and mind. These include simple breathing, alternate nostril breathing and complete breathing.
Simple Breathing

Alternate Nostril Breathing
"Company health plan? Well, we here at BozoCom like to think that laughter is the best medicine."

"According to my research, laughter is the best medicine, giggling is good for mild infections, huddling works for minor cuts and bruises, and snickering only makes things worse."

"As a man thinks, so is he. Desi was one of the first credentialized graduates of NLF and she was a licensed psychological counselor in Ohio. She teaches how to help any person with any disease to improve in this wellness course.

The verbal word area of the brain is about the size of a golf ball on just one side of the brain. The Reticular Formation filters the 10 to the 15th bits of data coming from our cells to the brain. And the Reticular Formation filters the information so that only one million or so bits of data go to the word area of the brain.

The autonomic functions of digestion, immunity, growth, detox and health itself are not under verbal control or should they be. Science has made the mistake of thinking that the verbal mind is all that there is. If I am not verbally aware of it how could it be important. This false belief has polluted medicine. The verbal mind is reductionism, simple, and prone to false beliefs. Classic biofeedback enlarged this mistake. The body electric is in the whole and operates non-verbally and holistically: a type of Gestalt integrity.

By making a cybernetic loop to the body electric the Angel has developed a superior form of biofeedback that can balance and repair the body electric. This is the advent of a new medicine."
For with God nothing shall be impossible.

Luke 1:37
No matter what religion you profess to or relate to there are certain commonalities and common denominators of religion. The golden rule “do not do unto others what you do not want done to you” the commandments, the eightfold path, the sutras, the analogs have more commonality than the subtle differences. We are body, mind, spirit, environmental and social beings. To heal ourselves we need to treat and grow in all aspects. Here is some advice.

Body
“The body is the Temple and whoever defiles the Temple him shall God destroy” When you smoke, swear, fight, lie, cheat, kill, steal, wrongfully lust you defile yourself. You need to treat your body as the church you are. You are what you eat. We need to intake more healthy vegetables and fruits (25% Raw), use lots of juices drink lots of water. Eat good cold processed vegetable oils No cooked oils or long cooking with oils, Eat good non-processed fructose sugars, No Bad processed dextrose sugars. Exercise, Love, kindness, caring and Respect are nutrients. Get them and give them daily

Mind
“As a man Thinketh in his Heart so is he.” “Peace of mind makes the body healthy, but jealousy is like a cancer.” “The fear of the LORD is the beginning of knowledge but fools despise wisdom and discipline.”

The mind must be disciplined to non-judgmental awareness. The mind must resist meaningless distractions of illusions and schooled in focused grace. Desire teaches how to help any person with any disease to improve in this Wellness course

Spirit
“Thou Shalt have no other Gods before God” “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. [Galatians 5:22]”
The mind of God fills the universe with the subspace. We need to be able to recognize the powers greater than us and with reverence and respect for all things actively cooperate with the Great Spirit. We need to listen to the Positive Force and resist the Negative Forces. It is an illusion that we are separate. We need to expand our circle of compassion to include all things in the Universe.

Environmental
“What we sow we reap.”
We must work with our environment and all work to make a less Carbon footprint and make a greater Oxygen footprint. By eating more fruits and vegetables and less meat we increase the Oxygen while decreasing the Carbon. Everyone must cultivate more plants, shift from fossil fuels to Bio-fuels and Bio-mass fuels. We must stop the toxic poisoning of the world and work to help us return to the Garden. When the Christians came to teach the American Indian, they told him of the trinity, Father, Son, Holy Ghost. The Indian said what about mother earth. Without mother earth you will not respect her and you will devastate the planet. We now need to put mother earth into our religion and have respect for her.

Social
“Love your neighbor as you love yourself”

Philippians 2:3-4
“Do nothing from selfishness or empty conceit, but with humility of mind let each of you regard one another as more important than himself; Do not merely look out for your own personal interests, but also for the interests of others.”

We are social beings that need networking feedback to help us grow and mature. We need to foster compassion, cooperation, connection, and care. We all share air. We need to share Care.

Here are some other bits of wisdom for you to meditate on. But life is not just of the mind a person is evaluated by his actions and works, not his words. Jesus said it is not what goes into the mouth that defiles a person, but what comes out.

Proverbs 27:2
Let another man praise you, and not your own mouth;
A stranger, and not your own lips.

Ecclesiastes 5:19
“Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work this is a gift of God.”
To every thing there is a season, and a time to every purpose under the heaven. A time to love, and a time to hate; a time of war, and a time of peace. [Ecclesiastes 3:18]

“A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them” [Matt 7:18 to 20].

“But be ye doers of the word, and not hearers only, deceiving your own selves. For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass: For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was. But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.” [James 1:22-25].

“Little children, let us love, neither in word nor with the tongue, but in deed and truth.” [John 3:18].

“Try to find out what would please the Lord; take no part in the barren deeds of darkness, but show them up for what they are.”[Eph 5:10,11].

“Whatever you are doing, whether you speak or act, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”[Col 3:17].

“Say our Lord Jesus Christ himself and God our Father, who loved us and gave everlasting comfort and good hope by means of undeserved kindness, comfort your hearts and make you firm in every good deed and word.” [2 Thess 2:16,17].

“In case some one of your brothers becomes poor among you in one of your cities, in your land that Jehovah your God is giving you, you must not harden your heart or be closefisted toward
your poor brother. For you should generously open your hand to him and by all means lend him on pledge as much as he needs, which he is in want of... You should by all means give to him, and your heart should not be stingy in your giving to him, because on this account Jehovah your God will bless you in every deed of yours and in every undertaking of yours. For someone poor will never cease to be in the midst of the land. That is why I am commanding you, saying, “you should generously open up your hand to your afflicted and poor brother in your land.” (Deut 15:7-11).

“Brothers, what use is it for a man to say he has faith when he does nothing to show it? Can that faith save him? Suppose a brother or a sister is in rags with not enough food for the day, and one of you says, “Good luck to you, keep yourselves warm, and have plenty to eat” but does nothing to supply their bodily needs, what is the good of that? So with faith; if it does not lead to action, it is in itself a lifeless thing.” (James 2:14-17).

Risk Factors for Specific Cancers

The risk factors listed should not be mixed up with any possible cause which may be known or unknown

Adrenal Gland Cancer Risk Factors:
- Causes are unknown.
- Multiple Endocrine Neoplasia type I
- Multiple Endocrine Neoplasia type II
- Neurofibromatosis
- Hippel – Lindau Syndrome

Anal Cancer Risk Factors:
- Causes: usually associated with HPV
- Human Papilloma Virus (HPV)
- Chronic Hemorrhoids, Fistulas, Fissures, Abscesses, Venereal Warts, Genital Warts, Anal Intercourse (probably because of viral infections like HPV)
- Infections:
  - Chlamydia, HPV, Trichomonas, Genital Herpes, Gonorrhea

Bile Duct Cancer Risk Factors:
- Causes are unknown.
- Chronic Ulcerative Choleodochal Cysts
- The Asian Liver Fluke (Clonorchis sinesis)

Bladder Cancer Risk Factors:
- Causes are mostly Carcinogens and Smoking. Smoking may be responsible for roughly 50% of cancers.
- Workers who are exposed to dyes including hairdressers, printers, painters, textile and leather workers etc.
- Certain prescription drugs (for pain).
- Chemotherapy, Radiation.

List of Phytochemicals with Anticancer Activity

Phytochemicals are chemicals found in plants. The following chemicals are commonly found in plants.

- **10 – HYDROXYCAMPTOTHECIN**
  (roots of happy tree/camptotheca acuminata)
- **ACETIC-ACID**
  (burdock root)
- **ACYLATED ARBUTIN**
  (marjoram also contains: phenol carbolic acid and rosmarinic acid)
- **ALLIXIN**
  (garlic bulb)
- **ALLYL SULFIDES**
  (garlic, onions, chives, leeks)
- **ALPHA-LIPOIC ACID**
  (cooked potatoes: important for regeneration of cells and nerves)
- **ALPHA-TOCOPHEROL**
  (wheat germ, wheat grass)
- **AMYGDALIN**
  (seeds and pits of: apricots, apples, cherries, peaches, plums, nectarines, buckwheat, millet, cassava melons, wheat grass)
- **ANTIIOCYANINS**
  (grapes, black currants, purple loosestrife flowers)
- **BENZALDEHYDE**
  (burdock root, cashew, almond, oat seeds, cayenne, chill, papaya, melon, cantaloupe, cinnamon, licorice root, jasmine flowers, motherwort, bay leaves, bay laurel, tomatoes, lemon balm, m ranqui oregano, peaches, black cherry, black currant, raspberry, blueberry, figs, cranberry)
- **BETA-SITOSTEROL**
  (slippery elm)

Beneficial Vitamins and Minerals

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<th>Calcium</th>
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Calcium

In combination with Vitamin D, Calcium has been associated with a lower risk of Colon cancer. Vitamin D is required for the production of Calcium – binding Protein. Hence, without Vitamin D no Calcium, and without Calcium absorption bones will run into a deficit resulting in Osteoporosis. With a healthy parathyroid and enough Vitamin D, blood levels of Calcium are always kept at a certain level by taking Calcium out of bones if necessary. If blood levels fall too low it can cause muscle cramps (uncontrolled contractions). The condition is known as Calcium Tetany.

Cancer patients generally lack certain vitamins, minerals, enzymes and amino-acids. Before treating yourself a test can be done to determine which vitamins or minerals are lacking. Be aware, that adding a single vitamin may cause a deficiency of other vitamins. To avoid creating a deficiency of any one of the B Vitamins the whole group or complex of B Vitamins is usually recommended.

Exercise for Cancer Patients: Fitness after Treatment

Exercise can help cancer patients maximize health for the long term. Here’s how to get started.

By Matthew Hoffman, MD
Reviewed by Paul O’Neil, MD

Surviving cancer and making it through cancer treatment are major accomplishments. Most, if not all, survivors find a new priority in life: keeping cancer from returning. The latest research suggests that exercise for cancer patients may help.

If you’ve made it through the rough road of cancer diagnosis and treatment, you’re probably thinking about what you can do to stay healthy. But just what is the best way to get fit, and maximize your long-term health? WebMD talked to the experts about the best exercise for cancer patients after treatment.

Exercise for Cancer Patients: Longer Life, Less Recurrence

There’s abundant evidence that exercise and eating right can help prevent people from getting cancer. The latest information shows that exercise for cancer patients can also keep cancer from recurring.

“Several recent studies suggest that higher levels of physical activity are associated with a reduced risk of the cancer coming back, and a longer survival after a cancer diagnosis,” said Kerry Courneya, PhD, professor and Canada Research Chair in Physical Activity and Cancer at the University of Alberta in Edmonton, Canada.

In studies of several different cancers, being overweight after completing treatment was associated with shorter survival times and higher risk of cancer recurrence.

Women who exercise after completing breast cancer treatment live longer and have less recurrence, according to recent evidence. Colorectal cancer survivors who exercised lived longer than those who didn’t, two recent clinical trials showed.

“Clearly, any cancer survivor wants to do all they can” to prevent cancer recurrence, says Colleen Doyle, MS, RD, director of nutrition and physical activity for the American Cancer Society. “Surely some of their goals for healthy living should be around weight control” and exercise, she adds.

What experts suspected has now been proven. As a cancer survivor, exercising could help you live a longer life - free from cancer.

Exercise for Cancer Patients: What’s In It For Me?

The benefits of exercise for the general population are well-publicized. But what if you’re a cancer patient?

“Exercise has many of the same benefits for cancer survivors as it does for other adults,” says Courneya. Some of these benefits include an increased level of fitness, greater muscle strength, leaner body mass, and less weight gain.
In other words, exercise for cancer patients can make you fitter, stronger, and thinner -- like anyone else who exercises.

**Exercise can also:***

- Improve mood.
- Boost self-confidence.
- Reduce fatigue.
- Lower your risk of cardiovascular disease and diabetes.

**Exercise for Cancer Patients: When to Start**

When should you start exercising after cancer diagnosis and treatment? “As soon as possible,” emphasizes Courneya.

Studies show that after a cancer diagnosis, people slow down. Stress, depression, and feeling sick or fatigued from cancer or its treatment all tend to make people less active.

The problem is, most people stay sedentary after treatment.

“As a long-term solution to the problem of fatigue, taking it easy and avoiding activity is not a good solution,” says Courneya. “It is important for cancer survivors to get back to exercising to help their recovery.”

In other words: if you’re down-shifted your activity level since your cancer diagnosis, now is the time to rev back up.

**Exercise for Cancer Patients: What to Do**

Every person’s situation is different. Before starting a moderate to vigorous exercise program, see your doctor.

The following types of exercise can help cancer patients - and everyone else - get back in shape:

- **Flexibility exercises** (stretching). Virtually everyone can do flexibility exercises. “Stretching is important to keep moving, to maintain mobility,” says Doyle. If you’re not yet ready for more vigorous exercise, you should at least stay flexible.

- **Aerobic exercise**, such as brisk walking, jogging, and swimming. This kind of exercise burns calories and helps you lose weight. Aerobic exercise also builds cardiovascular fitness, which lowers the risk of heart attack, stroke, and diabetes.

- **Resistance training** (lifting weights or isometric exercise), which builds muscle. Many people lose muscle, but gain fat, through cancer treatment. For those with a high fat-to-lean mass ratio, “resistance training can be especially helpful,” says Doyle.

  “Ideally, cancer survivors should do aerobic exercises and weight training,” says Courneya. “Both types of exercise are critical to the overall health and well-being of cancer survivors.”

An exercise specialist can help design the right program for you. Seek someone certified by the American College of Sports Medicine.

**Exercise for Cancer Patients: How Much and How Hard?**

For the general population, the American Cancer Society recommends “at least 30 to 60 minutes of moderate to vigorous physical activity at least 5 days a week.”

This amount of exercise is proven to reduce the risk of cancer, cardiovascular disease, and diabetes. Experts say it that it should also be beneficial for cancer patients.

Unless you’re already very active, though, you shouldn’t expect yourself to achieve this right away. As with anything else, the key is to set small, achievable goals and build on your successes.

“If you’ve already been active -- keep it up!” says Doyle. “If you haven’t been active, start slowly, but start something.”

Try to find an activity you enjoy. You may want to buddy up with someone at the same fitness level. Having a friend to work out with will increase your motivation.

**Exercise for Cancer Patients: How Much and How Hard? continued...**

Whatever you do, don’t get discouraged. Doing anything is better than doing nothing.

“The key is to start slowly and build your body’s energy over time,” says Courneya. “Your body has been through a lot and it is necessary to challenge it gradually.”

You can increase your physical activity without joining a gym, or even leaving the house. Just building more activity into your daily routine can get you started. Here are a few suggestions:

- Take the stairs instead of riding the elevator.
- Buy a pedometer (step counter) and increase your number of steps daily.
- Take frequent breaks throughout the day to stand, stretch, and take short walks.
- Check the pantry. Lifting cans, detergent bottles, or anything heavy will build muscle. Do three sets of 10 lifts, or until you feel your muscles tiring.

What if you’re just too exhausted to exercise?

“Sometimes fatigue can be so severe that it is good to rest” temporarily, according to Courneya. Rest for a while, start again slowly and build up. Your energy level will increase, over the long term.

**Exercise for Cancer Patients: What to Watch Out For**

Are there any downsides to exercise for cancer patients?

“The risks for cancer survivors are not too different from the general population,” says Courneya. Musculoskeletal injuries--soreness, strains and sprains--are the most common.

Exercise for cancer patients may carry a slightly higher risk for heart problems. It is always a good idea to have a complete physical exam and get approval from your oncologists before starting a moderate-to-vigorous exercise program, Courneya adds.

You didn’t make it through cancer just to end up on the couch. Get together with your doctor, get an exercise program, and get moving!
Regular exercise has a positive effect on the general health of people with diseases or chronic conditions, and can lessen the severity of emotional disorders by giving the person a sense of greater control.

The SCIO Universal Electrophysiological Biofeedback System can safely measure over the skin (transcutaneous) skin electro-potential down to the micro-volt range. Visual and mathematical calculations of the attained data can provide CNS (Central Nervous System) biofeedback data, so as to include simple EEG (electroencephalography), 3 pole ECG (simple stress electrocardiography), Global transcutaneous EMG (electromyography).

The system can measure the transcutaneous skin resistance by application of a medical safe micro-current voltametric pulse, so as to measure GSR (galvanic skin response) and TVEP (transcutaneous voltammetric evoked potential)!

The system is designed for the detection of stress and reduction of stress through CNS biofeedback data or stress lifestyle questionnaires. The stress and lifestyle questionnaires provide educational feedback through library referenced functions. And the device can be used for the treatment of muscular re-education from injury, muscle weakness, sport muscular enhancement or various dystonia. The applied voltammetric pulse can be used to detect and affect in established modalities such as pain (TENS [transcutaneous electro nerve stimulation]), trauma/wound healing, charge stability imbalance, redox potential and electrophysiological reactivity.

The device after 20 years of use is quality tested, clinically aesthetically and scientifically validated as safe and effective.
These are apping points for stress and immunity stimulation.
Step One

Person being dressed covered in cold press with hands

Go to Step 2

Step 2

Place the substance to be inserted or corrected below the belly button

Now you can start tapping. You can start at the head or at the feet.

The Autonomic Nervous System

Cranial Sacral Technique and heat/cold compress = Immuno Stimulation
You tap or thump over the thymus like Tarzan 5 to 10 times, this stimulates your thymus gland which fights bacteria, fungus and CANCER. Do this every morning, every night, and at the beginning and end of your exercise.
LAUGHTER IS YOUR BEST MEDICINE

Norman cousins wrote the book “Laughter is your Best Medicine”. He got cancer and decided not to go to chemotherapy, but to use vitamin C, nutrition and laughter. He got a projector and all of the old comic movies of Buster Keaton, Harold Lloyd, and Laurel and Hardy. He watched 4 hours a day comedy and laughed with his friends. In less than a year his cancer was gone. When they made the movie of this with Edward Asner playing Norman, they were not allowed to use the word cancer. Cancer was the key word of the book, the story, the movie. Without the word cancer the story was diluted. Ed Asner was upset, but after a long bout of protest the chemical companies control Hollywood and the word cancer is not in the movie.

An Anatomy Of An Illness (1984) is mandatory viewing for our Wellness doctorate program

Well laughter is a good medicine. It releases chemicals that fortify the immune system. It helps in a thousand ways. Tears have been shown to cure cancer, and the common cold. So laugh till you cry.

"WHY THANKS FOR THE COMPLIMENT... BUT I OWE IT ALL TO CHEMOTHERAPY. I LOST TEN POUNDS, ANTIBIOTICS HAVE DONE WONDERS FOR MY SKIN... AND MY NAME IS BORROWED FROM TIM's SALOON."

Santa's sexual harassment trial takes a dramatic change for the worse
So watch a comedy movie every day. Avoid watching cut’em up movies or movies that disturb the consciousness. The greatest sign of mental health is to be able to laugh at oneself. There was a patient of a doctor friend of mine who came in for the SCIO treatment several times.

The lady was the most sour, sad, angry person the doctor had ever seen. But each time she reacted highest to laughter. The doctor thought that this was not possible. That this woman could never laugh. Then on the fourth visit he said to her that laughter was her highest emotional reaction yet again. She slowly smiled for the first time and said that her life is such a tragedy that her only relief was to pretend in her mind that she was a stand-up comedian telling of the tragedy of her life to an audience in her mind.

The audience would laugh at her telling of the story of her life. Laughter was the only thing that kept her going but it was always never shared and locked up inside. The SCIO brought it out and then she opened up and released her negativity and slowly got better. Her diseases went away, and she became a famous stand-up comedian.

When you let the laughter out it has more positive effects on your health. Ultimately is not life a grand joke. Live, Love, Laugh, Learn these 4 Ls will make your Life better. Maybe you want to get one of my comedy t-shirts.
The Tassel is worth the Hassel. In a world so concerned of Wellness can be yours in just 12 months of Home Study, a simple thesis, a practicum and four days of monitored supervised contact.

"Treasure the Beauty in your Soul, not the tool that leads you to the beauty..."

"One of the all time great Unknowables is the Total Capacity of the Human Mind"

Your Mind is Infinite in Power all things are possible, it just takes Time
HERE ARE THE MEDITATIONS THAT HAVE BEEN KNOWN TO HELP CANCER PATIENTS.
LEARN

Big Banking

Your white blood cells have your DNA. They are little “Yous” who do battle to save the big You. They sense that the cancer is not you and attack. Sometimes the cancer makes a shield of the fatty acid arachadonic acid from a deficiency or excess of fatty acids and this prevents the white blood cells from seeing the not you cancer. The cancer diets and tips will break down this shield. Use the cancer topical treatments to breakdown the barrier.

Sometimes your immune system is just not strong enough to defeat the cancer intruder. From extra dextrose sugar, stress or drugs your white blood cells might be weak. If you’re following all of the advice in this book you are now building a stronger white blood cell army. Meditation can help.

There is a time for all things under heaven as the Bible tells us. There is a time for surgery when the cancer is too large for the immune system to handle, or because there is a toxin in the cancer
Don’t feed the cancer with high glycemic foods or feed it with negativity.

Mediate on the white blood cell army attacking the prodigal child and getting the child to do what it came for and then leave. The WBC army is stimulated by quiet meditation and mental imagery. See the WBC police getting your aberrant hurtful rebellious offspring to stop hurting you. The WBC army will get strong and gradually subdue and defeat the intruder. And to restore balance and bring the energies back to you and away from the cancer.

Use 20 to 30 min a day to meditate on the little soldiers attacking and defeating the cancer. Meditate with soft wordless music that gives you the power to cure your cancer. I have made music designed to help you in this fight and I have made meditation tapes for you to use to cure yourself of cancer.

In his book, Boik mentions the Australian psychiatrist Ainslie Meares who found that the most effective form of healing meditation for cancer patients was intensive sessions of imageless meditation, meaning “emptiness meditation” or “meditation without thought.” This was the type of meditation that got the best results when people were using meditation in conjunction with modern medicine to treat their cancer.

Meares found that meditation definitely reduced the anxiety, depression and pain of those with cancer, inhibited the growth of tumors in 10% of the cases he studied (“spontaneous remissions”
came in at the 10% mark due to meditation), improved the quality of life in 50% of the cases, produced significantly longer survival rates and facilitated death with dignity in 90% of the cases.

All these things were possible because in emptiness meditation you let go of your thoughts to realize some stage of mental emptiness (free of discriminative thought). The mental stillness or “emptiness” of this state will cause your “yang chi” to arise, which is the natural vitality of your body, and so when your yang chi arises it can cure all sorts of illnesses.

Remember the principle that yang arises from the stillness of yin and so by cultivating mental stillness, emptiness or peacefulness, the calmness of meditation will kick off the activation of your kundalini life force that produces healing.

That's how meditation can cure.

Acupuncture, for instance, is a medical technique designed to help the chi in your body to get moving again when it’s stuck or obstructed, which often happens with cancer patients and in lots of other diseases. When your chi travels freely without obstructions, which is the natural result of meditation, this is a state of maximum health. In fact, you’re only truly free of disease when you reach the third dhyan.

When you let go of a habit or thought that you’ve been clinging to for decades, this, too, can finally free your yang chi so that it can arise and produce a “spontaneous cure,” which researchers like LeShan and Schulze have noted. That’s why people who hate their careers but who get cancer, and who then finally say “the heck with it” and chuck what they’ve hated but forced themselves to continue doing for decades, experience spontaneous remissions. Finally the natural chi flow of their body, which they have been artificially holding back for years, can assume its natural circulation, and with this return to normality comes their cure. People who let go of the burden of wrong habits experience the same sort of thing.

In other words, if you build an artificial cocoon of chi around yourself from forced habits, and which in turn inhibits your vital energies and natural joy for life, then you are going to get sick. You might not get cancer, and you might not get sick tomorrow, but you’re going to get sick. Meditation is the only thing that helps you get rid of those solidified energy cocoons you’ve created for yourself so as to restore a natural chi flow to your body.

Meares encouraged “effortless stilling of the mind” and discouraged the sort of active visualization and imagery methods proposed by psychologists today. So the route of “guided imagery” for cancer was not his top recommendation. Neither is it ours.

Meares found that those who got the best results with their cancer had three attributes in common: their meditation was profound and prolonged (the patients he studied attended at least 20 sessions of intensive meditation), there was little or no conscious activity during meditation (that’s “emptiness meditation”), and they carried meditation into their daily lives.

Now these three points are exactly the same thing that Buddhism says one should do in order to facilitate getting well. For cancer specifically, a famous Buddhist meditation is to sit quietly, adjust your body and breathing so that they both calm down, and then visualize giving away all your dirty flesh to hungry beings who want to eat it. Next after your flesh is gone, you imaging becoming a pure white skeleton which then transforms into dust and then emptiness. When you get to that emptiness, just let go of everything and stay there. The longer you stay there in that

stay of unknowing, the easier it will be for your yang chi to arise and produce its wonders. That's how you get superpowers, that's how you climb the ranks of spirituality, that’s how you dissolve away old habits you want to get rid of, that's how you banish sickness and increase your longevity.

This particular meditation, called the white skeleton meditation, and two dozen others are found in my book “Twenty-Five Doors to Meditation” that you can get on amazon.com. If you are interested, just go to the Meditation Expert website, click on the products page and you’ll see a description of this book.

Another Eastern meditation technique for cancer and other diseases is to visualize that your body burns away or is burned by light and you become light only. After a while, that light turns into emptiness. Of course, people with very high wisdom go directly to the emptiness-light stage of this practice, and they don’t visualize it but just let it be so.
light and then emptiness and forget everything. Remember that a sun doesn’t have arms or ears or a body but it just brilliant silver light, and that which knows the light is just empty knowing without a body.

All these methods have one thing in common that the researcher Ainslie Meares found—that cultivating emptiness, which is the “absence of discriminative thought,” is the most powerful type of meditation for healing. It’s more powerful than thought-filled meditation like positive thinking or guided imagery.

When I asked Zen master Nan Huai Chin why emptiness meditation is the most powerful one for healing in spite of the fact that the Esoteric and yoga schools have thousands of visualization techniques, he said it’s because “the power of Emptiness can destroy all bad things and set up all new things; cultivating Emptiness is the Great vehicle whereas visualization techniques and other cultivation methods are the small vehicle. That’s why it’s always the most powerful technique.”

So now you know the main meditation route for healing, which is the same route for spiritual progress or the mundane goal of changing your habits and behavior. You now also know why it works, so the most important thing to do is to put it into practice and send this information to your friends so that they have it when they need it.

Naturally there are also other meditation techniques specific for high blood pressure and other diseases, and we’ll get to them in time but this first you need to know this grandaddy method of them all.

In 2 months he no longer had to be up at night. After a setback following a negative suggestion from an iridologist, he again improved, and 6 months later his stools had returned to a normal caliber. One year later all symptoms were gone. His meditation practice averaged 3 hours/day, in “divided doses.”

Comment

The author of this case history is accumulating significant experiences in whole-person management of cancer in Australia. The author describes his approach, which included encouragement of meditation characterized by extreme simplicity and stillness of the mind, faithful daily practice, and communicating with the patient by reassuring words, phrases and touch. The client in this case history began improving within 20 sessions. He states that patients do better when chemotherapy is not involved and believes that depression is associated with the immune suppression of chemical treatments. Negative suggestions from participating physicians and caregivers are a significant negative factor in his opinion.

This is a single case history. Brendan O’Regan of the Institute of Noetic Sciences gathered over 3,000 reported case histories of “spontaneous” recovery from cancer in a volume entitled “Spontaneous Remission,” Sausalito, California, Institute of Noetic Sciences, 1993. These were only the reported cases. The true number is probably many times 3,000. Editors hesitate to publish case histories of this sort. One thing appears quite certain. Dedication, strictly positive attitude, and support from caregivers and physicians who believe in the possibility of recovery are essential ingredients for improving the prognosis. The number of persons seeking this approach to life-threatening disease is increasing. The stories of recovery need to be emphasized over and above the description of the usual survival and course of devastating disease.

Buddhist Meditation and Health

Disease of the modern age, such as cancer, AIDS or psychological conditions caused by the stress and strain of daily life, have complicated symptoms and are progressively more difficult to treat. Consequently, modern medicine has started to look for different methods of treatment to cure such conditions and to help people get their lives back on an even keel again. This kind of research is carried out objectively within the confines of the medical science. However, on a more spiritual level, we can find within Buddhism various principles and practices which can be used to bring peace and happiness to the mind and the good health to the body. In particular, meditation has brought beneficial effects to the many people who have learned how to practice it.

Thus, many modern doctors admit that the mind can control the body’s performance. The mind can be an important cause of sickness in the body and it inevitably follows that it can also provide the cure. Learning how to meditate can develop both the body and the mind, bringing improvements to the health at the same time. Nowadays, treating a disease like cancer depends on science and technology, and the use of such procedures as radiation and surgery. Even although these modern procedures constitute the progress of medical science; in Thailand at the present one method of treating these diseases which is attracting much attention is holistic. In fact, a group has been established which practices according to the methods of treatment purposed by Dr. Sathit Intharakamhaeng. These methods place an emphasis on understanding how nature works in our lives, including maintaining a correct diet. Nevertheless, importance is also placed on our
mental processes and on learning how to meditate. As Dr. Satthit once stated:

"Actually, living a holistic life doesn’t only mean eating a natural diet. It also means changing and correcting your lifestyle by learning how to meditate, learning how to reduce stress in everyday life..." (Cheowit 1998 pp.37)

In this way, Dr. Satthit has taken hold of the Buddhist precept which teaches us that rust, which comes from iron, can corrode and destroy that same iron. Human minds are the same. If we have learned how to meditate and have minds which produce positive thoughts then our bodies will become stronger and healthier if our minds produce negative thoughts then, like the rust on the iron, this will inevitably be a danger to us. As he stated:

"It is bad thinking which damages us. To take a particular example; if a cancer patient keep having bad thoughts then eventually these thoughts will be like the heat that erodes, allowing death to destroy the patient even quicker...because such thoughts are one of the causes of cancer. From a holistic point of view, cancer grows from both physical and mental causes. If one cannot change one’s mind then it follows that one cannot change one’s body." (Goo-ne-ne’ 1998 pp.127)

It is the sense of imbalance in both body and mind that can be an important cause of illness and the spread of disease. The body is able to treat these diseases itself. Dr. G. Carl Simonton, of the Simonton Cancer Care Center in California, U.S.A., an expert in the use of tradition therapy for the treatment of cancer, has also studied the relation between mind and body in curing and treating cancer. He tested for over 10 years and found that the body has a natural ability to cure and treat itself. Efficacious medical treatment can build up the body to enable it to look after itself but the most important factor is that the patient must be willing to participate. The onset of cancer merely points out to us that our bodies need adjustment and improvement. For example, we may need to release tension to find contentment or we might need to transform our bodies. Dr. Simonton has demonstrated the effectiveness of meditation in treating cancer. "Most of all we need meditation and visualization to initiate these transformations. They are the basic tools used when we determine to establish and develop a new set of beliefs until they become part of our subconscious mind. Although meditation and visualization are used for releasing tension and retaining spiritual fulfillment, they can also be used as a first step to setting up changes in one's life and health, starting with the determination to change our beliefs about illness and treatment, and about the ability of the body to cure and treat itself." (1995 pp.101-102)

The doctor has added another point to the idea that the body can treat itself (ref. Chatkaew 1998 pp.51-52). He has stated that the benefits of learning meditation and also, perhaps, prayer and a sense of determination will help create a place of resistance in the body which is able to manufacture the white blood cells which fight against cancer and AIDS. "Ordinary people like ourselves don't have to learn any special subjects. We can use our minds to control or affect our heartbeat, our blood pressure, or the manufacture of the white blood cells that fight disease. We can improve the quality of the cells which protect us, the cell known as 'T cells which fight cancer and AIDS.'

There are the treatments that can cure cancer but one disease for which there is no cure today is AIDS. Meditation has been brought in to help with patients. Donald K. Swearer has said: "Meditation is also promoted in Thailand as a treatment for patients with AIDS. Beginning in 1989, a team of psychologists, social workers and nurses utilized meditation techniques as part of a hospital training program to help care workers who treat HIV and drug dependent patients." (1995 pp.144) Even though it is not directly treating the AIDS patient or curing the disease, the meditation still has a good effect on the patient: “Result from questionnaires, self-reports, and observation of colleagues show positive results among the majority of health care workers: higher altruism and empathy among trainees; less verbal abuse toward clients, and a greater personal sense of tranquility, happiness and patience.”

Dr. Benson of the Harvard Medical School has researched and tested the effects of meditation on the health and body. In the book called ‘The Relaxation Response’ (1975) (ref. Brapanh Ukranu 1998 pp.111), which has introduced the concept of meditation to many Americans, he states that meditation can treat diseases such as cancer because it helps the patient to release tension, bring the will power to fight and the consciousness of being in control of the life. He has found that depression, hopelessness, loneliness and despair, psychological conditions very prevalent in westerners, can be alleviated with meditation. Apart from this, meditation can also help heart conditions and high blood pressure. But most interesting of all is that meditation can help people who have difficulty conceiving children. Dr. Benson states that such people are generally unhappy, anxious and hot-tempered but with the regular practice of meditation, they can become healthy and strong, more cheerful and more able to conceive children. The meditation that Dr. Benson advocates to bring such results is one that uses breath control and the silent repetition of a mantra to bring peace and tranquility. Dr. Benson acknowledges that this technique of "insight meditation" can be most effective.

Meditation is beneficial to our bodies and our minds once it has been firmly established and our minds have become calm. Professor Thepnom Muangman has listed the physical benefits as a slowing down of the pulse, a lowering of blood pressure and a boost to the immune system. The psychological benefits come from a slowing down of the brain waves which makes us feel relaxed and can relieve muscular aches, pain and headaches (1985 pp.269.)

According to Wallace and Benson (Wallace and Benson 1972; ref. Naiphint Khachaphakdi 1989 pp. 269), learning to meditate builds mental power. They have demonstrated that a practice of meditation similar of Buddhist meditation has a beneficial effect on a body. It can stop the body from burning out, reduce stress and transform the workings of the brain. Eliminating stress brings the mind and the body to a state of profound relaxation that constitutes complete rest and is different from sleep and dreaming.

Buddhadasa Bhikku has stated that meditation can treat diseases of the body and the mind. He has demonstrated the importance of breath control called the mindfulness of breathing; the more we can regulate our breathing the more able we become to fight disease. Breathing is a fundamental human function and therefore bears a relation to the normal balance of our bodies. As he stated: "We have to realize that our breathing affects our nervous system, our thoughts, our awareness and the different mechanisms within our bodies. The liver, the kidneys, the intestines and the stomach are all related to our breathing." (Buddhadasa Bhikku M.B.B. pp.21)

Phattaya Jitsuwan (1992) has also done research into ‘the effect of learning mindfulness of breathing meditation techniques on anxiety and depression in patients who have had chronic kidney failure and received a kidney transplant.’ This research was based on ‘quasi experimental design’, using a total of 45 subjects who were then separated into an experimental group of 21 subjects and a control group of 24 subjects. The experimental group were visited, engaged in light conversation and were also taught how practice mindfulness of breathing meditation. The control
group were visited and engaged in light conversation for a period of 6 weeks. The results and conclusions from the research found that the experimental group who were taught mindfulness of breathing meditation techniques suffered less anxiety and depression and their level of stress and anxiety were clearly lower than those of the control group.

Buddhadasa Bhikkhu has always maintained that breathing is important with regard to other parts of our bodies, such as the lungs. Nathi Guagungijan (1987) has carried out research on ‘the effect of learning mindfulness of breathing meditation techniques on the efficiency of the lungs of patients who suffer asthma after physical exertion.’ This experiment (‘quasi experimental design’) used a group of 24 subjects, separated into 2 groups of 12. The experimental group received medical treatment and studied mindfulness of breathing meditation techniques. The control group also received medical treatment but was not taught how to meditate. The experiment lasted 16 weeks. It was found at the end of the experiment that the group who has been taught mindfulness of breathing meditation techniques had more efficient lungs than those of the control group.

Duangjai Gasandigun (1986) has carried out research on how our moods affect our mental health: ‘the effects of meditation on mental health, measured by comparing depression in individuals between 15 and 25 years of age at the Buddhist Center for the practice of Religious Precepts (Phratamgai Temple) in Phatunhani province. A control group of 156 people, who had been instructed in meditation, had to take a test that measured their level of depression both before and after meditation. The average score showed that depression was lower after meditation. This suggests that meditation relieves stress, bringing with it the ability to analyze, understand problems and alleviate the cause of depression.

It should be pointed out that all kinds of diseases are treated with medicine or with many procedures of medical science. Some treatments use our own intentions and will power, for example, psychotherapy or the practice of meditation. In such treatments, the patient must play a part in helping himself, not simply depending on medicine. These treatments demonstrate that the mind can look after itself and have an effect on the treatment of physical disease. In this way, if a patient receiving treatment is able to understand that his sickness is physical and doesn’t allow it to affect his mental health, staying calm and cheerful, then that his sickness will inevitably improve and be cured more quickly. But if a patient reverts to being low-spirited, depressed or self-piteous then the sickness will be more difficult and take longer to treat. Therefore, staying calm, clear-headed and cheerful at all times is something that can protect us from disease. Phra Dhebhaivedhi (Prayut Payuddho 1993 pp. 15-16) has listed all the benefits meditation can bring both to mental and to the development of the personality: will-power, determination, stability, politeness, gentleness, dexterity, liveliness, nimbleness, cheerfulness, dignity, altruism and the ability to know oneself and others truthfully. These are the attributes of a person who has achieved perfection in both in body and mind.

In the movie “Proof” I was able to scientifically prove that there is power in the human mind to do things. Things like curing your cancer. But there are forces that do not want people to know that they have such power. Forces that profit from cancer, and the depression of people. Well I fight on to show people how to use their minds to give them power and to cure their diseases. It is a holistic effort of body, mind, spirit, environment, and social network. But try the tips and you will see.

Power of Prayer

Researchers Look at Prayer and Healing

Conclusions and Premises Debated as Big Study’s Release Nears - By Rob Stein - Washington Post Staff Writer - Friday, March 24, 2006; Page A01

At the Fairfax Community Church in Virginia, the faithful regularly pray for ailing strangers. Same goes at the Adas Israel synagogue in Washington and the Islamic Center of Maryland in Gaithersburg.

In churches, mosques, ashrams, “healing rooms,” prayer groups and homes nationwide, millions of Americans offer prayers daily to heal themselves, family, friends, co-workers and even people found through the Internet. Fueled by the upsurge in religious expression in the United States, prayer is the most common complement to mainstream medicine, far outpacing acupuncture, herbs, vitamins and other alternative remedies.

“Judaism, Christianity, Islam, Buddhism -- every religion believes in prayer for healing,” said Paul Parker, a professor of theology and religion at Elmhurst College outside Chicago. “Some call it prayer; some call it cleansing the mind. The words or posture may vary. But in times of illness, all religions look towards their source of authority.”

The outpouring of spiritual healing has inspired a small group of researchers to attempt to use the tools of modern science to test the power of prayer to cure others. The results have been mixed and highly controversial. Skeptics say the work is a deeply flawed and misguided waste of money that irresponsibly attempts to validate the supernatural with science. And some believers say it is pointless to try to divine the workings of God with experiments devised by mortals.

Proponents, however, maintain the research is valuable, given the large numbers of people who believe in the power of prayer to influence health. Surveys have found that perhaps half of Americans regularly pray for their own health, and at least a quarter have others pray for them.

“It’s one of the most prevalent forms of healing. Open-minded scientists have a responsibility to look into this,” said Marilyn J. Schlitz of the California Pacific Medical Center in San Francisco.

The contentious enterprise is at something of a crossroads. Two new studies are about to report no benefit of having people pray for the sick, the only study underway is nearing completion, and the largest, best-designed project is being published in two weeks. Its eagerly awaited findings could sound the death knell for the field, breathe new life into such efforts, or create new debate.

“I will guarantee you that study will have a very interesting impact on a lot of people’s thinking,” said Mitchell W. Krucoff of Duke University, who wrote an editorial that will accompany the closely guarded findings in the American Heart Journal. “But how you interpret the results will probably depend on your point of view.”

Many studies done over the years indicate that the devout tend to be healthier. But the reasons remain far from clear. Healthy people may be more likely to join churches. The pious may lead more wholesome lifestyles. Churches, synagogues and mosques may help people take better care of themselves. The quiet meditation and incantations of praying, or the comfort of being prayed for, appears to lower blood pressure, reduce stress hormones, slow the heart rate and have other
potentially beneficial effects. But the most controversial research focuses on “intercessory” or “distant” prayer, which involves people trying to heal others through their intentions, thoughts or prayers, sometimes without the recipients knowing it. The federal government has spent $2.2 million in the past five years on studies of distant healing, which have also drawn support from private foundations.

San Francisco cardiologist Randolph Byrd, for example, conducted an experiment in which he asked born-again Christians to pray for 192 people hospitalized for heart problems, comparing them with 201 not targeted for prayer. No one knew which group they were in. He reported in 1998 that those who were prayed for needed fewer drugs and less help breathing.

William S. Harris of St. Luke’s Hospital in Kansas City, Mo., and colleagues published similar results in 1999 from a study involving nearly 1,000 heart patients, about half of whom were prayed for without their knowledge.

In fact in over 300 studies it is prove that there is a power to heal in prayer. The distant healings also have been proven to have some effect, limited as it is. The Tibetans found that any object even an inanimate one could pray. They made the prayer wheel, the Tibetan Prayer Wheel. I developed a subspace type of this with the QXCI. After over 30,000 sold it is shown safe and effective.

Acts 28:8-9 His father was sick in bed, suffering from fever and dysentery. Paul went in to see him and, after PRAYER, placed his hands on him and HEALED him. [9] When this had happened, the rest of the sick on the island came and were cured.

- Prayer and the healing of the sick are linked in the Bible.
- Today’s sermon is intended to strengthen your faith to see miraculous spiritual healings as you pray for the sick.
- Some have wrongly said, “Don’t pray for the sick; rather, heal the sick.” This is Scripturally incorrect. See James 5:14-15, quoted next. Prayer for the sick is thoroughly biblical and extremely powerful and effective.

James 5:14-15 Is any one of you sick? He should call the elders of the church to PRAY over him and anoint him with oil in the name of the Lord. [15] And the prayer offered in faith will make the sick person well; the Lord will raise him up.

Health

‘Healing power of prayer revealed’

Research shows prayer has a beneficial effect. A massive study has found that patients admitted to hospital with heart trouble fare better if someone is praying for them. None of those involved were told that people were engaging in what is known as “intercessory prayer” on their behalf. Just over half of these, picked at random, were made the subject of intercessory prayer. However, on average, the 500 patients prayed for had 11% less complications during their stay in hospital.

Dear Universal Consciousness of the Universe, You are one, with many Names

Please Protect me, my family, my children, the child inside of me, my friends, our lives, our bodies, our minds, our hearts, our souls, our society, our environment.

Please give me the strength to resist temptation and addiction. Please give me the Power to change what I can, Please give me the Peace to accept what I cannot change, Please give me the Wisdom to know the Difference.

Please heal my afflications, remedy my ailments, soothe my suffering; restore my body, mind, spirit, society, and environment to health. Bring ease to my disease.

I love and respect your universal power, I love and respect my body and will not defile it, I love and respect my mind and will not defile it, I love and respect my Neighbors as I do Myself.

Amen

Never be afraid to pray or to be prayed for.

Social

Humans are social animals. The worst thing you can do to a person for punishment is solitary confinement. The aborigine Indian made the criminal a no man. No one will talk to him or recognize his existence. People can die of loneliness. A study in California took all of the deaths in California over a ten year span and analyzed each category of death, such as road accidents, cancer, and even accidental dynamite explosion. All of the deaths were divided into two groups those with marriage, friends, social networks and those all alone. The results clearly showed that in all types of deaths the chances of death are less when you have networks. Being able to talk about life to someone is important. You can release, laugh, share, care and this releases more positive thoughts, hormones and makes life better, while helping you to live longer. Learn to laugh and learn to share.

Find networks, friends, and people to share and care for. Try to find spiritual friends that share your spirit and your ways of perception. If you can find such it is a gift of God. Give the gift to others. The past is a memory of what to do and not to do. The future is a hope and expectation. The now is a gift from God, so we call it the PRESENT. Give the gift to others.

Environmental

We need to realize that we have punished our planet. We have cut down trees to make room for parking. Instead of using bio-fuel and bio-mass for energy we dig to use old unclean so called fossil fuels. Now as carbon increases and oxygen decreases. We are in trouble we need to eat less meat, more vegetables. We need to grow more plants not less, every plant makes oxygen while eating carbon. We need to return to a farming community and a more modern farming technology. We need to realize man does not have the power to play God, and we must reduce our dependence on SYNthetic items and ground oil. My movie on this can show you the way.

Angels can fly because they take themselves lightly

Patience

At my medical practice in Ohio they brought me a 25 year old patient once who was classified as retarded. He had ritualistic behaviors, slow monotone speech and was not socially functional. The
parent said he was normal till age 8 when he accidentally fell from a tree and a rope around his neck jolted his neck severely. His father saved him but his behavior changed.

On the QXCI device he had a great reaction to Glutamic acid. This is a secondary source of power to the brain. For most people taking it, it produces irritability. But for him it was instantly successful. I figured that somehow the blood his brain barrier was not allowing glucose across and since glutamic acid has no handedness (it is an ambidextrous molecule) it might cross over easier. He was much better overnight. He started to speak better, became functional and was cured in his parents eyes.

His mother then came to me and removed the gloves she always wore. Under the gloves was the worst case of psoriasis I ever saw. It was like raw meat. I ran the QXCI device and high explosives came up. She shared that during World War 2 she worked in a munitions plant in England packaging high explosive with her bare hands the psoriasis started thereafter. I gave her some homeopathics to detox and some nutritional support. She called me the next day depressed and upset that it did not work. Her son got instant success and thereby she wanted instant success. I said that it took years to get sick, and would take some time to detox. After six weeks she was visually better and after six months the psoriasis was gone.

Part of our doctor of wellness course at IMUNE is mandatory to watch the TV shows “You are What You Eat” and “the Diet Doctors”. In these excellent TV shows we see persons with a variety of ailments and diseases. The people are asked to change their diet and exercise for 8 to 12 weeks. After the 8 to 12 weeks the change is always amazing. The diseases are gone or under control. The person feels better, and they are measurably healthier.

Your body parts are completely anew every 7 years. The stomach, pancreas, and intestines turn over cells once or twice a week. The eyes are the slowest and take 7 years for the atoms to be replaced. So as you eat better your cells will be healthier and the old diseased cells will be replaced. But you have to realize you are what you eat and you are what you absorb. If your digestive tract is upset or if you are disobeying the rules of digestion then eating all the good foods will not be enough. (See rules for digestion)

This is the advice of this book. Changing your eating habits can be done over night. Throw out the bad oils and bad sugars, buy cook and eat good sugars and good oils. Obey the rules of digestion. But don’t expect your cancer to go away overnight. This takes time and help and a positive attitude. Be patient. Having patience will heal the wounds and it will work itself out fine. Patience is not only a virtue but a necessity for a happy existence. Patience is a virtue because it makes us better people.

I named my children after the four Ps you need to have. My first son is Daniel Perseverance Nelson; my first daughter is Kara Bliss (Positivity) Nelson, then Destiny Patience Nelson, and the Sterling Precision Nelson. Perseverance, positivity, patience and precision the things you need to cure your cancer.
PROFESSOR DESIRE DUBOUNET
and her friends have spent over 35 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance.
She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma...

These are the TOP FIVE REASONS to get a Doctorate in Wellness PHD InternaUo@)l dical University degree at home.

1. Getting means you will increase your earning 
2. Study and Complete Courses at Your Own Pace. Use this to maximize the learning.
3. Scheduling Convenience. Work when you are
4. Ill Faculty Who Actually Have Work Experience in Your Field. Study. Global faculty at IMUNE is with worldwide famous doctors.
5. Saconservancy Travel, Parking, Childcare, and Book. You save money, the world saves energy, this makes you and the world better.
6. Employeer Support. Many employers offer tuition reimbursement for employees’ tuition associated with training in their fields. It also tend to encourage enrollment in online degrees because they know the fees will be able to go to school and still be able to be committed to their jobs. Don’t be afraid to ask your employer. Every company needs a wellness consultant.

Professor Desire Dubouenet the world’s most famous Nanopath and her friends have spent over 35 million dollars to bring the world a professional and thorough course on Wellness, Naturopathy and Neuro-Electro-Physiology of Biofeedback as Bioresonance. She is such a humanitarian Angel, she lets you pay for the course videos, books and materials with Karma go to www.imune.name for more information.
SOME ADDITIONAL VITAMIN SUPPLEMENTS FOR USE BY CANCER PATIENTS

MSM

Funny how old research gets lost and forgotten. We’ve just run across some old research on MSM, a form of nutritional sulfur that piqued our interest. Currently MSM is being widely used by people suffering from arthritis. It supports connective tissue, and results (lower pain, increased movement) appear quickly. The reason we mention it here is that it was discovered in the fifties that MSM tends to turn malignant tumors into benign tumors. And then the research stopped. Why? MSM is cheap (if purchased in bulk, even cheaper) and cannot be patented.

Additionally, MSM helps the body maintain a proper pH. Cancer, in most cases, likes an acidic environment. And MSM is needed to detoxify the body. Since the advent of inorganic fertilizers, our bodies are not getting enough nutritional sulfur.

For information on purchasing MSM in bulk, go to www.bulkmsm.com. And be sure to tell them that the International Wellness Directory sent you.

Mushrooms - AHCC

You should all know by now how important NK (natural killer) cells are in your fight against cancer. MGN-3 and ABM Mushroom mushrooms are among my personal favorites for boosting NK activity. Now there is another mushroom product, called the AHCC (activated hexose correlate compound) fights both cancer and the side effects of chemotherapy.

AHCC is an extract of a hybridization of several medical mushrooms, each of which has a long history of medicinal use in Japan. However, AHCC’s action is so much more powerful than the mushrooms, from which it comes, that studies show it has been effective against liver cancer, prostate cancer, ovarian cancer, multiple myeloma, breast cancer, and AIDS.

It is suggested that AHCC is successful because of its molecular weight. It is so small that it is easily absorbed in the stomach instead of digested. Studies published in Society of Natural Immunity [1997], Anti-Cancer Drugs [vol. 9, pp. 343-350, 1998], and International Journal of Immunology [XI (1), pp. 23-28, 1995] show that AHCC boosts immune response in the following ways:

- stimulates cytokine production
- increases NK cell activity as much as 300% as well as increasing the explosive granules inside the NK cell
- increases interferon levels (editor’s note: if you get interferon from your physician you know that if the cost doesn’t kill you, the side effects might)
- increases formation of Tumor Necrosis Factor (which destroy cancer cells)
- increases the number and activity of helper T-Cells up to 200%

Some users swear that AHHC gives them more energy to get through the day. And again, and probably most important, there are no side effects.

NOW Foods has the most inexpensive form of AHHC we’ve found. I love NOW Food products because they are the best of the cheapest (or cheapest of the best). One reason they are so inexpensive is that they do NOT advertize and they have NO sales staff.

Other mushrooms that can battle cancer are the shiitake, reishi, and maitake mushrooms. The extracts are much more powerful than the actual mushroom, but if you grow your own and eat them daily, you are supercharging your immune system. For information on growing your own mushrooms, go visit The Mushroom People.

Neem

Neem is a panacea along the lines of the Aloe Vera plant. Neem preparations have been found in clay pots dating back some 5000 years. It is said to have been used medicinally for over 60 maladies for centuries. Modern scientific studies have demonstrated the healing powers of neem.

Paw Paw

Paw Paw is a tree that grows extensively in the Ohio valley. Its fruit is nutritious and delicious, or so I am told. There is even a Pawpaw Festival in Ohio that you may attend, if it suits you. According to fred.net, the plant can be found from as far north as Ontario to as far south as Florida. Paw Paw is related to Graviola. Dr Jerry McLaughlin, who has researched the plant and tested it in human studies feels that it is a more powerful anti-cancer agent than its cousin, Graviola. The Paw Paw is not poisonous. Paw Paw is just toxic because it is natural chemotherapy. You can mix the Paw Paw into any recipe and make pie, cake, cookies like using an apple or pear. No problem unless you eat more than 4 a day for an adult or more than 1 for a small child. It is slightly more toxic and chemotherapeutic when slightly green.

“While many people enjoy the taste of pawpaw, some individuals become sick after eating the fruit. Skin rash, nausea, vomiting or diarrhea can develop. In other cases, individuals may be allergic to the leaves or the fruit skin (Peterson, 1991).

“Many tissues of this tree, especially bark, leaves, and seeds, contain a variety of alkaloids, phenolic acids, proanthocyanidins, tannins, flavonoids, and lignocerinins. While these chemicals can cause allergic reactions, some of them are anticarcinogens and still others have natural or botanical pesticide qualities (McLaughlin and Hui, 1993; Zhao et al., 1994).”
We have one very large paper on Paw Paw that explains, in pretty good detail, its chemical action and how it fights cancer: Paw Paw. I must warn you that the paper is a BIT detailed. It might be over your head. It was mine, at first. However, I can tell you in a very oversimplified summary how Paw Paw fights cancer.

All chemical reactions in the body work towards one goal: to provide energy. This is it. We need energy to survive. The final step in all biological/biochemical processes it to make ATP (adenosine triphosphate), the result is energy and water. When you work out, you expend energy and you sweat: energy and water. What Paw Paw does is this: it allows the energy to be produced, but the water is slightly changed. Instead of H2O you get H2O2, or hydrogen peroxide.

Hydrogen peroxide is one of the Oxygen Therapies. Cancer cannot live in an oxygen rich environment, and hydrogen peroxide, by the way, is created by our own immune cells to fight pathogens:

“Macrophages and other immune cells generate hydrogen peroxide to help kill bacteria, parasites, viruses and other pathogens. Research indicates hydrogen peroxide helps enzymes remove toxins and can directly destroy invading microbes. The hydrogen peroxide produced by these immune cells has also been shown to have anti-tumor properties. In the lungs, for example, the macrophages' cell-killing ability is largely dependent on hydrogen peroxide.”

More on Paw Paw can be found at www.pawpaw.tv while those who would like to purchase it can do so at www.pawpawforhealth.com.

Taking antioxidants while using Paw Paw weakens its anti-cancer properties, so be sure to read and follow the instructions carefully. Even the Hilton Hotel in Trinidad serves a Paw Paw smoothie no problem and it has some small chemotherapeutic effect.

Chilli & Paw Paw Chutney

Ingredients

- 7 black peppercorns
- 1 whole nutmeg
- 1 paw paw, peeled and coarsely chopped
- 2 apples, peeled and coarsely chopped
- 2 tomatoes, peeled and coarsely chopped
- 200ml fructose
- 750ml white vinegar
- 10ml coarse sea salt or Desi salt substitute
- 3 fresh red chilies, seeded and finely chopped
- 10ml fresh grated ginger

Method

Combine all ingredients in a saucepan. Stir constantly until the sugar is dissolved. Let the chutney simmer uncovered for approximately 1½ hours or until it has thickened. Remove peppercorns and nutmeg. Spoon the hot chutney into hot sterilised jars.

Seal the jars while they are still hot.

Makes approximately 5 cups of chutney which can be kept up to 6 months.

Phycotene

Funny how we find out about these things. I was visiting a friend, a healer, and as I was leaving, he handed me an audio tape for my trip home. I hopped in the car, tossed in the tape and drove. The tape was simply two researchers from Harvard who had found a nontoxic method of reversing cancer in just four days.

There is a company called Light Force that sells spirulina (algae). At one point, Dr Christopher Hills developed a new Light Force product by extracting some seventeen carotenoids from algae (Spirulina and Dunaliella), and he called it Phycotene.

I’m sure you’ve all heard how beta carotene can protect you from cancer. Well, it seems that Phycotene can not only prevent cancer, but in this one study, it reversed cancer. Dr Joel Schwartz, one of the researchers on the tape I listened to, actually stated that he was convinced that they had found, at least, a substance that could cure 100% of all hamster cancers.
Resveratrol

This is a bioflavonoid found in the skin of dark grapes. It is thought that Resveratrol is responsible for the French Paradox: the French diet is a high fat diet, yet they have the lowest incidence of heart disease among all nations. Why? Because the French drink wine with meals. Red wines contain a high concentration of resveratrol.

In studies conducted at the College of Pharmacy at the UIC campus it was discovered that resveratrol might prevent cancer (Jang, M., Cai, L., Udeani, G.O., Slowing, K.V., Thomas, C.F., Beecher, C.W.W., Fong, H.H.S., Farnsworth, N.R., Kinghorn, A.D., Mehta, R.G., Moon, R.C. and Pezzuto, J.M. Science volume 10:218-221, 1997). In a current study, they were able to show that resveratrol was effective during all three phases of the cancer process: initiation, promotion and progression. In one controlled study performed on mice, it was found that resveratrol reduced the number of skin-cancer tumors up to 98%. In one more study, Resveratrol was added to a test tube of human leukemia cells and it stopped the production of abnormal cells; it turned cancer cells into normal cells.

Resveratrol inhibits the body’s production of the COX (cyclooxygenase) enzyme. This enzyme stimulates tumor growth and suppresses the immune system. By reducing COX, resveratrol halts the chain reaction that allows cancer to spread throughout the body.

A summary of Resveratrol Side Effects:

Insomnia, joint ache in the hands, feet and hips, diarrhea stomach pain, colored urine, flu, and increase in acne are the most heard complaints after faulty consumption of Resveratrol based compounds. Resveratrol also mimics estrogen and it is estrogen like, so if a woman is sensitive to estrogen products or has a cancer aggravated by estrogen do not use in any dose. Normally Limit consumption to 50 to 250 mg per day. More risks side effects.

Shark Cartilage

We ordered a special supplement to Alternatives from Dr David G Williams called The Amazing New Anti-Cancer Secret That’s About to Take the World by Storm. In it we discovered shark cartilage. No shark has ever been found to have cancer. There is a preventative I their cartilage, and this preventative has chemo-luminescent qualities. It does not seem to work well on treating cancer but is a strong preventative.

The secret to shark cartilage is that it stops angiogenesis, the growth of new blood vessels. Because tumors have a higher rate of metabolism than normal organs, they require more blood to get their nutrition. Shark cartilage stops the growth of new blood vessels to the tumor, thus starving it.

However, we don’t quite agree that this new cure will take the world by storm for a couple of reasons. The dosage is one gram of cartilage per kilogram of body weight. If your dog or cat has cancer, from personal experience, I can confirm that they love the taste of shark cartilage. However, to humans, as one person put it: “It smells terrible and tastes worse.” Taking it mixed with juice will probably not occur more than twice. The number of pills you would have to take will boggle your mind, and the odor coming up from your stomach (we’ve tried it) will make you retch.

When Dr Williams discovered Shark Cartilage being used in Cuba, there were no objective studies on record. To this day, there has been only one (supposedly) objective study, and it failed. As a cancer therapy, Shark Cartilage has turned out to be a flop. For a more widely researched antiangiogenesis therapy, see C-Statin.

Shark Cartilage is, however, a wonderful food supplement (high in calcium), and is also being used successfully by persons with arthritis (it is an anti-inflammatory). The dosage as a food supplement is much less than if you were using it to fight cancer. The dosage as a remedy for arthritis is, initially, one capsule for every 11 pounds of body weight, and after you’ve begun to feel the effects (under 21 days), you may cut the dosage to one third the initial dosage. [Williams, David G, MD. Conquering Arthritis through Natural Methods. Ingram, TX: Mountain Home Publishing, 1992]

And while we’re on the subjects of sharks, in Sweden, shark liver extract has been used to fight leukemia, and information coming out of Europe shows that it is effective against other cancers as well.
Shark Liver Oil

Cheaper than Shark Cartilage but more expensive than other essential Omega-3 oils, Shark Liver Oil has been studied in Sweden for years. It was found to contain Alkylglycerols, chemicals found in mother’s milk as well as the immune system organs: liver, spleen, bone marrow, lymphatic tissues, and, importantly, in the blood. In the book Shark Liver Oil: Nature’s Amazing Healer by Neil Solomon, M.D., Ph.D., Richard Passwater, Ph.D., and Ingemar Joelsson, M.D., Ph.D. [Kensington Books], we find this statement concerning cancer: “The Brohults of Sweden - Astrid, Sven, and their son Johan - together with Dr. Ingemar Joelsson and a number of other respected scientists and medical professionals, have studied the effects of AKGs (Alkylglycerols) on patients with varying forms and manifestations of cancer. In the course of their work, they have witnessed reduced mortality rates; protection against radiation damage; stimulation and formation of white and red blood cells and platelets; the slowing of cancer growth; accelerated wound healing; and strengthening of the immune system.”

Another chemical found in Shark Liver Oil is squalamine. We found the following on the web: “One compound in particular, squalamine, shows particular promise. According to Moorin, animal trials demonstrated that squalamine effectively shut down a tumor’s ability to connect to and develop its own blood supply. Once tumors are isolated from the nourishment they need, “hopefully, the immune system will then cause the tumor to shrink,” Moorin said. “It’s a very exciting approach to treating a number of solid-tumor cancers.”

“Researchers believe squalamine could represent a powerful new weapon in the anti-cancer arsenal. Moorin says that animal trials have so far shown no adverse side effects to the drug. “We should be able to use squalamine rather freely because it does not add to the overall toxicity of treatment,” Moorin explained.

In an article by Richard A. Passwater, we discovered: “In rabbits, squalamine halted the growth of rectal carcinoma by specifically suppressing the growth of new blood vessels needed to support the growth of the tumors. In rats, squalamine halted the growth of brain tumors and prolonged the lives of the laboratory animals.”

At the April 30, 1996 annual meeting of the American Association of Neurological Surgeons in Minneapolis, Dr. Brem [of Johns Hopkins] commented, “Our findings present evidence that squalamine may work against brain cancer. Preliminary studies with brain cancer cells (glioma) have been encouraging, and the group plans clinical studies by the second half of 1997.”

Sutherlandia OPC

Marc Swanepeel is a naturopath who is completing his PhD in Africa working with people with AIDS and Cancer. He developed this formula using the herb Sutherlandia frutescens (commonly known as the Cancer Bush) and the Nerium Oleander, which we have written about quite extensively in our articles on Anivirzel and Oleander Soup.

The Medical Research Council of South Africa has recently conducted a study on the Sutherlandia frutescens and has found it to be perfectly safe. Historically it has been used for:

- enhancing well-being
- immune support
- longevity
- stress, depression and anxiety
- wasting from cancer, TB, and AIDS
- quality-of-life tonic for cancers, HIV/AIDS and TB
- appetite stimulant in wasted patients, but not in healthy people.
- influenza
- Chronic Fatigues Syndrome, ME Syndrome and Yuppie Flu
- viral hepatitis
- asthma and bronchitis
- type 2 diabetes
- mild to moderate hypertension
- rheumatoid arthritis
- peptic ulcer, gastritis, and reflux oesophagitis
- hot flashes and irritability in menopause
The Sutherlandia plant is so popular with the indigenous people; it was chosen to be on the South African national postage stamps. Marc’s research on AIDS and Cancer has been very successful, and once his PhD thesis has been accepted, he’s promised us a copy. With cancer he is realizing a success rate upwards of 70%. Marc has recently found a company to help him process and bottle his product which has brought down the price considerably. We are in contact with a few people using it and they are more than satisfied with the results.
You can purchase Marc’s Sutherlandia OPC at www.sutherlandiaopc.com.

Instructions for use:

Liquid
- Start off by taking 5ml (1 teaspoon) once per day during mealtime for 2 days.
- Increase dosage to 5 ml twice per day with meals for a further 2 days.
- Increase dosage to 5ml three times per day with meals for 1 month.
- If no improvement, increase dosage to 10ml three times per day for 2 months.
- If still no response, the dosage can be increased to 45ml per day (3 x 15ml)

Capsules
- Start off by taking 1 capsule with breakfast for 2 days.
- Increase dosage to 1 capsule twice per day (2 caps total) with breakfast and lunch for a further 2 days.
- Increase dosage to 2 capsules twice per day (4 caps total) with breakfast and lunch for 1 month.
- If no improvement, increase dosage to 3 capsules twice per day (6 caps total) with breakfast and lunch for 2 months.

Falk’s Supplementation Schedule
- From the Falk Oncology Centre (closed since the death of Dr Falk) in Ontario, Canada, we have an example of their standard cancer vitamin supplementation schedule.
- Vitamin C fine crystals, minimum 4 grams (4,000 mg) three times per day. Aim for a dose just below diarrhea level, up to 40 grams per day. 1 level teaspoon = 4 grams (for most Vitamin C, however check the label). When using megadoses of Vitamin C, use a safe C such as Esterfied C, Ester-C by NOW Foods, or Beyond C from Longevity Plus.
- Niacinamide 500 mg three times per day. (If cholesterol is high, use niacin.)
- Vitamin B Complex (50’s) once a day (sublingual B12 is the best form of B12, especially if you are over 35).
- Vitamin E 400 IU once a day
- Beta Carotene 25,000 IU once a day
- Cod Liver Oil 2 capsules once a day
- Zinc Citrate 50 mg twice a day
- Selenium 200 mcg three times per day
- Folic Acid 5 mg twice a day
- Potassium increase to 1 gram once a day
- Magnesium Oxide 420 mg once a day
- Falk’s Dietary rules: enjoy a high vegetable diet, decrease animal protein, no sugar.
ANTI-VIRALS OF NATURE

There is a part of the reticuloendothelial system (Immune system) for virus. Cancer can be caused by viruses. There is a balance in nature’s microorganisms where bacteria, fungus and virus keep each other in check.

Overuse of antibiotics has made fungal and viral conditions more prevalent. Cancer can be caused by certain viruses that cause cancer mutations in the presence of toxins. Smoke is the most prevalent toxin.

good fatty acids and avoiding the bad fatty acids, it is a good start. But this antiviral therapy and natural compounds will help defeat the viruses within. Following is some antiviral natural items to help you.

15 Jul 2009 ... Coconut Oil is the Antiviral of Nature. ... It does this all without causing any harm to human cells or tissues. ...

Desiccated coconut is about 69% coconut fat, as is creamed coconut. Full coconut milk is approximately 24% fat. Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium-chain fatty acid, which has the additional beneficial function of being transformed into a substance called “monolaurin” in the human body. Monolaurin is an antibacterial, antiviral and antiprotozoal substance used by the human body to destroy lipid-coated viruses such as HIV, herpes, influenza, papiloma, cancer virus, various pathogenic bacteria and protozoa such as giardia lamblia.

Capric acid, another one of coconut’s medium-chain fatty acids has been added to the list of coconut’s antimicrobial components. Capric acid is found in large amounts in coconuts and it has a similar beneficial function when it is transformed into “monocaprin” in the human body. Monocaprin has been shown to have antiviral effects against HIV and is being tested for its antiviral effects against herpes simplex and antibacterial effects against chlamydia and other sexually transmitted diseases. Also, research has shown that natural coconut fat in the diet leads to a normalization of body lipids, protects against alcohol damage to the liver, and improves the immune system’s anti-inflammatory response.

The medium-chain fatty acids and monoglycerides found primarily in coconut oil have tremendous healing power. It is rare in the history of medicine to find substances which have such useful properties and still be without toxicity or even harmful side effects.

The food industry has long been aware that the functional properties of coconut oil are unsurpassed by other commercially available oils. Unfortunately, in the United States, during the 1980s and 1990s, the commercial interests of the U.S. domestic fats and oils industry with their anti-saturated fat agenda were successful at driving down usage of coconut oil.

The health benefits of coconut oil include hair care, skin care, stress relief, maintaining cholesterol levels, weight loss, increased immunity, proper digestion and metabolism, relief from kidney problems, heart diseases, high blood pressure, diabetes, HIV and cancer, dental care, and bone strength. These benefits of coconut oil can be attributed to the presence of lauric acid, caprylic acid and caprylic acid, and its properties such as antimicrobial, antioxidant, antifungal, antibacterial, soothing, etc.

How is Lauric Acid Used by our body?

The human body converts lauric acid into monolaurin which is claimed to help in dealing with viruses and bacteria causing diseases such as herpes, influenza, cytomegalovirus, and even HIV. It helps in fighting harmful bacteria such as listeria monocytogenes and heliobacter pylori, and harmful protozoa such as giardia lamblia. As a result of these various health benefits of coconut oil, though its exact mechanism of action was unknown, it has been extensively used in Ayurveda, the traditional Indian medicinal system.

Before we move on to the benefits of coconut oil in detail, let us understand its composition.
HIV and Cancer:

It is believed that coconut oil plays an instrumental role in reducing viral susceptibility of HIV and Cancer patients.

Take one tablespoon a day of coconut oil internally (mix with food as flavor enhancer) and massage the coconut oil into the skin daily, before or after a bath. Simply drinking pure coconut water - or juice, as they are used interchangeably - can super-charge your metabolism without any ill effects of added sugar, caffeine or chemicals. Rehydrating one’s body in this natural way also includes other benefits: aiding in weight loss, cleansing the kidney, and boosting the immune system, while providing Nature’s pure energy. With no side effects or preservatives it is safe for any age. This liquid nourishment improves digestion, balances body pH, enhances the metabolism, and beats dehydration, so it’s the perfect beverage to replenish essential body fluids.

An amazing antioxidant, this pure water contains essential salts and minerals in the same concentration as the body and can replace those electrolytes and minerals that are lost as a result of sweating during vigorous exercise. As a natural source of nutrition and hydration, coconut water contains the five essential electrolytes your body needs to keep the body’s temperature regulated, and muscles and nerves performing at optimal levels.

Coconut water has even been used throughout history as an intravenous fluid, actually saving many lives. It is similar to human blood plasma and is the only natural substance that can be safely injected into the human blood stream.

Not to be mistaken as a fruit - or, in spite of its name, a nut - the coconut is actually a member of the palm tree family. It is the largest seed known, contains no cholesterol, and has more natural electrolytes than any other fruit or vegetable.

This low-calorie, fat-free, pure form of liquid nourishment is an excellent source of potassium. In fact, 8 ounces of this “fluid of life” has more potassium than a banana, and about 15 times more than most sports drinks.

Antiviral and Virucidal Activities of Natural Products

Abstract: Virus infection is one of the major threats to human health and can be avoided by minimizing exposure to infective viruses. Viral clearance of pharmaceutical products and sanitization of skin and mucosal surfaces would reduce such exposures. Even with such care, virus infection does occur, requiring effective treatments by antiviral or virucidal agents. Natural products, in particular ingredients of foods and drinks we normally consume or metabolizes present in human body at low concentrations, would have advantage over synthetic drugs as antiviral agents for safety concerns. For this reason, we have been studying natural products for their effects on virus inactivation and growth. Such natural products, which we have been focusing, include gallate derivatives, caffeine present in coffee, caffeic acid present in coffee and various fruits, ascorbic and dehydroascorbic acids and a cell metabolite, arginine. Here we will review our work on antiviral and virucidal activities of these compounds and the mechanism of their antiviral and virucidal effects.

ARGININE is an essential amino acid for children during their growth period, but, since it can be manufactured by the body later in life, it is classified as a non-essential amino acid for adults. Although most adults can manufacture arginine, sometimes supplementation is required. For example, a condition known as “idiopathic hyposperma” (low sperm count) has been reversed with supplements of arginine.

The amino acid ornithine is derived from arginine and can be converted back again when needed. Although arginine is one of the poorly absorbed amino acids, studies show that the arginine-ornithine conversion is the most rapid. Arginine aids in liver detoxification through its conversion of ornithine. Supplementation is usually given intravenously and can produce side effects when dosages are too high. Arginine requires manganese, aspartic acid, citrulline, and glutamic acid to metabolize properly.

Arginine is important in the transport, storage, and excretion of nitrogen and in regulating protein metabolism throughout the body. It is also glycerogenic, meaning that it can be turned into sugar. When there is a deficiency, insulin production is diminished. Animal testing revealed that an arginine deficiency produces numerous alterations in bodily functions, including fatty liver deposits. This indicates that the ability of the liver to process fats is affected.

Foods rich in arginine are: peanuts, peanut butter, cashew nuts, pecan nuts, walnuts, almonds, chocolate, coconut, cereal grains including white and whole wheat germ

INTERFERON as used in Dr Desi’s Degex anti-cancer homeopathic.

Interferon, induced in lymphocytes either with viruses or cell lines, increases several fold the natural cytotoxicity of human lymphocytes on target cell lines. Cell separation experiments support the
hypothesis that interferon enhances the activity of natural killer cells rather than generating a new population of effector cells. In mixed culture of lymphocytes and cell lines in which endogenous interferon is produced, interferon mediates an enhancement of cytotoxicity that represents up to 70-90% of the observed cytotoxicity. The effect of interferon on target cells is antagonistic to the effect on the lymphocytes: the susceptibility to cell-mediated lysis of various cells upon pretreatment with interferon is decreased and in some cases almost completely suppressed. Interferon renders target cells resistant to natural killer cells acting by an intracellular mechanism which requires RNA and protein synthesis. While normal fibroblasts are protected, virus-infected cells and most tumor cells usually are not protected by interferon. Interferon by stimulating very efficient nonspecific cytotoxic cells and by protecting at the same time normal cells from lysis, might render the natural killer cell system an inducible selective defense mechanism against tumor and virus-infected cells.

**Natural Antiviral Alternatives**

**Vitamins, Herbs and Essential Oils for Fighting Viruses**

Many herbs and other natural alternatives help in fighting viruses like the cold, influenza, herpes, and many more, as well as providing natural immune system support.

Viruses and antiviral medications are one area in which modern Western medicine falls sadly short. Colds, flu virus, and herpes virus, among so many others, continue to run rampant. The best they can offer for the most part is a vaccine that is only effective if the virus doesn’t mutate too quickly. Luckily, natural medicine offers a much wider variety of options.

**The Importance of Vitamins for Fighting Viral Infections**

One of the most important aspects of trying to prevent or combat viruses is to make sure the body has all the vitamins and nutrients it needs to function properly. Vitamin A, vitamin C, and vitamin E are all very important to keep the immune system healthy. In addition, there is some evidence that vitamin D3 is of particular importance in fighting viruses; enough so to be worthwhile taking a supplement during cold and flu season, even though vitamin D does not normally require supplementation.

**Herbal Remedies to Prevent and Fight Viruses**

There is a very wide variety of herbs and plants that offer protection from viruses, and help fight off their effects.

Among them, three herbs stand out at the top of nearly every herbalist’s list. These three are garlic, lemon balm, and, surprisingly, St. John’s wort.

Garlic has long been lauded as a wonderful immune system booster. In addition to generally increasing immune system health, it has “notable antibiotic, antiviral, and antifungal properties,” according to the National Geographic Desk Reference to Nature’s Medicine, by Steven Foster and Rebecca L. Johnson. This is largely due to a substance called allicin. Allicin is very volatile, however, and quickly reacts with heat, so for the medicinal benefit, one to three cloves of garlic should be consumed a day, either raw or added to cooked food just before being removed from the stove.

Lemon balm, also known as Melissa, “fights a host of bacteria and viruses, including parainfluenza virus,” and “inhibits the spread of a variety of viruses, including the herpes simplex virus,” according to The Herbal Drugstore, by Linda B White, MD, and Steven Foster. Interestingly, however, according to the Desk Reference, “its antiviral action is not known, but it is thought that lemon balm inhibits protein synthesis and blocks virus receptors on host cells.” Regardless of how it does it, everyone seems to agree that it does it very well. It can be taken as a supplement, a tea, or as an essential oil via aromatherapy.

St. John’s wort is well known due to its antidepressant qualities, but it is also an effective antiviral and immune system booster. It contains a compound called hypericin, which according to the Desk Reference, “exhibits pronounced antiviral activity against herpes, hepatitis, and HIV,” as well as cold and flu viruses.

There are plenty of other popular antiviral herbs, as well. Among them are:

- **Licorice** - In studies, licorice has been shown to inactivate certain viruses, and is a potent anti-inflammatory which boosts the immune system.
- **Mullein** - Laboratory studies have shown that this plant helps fight herpes and other viruses, and soothes irritation.
- **Echinacea** - According to The Herbal Drugstore, Echinacea is the “single best researched herb for helping the body fight viruses once they’ve begun to invade. It stimulates white blood cell activity, increases the body’s production of antiviral substances such as interferon, and enhances the ability of immune cells to engulf and destroy invading microbes.”
- **Clove** - This is a potent antiviral, and scientific studies have shown unequivocally that a combination of clove and an antiviral medication performs much better than either one alone, according to the Herbal Drugstore.
- **Shiitake and other medicinal mushrooms** - according to the Herbal Drugstore, these mushrooms “possess substances called polysaccharides that stimulate the immune system. Shiitake also increases the body’s production of the antiviral substance interferon. Although human trials haven’t yet taken place, studies in animals show that shiitake likely offers some protection against influenza.”
- **Astragalus** - This herb has immune system boosting and antiviral properties. It is safe to take long-term and useful for those with autoimmune diseases like rheumatoid arthritis and lupus.
- **Elderberry/European Elder** - Contains compounds that inhibit the enzyme some viruses use to penetrate the membranes of cells. According to the Desk Reference, “Clinical trials have been conducted to test elder’s efficacy in treating influenza. In these studies, patients receiving elderberry extract recovered from the flu several days earlier than control groups; their symptoms were also less severe. The extract also stimulated antibody production.”
- **Baikal or Chinese Skullcap** - not to be confused with American skullcap. According to Prescription for Herbal Healing by Phyllis A. Balch, “kulcap shuts down the replicative process in influenza viruses A and B, as long as it is administered between eighteen and fifty-four hours before infection. ... It does not stimulate the immune system, but instead acts against the viruses themselves. This makes kulpac an especially appropriate choice for people who have autoimmune diseases, such as rheumatoid arthritis”.
• **Siberian Ginseng** - widely studied in Russia, according to Herbal Healing. “Russian studies involving tens of thousands of participants found that taking Siberian ginseng for eight to ten weeks before the beginning of the cold and flu season reduces the incidence of these diseases by more than 95%.”

**Aromatherapy to Combat Viral Infection and Spreading**

Many essential oils provide protection or added ability to fight viruses. Lavender and tea tree are among the top of these lists, as they do both. Also useful are:

- Melissa (Lemon Balm)
- Thyme
- Eucalyptus
- Lemon and other citrus oils
- Geranium
- Clove
- Rosemary
- Juniper
- Niaouli
- Cinnamon (bark)
- Anise
- Clary Sage
- Bergamot
- Lemongrass
- Rose
- Sandalwood
- Myrtle
- Cypress
- Rose

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**Anti-viral cleanse and regimen**

Dherbs.Com Anti-Viral Cleanse and Regimen is a 20 day (one day short of 3-weeks) program and regimen that consists of herbs, hydrotherapy, anti-viral roll-on, dietary regimen, meditation/affirmations and much more for purposes of maintaining optimal health and wellbeing.

Dherbs.Com Anti-Viral Cleanse and Regimen helps to purify the blood of toxins and impurities and fortify the body (defense system) against unhealthy virus, microbes and protozoa. Clean and healthy blood helps to maintain balance of positive and negative microorganisms in the body that are there by nature. Problems erupt when balance is lost and negative microorganisms dominate. Return the body's balance and return to a state of homeostasis and experience optimal health, your divine birthright.

The body speaks through metaphor so when you have a skin eruption and/or discharge and/or inflammation or burning in or near the genitalia area, it is a sign that you need to pay attention to the energy in this region because it conveying a message to you.

Health challenges of a sexual nature denote it is time you reassess your sexual belief systems. Problems with the male penis and female vagina denote First and Second Chakra issues which deals with issues of being grounded in one’s sexuality and/or sexual orientation, survival (having sex for survival purposes though the sex and person with whom you’re having sex with is unhealthy for you), imbalanced emotions (having sex for emotional reasons), relationships (having sex with whomever just for the sake of being in a relationship or afraid of being alone), and pleasure (having sex with whomever for purposes of pleasure or sexual gratification).

Health challenges in the genitalia region mean you must deal with the above issues, whichever one applies to you. It’s time to let go of guilt (that come from an unconscious desire to be punished from doing something wrong, bad, or sinful – usually sex, as some religions teach that sex is a sin or premarital sex is a sin and you claim the religion but have violated it and keep on violating it because the sex feels so good which leads to a feeling of confusion as well as the need to be punished for living in sin), shame (from past sex acts: threesomes, being a prostitute, engaging in bisexuality if it’s not your nature, numerous abortions, being raped or sexually molested, etc.), fear, grief, lies, illusions, and attachments – all demons (negative emotion) of the seven chakras that make up the human energy field or aura.

The above constitutes why you now have little painful bumps, blisters, lesions, and rashes on or near your genitalia, your buttocks, and elsewhere. These are only signs to get your attention to deal with the hidden elements (unhealthy emotions, attitude, and thoughts) that are robbing you of a healthy and balanced sex life full of sexual bliss. You are sexually attracting people based upon this hidden energy field you are emitting and people pick up on this energy and transfer their demons (negative energy) to you that manifests as health challenges (skin eruptions) in or on your genitalia. You are unconsciously contracting with people whom you may ultimately blame for burning or infecting you sexually, but they came into your life for a reason – to give you what you unconsciously desire:

- Punishment for your feeling of guilt and/or sin
- Justification for your feeling of shame, poor or low self-esteem, or poor self-image, or self-worthlessness
- To feel like a victim or more of a victim (‘bad things always happens to poor lil ole me!’, ‘men always dog me out and do me wrong’, or ‘I always get cheated on!’)

But in addition to all of the above (what is unconsciously desired), to also help you learn a valuable lesson. You see, all physical health challenges originate on the mental and emotional levels and are based on life issues which is why you must get your life in order if you desire to experience optimal health and wellbeing.
WHAT IS A VIRUS?

Millions of Americans are infected with so-called viruses. According to Western medicine, there are over 200 different viruses pathogenic to humans. – Mosby’s Medical Dictionary, 3rd ED.

However, contrary to what most people believe and have been taught in regards to so-called viruses, a so-called virus, from our personal research, is nothing but poison which fosters the growth and development of negative microorganisms that infest the tissues of the organs and glands of the body, i.e. heart, liver, intestines, etc.

According to Mosby’s Medical Dictionary, 3rd edition, the medical term ‘Virus’ comes from a Latin word root meaning ‘poison’, which means that so-called viral infections are nothing more than severe cases of BLOOD TOXITY and IMPURITY whereby the body becomes the perfect atmosphere for parasite and worm infestation. Yes, worms and parasites are present in so-called viral infections.

Mosby’s Medical Dictionary supra, defines ‘Virus’ as: “A minute parasitic microorganism smaller than a bacterium that, having no independent metabolic activity, may only replicate within a cell of a living plant or animal host.” Mosby’s Medical Dictionary clearly explains to you what is involved in cases of so-called viral infections.

A virus is not a parasite according to the etymology of the word, but a condition that is conducive to negative microorganisms or protozoas, those commonly known as parasites. The etymology of the word ‘virus’ and present definition of the word lets us know what’s involved in so-called viral infections: POISON (poisonous blood) and UNHEALTHY MICROORGANISMS (parasites).

From our research, the phrase “viral infection” simply means the body is too acidic (very low body pH level) and too anaerobic (lacking oxygen). So-called viral conditions disappear when the body becomes alkaline and oxygenated.

So-called viral conditions that manifest on the skin as rashes, bumps, and lesions are a clear indicator that the body’s blood and lymph fluids are TOXIC and the mucous membranes (inner skin) are filled with parasites (microorganisms) and thus attempting to expel through the skin, and thus need serious cleansing and purification that’s what the herbs in our cleanse does: CLEANSES and PURIFIES!

When you cleanse the blood and lymph fluids of the body you’re automatically boosting and fortifying the defense (so-called “immune”) system. Weakened immunity is always implicated in so-called viral conditions which here at Dherbs.com are viewed as poison or poisonous conditions.

HOW CAN YOU ASSIST YOUR BODY IN HEALING ITSELF

You can change your life and the state of your health by changing your life - your diet, lifestyle habits, thinking, and attitude and Dherbs.com helps in that process by providing the necessary tools (which includes information) and this regimen is the ultimate tool in assisting you to finally heal from that toxic blood state (health challenge) that has robbed you of your life with your participation via ignorance.

You can say goodbye to embarrassing, humiliating and irritating moments due to toxic blood skin manifestations on your genitalia and buttocks and elsewhere when you begin to heal by changing your life – your thinking/thoughts, attitude, diet, and lifestyle and perhaps, even your environment.

You can also avoid wart removal. The body can heal itself and return to a state of optimal health and wellbeing if you do and give it the right things.

You can also avoid the harmful effects of man-made Pharmaceutical drugs. God did not create the pharmaceutical drugs for the “service of man” nor did God say the pill made by man shall be as “medicine” or “for the healing of the nations.” Biblical references clearly mention “HERBS” as being for the service of man, medicine, and for the healing of the nations. See Psalm 104:14, Ezekiel 47:12, and Revelation 22.2. And for those of you who are not religious, let us go study Hippocrates who cured over 4,000 diseases during his time with herbs and other natural modalities (i.e. steam). And for those who are Kenetic and deal with Kenetic history, let us study the works of the Great Imhotep.

Pharmaceutical drugs kill over 700,000 American people a year according to statistics. The drugs prescribed for so-called viral infections are more dangerous and scary than the so-called virus itself. Nobody ever dies from disease in and of itself. Disease is actually a friend and ally that serves as a sensor that lets us know that the body is imbalanced but the government (Congress) via government agencies has categorized disease (a natural occurrence that manifests when we are outside of Nature and her laws) based upon where and how it manifests on the body and in turn has patented and trademarked the various diseases (their names given to them) which is why no one (outside of the pharmaceutical industry) can mention CURING, MITIGATING, PALLIATING, PREVENTING, or TREATING disease without violating the law (Federal Food, Drug, and Cosmetic Act or Title 21, United States Code) simply because these diseases are property of the government which has a right to regulate them (specific named diseases) and enforce laws that protect them via enforcement agencies, i.e. FDA (Food and Drug Administration Agency) and Department of Health and Human Services.

It is all a part of the WORD CONTROL game for MIND CONTROL purposes as U.S. citizens are word controlled 100% and remaining dumb downed helps them to never understand the very words that control them and keep them enslaved, and sadly and unfortunately, with their own participation.

Dear Reader, victims die from the consumption of prescribed medications that compromise the body’s defense (immune) system. The medical term for this is “iatrogenics.” Trust us! You don’t have to die from any health challenge. Every health challenge is healable with the right knowledge, information and tools and that’s what Dherbs.com provides the people of the world with, especially the tool of herbs (plant, leaves), which God clearly stated “was created for the service of man”, Psalm 104:14, “medicine”, Ezekiel 47:12, and “for the healing of the nations,” Revelation 22.2. This is what God said.

Many people have their skin manifestations, called lesions and outbreaks (lesions and outbreaks are healing signs), SUPPRESSED and therefore are duped into managing their skin eruptions with medication. No commercial disease advertisement for medication talks about curing disease, only managing the disease. To manage a thing means to keep it, keep it under control, but nevertheless, it’s still there.

DHERBS.com uses many of Nature’s best and most potent plants with strong antiviral and anthelmintic properties that have been traditionally used to maintain and fortify optimal health and wellbeing.

Don’t let a word you don’t understand destroy your life by sabotaging your health. You have a
choice in what stays in or leaves your body. Make the right choice and let DHERBS.Com assist you in maintaining and sustaining optimal health and wellbeing with our safe, sane and effective Antiviral Cleanse and Regimen and wealth of information. Remember folks, sickness is a choice! Make the choice to be healthy if you desire to be healthy! Healing begins in the mind and with right knowledge!

**WHAT DOES THE ANTI-VIRAL CLEANSE CONSIST OF?**

- Consists of seven (6) potent, safe, and effective herbal formulas.

  (i) **BLOOD FORMULA** - Activity: Detoxifies, strengthens, builds, tones, nourish, invigorates, and maintains the blood and lymph fluids.

  Ingredients: YELLOW DOCK, MANJISTHA, BURDOCK ROOT, DANDELION, RED CLOVER, CHICKWEED, SASSAFRAS, CHAPARRAL, AMLA FRUIT, CLEAVERS, WILD OREGON GRAPE, INDIGO, POKE ROOT, NETTLE, IRON WEED, STRAWBERRY LEAF, CAPSICUM, RED ROOT, CAT’S CLAW, LIGUSTRUM, PAU D’ARCO, CERASEE, LIGUSTICUM, SOLOMON SEAL, AND GOLDENSEAL. Vegetarian capsules (100 capsules).

  (2) **IMMUNE SUPPORT FORMULA** - Activity: Strengthens, tones, fortifies, and maintains the defense (so-called “immune”) system and helps normalize body chemistry and increase resistance to stress.

  Ingredients: ASTRAGALUS, ECHINACEA, GOLDENSEAL, PAU D’ARCO, CAT’S CLAW, KOREAN RED GINSENG, SCHIZANDRA, SUMA AND GINGER. Vegetarian capsules (100 capsules).

  (3) **BIO-FLAVANOIDS** - Activity: The richest and most potent natural (organic), digestible and absorbable source of Vitamin C available and for sale in the form of a product. It also provides natural antioxidants, contains MSM sulfur or organic sulfur, and contains every essential bioflavonoid.

  Ingredients: ROSE HIPS, AMLA FRUIT, ACEROLA CHERRY, HIBISCUS, MSM SULFUR, ORANGE PEEL, LEMON PEEL, ELDERBERRY, GRAPE SEED, CAYENNE, AND CAMU CAMU. Vegetarian capsules (100 capsules).

  (4) **ANTI-VIRAL FORMULA** - Activity: Naturally neutralizes negative microorganisms while simultaneously purifying the tissues and cells of toxicity.

  Ingredients: OLIVE LEAF, OSHA ROOT, LEMON BALM, HYSSOP, SAINT JOHN’S WORT, PASSIONFLOWER, AMLA FRUIT, MYRRH GUM, OREGON GRAPE, TRONODORA, USNEA, GARLIC, SLIPPERY ELM, CAMU CAMU, ACEROLA AND GOLDENSEAL. Vegetarian capsules (100 capsules).

  (5) **ANTI-PARASITIC** - Activity: Powerful anthelmintic and vermifuge formula that purifies the body of negative microorganisms. Use along with castor oil for best results.

  Ingredients: BLACK WALNUT, MALE FERN, NEEM, PEACH TREE BARK, PUMPKIN SEED, SOUTHERNWOOD, QUASSIA, CAYENNE PEPPER, WORMSEED, EPAZOTE, RUE, TANSY, CLOVES, THYME, BETEL NUT, CASCARA SAGRADA, BUTTERNUT, KUTAJ, GARLIC, OLIVE LEAF, SENNA, VIDANGA, WORMWOOD, PINK ROOT, POKE ROOT AND GOLDENSEAL. Vegetarian capsules (100 capsules).

  (6) **INTESTINAL-COLON** - Activity: A powerful but gentle, cathartic formula! It is the best, most effective, safe and sane, and nonabrasive and nongripping herbal laxative and cathartic formula on the market. This formula helps to return the colon to a state of maximum health and. The formula also tones, strengthens, rebuilds and restores the colon lubricates the walls of the colon, dissolves gas pockets, and purifies the intestines of creepy critters, and stimulates peristalsis (bowel movement).

  Ingredients: SENNA LEAVES AND PODS, CASCARA SAGRADA, CARBON (ACTIVATED CHARCOAL), BUCKTHORN, PSYLLIUM HUSK, BLACK WALNUT HULLS, RHubarb, IRISH MOSS, ALOE VERA, MANDRAKE, POKE ROOT, SLIPPERY ELM BARK, CAYENNE PEPPER, BENTONITE CLAY, GUAR GUM, GOLDENSEAL AND IPECAC ROOT. Vegetarian capsules (100 capsules).

  • Virus Buster Oil helps to facilitate healing of the blood and lymphatic fluid. This product contains essential oils that are highly antiviral, antibacterial, antifungal, and antimicrobial in nature.
ANTI-VIRAL ROLL ON

Activity
The Dherbs’ Anti-Viral Roll On is designed to help facilitate healing of all skin eruptions. The Roll-On may be used anywhere on the external body. Open areas (blisters and lesions) on the genitalia may be more sensitive than other areas on the body but the contents of the roll-on are sure to help facilitate natural healing of the skin. The Roll-On contents are 100% natural and contain the best anti-viral, anti-bacterial, and anti-microorganistic essential oils available! Our Melissa oil is 100% True Melissa oil from France and is far superior than the standard American version of Melissa.

Ingredients
GRAPESEED OIL, ESSENTIAL OILS OF TRUE MELISSA (100%), TEA TREE, MANUKA, RAVENSARE, AND KANUKA.

Directions
Roll on or over damaged skin area as needed. Contents may cause a mild burning sensation when and if used on the external genitalia. If mild burning sensation is irritating, discontinue use until skin eruption begins to heal on its own and open skin sore has closed. DO NOT USE INTERNALLY!

• Complete with instructions and a dietary regimen.

In order for the Anti-Viral Cleanse to be effective, we recommend an all RAW FOODS diet for the duration of the cleanse. Raw foods are more cleansing and nourishing for the human body, as most raw foods are alkaline in nature.

The Anti-Viral Cleanse comes complete with herbs, instructions on how and when to take the herbs, anti-viral roll-on, optional phone consultation (additional fee required), a recommend dietary regimen, meditation/affirmations and much more – everything you will need to get started and to complete the program
On waking have a large glass of one third grapefruit juice, one third water, one third peppermint and or green tea. Do a light Yoga course for the hour. And prepare your bath. Wait one hour before having anything else to drink or eat.

Then Start your Spa Day with a cup of Dr Desi’s Anti-Cancer-Anti-Virus Cappuccino.

Use fresh exotic extra aromatic coffee beans of your choice, to the finished cappuccino add one tablespoon of Coconut Oil, then add a dash of licorice, anise, cinnamon, lemon, cloves, or rosemary to taste. Serve with the froth in a heart. This is a touch of love from Desiré. Rub you whole body with the coconut oil and the spices add extra lemon to the body oil or use a touch of Dr. Desi’s anti-cancer oil. If you don’t like coffee internally or its effects then use the grounds for an external poultice anyway. Save the coffee grounds combine with the spices listed and coconut oil and make a poultice, apply next to the cancer for 15 to 30 minutes. Do deep breathing and or alternate nostrill yoga exercises and meditate on the immune system attacking the cancer. Don’t forget your thymus tap. And now for the bath.

The Anti-Viral bath/soak is a soothing and healing bath that should be taken daily during the 20-day cleanse (regimen). This bath should have very hot water, 1-2 boxes of Sea Salt or Epsom Salt, 3-5 drops of essential anti-cancer oils. You should soak in this bath for 30-45 minutes. It doesn’t matter if you perform the bath/soak in the morning or at night. If you own an oxygen or ozone machine, running the machine during the duration of your soak/bathe is ideal and very therapeutic. Anti-cancer aroma therapy includes, put a cup of di-sodium phos into the Bath to help lose weight if you need to. (Please do not use mono or tri sodium phos they are toxic). Di-sodium phosphate will help the fat tissues to break up. Also if you wish add a cup of 3% hydrogen peroxide to the bath this will make it similar to the famous healing water at Lourdes.

My favorite trick is to put a bottle of cheap wine into my bath. The alcohol will soak into the skin slightly and produce serotonin release and relaxation without getting you drunk. Get out of the bath air dry as much as you can. Do some light exercise and reduce stress for 30 minutes and get ready for breakfast. Take some of Dr Desi’s Anti-cancer syrup and try this for breakfast or use the Budwig yogurt flux seed breakfast.

Chilled Apple Oatmeal & Green Tea

Top this oatmeal with some fresh raspberries or dried cherries to add sweetness and get an extra antioxidant boost. This recipe’s lignans, found in oats, and calcium, found in milk, may help prevent pancreas and liver cancers. Additionally, Serve Green tea, this is rich in catechins, which reduce growth of blood vessels needed for tumor growth.

Makes 2 servings, about 3/4 cup each.

Ingredients
- 1/2 cup rolled oats (quick or old-fashioned)
- 1/2 cup low-fat 1% milk
- 1/2 cup plain non-fat yogurt
- 1/4 cup natural unsweetened applesauce
- 1 tsp almonds, coarsely chopped
- 1 tsp pumpkin seeds
- 1/4 tsp fructose
- 1/8 tsp ground cinnamon

Directions
Combine all ingredients in a medium bowl. Stir well, cover with plastic wrap and refrigerate overnight. Serve chilled.

Always after eating let your body digest with at least 30 to 45 minutes of relaxation, good music, and non-stressful leisure without lying down. When you lie down you do not digest as well.

Use this Spa day to work on your face, hair, skin, body and to relax, here are some natural homemade suggestions.

Use the rest of the morning to work on your body with various spa techniques. Now is a good time for colonics or enemas, for research or reading. Try to wait at least 3 hours after eating breakfast before eating lunch.

Here are some nice lunch suggestions.
Cabbage Soup: an Anti-Cancer Recipe

If you want to significantly lower your risk of developing or growing cancer, consider eating cabbage at least a few times a week. Cabbage belongs to the Cruciferous family of vegetables - other vegetables that belong in this family include broccoli, cauliflower, kale, collards, Brussels sprouts, Bok Choy, watercress, and arugula. Phytonutrients found in cabbage and other Cruciferous vegetables stimulate your genes to increase production of enzymes that detoxify your cells, resulting in elimination of free radicals, toxins, and potential carcinogens from your body.

If you do a search through the archives of peer-reviewed and indexed journals at the National Library of Medicine, you’ll find numerous studies that indicate that people who eat large amounts of cruciferous vegetables have a lower-than-average risk of developing lung, colon, breast, ovarian, prostate, and bladder cancer.

Perhaps the most powerful, anti-cancer phytonutrient found in cabbage and other cruciferous vegetables is indole-3-carbinole, a compound that stimulates cellular detoxification, including estrogen detoxification. Indole-3-carbinole’s ability to prevent estrogen dominance is what makes cruciferous vegetables like cabbage an excellent food choice for cancer prevention, particularly breast cancer prevention.

If you want to enjoy the many health benefits of cabbage but don’t know where to start, give the following Cabbage-Miso soup a try. It’s super easy to make, and is one of the tastiest soups that we enjoy in our home.

Cabbage Miso Soup Recipe (6-8 servings)

**Ingredients:**

- 4 cups (around 10 ounces) chopped green cabbage
- 6 cups water or vegetable broth (vegetable broth adds lots of flavor)
- 2 celery ribs, diagonally sliced
- 1 yellow onion, thinly sliced
- 1 carrot, thinly sliced
- 8 garlic cloves, 4 finely chopped and 4 sliced
- 1/3 cup miso (or Korean den jang)
- Few drops sesame oil per bowl (optional)

**Directions:**

1. Bring 6 cups of water or vegetable broth to a boil in a big soup pot. Add cabbage, celery, onion, carrot, and sliced garlic. Cover, reduce to low-medium heat, and cook for about 15 to 20 minutes, or until vegetables are tender.

2. Stir in chopped garlic, then turn off heat. Dissolve miso with some of hot soup liquid in a cup or bowl, then pour it into the pot. For an extra zing of flavor, add a few drops of sesame oil to each bowl just before serving. If you enjoy sweet and sour soups, add fresh lime juice (about 1 lime for the whole pot) right before adding the miso.
Enjoy this nourishing cabbage and miso soup - it goes wonderfully with a bowl of rice and kim chi, a fermented Korean cabbage dish.

**Another Possible Anti Cancer Lunch.**

This recipe requires a juicer and a blender.

**Ingredients:**
- 1 cup dried split peas and/or beans
- 4 cups water
- 4 medium onions
- 6-10 medium zucchini
- 3 leek stalks
- 2 bunches kale, broccoli, cauliflower or collard greens and any cruciferous vegetable
- 5 pounds of carrots (4/5 cups juice)
- 2 bunches organic celery (2 cups juice)
- 2 tablespoons Dr. Desi's anti-cancer salt substitute or other seasoning
- 1 cup raw cashews
- 1 package mushrooms, chopped (mixture shiitake, cremini, and/or oyster)

**Instructions:**

Place the beans and water in a very large pot and cook, covered, on the lowest heat possible. Take the outer skins off the onions and place them in the covered pot. Do not cut them up, put them in whole. Add whole zucchini. Cut the bottoms off the leeks and slice them up the side so each leaf can be thoroughly washed. (Leeks have lots of dirt hidden inside). Throw away the last inch at the green top. Place the entire leek into the pot. Strip leaves from kale or collard stems. Discard stems. Chop leaves and add to soup pot. Juice the carrots and celery in juice extractor. Add the juice to the pot along with the Dr. Desi's anti-cancer salt substitute. While the group is simmering, chop up the mushrooms (if desired). By the time you get to this stage, the zucchini and onions should be soft.

This next step only works if you have a powerful blender, of a food processor. Ladle some of the liquid from the pot into the machine.

Use tongs to remove the soft onions, zucchini, and leeks, being careful to leave the beans and some of the kale in the pot. In a few separate batches, completely blend together the onions, zucchini, and leeks. Return the blended mixture to the pot. Place some of the soup liquid and the cashews into the blender/food processor, and blend until creamy. Return the blended, creamy mixture back to the pot. Add the mushrooms and simmer another 20 minutes. Have little liquids after eating to not dilute your stomach acid. Wait for 45 minutes before having anything to drink after a meal.

After lunch do 45 minutes of rest and relaxation. Now do some cardio exercise. Do a long walk, game of golf, tennis, swimming, hard walking shopping. Not too much sun, but get your heart beat up and get to a sweat. One to two hours of this and back to yoga and relaxation. Eat four hours after your lunch and cook any of the anti cancer meals in this book or what you can follow the rules.

**Daily Suggested Intake of food items**

- 1-3 servings of whole soy foods (no pills or powders)
- 1 serving low-fat dairy products (pasteurized, organic if available)
- 1 serving dried beans and legumes
- 4-6 starch/grain products (minimum of 3 whole grain foods - breads, rice, pasta, or other grains)
- 9+ servings fruits and veggies, to include a minimum of the following:
  - 1 serving cruciferous (examples - broccoli, broccoli sprouts, Brussel sprouts, cabbage, cauliflower)
  - 1 serving lycopene-rich (examples - tomato, red grapefruit, watermelon, guava)
  - 1 serving deep orange for carotenoids (examples - winter squash, carrots, sweet potatoes, apricots)
  - 1 serving citrus (examples - orange, grapefruit, tomato)
  - 1 serving berries (examples - strawberries, raspberry, blackberry, and blueberry)
  - 1 serving dark green leafy vegetable (example - romaine, spinach, kale, collards, other dark lettuce)
- 1 Tablespoon wheat bran
- 1-2 Tablespoons flax seeds - ground
- 1-2 Tablespoons wheat germ

**Beverages:**

- 4-6 cups green tea - both hot and iced
- 4-6 cups water

“Broccoli, asparagus, beets -moderation, cabbage, carrots -moderation, cauliflower, celery, cucumbers, eggplant, green and yellow squash, okra, okara, scallions, radishes, Swiss chard, watercress, sea vegetables, such as nori, wakame and niziki, wheat grass-usually juiced, barley grass-usually taken as a supplement, turnips, and sprouted grains or beans. Also eat lots of garlic and onion, if they agree with you.”

**Additional Weekly Intakes**

- 8-16 oz. fish highest in omega-3 fatty acids (Alaskan salmon, *light* tuna, ocean trout, sardines, mackerel); please also read my Q&A's on fish.
• 1 small package of fresh Shiitake mushrooms (for lentinian, a polysaccharide with anti-cancer activity)
• 1 fresh artichoke or 1 can water-packed artichoke hearts (for silymarin content similar to Milk Thistle to support optimal liver function)
• 1-2 Brazil nuts (for selenium content)

Spa day evening

Watch an hour of something funny and laugh out loud. Be with friends and family but without stress, laughter is good medicine. Before bed rub in the anti-cancer oils, do some deep breathing and find some happy thoughts to get you to sleep. Yes you can find them. Your spa day can be done whenever you can.

Often when I must fly a long way, I make it a spa day in my mind. I get up early and do the yoga and bath. Get to the airport and relax and take every opportunity to relax from tensions. Do walking when I can and take every opportunity to do my spa day ritual inside the framework of the travel. Thus I turn a normally bad day into a good day. There is no good or bad but thinking makes it so. It is all in the mind. My travel spa day is often an exercise in mind control. As you relax and turn off the stress your sympathetic system reduces its tension and the parasympathetic system can fortify the immune and digestive system. Both are essential for curing your cancer.
Fasting is Nature’s Surgery

Main Cancer Causing Factors

- Genetic predisposition, radiation, virus or toxic mutation
- High levels of acid in the blood due to excess meat and processed food that require hydrochloric acid for digestion.
- Low oxygen from lack of physical activity.
- A buildup of toxins in the cellular structure.
- Trans-fatty acids (store-bought oils), which can enter the cell membrane and interfere with the information process of the cell. GOOD Fatty Acid deficiency
- Stress and lack of sleep, which reduce the body regular maintenance procedures.
- Lack of antioxidants, which increases free radical damage.
- Parasites in the blood that create carcinogens in their metabolic process.
- Destructive emotions such as excessive guilt, anger and resentment.
- Combination of the above

Most of these factors are not only implicated in cancer but all disease known to man. In seeking healing, the most important aspect is the reversal of the causative agents. Modern medicine may offer surgery and chemotherapy but this does nothing to address the cause of the cancer. The best response to cancer is to address every causative factor and support the body in its defense through a combination of juice and water fasting.

I start out the patient with a 24 hour fast. Eat a normal slightly small healthy meal at 5pm. No snacks what so ever then till the next day at 5pm. Just have lots of good water with a little tea or dilute juice. The after a month go to the 36 hour fast. Meal at 5 pm. No snacks of solid food till the BREAK FAST of the second day (36 hours or more). Breakfast is called this because it is fasting over night. After one month of this you might go on to longer fasts but I usually find that we can get all the reduction of bad tissue from a 24 or 36 hour fast. When you fast the body breaks up bad tissue first such as cancer.

Fasting Addresses - Cancer Causing Factors

- Genetic weakness can be strengthened. Mutations can be weeded out
- The juices of melons, grapes, oranges and lemons are highly alkaline as they are acidic and require an alkaline digestive substance to digest.
- Oxygen increases in the cells as there are no large, sticky, fat molecules in the blood slowing blood circulation and the lungs are being cleaned for greater oxygen absorption.
- Toxins are cleansed at a rapid rate.
- Toxic fat is used as fuel and the fast can be supplemented with essential oils.
- Stress is reduced and the body is given a much-needed rest.
- Fresh juice is loaded with antioxidants phyto-chemicals and other protective agents.
- Fresh ginger can be added to the fruit juices and cayenne pepper, oregano powder and garlic can be added to the veggie juice as well as supplements for parasites cleansing.
- Inner reflection afforded by fasting can resolve many emotional issues.

By far, an extended juice fast is the most powerful measure in preventing the factors that cause cancer and disease. A yearly fast in combination with daily exercise and a diet high in raw food is an insurance policy guaranteeing your retirement will not be one of suffering and restriction.

Recovery From Cancer

Many have overcome cancer with fasting. For those who have the discipline and faith to complete fasts of 20 to 30 days, the healing results are astonishing, such as terminal cancer being entirely dissolved in less than ten days. Meanwhile, others have completed a long series of juice and water fasts yet the Lord called them on. With cancer, one humbly faces the fact that our fate is in God hands. We do our best, but it still comes down to trust. And if death is the end of the battle, it has no sting for those of us in Christ, as death is only a release to glory and joy for eternity.

I wish I could be more positive and say that you will get healed if you fast, but that would be a lie. Yet, no matter what the outcome, fasting is still the most effective natural response to cancer. Fasting speeds healing after surgery, reduces the damage of chemotherapy, and strengthens the immune system. It greatly increases your odds of survival and, in the worst-case scenario, will postpone death.

Cancer is caused by an information breakdown within the cell. Like a computer virus, the computer no longer responds to the control from the operator, instead replicates in a destructive fashion. And so, cancer is out of touch with homeostasis and replicates destructively. It becomes greedy and steals the body’s resources. The wasting away seen in cancer is from the cancer consuming the glucose in the blood. As cancer cells increase, the normal cells get less and less nutrition. At this time, caretakers will try to supply extra calories to slow the wasting process, but this is the opposite of what needs to be done. If cancer requires large amounts of glucose for reproduction, then the first defense needs to be reducing glucose in the blood.

Healthy cells can live quite well on small amounts of glucose, while the cancer cells have greater calorie needs and are weakened by the lack of glucose. Fasting reduces glucose in the blood. It works best with a combination of water fasting and juice fasting using 2-5 glasses of juice per day followed by periods of eating small portions of fruits and vegetables. This approach will be the opposite of what doctors recommend, and it may be hard to convince a cancer patient of the wisdom of this. I have watched terminal cancer patients die because they put their faith in modern medicine and gave up any form of natural therapy. One can only respect their decision.

Another fact to consider is that fasting intensifies the scouring action of the immune system. The clean up cells approach the trillions of cells of the body and read the chemical label that tells the state of the cell health. If it is dead, diseased or dying, it is removed. On the first stage of cleansing the immune system checks a cancer cell to see its condition and reads it as healthy. Then it moves on looking for another cell to cannibalize. Initiated by low blood glucose levels, this inspection process increases in scrutiny with continued demand for cannibalization. Eventually, fasting will break down tumors. How long into a fast before cannibalization does this is unpredictable.

There is another interesting factor brought in by fasting. Fasting causes an increase of toxins in the blood. The cancer must also endure this barrage. It is sort of like a natural form of chemotherapy. Meanwhile, the immune system is being given every resource it needs and allowed to fully focus on scurrying the body.
It is the combination of all these factors mentioned that enable the body to heal.

A juicer is necessary. The key to battling cancer with juice fasting is small amounts of low-calorie, nutrition-packed juice. Thus, you get the maximum scouring action. Make green vegetable juices from kale, spinach, green lettuce, leeks, and lemons, using carrots, beets and apple for the base. Strain the juice. Drink Essiac Tea or water between the juices. If possible use an enema daily. Go to your local health store and buy the herbs and supplements that are recommended. Ask your friends to pray. When faced with the decision for surgery or chemotherapy, get alone and pray until you get peace about the decision. When you have peace, you have reached the right decision. Do not make decisions out of fear and family pressures.

The Cancer Killer Juice

Rudolf Breuss’s anti-cancer mixture has helped thousands of suffering people. During fasting, this juice blend exerts a deathblow on cancer. Its composition is: 55% beet root, 20% celery, 20% carrot, 3% potato, and 2% radish. Over 24,000 patients wrote him describing relief from their diseases. His patients were given small amounts of this juice over 42 days. A tea composed of nettle, St. John’s Wort, marigold, artemisi and monarda was also given. By “starving out” the cancer, Rudolf Breuss reported a 96% success rate for the thousands of patients he treated over 30 years of practice. Rudolf Breuss died in 1989 at 93 years of age.

The Right Attitude

Cancer in the body is bad enough but cancer of the soul is worse. It starts by giving up hope and every thought becomes malignant with negativity, resentment, hatred and frustration.

An A.I.D.S. victim lay in bed, waiting out his last months till death. Life had no meaning only darkness. A change of heart came and he decided to fight. Even if he would lose, he would fight. He decided to live life to the fullest, and leave this planet knowing he had given rather than taken. He became a volunteer to help other needy people. Those around him were astounded at his positive change in attitude. He had become a different person because he had chosen to look at life differently. A day is a gift from God.

For those who are sick or diseased, self-discipline can seem an insurmountable task. Yet, it is from this standpoint that we must take steps to overcome our illness. The battle with cancer is a battle of faith. God desire is for us to be healed. Even in the face of the worst news you have to make a stand on faith that you will be healed. Make your decisions and do the best you can believing the Lord will carry you through this valley of darkness.

ALLOPATHY

The principle of allopathy is to only reduce and or address symptoms. The question “What’s Wrong with You” is the key. The answer details the focused complaint and not a true access of health or welfare. When we combine this with pills made and tested for the symptom we get a medical system where the average visit is less than one minute of real concern. Consider the side effects and you get an ever expansive cascade of errors that cost our society vast amounts in terms of money and human suffering. Allopathy has failed as a medicine philosophy and it just takes time for all to realize it.

- You get some heavy metal toxins in the back of your throat and the bacteria and fungus are helping you to detox with a sore throat.
- But what if you are so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that you go to an Allopath for help?
- You have a pinched nerve and you have pain
- But what if you are so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that you go to an Allopath for help?
- You have excess stress and your body has extra menses to detox
- But what if you are so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that you go to an Allopath for help?
- You have depression from losing your job
- But what if you are so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that you go to an Allopath for help?
- Your diet is bad and you have some heart pains
- But what if you are so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that you go to an Allopath for help?

In all of these cases and many more your allopath will not deal with the causes of your disease but instead give you a pill, a fast cover-up, a quick fix that makes profit for the chemical companies. All the allopath considers is your symptom. He spends 30 sec. considering your case and deciding what pharmaceutical to give you.

The Drug Companies want to turn our Society to a pill for everything.

All of SINthetic pharmacology is designed to either block natural functions or over stimulate them. In either event they do not work with nature but against it. If you are potassium deficient as in a heart patient, they prescribe a calcium blocker rather than a potassium diet. SINthetic potassium pills were found to be hurtful and the doctor does not want to become cooks, so they made calcium blockers. If you are deressed you get a MAO inhibitor, for a fever and antipyretic, for pain a pain receptor blocker. For depression you get a serotonin uptake blocker. In each and every event it is unnatural and does not cure anything. Most of the time you are just building dependence and this is good for the drug companies who depend on continued use not real cures. In my book “Receptor” I go thru all of the pharmaceutical drug types and expose the unnatural and hurtful aspects of their use.
We offer the Nelson method of medicine for you to consider as an alternative:

"Take two, twice a day to help control rage. By the way, I put them in a child-proof bottle and overcharged you."

Our teenagers don’t have their own goals anymore.
Obay™ works like a charm.

From the makers of WhyBecauseI Said So™.
In step four we do allopathy. We address reducing uncomfortable symptoms. This is part of medicine, but should not be all of medicine. And we should always use natural components, like food, exercise, homeopathy, herbs, etc to treat symptoms before using any such harsh synthetic patent medicine.

Many years ago in Denver a man approached me who was a salesman for a survey company. They sent out survey questionnaires to all kinds of professions to find out more about marketing. He gave me 4 questions for free and they were mailed out to over 100,000 medical doctors. The first question was “would you use a Natural pharmaceutical over a synthetic one if you could?” 82% said yes. One of the questions was which of the following would you use in your practice?

1. Acupuncture,
2. Biofeedback,
3. Nutrition,
4. Homeopathy, or
5. Allopathy.

- 55% said they would use Biofeedback, it was technical and scientific.
- 45% said they would use Nutrition.
- 35% said they would use Acupuncture.
- 12% said they would use Homeopathy, and
- 5% said they would use Allopathy,

even though these were allopathic doctors who use allopathy every minute. They do not know or understand the art of medicine they use. They do not know what it is or how unsound the philosophy is behind it. They are too busy learning what the drug companies want them to learn. They are afraid to challenge the drug companies. They know what happens to those that do. They live in fear and when the drug companies say to do something they do.
We wake you up to give you a sleeping pill. We give your Hyperactive children speed.

Antibiotics are contraindicated in viral condition but we give them to you anyway. The antibiotics are immunosuppressants This way we can start children out right on a lifetime of using medications and treating consequent side effects.

Whatever your symptom we have a pill maybe two, they will always give you another symptom but don’t worry we have another pill. Don’t worry no matter how many symptoms you develop we won’t run out of pills. We have pills for everything.

Prozac limits depression but blocks the ability to connect to reality so it can make some one a mass murder, but don’t worry we have enough prozac for all of the victims as well.

Cholesterol lowering drugs decrease sex interest but our new Viagra treats that symptom as well, and we think with the little head as good as anyone.

And our steroids can block your natural healing response better than anything. Healing is not our job. We manage symptoms. Bring us your symptom we got a pill, we’re busy.

Using a pain killer never deals with the cause of the disease. The Nelson Method deals first with the cause.
We need the field of SYNthetic Drugs for many things like emergency medicine, homeopathy can’t help in these cases but most presenting concerns in a doctor’s office will respond to lifestyle changes, nutrition, herbs, homeopathy

“How Many Chiropractors does it take to screw a light bulb? Just one, but it takes him twenty visits

Gun Shots Ring out on the Street Again

I’ll have to get drugs to reduce his dosage of Prozac.

I am not sure that Homeopathy can help you.

What was going my mind??

CountereThink

Pharmaceutical Roulette

Adjustments ‘R’ Us Clinic

NECKS.

How Many Chiropractors does it take to screw a light bulb? Just one, but it takes him twenty visits
Surgery

Abraham Maslow once said “if the only tool you have is a hammer, you will treat everything as if it is a nail”. Surgeons have a surgical answer for everything, and nothing is more risky and costly than surgery. We need surgeons and surgery. But profit motives can put a burden on the health care system if we let rampant greed get out of control.

Fasting is the best surgery. We must recognize that the cancer is a mutated form of your DNA. Some radiation, toxin, or virus has altered your DNA and the mutated form of you is the cancer. Your white blood cells have your DNA. They are little yous who do battle to save the big you. They sense that the cancer is not really you and attack. Sometimes the cancer makes a shield of the fatty acid arachidonic acid from a deficiency or excess of fatty acids and this prevents the white blood cells from seeing the not you cancer. Sometimes the mutation is not great enough for the WBC army to know it is not you. Sometimes we need surgery.

Sometimes your immune system is just not strong enough to defeat the cancer intruder. From extra dextrose sugar, stress, drugs or just plain age, your white blood cells might be weak. If you’re following all of the advice in this book you are now building a stronger white blood cell army.

“There is a time for all things under heaven” as the Bible tells us. There is a time for surgery when the cancer is too large for the immune system to handle, or because there is a toxin in the cancer that the body cannot detox itself. Remember the piece of glass in my father’s cancer. Sometimes a piece of glass asbestos cannot be detoxed without cancer. But the reason you have cancer is not because you are surgery or chemotherapy deficient.

The reason is toxins (like smoke), virus, radiation, fatty acid deficiency, or weak immune system from sugar use or stress. Surgery can maybe help but after you recover go to a healthy life style. Always get a second opinion.

Get a Second Opinion From ‘Another’ Doctor.

Fasting is a natural surgery, but it is not indicated when you are about to get medical ‘cut you open’ surgery. People who have too little protein in their blood have a much greater chance of dying before surgery. Before surgery to get the albumin protein into their blood, eat 6 to 10 hard boiled eggs a day for three days prior to the surgery. This will get your albumin protein up to snuff. Get lots of good vitamins and good nutrition before you go to surgery. And remember Hospital foods can kill so ask permission to get some good nutrition from real foods not processed, white sugar coated, trans-fatty acid rich hospital crap.
"All of this Science and they still can't serve a healthy Hospital Meal."

"I am more than willing to acknowledge my mistakes if someone is stupid enough to point them out to me, but in order to pass the tests you have to answer the questions just as I did when I took the exam."

Medical schools have become arrogant, outdated, biased, ignorant of new science, and vindictive snobs. They fear and dismiss all new ideas, especially if it exposes their false beliefs."
Cancer and Persecution

Cancer is still listed as an incurable disease. The accuracy of cancer diagnosis is not perfect. Many many People taking chemotherapy die, vast numbers of people taking radiation die. These are medical facts. Medical facts I have the freedom to express. Patients need to seek second opinions and do whatever therapies they can to try to deal with an incurable disease. Thousands of testimonial and a history of studies on the EPFX technology point to the proposition that the technology can help patients. We do teach at IMUNE that stress reduction helps all diseases. Cancer is a disease of the immune system where the reticulo-endothelial system immune system fails to attack the cancer effectively. The reticulo-endothelial system immune system is enervated by the para-sympathetic nervous system and thus is improved by stress reduction. Good nutrition, exercise, herbs etc can all have some small to moderate help, but help nonetheless. With such a cascade of destruction possible any help is needed. Competent medical personnel today all realize these simple facts. We teach how to help increase health at our International Medical University. We mention this discussion with cancer to get your attention.

The more intelligent or educated a cancer patient is the more likely he is to go to a natural doctor. The sense of logic in natural medicine and the sense of SINthetic chemo-phobia make this fact very understandable. The harshness of the chemotherapy leads to more deaths from chemotherapy than cures, all in a vain attempt to get statistical satisfaction.

HOMOTOXICOLOGY

The body is made to absorb nutrients and excrete refuse. The body needs to detox. We get exposed to toxic substances every minute of every day. There is dirt in the air we breathe, dirt in the food we eat, dirt in the words we hear, dirt in the things we see. Our body needs to detox and flush out this dirt. These are exo-toxins. As we live we breakdown cells that grow old or are damaged, we make toxic by-products as we process nutrients, and we need to excrete these auto-toxins. Everybody has a toilet to urinate and defecate in, everybody exhales, everybody sweats, everybody detoxes. We must detox. But if one of our detox processes gets excessive the allopathic medical doctor sees this as a symptom.

Our major detox processes are bowel stool, urine, sweat, exhale, skin, hair, mucous, menses, among others. We live in an over toxic world. The toxins in our world are getting greater every day. The petro-chemical companies are dumping toxins like never before. The oceans have become a toxic sewer; all of the water supplies all over the earth are now toxic. The air is polluted everywhere even at the poles. We are exposed to toxins every second.

You might be exposed to a large amount of cadmium, uranium, cesium, chemical solvent, or one of a thousand toxic substances in our environment. Your body will be trying to detox. This detox might be stubborn and the body will be trying to detox. So your body has excess detox.

But what if you are so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that you go to an Allopath for help?
The allopathic medical doctor sees this as a symptom. He is trained to treat all symptoms. So he prescribes Imodium for diarrhea, not thinking that the diarrhea might be a good way for the body to detox something. He prescribes Ditropan, Robinul, Probanthine for excessive sweating, not thinking that the sweat might be trying to detox the body. He prescribes demeclocycline for excessive urination, not thinking that the body might be trying to get rid of something. He prescribes cortisone cream for skin irritations not thinking that the skin might be trying to get rid of a toxic substance. If there is excess menses he prescribes tranexamic acid and aminocaproic acid, not caring if the body is detoxing or not. If you have a fever and are trying to detox a virus or fungus, he will prescribe an antipyretic, not caring that your body might be trying to burn up toxins. If you have excess mucous or sinus drip, he will prescribe an anti-histamine, not thinking for a minute that maybe your body wants to get rid of something. You see he has a pill for every symptom.

A young girl was visiting us and mentioned that she was on her way to see a medical doctor. I casually asked why. She said she sweats too much and he is going to give her a Botox shot into the underarm to stop the sweating. I said, well your 17 year old about to take your high school final exams, you have two boyfriends that don’t know about each other, and you eat salted pig for every meal. So sweating is natural and healthy. Stop the pig and salt, choose a boyfriend and study. If you went to the medical doctor with diarrhea, would he sew up your ass? Does he care about your long term health or just your presented symptom? You see the mind of the Allopath.

So when we suppress detox the toxins must be driven back into the body. Perhaps you can remember a time where you felt the need to have a stool very bad. You had the urge to go take a sh!t (pardon), but you were busy doing something else. You were on the golf course with no toilet in sight, you were in class and could not break, you were on a long bus ride without a toilet, or some other such event. You hold it and fight the urge. The urge passes. Hours Later when the toilet is available you no longer have the urge. Something has stopped the urge, and you can no longer go. Well what happened to the stool? Did it miraculously disappear? No your body reabsorbed it.

Your body took those toxins and reabsorbed them and then transferred them to another area. It might put these toxins into fat cells. This is the cause of cellulite. Teachers or anyone who fights the urge can get cellulite. This is when toxins get sequestered into cells or between cells.
So this is the medical science of Homotoxicology. The body is detoxing and when we block the detox the toxins are pushed into the body where the body has to deal with them. This can cause or aggravate all diseases. The Reckeweg brothers were doctors who coined the term Homotoxicology. They charted out the process and they developed homeopathy to deal with these problems. I worked with the Reckeweg brothers and I developed Reckeweg formulas for the detox. The original books on Homotoxicology are very good reading. The oldest brother was quite upset by sue-toxins or pig toxins. He said that since the pig does not have a proper set of sweat glands and toxins build up in his tissues. There is a toxic release mechanism in the top of the pig’s foot but still the pig meat has too many toxins. This is perhaps why the Bible says “do not eat Pork”.

I developed an electrical technology of the QXCI to find the toxic areas of tissue and the level of toxicity. An electrical form of the science of Homotoxicology. The chart below is an example.

On the top in blue we see the levels of toxicity. First the simple excretion phase, the normal detox of the body. Second an overreaction or excess detox, this produces a symptom. Third then if the toxins are driven back into the body by a dim witted allopath, the toxins go into the interstitial spaces around the cells. Fourth the body impregnates the toxins into the cells, like in the case of liver spots. As the liver gets old or weary and detox is compromised toxins can be put into a liver spot, called so because it comes when the liver is tired of detox. Fifth if the body still can’t detox, or if the toxins are driven back into the body by a dim witted allopath, the body makes bad cells and these bad cells are degenerate. Degeneration diseases like arthritis can result. And sixth or lastly the body’s final detox is cancer. The last way for the body to detox.

So in yellow is where tissues where the toxins can be to produce disease. So the Homotoxicology deals with the body’s ability to shuffle toxins in an attempt to detox. The sinuses are detoxifiers of the pituitary. The skin is a detox for the thyroid. The lungs for the adrenal. Menses for the female system. You see the body is made with clever ways to detox, lots of back-up systems. All aggravated by suppressive allopathy.

There was once a young girl with a persistent cough in my medical nutrition class in Denver. I was lecturing on Calcium. Calcium is need for muscle action. And if you get deficient in calcium you might get tetany.

Here is the lecture on Tetany: is a medical sign, the involuntary contraction of muscles, caused by diseases and other conditions that increase the action potential frequency. The muscle cramps caused by the disease tetanus are not classified as tetany; rather, they are due to a blocking of the inhibition to the neurons that supply muscles. Low plasma calcium increases the permeability of neuronal membranes to sodium ions, causing a progressive depolarization. This increases the ease with which action potentials can be initiated. If the plasma Ca++ decreases to less than 50% of the normal value of 9.4mg/dl; action potentials may be spontaneously generated, causing contraction of peripheral skeletal muscle.

- Bone loss
- Psychiatric disturbances
- Kidney disease
- Abdominal symptoms
- Tap here on one side then the other to test for Calcium deficiency

There are many causes of tetany as we can see most of the causes of diseases have nutritional deficiencies and drug interactions at their roots (I put the whole list in detail for you to see just how easily a cough can come from calcium deficiency, and since Calcium is a membrane atom that assists Fatty Acids to make good membranes, and membrane strength is an indication of cancer defense, Calcium deficiency is a cancer risk, the next pages of calcium deficiency are important[ and No milk is not a good source of Calcium, green vegetables are)

So tetany is caused by:
- Low blood calcium levels
- Short/extreme exposure to heat
- Hypocalcemia
• Primary hypoparathyroidism
• Secondary hypoparathyroidism, including surgery to the neck, trauma, infection, burns, cancer
• Low Vitamin D, from causes such as malnutrition, malabsorption, kidney disease, infection and drugs
• Hormone resistance
• Chelation of calcium
• Low calcium diet
• Pregnancy
• Lactation
• Hypoparathyroidism
• Pseudohypoparathyroidism
• Vitamin D deficiency
• Magnesium deficiency
• Acute pancreatitis
• Severe diarrhoea
• Malabsorption syndrome
• Small bowel resection
• Small bowel bypass
• Chronic alcoholism
• Hyperaldosteronism
• Renal failure
• Alkalosis
• Excessive ingestion of alkali
• Frequent vomiting
• Hyperventilation
• Kidney disease
• Overbreathing (see Breathing symptoms)
• Hypoparathyroidism - causes hypocalcemia
• Clostridium tetani
• Hyperventilation
• Hypocalcaemia
• Hypomagnesemia
• Strychnine

The following medical conditions are also some of the possible causes of Tetany. There are likely to be other possible causes, so don’t ask your doctor about your symptoms ask about the causes of you symptoms.
• Low blood calcium levels
• Short/extreme exposure to heat
• Hypocalcemia
• Primary hypoparathyroidism
• Secondary hypoparathyroidism, including surgery to the neck, trauma, infection, burns, cancer
• Low Vitamin D, from causes such as malnutrition, malabsorption, kidney disease, infection and drugs
• Hormone resistance
• Chelation of calcium
• Low calcium diet
• Pregnancy
• Lactation
• Hypoparathyroidism
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• Overbreathing (see Breathing symptoms)
- Hypoparathyroidism
- Hypocalcemia
- Clostridium tetani
- Hyperventilation
- Hypocalcemia
- Hypomagnesemia
- Strychnine

While doing my Yoga it was a bad time to get Tetany
Conditions listing medical symptoms: Tetany A to Z

A

Acid-Base Imbalance ... tetany

Acid-Base Imbalance: A disruption to the normal acid-base equilibrium in the body. There are four main groups of disorder involving an acid-base imbalance: respiratory acidosis or alkalosis and metabolic acidosis or alkalosis. Obviously the severity of symptoms is determined by the degree of imbalance.

Hypercapnia - metabolic alkalosis
• Dilated brain blood vessels - respiratory acidosis
• Increased pressure inside skull - respiratory acidosis
• Headache - metabolic alkalosis
• Confusion - respiratory alkalosis

B
• Bartter Syndrome ... tetany
• Bartter Syndrome: A rare genetic disorder of kidney metabolism characterized by reduced blood acidity and low potassium levels.

C
• Conn's adenoma ... tetany
• Conn's syndrome ... tetany
• Conn-Louis Carcinoma ... tetany
• Conn's adenoma: An uncommon (but possible highly underdiagnosed) condition characterized by the excessive production of a hormone called aldosterone by the adrenal gland. The condition may result from the presence of an adrenal adenoma. The severity of the condition is variable with some patients simply suffering high blood pressure and no other symptoms. Due to the high degree of variation in presenting symptoms, the condition may be frequently underdiagnosed or misdiagnosed. More detailed information about the symptoms, causes, and treatments of Conn's adenoma is available below.

D
• DiGeorge syndrome ... tetany
• DiGeorge syndrome is rare and is caused by an abnormality of chromosome 22, resulting in a lack of certain genes. This produces a typical group of problems that frequently occur together in DiGeorge syndrome. These include an underactive parathyroid gland (hypoparathyroidism), an underdeveloped or missing thymus gland (hypoplastic thymus), heart defects, and cleft palate and/or cleft lip.
• Drug side effects and interactions
• Synthetic Thyroxine or thyroid pills will supply T3 or T4 but not thyrocaltinin needed to put calcium into bones this can cause other diseases

E
• Electrocu...
Tetanus bacteria has an endotoxin that blocks calcium and cause tetany. The medical test or sign of extreme calcium deficiency is to tap on the parathyroid nerve in the neck. If this produces tetany and spasm of the muscles of the face then there is tetany. Extreme calcium deficiency of over 50%. This is why tetanus bacteria is called lockjaw. It works on the face first often.

When you get slightly deficient of 20% the smallest muscle of the body locks up. This is the cilia muscle in the lungs. There are millions of small hairs or cilia on the lung wall. The muscle attached to them use organized motion to sweep the lung clear. We inhale over 25 lbs of dirt a year and without the cilia muscles and process we would develop lung problems.

The girl had the persistent cough and I said let’s try simple calcium. I gave her two simple pills of a natural calcium lactate. And one hour later she coughed up a small piece of potato chip. She remembered that 2 days ago she was watching a horror show and aspirated a small piece of potato chip. Her body was trying to get rid of it. Her cough then went away. Her cough was merely an alarm reaction to the presence of a toxin.

But what if she was so unlucky, so misfortunate, so ill-fated, so wretchedly miserable star crossed luckless, that she would have went to an Allopathy for help?

The allopather would have prescribed a cough suppressant for her cough. The cough would go away and she would adapt to the presence of the chip. The body would try to detox in another way. Her body would surround the chip with a cyst. And try to remove it but as each symptom is suppressed the body will try to make the degenerative cyst grow bigger for easier detox. Then with the addition of another toxin like smoke the cyst could grow cancerous. The final process of the detox. What is the cause of the cancer? Well mindless Allopathy cause millions of cases of cancer each year. When we suppress the symptoms we get problems.

So your cancer might be your body trying to detox. My father developed a cancer on his buttocks. The doctor cut it off and inside was a piece of glass. My dad said he fell on a milk bottle when he was 6 and hid it from his mother. It healed and the body tried and tried to detox finally it made cancer to detox it. Well it worked the doctor cut it free.

**Reckeweg’s Homotoxicology Table of Human Adaptation to Toxics**

We must first be able to detox then we can get proper nutrition. We cannot enjoy the in breath if we cannot get out the out breath. If we have not urinated in a week we can’t enjoy the juice. If we have not had a good bowel movement in a week we can enjoy dinner. We live in a toxic world where detox must be part of our lives.

We need a system of medicine that makes sense and saves lives, not a medicine that makes money.
### SIX PHASE TABLE

<table>
<thead>
<tr>
<th>Organ system</th>
<th>Humoral Phases</th>
<th>Matrix Phases</th>
<th>Cellular Phases</th>
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<tr>
<td>Skin</td>
<td>Excretion Phases: Episodes of sweating</td>
<td>Deposition Phases: Naevi</td>
<td>Impregnation Phases: Allergy</td>
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<tr>
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<td></td>
<td></td>
<td>Degeneration Phases: Scleroderma</td>
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<td>Nervous system</td>
<td>Difficulty concentrating</td>
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<td>melanoma</td>
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<td></td>
<td>Meningitis</td>
<td></td>
<td>Malignant tumor</td>
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<tr>
<td>Sensory system</td>
<td>Tears, otorhea</td>
<td>Conjunctivitis, otitis media</td>
<td>Chronic rheumatoid arthritis: Spondylitis</td>
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<td></td>
<td></td>
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<td>Chronic (obstructive) bronchitis: Bronchiectasia,</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Locomotor system</td>
<td>Joint pains</td>
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<tr>
<td>Respiratory tract</td>
<td>Cough, expectoration</td>
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<td>Chronic gastritis, malabsorption: Atrophic gastritis,</td>
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<tr>
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<td></td>
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<td>liver cirrhosis: Stomach cancer, colon cancer</td>
</tr>
<tr>
<td>Cardiovascular</td>
<td>Functional heart complaint</td>
<td>Endocarditis, pericarditis, myocarditis</td>
<td>Chronic urinary tract infection: Renal atrophy:</td>
</tr>
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<td>Cancer</td>
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<tr>
<td>Gastrointestinal</td>
<td>Heartburn</td>
<td>Gastroenteritis, gastritis</td>
<td>Aggregation disturbance: Anemia, thrombocytopenia:</td>
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<td>Leukemia</td>
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<tr>
<td>Urogenital system</td>
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<td>Insufficiency of the lymph system: Fibrosis</td>
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<td>Lymphoma, Hodgkin/-non-hodgkin-lymphoma</td>
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<tr>
<td>Blood</td>
<td>Reticulocytosis</td>
<td>Leucocytosis, suppuration</td>
<td>Hyperplasia: Metabolic syndrome: Diabetes mellitus:</td>
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<td></td>
<td>Slow reaction</td>
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<tr>
<td>Lymph system</td>
<td>Lymphedema</td>
<td>Lymphangitis, tonsillitis, lymphaderitis</td>
<td>Hyperthyroidism, glucose intolerance: Menopausal</td>
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<tr>
<td></td>
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<td>symptoms: Thyroid cancer</td>
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<tr>
<td>Metabolism</td>
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<td></td>
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<td>infections: AIDS</td>
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<tr>
<td>Hormone system</td>
<td>Globus sensation</td>
<td>Thyroiditis</td>
<td>Chronic forms: Endogenous depression, psychosis,</td>
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<td></td>
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<td>anxiety, neurosis, organic psychosyndrome:</td>
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<tr>
<td>Immune system</td>
<td>Susceptibility to infection</td>
<td>Weak immune system, acute infection</td>
<td>Deficit: Schizophrenic defective states, mental</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>deficieny: Mania, catatonia</td>
</tr>
<tr>
<td>Alteration*</td>
<td>Reaction*</td>
<td>Fixation*</td>
<td>Decoupling*:</td>
</tr>
<tr>
<td>Psyche</td>
<td>Functional psychological disturbance, &quot;nervousness&quot;</td>
<td>Psychosomatic manifestation, neuroses, neurotic</td>
<td></td>
</tr>
</tbody>
</table>

The six-phase table is a field matrix reflecting medical experience based on careful observation and empirical learning. It is a phase-by-phase arrangement of disorders with no direct relationship between them. No causal psychogenetic link between disorders can be inferred. The structures of the table make it suitable for developing a prediction system giving a better assessment of the possibilities for a vicariation effect.

*Phase nomenclature in psychology.
We can Kill millions and make Profit doing it. The Perfect Crime

We get them dieted and dependent

Biu Pharma

Big Tobacco

As Long as the FDA looks the other way then they pay for health care Forever

Will No one else see or stand up to the hypocrisy?

Ok Dubounet we must stop Biofeedback

Pole Dancing on the Chemo Ward.
Battle of the Milennia: David Desi vs. Goliaths
by Heather Swanson

There’s a battle outside your door, shaking your house. The battle cry has reached your ears, it’s raging in them. Only this is between the big guy and the little guy, and you don’t think he has a chance. Or are you already getting prepared to live under the big guy for the rest of your life?

We all remember the story of David and Goliath. Well, today, it’s not just one Goliath. It’s a host of THE GOLIETHS that freely roam the earth, victimizing the human race all in the name of greed and money.

So, about now, you’re thinking: This is a big fairy tale, right? Let’s meet our modern-day corporate Goliaths:

1) Big Sugar. Don’t tell me you don’t eat it. Dig your teeth into this. White sugar stress weakens the immune system and causes obesity. Over consumption of sugar is linked to killer health problems and terminal illnesses such as diabetes and heart disease and it happens to be one of America’s top money makers.

2) Big Tobacco. One, in every five deaths in the United States is smoking related. Need we say more? It’s legal, socially acceptable, and though a consumable (argh!) the FDA happens not to be responsible for it.

3) The FDA. A kind of Igor, Frankenstein’s assistant, for these Goliaths. A polysemic agency, which has even taught Goliath stature by consuming billions of dollars tied to it by pharmaceutical, big sugar, and other bribes. The FDA protects big sugar, big pharmaceuturals, and big tobacco more than it protects the American people.

4) The Music Industry. Twin of the death of Woodstock and the birth of MTV. Opposing independent ideas, free creativity and a host of concepts related to freedom of expression, music has become a bloody battle for sales and power for this race of Mega-Pharminsters. All about hype and nothing about talent.

5) The Pharmaceutical Industry. A multi-billion dollar business, the backbone of current allopathic medical practice, a leading cause of death in the USA, and a killer of over one million Americans yearly.

6) Hollywood. One consumable that needs no introduction. In America, 99% of homes have at least one television set. In 2005, top studios totalled revenues of $47.4 billion from world box-office sales, $20.9 billion from world video sales, and $17.7 billion from world television licensing. Hollywood is a media monopoly with no room for present or true ideation.

Now, meet David… I mean, David, poet, musician, and heir Desi Deboniste is currently fighting a grueling battle armed only with his special superpower, clarity of mind, and the SCC – a biofeedback machine Dernie patented that caught the FDA’s attention because it doesn’t match their “plug-in” clients’ chemical fix and doesn’t need the FDA to market it because people buy it because it works. In 2002, 785 died from falling over furniture to date, no one has died due to use of the SCC. So, why don’t they go investigate furniture manufacturers?

With his independent media company Change the World Productions, Desi has been fighting the propaganda that has monopolized media for generations. If you take a trillion dollars and stack them upon, they would reach to the moon and back. Well, these trillion dollar industrial Goliaths are getting themselves against one, solitary individual who has stood up and showed that there is a different way – a better, more noble path to the future betterment of this planet. After all, it isn’t an accident that her company is called Change the World Productions. It’s Desi Deboniste’s ride.

Take a stand today behind truth and justice! Join Desi in the fight against these malformed modern-day Goliaths that now terrorize our lives.

www.viam-films.com
www.lefttv.com
www.tmvtv.com
www.desafirm.net
www.strangeindep.com
BASIC SCIENCE

In 5th grade we are all taught a basic scientific fact, we are made of atoms. All things are made of atoms. Atoms are made of electrons, protons, neutrons, and other much less numerous subatomic particles. The electrons and protons make up by far most of things and thus most of our bodies. The electrons and protons are electrically charged. The electrons are so highly charged that they never touch but instead repel when they approach another. The electrons, protons, and neutrons are very small and they are held apart from each other by fields. If we condense the solid matter of the electrons, protons and neutrons together the human body would be so small it would take a powerful microscope to see it. If the proton is the size of a golf ball, the electron is smaller than the size of the point of a pin and it is over a mile away. Between the electron and proton are electro-magnetic-static fields, held by Quantic forces. So our bodies are more than 99.999999999999999999 fields empty of matter. These Quantic electro-magnetic-static fields are what we are. This is 5th grade science, maybe not the science taught in Seattle.

There are outer electrons in the atoms of a bullet and outer electrons in the rock. Even when a bullet is fired from a gun the outer electrons of the bullet and the outer electrons of the gun do not touch. They repel when they get close. Nothing ever touches anything it is all the interactions of their fields.

We are made mostly of electrons and protons (electrical particles) that generate large and powerful force fields. These force fields give us the illusion of solidness. But in fact we are mostly just force fields.

No one has yet seen the true nature of our existence. No one can see the electrons, protons, or the fields they make. So we are only able to see a macro form of it. Our brains are trapped inside our skull and thus we cannot directly perceive anything. We are thus stuck with an indirect perception. A perception that comes thru the brain and is affected by our brain state. We project our own feelings, memories, psychic mental states onto our perceptions. It is difficult not to. So as humans developed we have made many assumptions of how the universe works, what is the nature of our bodies and lives, and our belief in a power greater than our own. And with a sense of history and knowing that we must project, and twist ideas, we should always be humble and recognize that we can never truly know. We are stuck making good guesses, better and better guesses, but always guesses. As Albert Szent-Györgyi the Nobel Prize winning researcher once said to me “the cell is an electrical operation, life is electrical and electrical means fields". I had the pleasure of working a summer with Albert Szent-Györgyi in New Hampshire. His inspiration and leviy were astounding. He grinned when he said He won the Nobel Prize for discovering Vitamin C, but it wasn’t Vitamin C at all he laughed.
I worked with several other Nobel prize winning scientists in developing the science of the body electric.

We are electrical beings. But the chemical companies do want us or our doctors to think this way. They are invested in the chemical perspective alone. Any who start to address the body electric will be persecuted.

In 9th grade we are taught about light. Light is made of photons. Photons are electro-magnetic radiation, particles in wave formations that can transfer energy. Quantum Electro-Dynamics QED tells us of how when a electron absorbs a photon the electron goes to a higher quantum energy state. When the electron releases a photon it goes to a lower state. QED tells us of virtual photons and just how all electron, proton, neutron movement is connected to the photon.

So quantum theory and the electrical science have made our lives so much better. They have given us telephones, television, computers and so many advancements to improve our lives. But any who take this new science into the understanding of the body human are attacked and persecuted.

Cancer is a mutation where the regulatory processes of the cells has been disrupted and altered. Normal cells have frequencies of 10 to the 5th Hz to 10 to the 12th. This sets a size limitation on the cells. The cancer cells have a different set of frequencies that make the size grow. More energy is spent on reproduction in cancer cells than normal cells, and less on metabolism. This is why they feed on sucrose right handed sugar more than the normal cells. This science is more fully discussed in the Cancer video from IMUNE. This video will present the science and the research proving the concept of the body electric.
Photons come into the plant and thru photosynthesis (Calvin’s Cycle) they make the energy of the atom greater. This makes the sixteen hot electrons of sugars. The body thru Krebs Cycle takes these high-energy electrons and makes energy. The Drug companies do not know how to put energy into the electrons thus their synthetic are not the same.

Voltammetry is the science of understanding how a substance’s electro-magnetic field reacts with its environment. A hormone has electrons and protons and how they are placed in a 3 dimensional space will determine how it exchanges electron-magnetic action and this is measured by measuring the 3 dimensional effect of it voltammetric field. The amount of charged particles is the amperage, the pressure or potential of the charged particles is the volts. Basic 7th grade physics. Every compound has its own individual and distinct voltammetric signature field.

There is another force that is undeniable, the power of the mind. We know from Quantum theory that twin photons can be separated to any distance and when we tell one photon something the other twin knows it instantly. At the birth of the universe there was a big bang where all of the matter of the universe came through a singularity in ten to the minus 43 of a sec. Thus at one point in our past history all things were conjoined and as such there is an ability of a quantic system to influence another. The observer effect of physics, the need for a double blind in medicine, and other evidence in the Proof movie. There is not a law of Attraction as some have said but there is an effect of Attraction. There is a power of the mind (a known Quantic engine) to influence another Quantic system. Science has for a long time laughed at this and has purposefully avoided the proof of this true effect. And now science has become a search for funding not a search for truth. And since humiliation might interfere with funding most scientist still ignore the evidence. This is the height of ignorance to ignore.

So with some simple science taught in our schools let us analyze the development of biology. First our fifth grade science tells us we are mostly electro-magnetic-static and Quantic fields. Non-living things mostly obey the laws of thermodynamics. The laws of thermodynamics teach us that energy cannot be created or destroyed, and that heat must flow from a hot body to a cold body. The hot coffee must succumb to the colder room and the two gradually equate their temperature.

Biological systems outwardly seem to disobey these laws by maintaining a temperature difference and not succumbing to the room temperature unless the die. Then as the Washington Post editor says, after death they lose their battle with room temperature. Biology is using a slightly different system of laws with a more quantic system than thermodynamic. REF PROMORPHEUS and NEOMORPHEUS

A living thing must be able to metabolize and reproduce in some fashion to be considered alive. Metabolism is taking in nutrients, taking the energy from them, and excreting the remainder as excretions of waste products. Reproduction is assembling new tissue for repair and also to propagate the species. The energy is Quantic electro-magnetic-static in nature as is everything. The basic energy of the electromagnetic radiation that is Visible light or infrared heat. Plants take in low energy ionic bound minerals and use the energy of visible light to make high energy
covalent bound plant compounds which are then food for the animals. This is the process of photosynthesis as shown in the Calvin Cycle. Animals take in the high energy compounds with electrons in high energy states. This energy is then gleaned in the cells via the Krebs Cycle to make ATP (Adenosine Tri-Phosphate) for energy. ATP is the key energy of most life.

The single cell systems such as bacteria set up a boundary layer such as a cell membrane to separate the thermodynamic world from the quantic interior. Entropy and thermodynamics dictate process in the non-living exterior versus the Quantic organized non random entropy interior. Metabolism and reproduction guided by a organized accounting of energy intake and outgo. Geared for metabolism and reproduction. Quantic Electromagnetic fields in cyclic organized fashion that is mostly dependent on the Quantic actions of DNA. DNA can only be described in the Quantic electromagnetic actions of the fields of it voltaammetric structure.

Single celled organisms develop or evolve if you will allow us to say into multi celled organisms. This needs more complex DNA structures and the number of chromosomes needed grows. DNA acts as the chief accountant as it sends off RNA and messenger RNA to accomplish the goals of life. Life develops with tremendous diversification over 100,000,000 organisms have evolved with various and diverse functions. But all are Quantic electromagnetic exchange devices taking in energy, excreting waste products, and trying to reproduce. Everything having it’s own set of field intricacies, and a single reactive ever changing overall field signature. The Quantic Electromagnetic-static field of an organism is reacting towards nutrition and away from toxins. To maximize metabolism. It reacts to mating signals and reproductive gesticulations to maximize reproduction.

Everything is a wash of field interactions and electromagnetic radiation photons. The cells of biology use this electromagnetic radiation for communication. Information for reproduction or Mitogenic radiation is in the visible, metabolism radiation is in the Infrared. Biology does not just send heat out as a waste product it is a communication network for cellular info exchange.

The multi-celled organisms diversify and all have an innate non-verbal Quantic electro-magnetic drive for survival. Biology operates thru field interactions. The height of DNA diversification is presently the development of a word are of the brain. And are where we think in words. This allows for explicit communication and exchange of thoughts, feelings, desire, fears, etc.

The Human Body Electric

There are over one hundred trillion cells in the human body and all are sending signals to the brain via enervation and photon exchange. Making some ten to the 16 bits of data per sec. Or less. 1,000,000,000,000 bits of data. The word area of the brain has developed as a small part of the human brain. About the size of a golf ball this small Broca area for words. Words coming in and words going out. The rest of the Brain is for life, metabolism and reproduction. Life is an unconscious process. Life is non-verbal. We do not have to think words to live. Words are for helping us function in social ways.

We have a reticular formation in the base of our brains that act as a filter to screen out unneeded data from our word area. The word area has the ability to assay about one million 1,000,000 bits of data at a time. More and the word area goes into overload. Below one thousand sensory bits and the system goes into sensory deprivation mode. It invents sensory data.

This means that ten to the sixteenth bits of data minus the ten to the 6 bits of data for the word area and the word are of the brain gets one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of the data sent to the brain. The unconscious non-verbal body electric gets all of this data and much more.

The spiritual cultures of the world know this and all exercises in spiritual development revolve around diminishing the words in the brain and coming aware more of the unconscious process. Mantras, meditation, stillness, yoga, kundalini, and many others all say we must control and diminish to effects of the verbal word mind to get in touch with our body energetic. The true self is the body electric.
Much of the mistake of modern science and modern societies is to over value the words and the verbal process. Our society is presently over valuing the paper pushers and letting their need for words be more important than people. We need paper pushers and we need to have quality systems but there should be a requirement to try to minimize the over wordy and clarify the process of our society for everyone to understand not just the small minded paper pushers. This is especially true for biology and medicine.

The very process of life in an innate unconscious non-verbal Quantic electromagnet field interaction. Words have little to do with it. But so-called modern medicine has overvalued the words. They wait for the patient to verbally notice something is wrong, go to the doctor office and announce what is wrong, answer the doctors’ verbal questions, and receive verbal instruction. And yet this verbal exercise of medicine is only aware of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of one percent of the data. The body electric knows much more.

Patients words are influenced by their mood state. Patient’s all lie, at least that is what Dr. House tells us on TV. Patients sometimes say things they think the doctor wants to hear, they cover-up things they don’t want the doctor to know and very often they are completely out of touch with their own feelings and symptoms. Once I asked a patient if they had regular bowel movements. She said of course once a week like clockwork. Words are often the only intervention given to a doctor. In ancient China the doctor was sometimes unable to see the patient if he was of royalty. So the Chinese doctors had to develop new skills. Words have been a hallmark of medicine but it is also one of the greatest limitations. You can be really sick and have no symptoms or any verbal awareness of your sickness. Many people have tended to not only over value words, but some assume falsely there is only words.

Now as we learned in 5th grade everything is made mostly of electrons and protons. Photons are involved in all exchange of energy states. Now in some materials the electrons are tightly bound and are unwilling to allow electron exchange. In concrete the atoms are bound tightly and the electrons are not very conductive. In a metal like copper the electrons are quite willing to allow electro energy exchange and transport of electrons. So copper is a good conductor.

The organization of atoms and electrons determines the nature of the substance. Atoms seek to have a balanced outer level of electrons as per quantum law. This is the nature of atoms and it is calculated in the Mendeleev table of elements. Atoms seek to find the balance of the noble elements. This is the lesson from 10th grade chemistry. It is a simple lesson that tells us just how all atoms combine to make molecules. This lesson is based in Quantum theory. Those to say that quantum theory is not relevant to biology are expressing a rather concerning ignorance.

Molecules can be very very complex. But all of them are made of electrons, protons, neutrons etc held by Quantic forces. These molecules all have a structure of their outer electrons that can be assayed by the voltammetric signature. Voltammetry is the science of electrodes checking the individual style of electron and proton interaction. This is how every substance reacts to another, the outer electrons never touch but the field interaction as determined by Voltammetry is a definition of how they work.

Every atom or molecule can be balanced, positive charge, negative charge, or combination of both. This depends on the amount of protons and electrons. This is Basic grade school science.

The charged particles that travel make a current flow. The amount of charged particles in the amperage, the pressure or potential of the flow is the voltage, the resistance to the flow is the resistance. All organisms use this electrical flow of charged particles for each and every biological process.

The electron is the smallest charged particle to move, and most of electricity is of the traveling electron. But protons and ions range from the small to very large.

The outer electrons of a plant are taken to higher energy states thru the QED phenomena known as photosynthesis. These electrons are most often stored in carbohydrates and natural sugars. The body use them for energy, making ATP from the electrons.

Energy transfer in the body takes place in many voltammetric ways. Water has free protons and free electrons and thus it is essential for life. Water does not conduct electricity, unless there are some mineral salts or electrolytes in the water. But as in the salt water the body has lots of water and electrolytes. Thus the body electric can thrive. REF

Fish like the shark swim and thus live in an electrolyte conductive medium. They develop electrical sensing systems, and can detect foods by their voltammetric signatures. In other land creatures like humans this electro sense is transferred to the skin and nose. But still voltammetric sensing of items are the basis for life.

We have the sense of sight for photon sensing, hearing for sound vibration detection, feeling for movement, pressure, heat, cold, balance, and the alkaline acid balance of chemicals. Smell and taste are voltammetric shape receptors sensors. (REF 2004 Nobel prize + electro sense). The largest gene family of our DNA is dedicated to the smell, over 3% in humans, 7% in some animals. All of our senses are electrical in action and transfer mechanism. Some of our sensory system is directed to our verbal or conscious mind and most to our non-verbal unconscious.

In the human body there is massive transfer of electrical signals. The flow of food entering the colon during digestion is based on static electrical attraction. Water facilitates the entire body electric. The body heat is photonic and also contributes to information transfer. If we look at the body human with today's modern science of QED and electronic physics, a whole new science develops a world different than the synthetic drug and surgery medicine we have today. Today’s so called modern medicine is based on a 200 year old reductionism 17th century Newtonian antiquated physics. A true new modern medicine of the body electric opens the door to a more affordable, sophisticated, safer, and more efficient modern medicine. (REF Body Electric, Science over Convention)

There is resistance to the flow of electricity. Louis Ampere discovered amperage, Volta discovered Volts, and Dr. Ohm put a laws together to describe the relationship in terms of resistance. Resistance is in Ohms and Ohms law states that voltage equals amperage times resistance. This is the first week of electronics class usually taught in 9th grade physics.

The right hand rule describes the fields around a flowing current. And it says that as a current flows like your outstretched right thumb, a magnetic field is made at 90 degrees like your outstretched forefinger, and a static field is made at 90 degrees like your outstretched middle finger. Thus the fields of electricity are described. This is the second week of electronics class usually taught in 10th grade physics.
So all electrical action or flow of electricity generates a three-dimensional field, at least. So we called the process of measuring this field the trivector. This is a type of 3-dimensional Voltammetry.

Voltammetry is the science of understanding how a substance's electro-magnetic field reacts with its environment. A hormone has electrons and protons and how they are placed in a 3-dimensional space will determine how it exchanges electron-magnetic action and this is measured by measuring the 3-dimensional effect of it voltammetric field. The amount of charged particles is the amperage, the pressure or potential of the charged particles is the volts. Basic 7th grade physics. Every compound having its own individual and distinct voltammetric signature field. REF Voltammetry. Volts times amps is a power index or what is known as Watts. Once we measure simple variables we can easily calculate a great variety of electrical forces. We can thus calculate volts, amps, ohms, reactance, susceptance, watts, capacitance, inductance, impedance, and other virtual mathematical calculations.

Knowing that reductionism has failed as a way to analyze the human body we can make more global measures of these energies of a human, compare them to norms, and then using safe micro-current stimulation change them.

We can detect and affect the body electric is safe and effective ways. The SCIO system is designed and registered to do just this. To detect and affect, EEG, ECG, EMG, GSR, electro-osmosis, trauma tissue, wounds, pain, charge stability, acid alkaline balance, voltammetric reactance of substances, oxygenation, hydration, redox potentials, electro-acupuncture, bio-resonance, super-learning, and other bio-electric functions. All from simple basic science taught in our schools today. REF clinical evaluation

Only with the 40 years of experience to sharpen and perfect the precision of the art. The first studies of Dr. Nelson on the body electric were done in Youngstown, Ohio. This ever dedicated scientist has artfully perfected this art of energetic medicine. All designed as a truly modern medicine to safely assay and treat the people.

The human body is a complicated intricate electrical assembly. It has a reactive set of fields that are driven towards life giving things like oxygen food etc. It is electrically repelled from toxins. This electrical field is processing the qualities of life such as metabolism and reproduction. Thus a vast ever changing system of electrical fields that are intricately interactive with the environment.

The human system is not a linear predictable or reduction type of system. Its vast complicated and elaborate functioning makes it a fractal complexity. As such it responds better to ever changing fractal stimulation not linear reductionist simple stimulation.

So developing an electrical treatment needed some advances in technology. First a cybernetic loop of measuring, calculation, stimulation, measuring, calculation, stimulation, measuring, calculation, stimulation, and so on. All at biological speeds. Then a reactive system that reacts to fractal stimulation and an auto-focusing self adjusting stimulation. The body electric treats itself beneath the human awareness of the limited word area of the brain. And thirdly a way to measure the trivector field of items and then to measure the reactance of a person. All technological achievements of Dr. Nelson and Dr. Nelson alone.

The body has a reactive trivector set of fields. An item not living has a stable unchanging field. So to measure the substances fields, and then the person's reaction to these fields. A truly modern medicine is achieved, based on what we know of the body electric and basic high school physics.
PROTON AND ELECTRON BALANCE

The fundamental particles of all things the electron and proton are electrical in nature. The body has to organize these properly to maintain health. The balance of negative (electron) versus positive (proton) is important. This is referred to as the pH or proton pressure.

Acids accept electrons, because they are proton enriched. The simplest atom is hydrogen. It is one proton and one electron. When the electron is removed the hydrogen ion is a proton. If you have extra hydrogen atoms you have an acid. Like HCl hydrogen ion with chlorine hydrochloric acid. H₂SO₄ two hydrogen ions and sulfur and you get sulfuric acid. If you have hydrogen ions you are acidic.

Bases donate electrons, or bases accept protons. When you have too many electrons you are base and you want to donate the electrons. A soluble base is also often referred to as an alkali if hydroxide ions (OH−) are involved. Bases have the hydroxide ion and most are referred to as blank hydroxide, sodium hydroxide, potassium hydroxide etc.

Bases can be thought of as the chemical opposite of acids. A reaction between an acid and base is called neutralization. Bases and acids are seen as opposites because the effect of an acid is to increase the hydronium ion (H₃O⁺) concentration in water, while as bases reduce this concentration. Bases react with acids to produce water and salts (or their solutions). The whole process is electrical. Thus life is electrical.

A balanced negative charge versus positive charge is a 7 on the pH scale.

<table>
<thead>
<tr>
<th>pH</th>
<th>Charge Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>H⁺ + OH⁻</td>
</tr>
<tr>
<td>&lt;7</td>
<td>H⁺ + OH⁻</td>
</tr>
<tr>
<td>&gt;7</td>
<td>Na⁺ + OH⁻</td>
</tr>
</tbody>
</table>

**Charge Balance:** all ionic solutions must contain equal numbers of positive and negative charges. But not an equal number of free protons or free proton absorbers.

Humans have been familiar with acids and bases for thousands of years. They didn’t know the exact chemistry but they knew a lot about them.

The word acid comes from Latin word acidus meaning sour, sharp, or tart taste. Vinegar as you might remember means sour wine. Vinegar is acetic acid in water. Acetum is a historical name for vinegar and comes from the word acere meaning to be sour.

**ALKALI,** a salt. (Arabic) and qali is the name given to the ashes of the plant glass-wort (Salicornia), which abounds in soda.

**Alkaline items are:**

1. Capable of neutralizing an acid. Bases are alkaline.
2. Relating to an alkali compound.
3. Having a pH greater than 7.
4. Having a relatively low concentration of hydrogen ions.

Pure water consists almost entirely of H₂O molecules loosely bound in a network-like structure in which individual molecules are constantly changing partners. Water molecules exhibit a very slight tendency to dissociate ("ionize") into hydrogen ions and hydroxide ions:

\[
\text{H}_2\text{O} \rightarrow \text{H}^+ + \text{OH}^-
\]

but the extent of this reaction is severely limited by the fact that the reverse of this reaction is much more rapid, so that on the average, only about two out of every million H₂O molecules are dissociated. No electrical device or chemical additive is capable of increasing these ions concentrations in pure water above this very minute level which is so small that for most practical purposes pure water can be considered to be ion-free, as evidenced by the fact that it will not conduct an electric current. It only conducts electricity when there are salts or impurities in the water and since all water has some impurities there is conductivity. No electrical device is capable of increasing these ion concentrations but we can affect the flickering rate of dissociation association.

**Electrolysis**

Electrolysis refers to the breakdown of a substance by passing an electric current through it. This is accomplished by placing a pair of oppositely-charged electrodes (usually of platinum or some other unreactive metal) in the solution. Positive ions that find themselves close to the negative electrode will acquire electrons, and negative ions near the positive electrode will lose electrons.

In the case of pure water, the reactions are as follows:

At the negative electrode: \( 2 \text{H}^+ + 2e^- \rightarrow \text{H}_2 \)
- but since the H⁺ ions come from water, the overall reaction is \( 2\text{H}_2\text{O} + 2e^- \rightarrow \text{H}_2 + 2\text{OH}^- \)

at the positive electrode: \( 4\text{OH}^- \rightarrow 4e^- + 2\text{H}_2\text{O} + \text{O}_2 \)
- but since the OH⁻ ions come from water, the overall reaction is \( 2\text{H}_2\text{O} \rightarrow 4e^- + \text{O}_2 + 4\text{H}^+ \)

Note that the consumption of H⁺ ions at the negative electrode leaves an excess of OH⁻ ions in the vicinity of this electrode, making the water in this region alkaline. Similarly, the consumption of OH⁻ ions at the positive electrode makes the water near this electrode acidic. If the regions near the two electrodes are surrounded by a semi-permeable barrier that inhibits diffusion of these ions into the bulk of the water, small local excesses can build up, but with pure water to start
with, the acidity or alkalinity would be undetectable. Eventually the H+ and OH− ions find each other and recombine:

\[ \text{H}^+ + \text{OH}^- \rightarrow \text{H}_2\text{O} \]

- so the net reaction for the electrolysis of pure water is simply the production of gaseous hydrogen and oxygen:

\[ 2\text{H}_2\text{O} \rightarrow 2\text{H}_2 + \text{O}_2 \]

- leaving the pH of the water at 7.0, just as it was before electrolysis.

In other words, electrolysis cannot change the pH of pure water. None of the sites hawking these “water ionizers” mention this, of course, nor do they bother to tell you the even worse news:

**Pure water cannot undergo significant electrolysis**

One more thing about the electrolysis of pure water: because of the very small number of ions in pure water, it conducts electric current very poorly, so the process is extremely slow and inefficient. This means that if your water supply is free of mineral impurities, no significant amount of electrolysis will occur.

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**Will water that purports to be “ionized” or “alkalized” make me feel better, younger, more vigorous, etc.?**

Quite possibly, yes! Studies have shown that placebos can relieve the symptoms in about 40 percent of those who suffer from chronic ailments. They are probably even more effective for those who are inclined toward “alternative medicine” or the “wellness” industry. In other words, if you “believe” that something might help, it may well do so, and the more people are made to pay for it, the more eager they will be to have their beliefs confirmed. (Remember those Monty Python apartment towers that would remain standing only as long as the residents maintained their faith in them?)

**Acid-base chemistry in physiology**

Acid-base chemistry plays a crucial role in physiology, both at the level of the individual cell and of the total organism. The reasons for this are twofold:

- Many of the major chemical components of an organism can themselves act as acids and/or bases. Thus proteins contain both acidic and basic groups, so that their shapes and their functional activities are highly dependent on pH.

- Virtually all important metabolic processes involve the uptake or release of hydrogen ions. The very act of being alive tends to change the surrounding intracellular pH (usually reducing it); this will eventually kill the organism in the absence of buffering agents.

About two-thirds of the weight of an adult human consists of water. About two-thirds of this water is located within cells, while the remaining third consists of extracellular water, mostly interstitial fluid that bathes the cells, and the blood plasma. The latter, amounting to about five percent of body weight (about 5 l in the adult), serves as a supporting fluid for the blood cells and acts as a means of transporting chemicals between cells and the external environment. It is basically a 0.15M solution of salt (NaCl) containing smaller amounts of other electrolytes, the most important of which are bicarbonate (HCO₃⁻) and protein anions.

Respiration, the most important physiological activity of a cell, is an acid-producing process. Carbohydrate substances are broken down into carbon dioxide, and thus carbonic acid:

\[ \text{C(H}_2\text{O})_2 + \text{O}_2 \rightarrow \text{H}_2\text{CO}_3 \rightarrow \text{CO}_2 + \text{H}_2\text{O} \]

Interestingly, the ingestion of “acidic” foods can make the body more alkaline. This comes about because the weak organic acids in such foods are partly in the form of sodium or potassium salts M⁺A⁻. In order to maintain charge balance, some of the CO₂ produced by normal metabolism of these food acids must be converted into bicarbonate (that is, M⁺HCO₃⁻) which is a weak base.

**Maintenance of acid-base balance**

It is remarkable that the pH of most cellular fluids can be kept within such a narrow range, given the large number of processes that tend to upset it. This is due to the exquisite balance between a large number of interlinked processes operating at many different levels.

- Acid-base balance in the body is maintained by two general mechanisms: selective excretion of acids or bases, and by the buffering action of weak acid-base systems in body fluids.
Disturbances of acid-base balance

Deviations of the blood plasma pH from its normal value of 7.4 by more than about ±0.1 can be very serious. These conditions are known medically as acidosis and alkalosis. They can be caused by metabolic disturbances such as diabetes and by kidney failure (in which excretion of H₂PO₄⁻, for example, is inhibited.)

Numerous other processes lead to temporary imbalances. Thus hyperventilation, which can result from emotional upset, leads to above-normal loss of CO₂, and thus to alkalosis. Similarly, hypoventilation can act as a compensatory mechanism for acidosis. On the other hand, retention of CO₂ caused by bronchopneumonia, for example, can give rise to acidosis. Acidosis can also result from diarrhea (loss of alkaline fluid from the intestine,) while loss of gastric contents by vomiting promotes alkalosis.

Water is H₂O, two Hydrogen atoms with an Oxygen. The hydrogen atoms are protons. At room temperature or so one of the hydrogen ions can split from the other hydrogen and oxygen. So there is a free proton and a hydroxyl ion. Then there is rejoining and then another separation. This cycle is called the flickering rate or the zeta frequency of the water.

There is an electrical nature of water, and thus an electrical nature of the body human. As we see salts can change the balance of the protons and hydroxyl ions. When there is a shift towards excess protons the compound is acid. When there is a shift towards fewer protons the system goes alkaline. The body needs to be slightly base over all, and each part has an individual pH component.

The blood has to be slightly alkaline for health. We should be 7.4 Ph. When we get 7.2 we get sick and at 7.0 we can die. If we get 7.6 we get sick if we get to 7.8 we can die. There is a critical balance of Ph for life. What makes us go acid is acid forming foods with an acidic ash component. These are close to the same culprits of our right handed sugars. Thus a meat, potatoes, corn, beer, rice, and all of the dextrose sugars are the main culprits that drive our bodies to be acid. Stress toxins, radiation all make us also go acid and this can cause or aggravate disease.

What makes us go alkaline is fruits and vegetables. So we can see that today’s lifestyle makes us go acid and 85% of the ill are to acid. The main solution is in the foods we eat and the alkaline ash they leave as we process the food.

It is a struggle to maintain the balance of Ph for health. Many have designed water machines to make water more alkaline. These devices will run electrons thru the waters from electrodes. This is a variation of electrolysis. The acidity and alkalinity of the water is thus changed and people are told to drink the water for health.

There are two sides of the argument with neither being decisive. I wrote a book on water that you can get from IMUNE. ("Water"). In this book I point out the incredible power of water and its inconceivable complexity. I point out 64 anomalies where water is different than other chemical. We know there is water. There are over 64 different special powers of water. Anything you do to get a patient to drink more water is good for their health. So if they are told to buy a device that makes healthy water and to drink it, it will benefit their health. This is worth the money. There is no good evidence that drinking the water from these Ph devices can cure cancer. I have asked for the studies and only received hypothetical theory papers, not studies.

I also wrote a small book on the two camps of medicine. "Evidence based medicine versus Natural Medicine". Evidence based medicine is designed by hard-nosed cheap penny-pinching frugal people who want to make sure that they do not waste their money. In evidence based medicine there is a great need to prove it works at a high degree of statistical accuracy. You must get 19 out of 20 to respond for statistical evidence. This is the way of government regulatory agencies that employ such overly frugal picayune people. Evidence based medicine thus cost money for the statistical evidence, and Evidence based medicine must be harsh to get 19 out of 20 statistical results. (for the small minded little dick head agent geek this is just a colloquial reference to the 95% alpha needed for statistical significance of a study,) Evidence based medicine focuses on the results of how it works and losses sight of safety. In a study they measure the effect desired for statistical significance but only observe side effects. Thus side effects are found out later in the process usually after several people have died.

Evidence based medicine is costly and investors are needed. Investors care only about one thing, profit, not safety. So the need to be frugal with our money leads us to a medicine where safety is not first or even second on the priority list and costs mount up as safety dwindles. This leaves us with the mess health care (or should I say Diseases care) has left us with.

The other camp, Natural medicine, has safety first as its’ prime directive. Natural medicine does not want to hurt a single person in any way. So, safe natural soft not statistical methods are sought. The book “Evidence based medicine versus Natural Medicine” will discuss thus thoroughly. But here we see a differing opinion on the water devices. The Evidence people like the Free trade people do not want people to spend their money on things unproven to work. This is their job, to see that people’s pocketbooks are safe. Some feel that the drug companies are behind this and that the drug companies do not want the competition of alternative therapies to hurt them.

The natural people feel mistakenly that they have freedom of speech to say what they want and to tell their personal stories to help market the water devices. Their freedom of speech should not be used as a marketing tool to pretend there is evidence when there is not. People can tell true stories, not embellished ones, and still not in a pure marketing fashion. Science needs to be done and statistics is needed.

If someone tells you that drinking water from an expensive alkaline water device cures cancer, challenge him. I have seen no such evidence, and even the stories I have heard are suspect. I welcome some science, but after requesting it for years I am still waiting.

Many of the procedures in this book are examples of natural therapies that do not have the money for proper statistical proof. But you must decide on the use. We try to develop safety first, but with the need for success. But still the only person to correctly do research on the natural Vinca, not
The water devices have no real proof of their efficacy. But water is good, more water is better. But at 3 gallons of water in 30 minutes is a poison, so watch out. Don’t believe everything you hear. Yes the drug companies are scared. Big money, Big Sugar, Big Tobacco, Big Pharma, Big Media all hate me and they see me as the enemy. I am just a gal with clarity of mind. Acid or alkaline water is not going to produce a change in you Ph. The mouth, stomach and small intestine are designed to buffer excess acid or alkaline food or drink. If not acid orange juice would kill you. Your Ph is determined by the acid or alkaline ash or last by product of the foods and drinks you consume. Orange juice is acid going in but it is an alkalizing food. Orange flavored sugar water or orange drink as it is called, is acid going in but leaves an acid ash so it is an acid forming food. It is the end result of the food or drink that concerns it’s acid or alkaline effect. Water is neutral.

So to correct your Ph. If you are too acid as most cancer patients are avoid the high glycemic acid forming foods and eat the fruits and vegetables we indicate in this book. Wheat grass juice is a very good quick alkali. If you are alkaline, drink lots of cranberry juice (all cranberry juice has sugar added) this is acid forming and will help the urinary infection that is probably causing you alkalinity. Potato juice and potato soup are good. Watermelon and watermelon juice is also good for a day or two. A rice day, just rice for a day nothing else, is also a good treatment, as is grape juice. If there is a chronic skin affliction with alkalinity, just grapes, and grape products for three days is helpful.

Stabilize your breathing exercise and get good yoga, meditation and relaxation. Drink lots of good filtered water for either acid or alkaline conditions.

The cancer study at the end of this book will tell you of our study where over 7500 cancer patients were treated by therapies in this book and there were over 2500 cures, not 19 out of 20 but nobody does with cancer. I write this book from my heart and mind to give you natural answers to a big question. What to do if you have cancer.

Here is a little tail of the FDA as the junk yard dog of the drug companies. The Greg Caton story

(Taken from the Internet)

Stop the FDA Reign of Terror! Stand Up for Those Who Heal with Herbs that Are Set Up, Beaten, Run Out, Jailed...

Gee if the FDA Says it Don’t Cure Cancer then Why are so many Stil ALIVE years after their Cancer Doctors Lies Sentenced them to Death? Why is the FDA above all Civil Rights, ALL Laws, all due process? WHY does the FDA not have to adhere to the Constitution What So Ever? Folks ENOUGH is ENOUGH... for Far too Long Healers like Harry Hoxsey have been Abused and Run out of this Country. Many who Really DO Cure Cancer with Alkaline Therapies, Peroxide Therapies, Bloodroot, Cancer Salves, Oxygen Therapies, Essiac Tea, Powerful Aloe Vera Plants, and Many More Cures that do not require Radiation and Removing Body Parts...

Well these Folks have been Put in their Place for Far to Long and it Truly is Your Watch Now.

The Only Way to End the FDA Reign of Terror is to Start Speaking Out, Blog About, Make Videos, Talk about.

So many of you have Cured Cancer in Your Own way, you are afraid to talk about it because you are shut down... And many have been threatened by the FDA. But if you really did cure yourself naturally, then why is it Illegal to talk about it?

I Love Cancer Salves, they Work.... Alkaline Therapy Works and No Matter How many times the FDA Threatens me, no Matter how many Healers are jailed... no Matter how much Propaganda and Lies are put out... and no matter how many the FDA beats, kills and runs out of business... Well the Truth will Remain the Truth... These things Really have Cured Millions of Cancer over Centuries...

SO the FDA will keep on you All, shut you up and even Kill some of you. But I will tell ya What... Cancer Salves Cure Cancer NO Matter how many People the FDA Kill that Tell you about it......
The FDA let’s you be Tortured and then Die anyway of diseases such as Cancer and Heart Disease. When the FDA knows Damn well these things can be cured.

But if you say that and Sell a Product that Can DO this, well the FDA shuts you up - shuts you down, tears up your shop, and puts you on the Run. The FDA wants you to Pay Cancer Doctors to Mutilate you, Radiate You, Poison You and Drug you BEFORE you Then Die anyway... This way the Big Pharma can get Paid First and they can all Make Lots of Money on the Cruelty of Killing You.

Heart Disease - Easily Cured... Cancer - Yes Curable... But Wait... Your Not allowed to Talk about it... And those who Sell the Product if they Dare say to you what it REALLY does then they are Run Out of Business...

Millions of You World Wide know that these Herbs Really do Cure... If you do NOT Speak up NOW and end the FDA Reign of Terror then Soon all Herbs, Natural Cures and REAL known Cures will Be Illegal Forever and you will be FORCED to Stop Gardening, you will have to illegally Grow Bloodroot to Cure Cancer ... and well the FDA can arrest you without even a Fair Trial and now that the Internet is So Engrained in Our Lives, well now it is not enough to Run Real Healers Out of the Country, now the FDA has to Go Get them and Bring them back here to make an Example out of them to put the Fear in any one of you Who Think that you might trying CURING CANCER with a Simple Ointment...

Who Gave the FDA the Power, the Permission to Kill Us???????? To Sentence Us to a Painful Slow Death and Paying Big Corporations, Oncologists, and Cancer Doctors while we Die Suffering... ... when there has ALWAYS been a Cure for Cancer... the Native Americans had Cancer, it is Natural... it has a Natural Cure... you are being Deceived... How Long will You Take it ? If the FDA wants Us Dead, just Give a Pill To Kill Them instead of Approving Drugs that Torture them First.

The FDA Lies over and over and they actually imprison people for curing people... like a medicine man jail... Illegal to Make you Feel Good, to Heal You ... to Make you Healthy... WHAT!!!

If the FDA kills and or Jails all the Herbalists, all the Real Healers and you are forced to use ONLY the QUACKS that the FDA recommends well this is No Life ... and ya know what even if the FDA does KILL all those WHO have the Balls to Tell you that THEY really Can Cure Cancer well Guess What it Does not Change the FACT that they did cure cancer, and that there are tons of natural ways to cure cancer..... yet the Oncologist - the Cancer Doctor can lie to you constantly and ruin your life ... all the while sucking your bank account dry and it is illegal for your to CURE Cancer Yourself or CURE your Kid of Cancer... hmmm... and they Say you Live in a Free Country, they Say the GO to war for your Freedom... BULL.....

You are NOT a FREE Society in ANY way if you are NOT allowed by BIG DADDY FDA to Cure Yourself of Your Disease and Make Decisions for your Own BODY based on the FACTS of Cures and NOT based on Phoney Studies, and Big Pharma Lies ALL for Corrupt GREED, Money and Control over Your Entire Life.

Speak UP NOW ..... the FDA Reign of TERROR is Over WHEN you the PEOPLE Say it is OVER.

What is More Important to a Free Society, the Quality of Life of the People in it or the Money to Be Made By the Power Elite Corporations and The Power they Hold over the People that they are Deliberately Making to Suffer and Dies Painful Deaths? Stop them from Lying to You and Controlling you, as you lay Suffering and Dying from Something that Can Be Cured... STOP the FDA Reign of Terror...

Write on our Blogs or Email me a Link to your Blog. Speak Out and DO not let the FDA Hurt any more of our True Healers...

- You are NOT Flesh and Blood...
- You are An FDA Commodity
- a Number.....
- bought and SOLD to the Power Elite...
- You are not a Loving, Feeling BODY
- you are an Experiment, you are Their Power,
- their Money and you are Certainly Dispensable.

This FDA War on the Bodies of All Citizens Leaves a Hell of a Lot of Collateral Damage.

Greg Caton - Alpha Omega Labs - Stand NOW against the Lies the FDA tells us to Keep us Sick ... Herbalists are NOT Criminals - the FDA Reign of Terror

As Some one Who LOVES Cancer Salves, and knows that for ME they work. I too have been threatened by the FDA, I guess Black Salve, Cancer Salve, or the like MUST work for some or why jail, harass and ruin peoples life over selling it or talking about it.

Though the Cancer Doctors will call it a “Spontaneous Cure” for Me I have seen miracles with Bloodroot, and whether I am shut down, stripped of Civil Rights, Jailed or Completely Ruined by the Corruption, Harassment and down right dangerous FDA - I will Still ALWAYS love Bloodroot, Cancer Salves for it has changed my life and in my opinion Saved my life.

Believe what you need to but Seriously the FDA's reign of terror over those who's Alleged CURE Cancer... well it NEEDS to be OVER and Now. There has ALWAYS been a CURE for cancer it seems .... I mean look at History, those jailed, run out of the country and even killed if they tell you that you
can Cure Cancer. We simply must have the FDA and Big Pharma involved or Else... so the FDA has a right to torture you if you don’t approve of or believe in mutilating and radiating your body to use the “Traditional” torturous and well non-proven cure of body part removal - chemo and radiation.

Believe what you need but folks where was the FDA and the Big Drug Companies when the Natives Americans had cancer... Cancer is Natural and there are Natural Cures, there are tons of documents, reports, files and people that can tell you this ... but they don’t dare... Cuz the FDA will kill ya, jail ya, torture you... all because you want to heal without Torture and Losing ALL your Money...

Your are NOT living in a FREE Country and well this topic is VERY dear to me and VERY sick indeed, you are NOT allowed to CURE CANCER so the FDA can keep you down, keep your tortured and keep you giving their Cronies MONEY...

It is all a Lie and A Hoax...

This Story was sent to me today and I would like to say if you don’t Stand UP NOW then when. I Believe there has ALWAYS been a Cure for cancer and more then one... and the FDA is at the Helm of the ship that wants to keep you paying to die a torturous death, Why?

Well Here is the Greg Caton Story... if You Don’t get behind this one then When will You stand up to the FDA? When will it NOT be OK to torture our family, take all their money and LIE about known Cures... for ALL who have been jailed, shut down, ruined, and ran out of the country ... for Claiming to Cure Cancer... Stand up for them NOW ... speak OUT... On this...

Stop FDA Persecution of Innocent People.
Enough is Enough
End the Reign of Terror of the FDA
Time to Investigate the FDA
Time to STOP the Cruelty, false imprisonment, Suppressing the Truth, Destroying Businesses, and End the Free For All Crime Spee the FDA has been on for Decades on top of Decades.

NaturalNews

The U.S. Food and Drug Administration today stands accused of taking part in the kidnapping and illegal extradition of a permanent resident of Ecuador, in violation of both international law and Ecuadorian law.

Greg Caton, owner and operator of Alpha Omega Labs (www.AltCancer.com), an herbal products company that sells anti-cancer herbal remedies made with Ecuadorian medicinal herbs, was arrested at gunpoint at a road checkpoint in Ecuador, then transported to an Ecuadorian holding facility to await a hearing on December 14, 2009.

Greg Caton was expected to be set free by the Ecuadorian judge at that hearing based on the facts of the case which indicated Caton’s permanent residency in Ecuador is legal and valid. Three days before the hearing could take place, Greg Caton was taken from his holding facility and, with the help of U.S. State Department employees, involuntarily placed on an American Airlines plane headed for Miami.

An Ecuadorian judge rushed to the airport in Guayaquil and demanded that Caton be released from the plane, stating that the attempted deportation was illegal, but American Airlines employees reportedly refused to allow Caton to leave the plane, stating that the plane was “U.S. territory” and that Ecuadorian law did not apply there (even though the plane was still on the tarmac in Guayaquil and under the direction of the air traffic control tower there).

The plane then departed Guayaquil and continued its flight to Miami where Greg Caton was held in a federal detention facility to await trial in the U.S.

His crimes?
Selling herbal medicine and daring to tell the truth about those medicines on his website.

FDA vs. Greg Caton

The U.S. Food and Drug Administration has, for many years, pursued Caton, accusing him of selling “unapproved drugs” — herbal medicines that have never been, and will never be, approved by the FDA to treat anything.

He was convicted of these crimes in 2003 and served 33 months in federal prison. After serving his term, Caton was on probation for another three years. As Greg Caton’s wife explained to me in an exclusive interview, eighteen months into that probation, Caton received word that a “rogue FDA agent” named John Armand was intimidating his ex-employees in an attempt to convince them to testify against Caton in order to have him convicted of further charges that would lead to more prison time.

After submitting a request to his presiding judge to ask that the remainder of his probation be excused, Caton moved to Ecuador and acquired permanent residency there, in part to escape persecution by what he saw as a rogue FDA agent violating the law in an effort to see Caton prosecuted yet again.

As you’ll see below, this fear was not unfounded.

Selling anti-cancer herbs is no crime in Ecuador

In Ecuador, by the way, selling herbs and accurately describing their medicinal properties is not a crime. It’s common sense.

Every pharmacy, health food store, shaman and medicine man openly talks about the anti-cancer properties of various herbs. No one goes to prison for selling medicinal herbs in Ecuador -- the very idea seems silly.

Why would any nation want to lock up its healers?

So the “crimes” for which Caton was convicted in the USA aren’t even considered crimes in more medicinally enlightened countries such as Ecuador. There, people like Caton are considered valuable members of society. Back in the U.S., the only real crime Caton was now guilty of was failing to serve his last 18 months of probation. But even that probation sentence was based on the false crime of Caton selling medicinal herbs while accurately describing their health-related properties. In other words, if not for the FDA’s persecution of all herbalists who sell anti-cancer herbs, Caton would never have had jail time nor probation to begin with.
The FDA invokes Interpol

When the FDA realized Greg Caton had moved to Ecuador, they went to work to try to have Caton arrested internationally. In order to accomplish this, they needed to have Greg Caton listed as a wanted fugitive with Interpol, the international police database headquartered in Lyon, France.

Interpol is normally reserved for listing serious criminals: Murderers, rapists, terrorists, international money launderers, war criminals and the like. NaturalNews contacted Interpol to inquire as to how Gregory Caton, an herbal formulator violating nothing more than probation, could have been listed with Interpol as a wanted international fugitive with a so-called “Red Notice” -- Interpol’s highest alert level.

This is the kind of alert level someone like Osama Bin Laden might normally merit with Interpol.

We were told by the U.S. Interpol office (under the DOJ), “those individuals placed on a Most Wanted List are the ones who have allegedly committed the most heinous of crimes for a very long period of time.” In other words, the Interpol “Red Notice” designation -- which was applied to Greg Caton’s listing -- is never applied to people who merely skip probation. The Greg Caton listing with Interpol, NaturalNews learned, was off protocol.

Someone, it seemed, had managed to exploit the DOJ / Interpol system to get Caton listed as an international fugitive when he was merely guilty of skipping out on the last 18 months of his probation.

Exaggerating the information with Interpol

To make the Interpol listing sound more serious, paperwork was submitted to Interpol decision makers that listed Caton’s offenses as “drugs related crimes, fraud.”

This implies that Caton was engaged in some sort of serious drug operation: Drug smuggling, perhaps, or drug dealing. In reality, his only crime was selling medicinal herbs that the FDA mislabels “drugs” in its own bizarre regulatory language -- the same language that calls cherries “drugs” if they are sold alongside any words describing their benefits for relieving arthritis pain and inflammation. To the FDA, even a bottle of water can be considered a “drug” if it’s sold with the claim that it prevents dehydration, a medical condition.

The obvious question in all this, then, is: Who could have managed to exploit the Interpol system and get Greg Caton listed as an international fugitive?

Clues lead back to the FDA’s Office of Criminal Investigation. The clue comes right from the Interpol listing itself, where it describes the origin of the “arrest warrant” as Lafayette, Louisiana.

Lafayette, Louisiana is the former operating base of FDA criminal investigations officer John Armand, the agent who went after Caton in 1999 and who managed to get him convicted of a felony crime (selling medicinal herbs) in 2003.

NaturalNews attempted to contact John Armand to get his comments for this story. I called the FDA office in Lafayette, Louisiana, identified myself as a reporter for NaturalNews, and asked to speak with agent John Armand. I was told he had been relocated to Florida and could now be reached out of the Jacksonville office.

I called the FDA’s Jacksonville office, identified myself and asked to speak with agent John Armand for his comments on this story. I was told that I must first speak to a “press officer” of the FDA, as only a press officer could offer public comment. The next day, I was able to reach FDA press officer Mike Kelly whose reply mirrors FDA official policy: “No comment.”

The FDA, he explained, never comments on any “ongoing investigation.” In all, I placed five phone calls to various offices of the FDA, each time asking to speak with John Armand to get his side of this story. In every case, I was stonewalled and either told to talk to someone else or given the “no comment” reply.

Recap

Just to make sure you’re following the twisted details of this story, here’s a quick recap:

Greg Caton, a U.S. citizen and legal Ecuadorian permanent resident operating a legal Ecuadorian business selling medicinal herbs to customers around the world, was arrested at a road checkpoint in Ecuador. A few days later, against the demands of an Ecuadorian judge, he was involuntarily placed onto an American Airlines commercial jet where he was flown to Miami and put in a federal holding facility.

As Kathryn Caton told me in a recent interview, “I blame American Airlines as much as I do the U.S. To me, they are part of this illegal kidnapping... to me it’s a terrorist act. They helped and cooperated with illegally kidnapping my husband and flying him to the U.S. They were told repeatedly by this Ecuadorian federal judge that he is not to leave the country, and they cooperated with these U.S. officials to illegally remove Greg from the country, against Ecuadorian court order.”

His arrest in Ecuador was made possible by the “Red Notice” listing with Interpol. That listing was submitted through the United States National Central Bureau (USNCB), under the DOJ (Department of Justice), and it was submitted to the USNCB by the FDA. Within the FDA, the source for the listing was the Lafayette office, where agent John Armand operated.

The “Red Notice” listing, however, was off-protocol because Greg Caton was only guilty of skipping out on probation, not engaging in the kind of “heinous crimes” normally required to achieve a Red Notice listing with Interpol, which is normally reserved for terrorists, mass murderers and war criminals.

The Interpol listing was the key to getting Greg Caton arrested and illegally deported from Ecuador, without the U.S. engaging in any sort of formal extradition process as required by international law. In essence, the United States of America kidnapped Greg Caton, denied him his civil liberties under Ecuadorian law (and even perhaps under U.S. law), and illegally transported him out of Ecuador against the demands of an Ecuadorian judge.

This entire charade was masterminded by the U.S. Food and Drug Administration, which managed to trick Interpol into flagging Caton with a “Red Notice” status even though his only outstanding crime was skipping out on probation to go seek a life of peace in a nation that welcomed his medicines instead of criminalizing them.

Does Cansema work?

Greg Caton’s top-selling anti-cancer formulation is called Cansema, and it is sold by Alpha Omega Labs as an effective herbal treatment for topical cancers.

If you have skin cancer of any kind, I encourage you to learn about Cansema and how it has
eliminated cancers in many people. Even though Greg is now imprisoned in the U.S., Alpha Omega Labs is still open for business, and you can purchase Cansema online right now at www.AltCancer.com (note: NaturalNews has no financial relationship whatsoever with Alpha Omega Labs or Greg Caton).

Behind all the accusations, prosecutions and legal entanglements, the real question in all this seems to have been entirely avoided by U.S. health authorities. That question is, of course, does Cansema work? Does it really eliminate topical cancers?

If it works, then why all the criminal accusations against Greg Caton in the first place? Why the absurd labeling of his herbal products as “unapproved drugs” when even Caton himself doesn’t call them drugs? He simply (and accurately) describes them as medicinal herbs, which is what they are. I find it fascinating that if I place a bottle of Cansema in my pocket when I board a plane in Ecuador, it’s just “herbs,” but when I exit the plane in Miami, suddenly those herbs have been transformed into “unapproved drugs” by the regulatory language police who operate in the U.S. much like the Ministry of Truth from George Orwell’s novel 1984.

Regardless of what the product is called, the FDA isn’t at all interested in whether Cansema actually works. The mere fact that the herbs were sold as a natural cancer treatment without FDA approval is enough to have Caton condemned as an international criminal. But in taking this stance, the FDA misses out on the thousands of satisfied customers who have successfully used Cansema to cure their own cancers.

Case in point: Dr. Brian O’Leary, a former NASA astronaut who has published over 100 scientific papers in peer-reviewed science literature (http://www.brianoleary.info/about.html). Dr. O’Leary is a customer of Greg Caton’s. When he heard about Caton’s illegal arrest and deportation from Ecuador, he issued this passionate statement:

**Statement from Dr. Brian O’Leary**

Greg Caton is a friend of mine and an extraordinary healer. I was shocked to hear about his kidnapping and illegal deportation to the U.S., regardless of perceptions of his legal status within the U.S., something I understand to be a mild violation at most. He is a legal resident of Ecuador and conducts a legal alternative health product [company] here. I thoroughly support his work in healing untold thousands of people of cancer and other serious diseases.

My own healing happened when Greg arrived at our home two years ago with his product Cansema. I had just been diagnosed with basal cell skin cancer after a biopsy had been taken from a very large and deep lesion on my back. I was scheduled for surgery the following week. I cancelled the surgery and applied the Cansema (a black salve consisting of a mixture of herbs and a bit of zinc chloride), and, in 3-4 weeks, a black scab formed that subsequently fell off. After three applications of the salve over 2-3 months, the cancer disappeared, leaving only a slight discoloration where the cancer had been.

An examination by a dermatologist at the St. Agustin clinic in Loja, Ecuador, showed that the cancer was completely gone. No new lesions have formed anywhere on my body, and diagnostic blood tests for any systemic cancers recently showed negatives, i.e., no cancer in my body.

On the larger issue of the suppression of alternative possibilities in the health, environmental and technology fields, we see a pattern emerging that the true geniuses of innovation are all too often violently suppressed by authorities who illegally, unethically and immorally punish these true pioneers of our time — solely because of powerful vested interests that are far less effective in solving the problems presented.

This is an outrage, and I ask that, if justice has any meaning left, that Greg be released immediately from his current detention and flown back to his residence in Ecuador. This plea represents one of many coming from those of us who strongly feel that justice can only be served by supporting rather than condemning those of us willing and able to move humanity into a new paradigm of healing and sustainability.

If Mr. Caton is not immediately returned, and those who illegally bribed, kidnapped, deported and detained him are not held accountable, then many of us will need to take this issue to its next level for public airing.

Brian O’Leary, Ph.D., former U.S. astronaut

*Why healing is a crime in America*

As these events clearly demonstrate, selling products that actually help people heal is a crime in America. There’s a wonderful book on the topic, in fact, by author Kenny Ausubel, entitled, *When Healing Becomes A Crime*

If you take a chance to read this book, you will discover that the kind of lawless tyranny, oppression and intimidation that has just been demonstrated against Greg Caton is nothing new for U.S. health authorities.

Similarly unscrupulous activities were being undertaken by the AMA in the first half of the 20th century in a desperate attempt to destroy the credibility (and livelihood) of Harry Hoxsey, a man who also manufactured and sold topical anti-cancer salves.

To this day, intimidation campaigns continue against companies selling anti-cancer remedies. It happens so often that one day when I was walking along the sidewalk in Boca Raton, I met a couple who, when they realized who I was, told me they had been forced to flee the United States to pursue their anti-cancer stem cell work in another country.

Mexico, the Bahamas, Central and South America are all full of expat scientists, alternative medicine doctors, herbalists and naturopaths who have been forced to flee the USA or face imprisonment for their “crimes” of treating cancer with things other than FDA-sanctioned chemotherapy, radiation or surgery. This is why Americans have virtually no access to cancer clinics that offer real hope for healing. Instead, the American population is relegated to suffering the toxic side effects of chemotherapy and radiation under the “guidance” of nutritionally-ignorant oncologists who are poor doctors, but excellent followers of the FDA regime.

What Greg Caton’s illegal arrest and deportation really represent is the ongoing war of tyranny against healers that’s still pursued by the FDA and its “secret police” Office of Criminal Investigations (OCI).

This OCI, it turns out, operates with no oversight and no respect for the law of any land. Its employees and contractors openly engage in the intimidation of individuals engaged in the selling of natural products, routinely threatening them with imprisonment, armed raids, the seizure of their products and criminal prosecutions. Even Dr. Andrew Weil was recently threatened in this manner by the FDA.
But NaturalNews asks the question: Who does the OCI answer to? The answer is no one. There is no Congressional oversight, no judicial oversight and no civil rights protections for individuals targeted by the FDA's OCI. The U.S. Constitution and its Bill of Rights -- which are supposed to guarantee freedom of speech for herbalists as well as everyone else -- are thrown out the window by the OCI. Once you are targeted by the OCI, you have no rights to free speech.

You are considered an enemy of the state and can find yourself listed on Interpol alongside terrorists and war criminals even though your only crime might be selling herbal creams to natural health consumers.

The FDA claims its OCI office helps protect the American people from unscrupulous quacks and charlatans. Certainly, there is a role for that function in any society, as many companies will inevitably try to cheat the public by selling health-related products that don't work (Tamiflu comes to mind, incidentally).

But do we really need to be protected from an herbal product that works? How is Greg Caton's selling of herbal medicine harming anyone at all? His product really works, and if the FDA was interested in what works, you would think they might be interested in embracing herbalists instead of criminalizing them.

Anti-cancer herbs are common knowledge in Ecuador That all this is going on in the USA is considered quite bizarre to locals in Ecuador, by the way. They are astonished at the idea that the United States of America would take a tax-paying, economy-boosting business person selling medicinal herbs and throw them in prison as criminals where the state must now foot the bill with taxpayer dollars.

Keep in mind that Greg Caton was operating a perfectly legal business in Ecuador, with all necessary licensing, taxes and regulatory requirements. He was purchasing herbs from farmers, Shamans and land owners, then reformulating those herbs into long-proven anti-cancer remedies that were then sold to customers all over the world. He was breaking no laws in Ecuador, and in fact, he was contributing to the Ecuadorian economy by boosting exports and buying bulk herbs from all over Ecuador. Caton was a huge economic asset to the nation of Ecuador.

But he was a huge liability to the U.S. cancer industry which continues to base its business model on the intimidation and criminalization of anyone who offers cancer solutions outside the realm of pharmaceuticals, radiation and surgery.

The cancer industry's enforcement arm is the Food and Drug Administration, a dubious agency that follows no law (literally, there are no laws limiting the actions of the FDA) and operates with virtually no oversight whatsoever. Essentially, the FDA operates like the mob, respecting no law while using tactics of intimidation to assert its power and authority over others.

The failure of Interpol

Interpol, for its part, is already shrouded in corruption controversy. Its top chief now stands accused of maintaining links to organized crime, accepting bribes, and maintaining a relationship with a convicted smuggler of real drugs (not herbal medicines) -- a man named Glen Agliotti. NaturalNews has learned that Interpol is routinely abused by profit-seekers in India, who use India's arcane "dowry laws" to label innocent spouses as international fugitives in order to blackmail them for payoff money. Interpol has openly participated in this blackmail scam for many years, allowing its website to be used as a point of leverage for "dowry scammers"

We also found complaints about the abuse of Interpol by corporations in Dubai that are using the flimsy judicial system there to blame foreigners for corporate embezzlement when, in reality, people in Dubai are walking away with the cash.

In fact, if you begin to dig into this story, you'll find that Interpol is frequently used by scammers to red-flag innocent victims, so it's not much of a surprise to learn that the FDA rigged Interpol to list Greg Caton as a criminal mastermind in order to have him arrested, kidnapped and illegally deported to the United States.

Certainly, Interpol has some useful function in the world, as the sharing of police intelligence about truly dangerous, violent criminals seems a worthy goal. But when the system is used to destroy the lives of innocent victims who are guilty of no such heinous crimes, it becomes a tool of the destruction of human rights.

Rather than protecting the innocent, in this case Interpol was used by the FDA to persecute the innocent. And that speaks strongly about the lack of credibility at Interpol.

Its "Red Notice" listings apparently carry no more credibility than a plastic police badge found in a box of Cracker Jack.

About the term "kidnapping"

Some may question my use of the term "kidnapping" to describe the illegal arrest and deportation of Greg Caton from Ecuador. But if you carefully examine the definition of the word, you'll find it applies quite precisely to this situation:

Kidnapping: To abduct by force or fraud. (Random House Dictionary)

As in, to involuntarily remove someone from their own home or property, with the threat of force (firearms), without the due process of law.

The United States of America, under this definition, is guilty of kidnapping an Ecuadorian resident. In no way did the USA engage in any legal extradition processes, nor did the USA even acknowledge any Ecuadorian law. Greg Caton was simply hauled away without a fair hearing and without any opportunity to defend himself against the charges being leveled against him.

This is not merely a violation of Greg Caton's civil rights, it is a violation of international law.

Action items: What you can do right now

You have the power to help rights these wrong and bring the FDA's actions in this matter to light.

As the editor of NaturalNews, I urge you to forward this story to your Senators and Congressional representatives. Someone please also make sure this story gets into the hands of Sen. Charles Grassley.

Protest this action with your elected representatives. In your own words, tell them why you think this kidnapping of Greg Caton is a great injustice that needs to be corrected.

Ask them to investigate the FDA's Office of Criminal Investigations and determine how it is that
FDA agents are able to exploit Interpol listings to achieve the illegal kidnapping and deportation of U.S. citizens living abroad.

**Why this truth must be told**

People will ask me, upon this publication of this story, why I'm willing to speak out against the FDA, the DOJ and Interpol.

Actually, I have nothing against any of these organizations as long as they serve the People rather than the interests of domineering corporations. The FDA, DOJ and Interpol all have an important place in a just society -- but only if they stick to their original charter and use their resources to serve the greater good. What this story on Natural News reveals is that each of these organizations has, in one way or another, been hijacked by corporate interests in order to suppress the actions of one individual whose products threaten the profits of the pharmaceutical industry.

In essence, Interpol has now been used to enforce the profit aims of Big Pharma, and that's not what Interpol is supposed to be used for. It's supposed to be about protecting the innocent, not allowing itself to be subjugated by Big Business (because, of course, the pharmaceutical industry virtually runs the FDA these days).

When Big Business runs the regulatory offices, the criminal investigation offices and the police organizations, the world is no longer safe for anyone who threatens the status quo. When the police intelligence community is used as law enforcement puppets by the corporate puppet masters, anyone who acts in competition with the established profit centers of corporate America (and cancer is a huge profit center) is immediately targeted for criminalization, prosecution and incarceration.

**These are not the traits of a free society.**

They are not the actions of a justice system. They aren't even what you would expect to find in a western nation that claims to operate under a free market enterprise system.

And yet this is exactly what we are seeing in the United States of America today, where this nation of regulatory tyrants is now openly engaged in the international kidnapping of innocents who have, for understandable reasons, chosen to reside in countries that do not consider herbalists to be criminals.

**Free Greg Caton.**

Time to Demand Accountability.... Say NO to the Suppression of Cancer Cures it is way Past Time for this.

The FDA’s Job is to make sure you Die Suffering and Pay the Drug Cartel, the Big Pharma and the Power Elite on your way out...
CANCER
Part of the Following:

LARGE SCALE STUDY OF THE SAFETY AND EFFICACY
of the SCIO Device
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Andreea Taflan DBF IMUNE

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Developed By:
The Centro Ricerche of Prof. William Nelson University of Venice + Padova, Italy

This study was performed in the field by practicing Biofeedback technicians. Data was collected and the study supervised by the Ethics International Institutional Review Board of Romania. The Data analysis and study presentation is done by the The Centro Ricerche, University of Venice + Padova, Italy


PLEASE NOTE THAT THIS IS A SHORTENED VERSION OF THE DOCUMENT. THE FULL ARTICLE IS AVAILABLE FOR DOWNLOAD AT WWW.IMUNE.NET.

Abstract
This study demonstrates the safety and effective qualities of the SCIO device used in a large scale study. A large scale study of over 97,000 patients with over 275,000 patient visits reported their diseases. Many of them reported this disease. And the results of their therapy is reported in this study. The SCIO device uses the principles of Quantum Electro Dynamics (QED) as the base of an energetic medicine technique for healing. Bioresonance, Voltammetry, Trivector Provocative Allergy Tests, Infection Reaction Testing and Immune Stimulation, Electro-Acupuncture, Neurological-Stimulation, Biofeedback-Psychological Interaction, Muscle-Neurological Re-education, Homotoxicity and Homeopathy, Electrophysiological Diagnosis, Behavioral Management Therapy and more are avantgarde therapies registered for the SCIO device to perform on patients. Cancer is a dys-regulation of the metabolic/reproductive epigenic rhythm. This dysfunction shifts the energy from metabolism to reproduction. Thus the cancer cells grow. This is explained in the PROMORPHIEUS and in the IMUNE cancer video. The SCIO device can interrupt the epigenic dysfunction and thus destroy the cancer cells. In this study the disease group total number of patients was 7,672, with Subspace Treatment 2,109 patients, and 5,563 SCIO Harness Patients. There was

Subspace Treatment 5,601 patient visits, SCIO Harness Treatment 16,720 patient visits.
The results show dramatic promise for the premise that the QED functions of the SCIO can have healing effects on a cancer patient. There was over 2,000 cases of cures reported in this study. More than fifty percent of the patients reported positive results. There was insignificant negative effects reported.

Introduction

Overview:
This Large scale research was designed to produce a extensive study of people with a wide variety of diseases to see who gets or feels better while using the SCIO for stress reduction and patient monitoring. The SCIO is a evoked potential Universal Electro-physiological Medical apparatus that gauges how a individual reacts to miscellaneous homeopathic substances. The device is registered in Europe, America, Canada, S Africa, Australia, S. America, Mexico and elsewhere. The traditional software is fully registered. Some additional functions where determined by the manufacturer to be worthy of evaluation. Thus a study was necessary to determine safety and efficacy. (As a result of these studies these additional functions are now registered within the EC)

An European ethics committee was officially registered and governmental permission attained to do the insignificant risk study. Qualified registered and or licensed Biofeedback therapists where enlisted to perform the study. Therapists were enrolled from all over the world including N. America, Europe, Africa, Australia, Asia, and S. America. They were trained in the aspects of the study and how to attain informed consent and transmit the results to the ethics committee or IRB (Institutional Review Board).

2,569 therapists enlisted in the study. There were 98,760 patients. 69% had more than one visit. 43% had over two visits. There were over 275,000 patient visits recorded. The therapists were
trained and supervised by medical staff. They were to perform the SCIO therapy and analysis. They were to report any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the therapist is to inquire on any reported changes during the meeting and on follow-ups any measured variations. It must be pointed out that the Therapists were free to do any additional therapies they wish such as homeopathy, nutrition, exercise, etc. Therapists were told to not recommend synthetic drugs. Thus the evaluation was not reduced to just the device but to the total effect of seeing a SCIO therapist.

- Part 1. The emphasis was on substantiating safety followed by efficacy of the SCIO.
- Part 2. Proving the efficacy of the SCIO on diseases (emphasis on degenerative disease)
- Part 3. Proving the efficacy of the SCIO on the advantage therapies of Complementary Med
- Part 4. QQC standardization

**Methods and Materials**

**SCIO Device**

The SCIO is an evoked potential Universal Electro-Physiological Medical device that measures how a person reacts to items. It is designed to measure reactions for allergy, homeopathy, nutrition, sarcoïds, nosodes, vitamins, minerals, enzymes and many more items. Biofeedback is used for pre-diagnostic work and or therapy. The QXC software will allow the unconscious of the patient to guide to repair electrical and vibrational aberrations in your body. For complete functional details and pictures, see appendix.

**Subspace Software**

The QXC software is designed for electro-physiological connection to the patient to allow reactivity testing and rectification of subtle abnormalities of the body electric. If a patient is not available a subspace or distance healing link has been designed for subspace therapeutics. Many reports of the success of the subspace have been reported and thus the effectiveness and the safety of the subspace link is part of this test. Many companies have tried to copy the subspace of Prof. Nelson and their counterfeit attempts have ended in failure.

**SOC Index**

The SCIO interview opens with a behavioral medicine interview. This is called the SOC Index. Named after the work of Samuel Hahneman the father of homeopathy, he said that the body heals itself with it’s innate knowledge. But the patient can suppress or obstruct the healing process with some behavior. Hahneman said that the worst way to interfere with the healing natural process was allopathy or synthetic drugs. Theses upset the natural healing process by unnatural intervention and regulation disturbance. Other ways to Suppress or Obstruct the Cure are smoking, mercury amalgams, stress, lack of water, exercise and many others. This behavioral survey then gives an index of SOC. The scores relate to the risk of Suppression and Obstruction to the natural Cure. The higher the scores the more the Suppression and or Obstruction. The scores of 100 or lower are ideal. A copy of the SOC index questions appear in the appendix.

**Study Technicians:**

The study technicians were educated and supervised by medical officers. The study technicians were to execute the SCIO therapy and analysis. All were trained to the Standards of the International Medical University of Natural Education. Therapists from all over the world including N. America, Europe, Africa, Australia, Asia, S. America and elsewhere were enlisted to perform the study according to the Helsinki study ethics regulations. They were to chronicle any medical suspected or confirmed diagnosis. Therapists personnel are not to diagnose outside of the realm of their scope of practice. Then the study technician is to inquire on any disclosed observations during the test and on follow-ups report any measured changes. To test the device as subspace against the placebo effect, two of the 2,500+ therapists were given placebo SCIO devices that were totally outwardly the same but were not functional. These two blind therapists were then assigned 35 patients each (only 63 showed). This was to assess the double blind factor of the placebo effect as compared to the device. Thus the studied groups were

- A. placebo group, B. subspace group, and C. attached harness group. Cross placebo group manipulation was used to further evaluate the effect.

**Important Questions:**

*these are the key questions of the study*

1. Define Diseases or Patient Concerns
2. Percentage of Improvement in Symptoms
3. Percentage of Improvement in Feeling Better
4. Percentage of Improvement Measured
5. Percentage of Improvement in Stress Reduction
6. Percentage of Improvement in SOC Behavior
7. What Measured+How (relevant measures to the patient’s health situation)
8. If Patient worsened please describe in detail involving SOC

After the patient visit was complete the data was e-mailed to the Ethics Committee or IRB for storage and then analysis. This maneuver minimized the risk of data loss or tampering. Case studies were reported separately in the disease analysis.

**Results**

Before we review the direct disease improvement profiles, we need to review the overall results. The first most basic of question in the results is the basic feedback of the generic patient conditions.

1. Percentage of Improvement in Symptoms
2. Percentage of Improvement in Feeling Better
3. Percentage of Improvement Measured
4. Percentage of Improvement in Stress Reduction
5. Percentage of Improvement in SOC Behavior

The SOC index gives us great insight to this study. Each disease has a different cut off where the ability of the SCIO to help was compromised. As a general index scores of 200 + where much less successful.
This group significant SOC cut off was 80.
The Large scale study had over 98,000 patients and 275,000 patient visits we have direct evidence of the safety and efficacy. A placebo group was used for the large scale test to help validate the results.
This disease group total number of patients was 7,672
Subspace Treatment 2,109 patients, 5,563 SCIO Harness Patients

Overall Assessment

A. Subspace Treatment 5,601 patient visits
There were 4 cases of patients who reported a negative Improvement.
None of these cases reported any major difficulty.
There were

- 11 cases reporting no improvement of Symptoms, .002% of Subgroup
- 15 cases reporting no improvement in feeling better, .002% of Subgroup
- 11 cases reporting no improvement in stress reduction .002% of Subgroup
- 27%-- Percentage of Improvement in Symptoms
- 27%-- Percentage of Improvement in Feeling Better
- 28%-- Percentage of Improvement Measured
- 35%-- Percentage of Improvement in Stress Reduction
- 6 %----Percentage of Improvement in SOC Behavior

B. SCIO Harness Treatment 16,720 patient visits
There were 5 cases of patients who reported a negative Improvement. None of these cases reported any major difficulty.
There were

- 14 cases reporting no improvement of Symptoms, .001 % of Subgroup
- 15 cases reporting no improvement in feeling better, .001% of Subgroup
- 15 cases reporting no improvement in stress reduction .001% of Subgroup
- 56%-- Percentage of Improvement in Symptoms
- 57%-- Percentage of Improvement in Feeling Better
- 63%-- Percentage of Improvement Measured
- 75%-- Percentage of Improvement in Stress Reduction
- 20%----Percentage of Improvement in SOC Behavior

Case Study Report Condensation
There were 2,032 cases reporting complete cancer cures within one month of therapy. These were mostly cases with little synthetic chemical therapy. The personal confidential case reports will be published later.

From: Larry & Maria (Reg: Lung pictures before and after EPFX-SCIO ; 06-15 --- 06-28-2006)

Hello: We have owned and operated the QXCI-EPFX-SCIO for over 2 years and have several people and animals that are very happy with the results.
On 06-15, this year after a few days of spitting up blood, my Doctor sent me to a Pulmonary Specialist and they on the said date went down into my lung through my throat and took the above picture related to as ‘before’. The Doctor called in another Specialist who there are only three in the State of Washington where I reside, and this Doctor after viewing a Cat Scan, and other X-rays of my chest, and the mentioned lung picture, stated that he would have to go into my lung in the same manner as was done on 06-15, and use electric fire and burn away the tumor to see what was behind the said matter. He advised me of the dangers. Also that it was believed to be the C word. Between 06-15 and 06-28-06 myself, my wife and a friend with a SCIO worked on my lungs.
On 06-28, the Doctor went into my lungs and took the second picture and was astonished that there was nothing there... I had told him that the blood coming from my lungs had stopped.
I certainly credit the SCIO and I believe it is a wonderful tool for all living creatures and for my good fortune to having being introduced to it and above all, following through with owning one.

Respectfully yours, Larry and Maria

Tumor Before SCIO Treatment
Two Weeks Later, After SCIO Treatment Tumor Gone

Hi again. Just a note to follow up on the lungs. On Oct. 20th I did a follow up CT Scan for the Pulmonary Doctor on my lungs and he gave me the good news that everything is fine and only scars where the tumors had been. No tumors now. Just to let you know that we credit the QCI-SCIO for the good news. I have been doing weekly follow ups on the SCIO. Happily Larry.....

End of Testimonial 2006.06.28.”

Testimonial 2007.2.16

Latest pics of one of my cancer patients before during and after - Alistair
Pictures 1-16 show a skin tumor (Class S) falling off, after each SCIO treatment 16 in all
Fig 7 tumor feel off Path report of tumor confirms it malignant

Fig 8

Fig 9

Fig 10
Fig 15

Fig 16 tumor gone skin on way to health - End of testimonial-skin tumor New Zealand 2007, 2.16

„An own case in the Heiliger Family“
An invertet ovarian tumor on the left side

V. a. Ovartorquierung (Eierstockstieldrehung) links mit Einblutung in Zyklusmitte am 17. 4. 2006 abends mit akuter Symptomatik und Klinik
V. a. Ovartorquierung (Eierstockstieldrehung) und Einblutung links am 18. 4. 2006 morgens mit gleichem Ultraschallbefund, jedoch völliger Beschwerdefreiheit nach 12 - stündiger SCIO - Behandlung

Morphologischer Befundvergleich

17.4.2006 abends

18.4.2006 morgens

Befund am 3.5.2006 im Nachmittag nach wiederholter SCIO - Behandlung mit resultierender normozyklischer Hypermenorrhoe am 30.4.2006 (13. Tag nach Akutereignis in Zyklusmitte)
Feb 15 mammogram showing 5.5 cm tumor, Jun 4 mammogram after chemotherapy shows reduction to 2.7 cm.
Jun 24 no tumors seen

July 12 still no tumors seen

Jan 2 X-ray shows pear-sized tumor

June 21 a "negative lung"
Fluid or remnant closely packed small tumors (small white areas) in the lungs.

Jan 31: only six tumors remain.

Dec 31: about 200 closely packed small tumors (small white areas) in the lungs.

Air capacity doubled; tumor dissolving.
Apr 25 One tumor gone. remaining wmr shrunk to 4.0 x 4.3 cm. smaller masses more diffuse

May 16 Only poor texture left

Jan 14 CT scan shows an "adenoma"
Mar 1 adenoma - one

May 4 down to 2 tumors and a fibrous mass

Dec 12 CT scan shows many tumors
Usual or Customary Treatment Plan

Degex; Degex Liquesence; Fatty Acid Liquesence; Vitamin C Powder; Vitamin A: Circulation sluggish, fatness and general tendency to put on unhealthy looking flesh, lazy disposition, glandular swellings, PHYTOLACCA (high potency) dialy. Dejected appearance, sallow or yellow complexion, unhealthy state and color of skin; exhausted feeling, tired; constipated and generally irritable, HYDRASTIS CANADENSIS (high potency). Thin, irritable, anxious, frightened, despondent, small appetite, poor digestion; with serious trouble in the abdomen, ARSENICUM ALBUM, (high potency). If there is burning pain in the abdomen, take an extra dose daily for a week or two.

Of the bone; CALCAREA FLOURICA, HECLA, or PHOSPHORUS daily.

Of the breast; CONIUM MACULATUM (high potency) dialy.

Of the breast or other parts with a bluish appearance, LACHESIS (high potency) dialy.

Of the ligs, LAPIS ALBUS and CONIUM (high potency).

Of the liver, CHOLESTERINUM MAJUS, CHOLESTERINUM (high potency) dialy.

Of the liver and General Dropsy, CARDUIUS MARIANUS (high potency).

Of the liver with bloody diarrhea, NITRICUM ACIDUM (high potency) dialy.

In the throat, VIOLA ODORATA. One pint of boiling water should be poured on to about two dozen of the fresh leaves of the sweet scented violet and allowed to stand twelve hours. Moisten a compress thoroughly with this and apply externally to the throat and neck area. (Use VIOLA ODORATA TINCTURE, a teaspoonful to a 1/2 pint of freshly boiled water; then cool). Of the tongue, KALI CYANATUM (high potency) dialy. Fatty tumors, in any part of the body, THUJA OCCIDENTALIS, gradually increasing to 1M potency. Hard knotty growth in the breast, CALCAREA FLOURICA, gradually increasing to 1M potency.

PHYTOLACCA is also a remedy for this type of cancer. Which bleeds black, stringy blood, CROCUS SATIVUS (high potency). Which bleeds frequently, NITRICUM ACIDUM (high potency). With burning, shooting or stinging pains, LAPIS ALBUS, APIS MELLIFICA, or ARSENICUM ALBUM, VIOLA ODORATA (high potencies), and apply externally (see above). With much or little bleeding, CALENDULA (high potency) dialy. In suggesting the above remedies it must be noted that every cancer case, like all other cases, must be most carefully considered and taken on its own special symptoms. The following are all remedies used in cancer treatment. Re consider the case every week.

ARSENICUM ALBUM, CALCAREA FLOURICA, CALENDULA, CARCINOSINUM, CHEDIONIUM MAJUS, CHOLESTERINUM, CONIUM MACULATUM, CROCUS SATIVUS, CUNDURANGO, IRIS VERSICOLOR, KALI BICROMICUM, KALI CYANATUM, HYDRASTIS CANADENSIS, LACHESIS, LAPIS ALBUS, NITRICUM ACIDUM, PHOSPHORUS, PHYTOLACCA, SILICEA, SYMPHYTUM, THUJA OCCIDENTALIS, VISCUM ALBUM, and there are others also which are for cancers of various types.

Cancer is NOT curable by any one remedy Many are necessary to meet the various stages and symptoms in every case hence the great necessity to very closely watch and medicate each most carefully and study every detail to ensure selecting the remedy which absolutely answers to the symptoms. IN EARLY ALL CASES OF CANCER CARCINOSINUM (high potency) is given twice weekly. DO NOT GIVE ANY OTHER REMEDY ON THE SAME DAY. SEE CANCER HOMEWORK TREATISE it was suggested to be handed out with each patient.

SCIO Treatment Suggested

- **Color**: set patient’s favorite if desired, or choose color by chakra that is deficient
- **Cosmic**: set 1 for physical body, 2 for astral, 3 for etheric, 4 for mental, 5 for cosmic, 6+ for other
- **Magnetic Method**: 1-10 is universal, 7 for detox, 8 for regrowth of new tissue, 3 for injury, 2 for metabolic correction, 5 for inflammation, 6 for infection, 9 for psych stress, 2 for energy stimulation, 4 for immune stimulation
- **Frequency**: 1k-10k, 555 Hz, 333 Hz, 500~1500 Hz

Cancer therapy for 30 min once a month in early stages once a week in later stage. Scalar for 30 min once a month in early stages once a week in later stage. Trivector for 10 min once a month in early stages once a week in later stage.

Discussion:
The results show significant improvement in symptoms and feeling better. The Collective results show a dramatic benefit to the SCIO therapist visit. There are most significant results when the SOC index is below 80. So the behavioral medicine component of the cases is of primary concern. When there was little chemotherapy and or radiation there was also significant results. This indicates that the QED component of the SCIO system is quite possibly an excellent therapy for small cancers in healthy people. The policy of good not bad fatty acids, and good not bad sugars also has significant capacities for future consideration. The SCIO therapy coupled with good nutritional, homeopathic, and behavioral medicine has sound intellectual and scientific potential for helping patients.

BIBLIOGRAPHY

Books
Articles and Studies

8. International Medical Journal of the Science of Homeopathy, IMUNE PRESS
The photo below shows a tumor about to come out. Several other are already out this is after a few sessions on the EPFX.

The next pic was taken after about three weeks form the start for therapy.

The next pic was taken a week later sowing a great outcome.
This took place some six years ago the patient is still live and well and in good health.

The debate surrounding the effectiveness of using natural cures for prostate cancer has gone on for quite some time. Although some people are advocating the use of herbal medicines and other natural processes in treating cancer, most of the scientific community is still hesitant to endorse such options.

Most natural treatment options are based on herbs or antioxidants. In studies advocating the use of natural methods for treating prostate cancer, saw palmetto is often highlighted. This herb is primarily known for its anabolic properties and is more commonly used in treating benign prostatic hypertrophy (BPH). The herb operates by inhibiting the synthesis of growth-stimulating dihydrotestosterone (DHT) and promoting DHT elimination through the lowering of estrogen levels. According to several clinical studies, saw palmetto is actually more effective in treating enlarged prostate than the prescribed drug, Proscar. These studies also argue that using the herb is better than using Proscar since the latter is more expensive and is associated with several side effects that include erectile dysfunction.

There are receptor sites in the prostate tissue that are stimulated by male sex hormone testosterone and turned off by female hormone. Every human makes both sex hormones in the adrenal gland. For some reason mostly due to stress, over use, smoking, toxins, bad diet etc the cells can go cancerous and they are over fed by male sex hormone.

Since stress releases adrenalin from the adrenals and in the male excess stress will release one
male hormone molecule for every five adrenalin molecules, then stress is a main culprit in prostate cancer. The only recoveries from prostate cancer known are those that totally release and walk away from stress. Start with the complete change of lifestyle and go to a stress free life.

It is time in your life to go from warrior to wise man from crazy male to relaxed elder. Get in touch with your female side. And reduce male crazy stress.

Do not use testosterone foods like celery, sarasaparilla, dextrose sugars, corn, potatoes, and red meat. Eat foods rich in female hormone like tofu, soybean, sunflower oil, licorice, olive oil, fruits and vegetables. Drink one 4 to 6 oz glass of lettuce juice every day. Use apple, elderberry, currant or other fruit juice for flavor. Elderberry is the best. Drink one glass of stinging nettle tea once a day. In some parts of the world, the herb stinging nettle is also used to cure prostate disorders. This herb is marketed in the Europe under the name Bazon. Use any of the formulas in this book to try to reduce your cancer.

Another popular herbal remedy promoted by a number of studies is pygeum. Pygeum is an indigenous African remedy derived from tree bark. This herbal remedy contains chemicals that inhibit DHT synthesis and is often used to treat enlarged prostate. Aside from saw palmetto and pygeum, there is another herbal remedy that has become popular among natural cure advocates, and this is Cernilton. This herbal product is prepared from the extract of rye pollen and is used to treat BPH and prostatitis. The pangamate acid or B15 as it is called, or if you like the Russians who call it liquid oxygen is good for all cancers. It provide a methyl donor that makes oxygen work better. It is sold as the Sport oxygenator from New Vistas.

Some natural remedies for prostate cancer and other prostate disorders use antioxidants as their primary ingredients. Lycopene, resveratrol and selenium are among some of the more common of these antioxidants. Most herbal remedies or antioxidant-based cures are marketed as supplements since absolute confirmation of their ability to cure cancer has yet to be issued by medical and health authorities. The effectiveness of natural cures for prostate cancer has not yet been fully agreed on and some medical societies still oppose the use of these remedies. Nevertheless, advocates of these methods are continuously promoting them as treatment options for cancer.

Nutrition & Prostate Cancer

Nutrition plays a very important role in cancer treatment. Scientific evidence shows that nutrition and physical activity are the two most important modifiable risk factors to alter the course of cancer, prevent its occurrence, and stop its progression. Remember, you are what you eat. Poor nutrition provides a favorable environment for cancer to grow and develop. Proper nutrition supports the immune system, starves cancer cells, and provides micro- and macronutrients.

- **Avoid** sugar (the preferred food of cancer), dairy products, refined foods, fried foods, junk foods, caffeine, alcohol, nitrates, and food coloring. Limit high-fat (e.g., saturated and trans fats) foods, particularly red meat, which have been implicated in prostate cancer.
- **Eliminate** food sensitivities. Use an elimination and challenge diet to determine food sensitivities.
- **Drink** 50% of body weight in ounces of water daily (e.g., a 150 lb person would drink 75 oz of water). Drink spring or distilled water; avoid chlorine and fluoride.

Supplements & Prostate Cancer

Supplements are intended to provide nutritional support. Because a supplement or a recommended dose may not be appropriate for all persons, a physician (e.g., a licensed naturopathic physician or holistic MD or DO) should be consulted before using any product. Recommended doses follow:

- **Curcumin** - 400 mg 3 times daily. Curcumin is a yellow pigment in Turmeric
- **(Curcuma longa)** with strong anti-inflammatory properties.
- **Fractionated citrus pectin** (also called modified citrus pectin or MCP) - 6 grams 2 times daily. MCP powder is usually dissolved in a small amount of water and then diluted juice. It interferes with cancer cells’ ability to aggregate and attach to healthy cells and inhibits cancer cell growth.
- **Genistein** - 200 mg daily. An isoflavone that inhibits the growth of cancer cells and acts as an antioxidant. Soy nuts are high in genistein.
- **Green tea** - Drink at least 4 cups a day or take a standardized extract. Inhibits cancer cell growth and induces apoptosis (programmed cell death).
- **Lycopene** - 10 mg daily. A carotenoid found primarily in tomatoes.
- **Melatonin** - 20 mg daily. Inhibits cancer cell growth and potentiates the beneficial effects of chemotherapy and radiation while reducing their side effects.
- **Selenium** - 400–800 mcg daily. A potent antioxidant.
- **Vitamin D** - 25–50 mcg daily. Inhibits cancer cell growth and may induce apoptosis.
- **Vitamin E succinate** - 1200–1600 IU’s daily. Inhibits cancer cell growth and promotes normal cell division.
- **Zinc** - 1550 mg daily. As zinc competes with copper for absorption, it is important to supplement with copper. Zinc supplements containing copper are available. Supports immune function.
What is lung cancer?
Lung cancer is an abnormal growth of cells that starts in the lungs. Lung cancer is one of the most common forms of cancer in the US and is the leading cause of cancer death.
When you breathe, the lungs bring oxygen into the body and take out carbon dioxide. Carbon dioxide is a waste product of the body's cells.
Lung cancer can spread to other parts of the body, most often to the liver, brain, bones, and other parts of the lungs, including the outer lining (called the pleura). Cancer from other parts of the body may also spread to the lungs, but it is different from cancer that starts in the lungs.

How does it occur?
Tobacco is linked to 85 to 90% of cases of lung cancer. In addition to smoking, factors that increase your risk for lung cancer include exposures to:
- other people's smoke (secondhand smoke, or passive smoking)
- air pollution
- radiation at your job or in your environment
- asbestos
- radon gas
- industrial chemicals such as the byproducts from petroleum refining.

What are the symptoms?
Lung cancer grows for a while without causing symptoms. Symptoms may include:
- cough
- coughing up blood
- shortness of breath
- wheezing
- hoarseness
- chest pain
- weight loss
- loss of appetite.
This Lung Cancer Prevention and/or Curing Protocol is for people who are ready to take the full responsibility for their own health.

"The person who says it cannot be done should not interrupt the person doing it."

Chinese Proverb.

The protocol incorporates lifestyle change, and implements healthy diet, body cleansing, exercises and different traditional and natural therapies. Protocol contains links to other pages that give detail explanation for each part of this program. Please, follow the links, to fully understand all the words. Remember: There is always something that can be done! The first thing to do is to change your mood. If you are depressed, if you are unhappy, you can not be healthy. Advice: start with the Laughing cure!

Laughing provides us with the natural inner massage, and through change of mood it can account for up to 30% of cure!

The Lung Cancer Cause

To understand The Lung Cancer Prevention and Curing Protocol, you should first get familiar with The Lung Cancer Cause

Now, I assume that you know something about what is causing Lung Cancer, so we can continue with the Lung Cancer program.

The Lung Cancer Diet

Let’s start with most simple part of this program: Lung Cancer diet. When it comes to diet, it is very important to avoid eating Toxins and Foods that Kill. Please follow those links and learn what are The Toxins I am talking about and what are those "Foods that Kill". Now, important part of your diet should also be Water Cure. Please, become familiar with Water Cure.

Your Diet should contain: Foods That Heal, Vegetable juices, Fats that Heal, Unrefined Sea Salt. Also, try to understand food tolerance. You can not find the right Lung Cancer diet, unless you fully understand and learn about food tolerance.

Lung Cancer Cured With Omega-3 Fats

The pangamate acid or B15 as it is called, or if you like the Russians who call it liquid oxygen is good for all cancers. It provides a methyl donor that makes oxygen work better. It is sold as the Sport oxygenator from New Vistas.

MSM

In the brain tumor testimony above, John mentioned he was also using MSM. MSM is especially valuable to be used for brain or spinal tumors because it is highly anti-inflammatory when used in large doses. (It is also excellent for pain relief in these high doses of 20 to 30 or more grams per day.) MSM is methyl sulfonyl methane, the type we suggest is from pine trees, and has commonly been used for arthritis, usually in small doses.

MSM in large doses can work almost immediately to help reduce inflammation of a brain tumor. One user took a couple of tablespoons of the powder, about 20 grams, after starting to exhibit symptoms from a swollen brain tumor following radiation therapy. In 15 minutes his symptoms were gone.

Anytime you kill cancer cells in a tumor, your body gets rid of these dead cancer cells using an inflammatory process that increases the size of the tumor. This inflammation can cause big problems if the tumor is in the brain or spine. Using MSM in large doses is one way to help reduce any possible inflammation - to help reduce these side effects. You may also need to focus on cancer fighting supplements that are anti-inflammatory in nature. (Look at the brain and spine cancer protocol for more information.)

MSM is actually an oxygenator. When metabolized in a cell, it releases a couple of oxygen ions. So it is a cellular oxygenator, and is, on its own, an excellent cancer fighting supplement, energetically testing at 630 for fighting cancer when taken in large doses. Being an oxygenator, it is an excellent detoxifier, kills cancer, candida, and parasites.

The sulfur it provides helps make the connections between cells more flexible. Which may make it particularly valuable for a lung cancer where the lungs start to stiffen up. And for skin cancers like melanoma. It also makes cells walls more flexible and porous, helping to get more nutrients and oxygen into cells, and to get the toxins out.

It is an alkalizer, and may be especially important to take with a stomach cancer. This is because a stomach cancer may end up producing a lot of acid, and at some point the acid production can become so great, it induces a great deal of vomiting. Taking MSM powder may help neutralize this acid, while at the same time help to destroy the cancer tumor. It is also useful to take bentonite clay to help absorb and neutralize this acid.

Typically gradually work up to taking 2 level measuring Tablespoons, about 20 grams a day for an early stage cancer, 3 Tablespoons a day for advanced stage cancers, and as much as 4 tablespoons a day for very advanced cancers.

Zeo3

Zeo3 is another unique oxygenation product that gets oxygen into cells, increases pH and even supplies a bit of zeolite. It’s principal benefit is oxygenation and improving the alaklity of your body. It is not as good to use as OxyDHQ but it is close.

The energy in a water molecule can be measured by the hydrogen bond angle. In general this varies from 101 degrees (dead water) to 109 degrees (high). In steam the angle increases to 120 degrees because of its high energy. Zeo3 undergoes a proprietary process involving thousands of heating and cooling cycles in an ozonated chamber to produce a highly functional, purified water with an increased hydrogen bond angle. In essence this is exactly the process water goes through in nature, heating (evaporation), cooling (rain) and ozonation as the water vapor high in the atmosphere is exposed to sunlight. This process loads up the water in Zeo3 with the following components:

Zeo3 is fully charged with oxygen levels at around 38%. Tap water comes in at only 8 to 10% oxygen. It is full of electrons from the extra hydrogen ions in the water. Vitamins need electrons to bring them to life. Pathogens and viruses are killed by electrons and oxygen. Old age creeps in as
you lose electrons. Because of how it’s made (it has extra electrons in the water), Zeo3 is a natural storehouse of electrons that your body uses in countless ways.

In addition, a high concentration of proprietary humic and fulvic acid extract that has been prepared with zeolite added to it. Humic and Fulvic acid come from soil organic matter, and are powerful antioxidants and free-radical scavengers. The humic acid’s “molecular baskets” pick up the smallest zeolite particles, making them soluble, and then the new solution is filtered at 0.02 microns which is a “sub-cellular” size – they can easily enter into the cells to revive and regenerate. Not as potent as Zeolite Enhanced, but a useful addition.

OxyDHQ

Our highest recommended oxygenation product, and actually a top anti-cancer supplement suggestion, is OxyDHQ. It uses at its foundation the same type of oxygen producing formulation as Oxy E, a deuterium fortified water with 84 minerals, 39 enzymes, 19 amino acids. Well, that is a bit more enzymes and amino acids than usual. Quite a few improvements have been made to it to make it a much better product.

First and foremost, it contains therapeutic levels of DHQ which on its own is a powerful free radical scavenger that also conditions red blood cells so that they are more flexible and work better. Increasing circulation. Next a special Vitamin C, ascorbo-phosphate, is added. This makes the DHQ work even better - and is about 16 times more potent than regular vitamin C. These two additions alone up the anti-cancer levels significantly, and may be able to extend healthy cell life up to 240% in test tubes.

Hydrogen peroxide baths, check online on how to do them, come in much stronger than drinking hydrogen peroxide, at 233 for cancer. Hydrogen peroxide IV’s if you can find a practitioner to give you them, are just a hair better, at 246. Two standard therapies suggested by top oxygenation doctors come in even better. Hyperbaric chamber treatments where high pressure drives oxygen into cells, comes in at 312. And the oxygen therapy where you breath oxygen while exercising on a treadmill, where the increased circulation from exercising carries the oxygen to more parts of your body, comes in at 314. These all can be done along with taking Oxy E or OxyDHQ if you want to work on oxygenation from several angles.

Cancer Strategy #1: Low Oxygen Levels Breed Cancer...

Increasing Cellular Oxygen Levels Kills Cancerous Cells

An underlying cause of cancer is low cellular oxygen levels. In newly formed cells, low levels of oxygen damage respiration enzymes so that they cells cannot produce energy using oxygen. These cells can then turn cancerous.

In 1931 Dr. Warburg won his first Nobel Prize for proving cancer is caused by a lack of oxygen respiration in cells. He stated in an article titled The Prime Cause and Prevention of Cancer that “the cause of cancer is no longer a mystery, we know it occurs whenever any cell is denied 60% of its oxygen requirements.”

“Cancer, above all other diseases, has countless secondary causes. But, even for cancer, there is only one prime cause. Summarized in a few words, the prime cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar. All normal body cells meet their energy needs by respiration of oxygen, whereas cancer cells meet their energy needs in great part by fermentation. All normal body cells are thus obligate aerobes, whereas all cancer cells are partial anaerobes.”

Poor oxygenation comes from a buildup of carcinogens and other toxins within and around cells, which blocks and then damages the cellular oxygen respiration mechanism. Clumping up of red blood cells slows down the bloodstream, and restricts flow into capillaries. This also causes poor oxygenation. Even lack of the proper building blocks for cell walls, Omega 3 essential fatty acids, restricts oxygen exchange.

This is why the flax oil in cottage cheese treatment popular in Europe has become a well known cancer treatment. It provides Omega 3 essential fatty acids needed by cell walls so that oxygen can enter the cells. Well actually it is popular because it works quite well. It is great for diabetes and heart or cardiovascular disease also.

To vigorously fight cancer with this approach, use a lot of flax oil or ground up flax seeds mixed in as much cottage cheese (organic preferably) as you need to get it down. Use up to 8 tablespoons of flax oil daily, or 16 tablespoons (1 cup) of ground up flax seeds daily with cottage cheese to enhance absorption. Make sure the flax oil or flax meal if you buy it, has been refrigerated at the store, and keep it refrigerated at home. If you grind up flax seeds, use them immediately or store the extra in the refrigerator or freezer. A coffee grinder or blender works for this. Flax oil goes rancid very easily. And stay away from vegetable oils as they hinder its effects.

Cancer Strategy #3: Lack Of Methyglyoxal Causes Cancer...

Getting Methyglyoxal Into Cells Puts The Brakes On Cancer

Dr. Albert Szent-Gyorgyi was the Nobel Laureate in Medicine in 1937 for the isolation and discovery of Vitamin C. Known as the "Father of Nutritional Science", he also discovered iso-flavones and vitamin P. In his last 40 years, he researched the regulatory processes of cell growth, and thereby the regulation of cancer itself.

He made a rather amazing breakthrough about cancer. In 1963 the prestigious magazine "Science" published a remarkable article about his research. In it Dr. Szent-Gyorgyi identified two substances, one called Retine, which inhibited cancer growth, and the other called Promine, which promoted cell growth and made cancerous cells grow faster.

He explained that these were very small molecules that were highly potent in controlling cell division. His research using mice achieved shrinkage of tumors by increasing the ratio of Retine to Promine with daily injections of Retine. Other researchers obtained similar results.

There were no harmful or toxic side effects. In another "Science" article in 1967 he announced that his laboratory had isolated and manufactured Retine, which retards cell growth, in the form of a Carbonyl compound called Methyglyoxal.

Again, in animal studies he showed that injecting Methyglyoxal daily into mice with cancer was highly effective. The study was divided up into 5 groups of 20 mice each. Every mouse in the control group died in the first 26 - 34 days. All mice were observed for 300 days. The first group began treatment 1 hour after inoculation with cancer. 15 survived
In the second group, beginning treatment 4 hours after inoculation, 13 animals survived. The third group began treatment 24 hours afterwards and 7 survived. The fourth group waited 48 hours and 4 survived.

In an interview in Prevention magazine in 1972 conducted by Jane Kinderlehrer, he explained that he and "Dr. Egyud have found that retine (methylglyoxal) stops the growth of cancer cells without poisoning other cells. When retine is present in sufficient concentration, no cell division can occur while vital cellular processes go on unhindered."

The article goes on, "And what is a good bit of luck, and not my cleverness, the white-haired scientist pointed out, "is that if a cancer cell cannot grow, it dies by itself." According to the researchers, retine is normally produced by the body and, when it is, it prevents the growth of existing cancer cells. But the body can lose its ability to produce this substance...

"Putting the retine back in the body, just as we put insulin back into a diabetic's body, can stop the growth of cancer... The scientists at Woods Hole found that cancer cells are much more sensitive to retine than normal ones, and so cancer cells may be inhibited specifically." To sum it up, the Carbonyl group - Glyoxal & Methylglyoxal, are retine. They arrest cell division and make cells return to a resting state. If Carbonyl is missing, uncontrolled proliferation goes on, and cells grow wildly and uncontrollably which leads to cancer. Glyoxal & Methylglyoxal are a non-toxic substance that is supposed to be in your cells. Putting them back in your cells has significant anti-cancer activity.

Another well known Nobel Prize winner of that period, Dr. William Koch, worked on this same issue with a different approach. Dr. Szent-Gyorgyi acknowledged his work saying, "A decade ago, a very intuitive researcher, Dr. William F. Koch, came to the same conclusion about the possible importance of Carbonyls in regulation of cell division and carcinostasis."

Other Cancer Killers

There is a cancer killing supplement on the internet that people ask about. a Miracle Mineral supplement great for malaria. Where the minerals may kill cancer cells too. Unfortunately, while it seems to work wonders for malaria, energetic testing puts this at a low 45 for cancer. It just doesn't work that well.

Cesium with some additional potassium and magnesium has been touted for fighting cancer. With some impressive results. It seems to be good but not great. Energetic testing puts it at 324 for fighting cancer. Take it while working with a doctor or naturopath as you can get your mineral levels messed up using it.

Artemisia has been touted by some as a cancer killer. There has been some concern about making sure you don't take too much of this herb. Though certainly it is much much safer than chemotherapy or any drug for that matter. Energetic testing puts its cancer fighting value at 230 when used in correct doses.

An extract from the Venus’s flytrap, is a highly touted cancer cell killer. It dissolves primitive cells including cancer cells but does not harm healthy cells. Energetic testing gives the high quality powder a healing power of 246. The liquid extract is better. It comes in at 327. Unfortunately it tends to be expensive and you need to use a lot of it.

Most chemotherapies, because of the damage they do to the body, and because of their low success rate, energetically test in a range from 30 to 40. Radiation therapy, if properly applied and focused on a tumor, is a 60. If the radiation damages too much other body tissue, it drops to a 25 in our energetic testing.

There are many other excellent supplements that deal of the underlying causes of cancer. So let's take a look at the best supplements for another effective cancer fighting strategy, boosting the response of the immune system.

Inhalation Therapy

The Essential Oil Component

Essential oils concentrate the therapeutic properties of flowers and plants and can provide therapeutic benefits in very small amounts. Most have anti-bacterial and anti-pathogenic and have historically been used for stimulation, relaxation, pain-relief and healing. They are highly concentrated; it normally takes a few hundred kilos and sometimes a few tons of flowers to obtain a liter of essential oil. Thus pure organic and wild-crafted oils, undiluted, as ours are, can be very expensive and of course very effective.

Another way to appreciate and understand the potency of essential oils is to look into their frequency. Everything in the universe vibrates at a frequency. Living creatures, plants, objects, everything has a frequency, even disease.

Clinical research shows that essential oils have the highest activity of any natural substance known to man. They create a condition where bacteria, virus, fungus and disease simply cannot survive.

How to Make Scented Oil Candles

Make Scented Oil Candles
Things You’ll Need:
- Beeswax or other type of wax
- Essential oils
- Double boiler
- Glass jar

Read more: How to Make Scented Oil Candles | eHow.com http://www.ehow.com/how_4493746_make-scented-oil-candles.html#ixzz0slSUZR7s

Step 1
Gather the necessary ingredients. You will need wax, essential oils and containers to make your scented oil candle. These products are easily found at your local craft or art store. Start with one type of each ingredient - one type of wax, one type of essential oil - to make your first candle. You can experiment with more varieties once you gain some experience.

Step 2
Heat the wax in a double boiler until melted. Do not boil the wax on a stove or inside a microwave.

Step 3
Add the essential oil in your chosen scent to the melted wax. There are many different essential oils to choose from, so pick a scent that you enjoy. For each pound of wax, add no more than one ounce of essential oil.

Step 4
Pour the wax into a pre-wicked glass jar, which is a jar that already has the candle wick attached to the bottom. Otherwise, place the wick in the middle of the candle wax before it's fully hardened.

Step 5
Allow the wax to cool for at least 12 to 24 hours before use.

In lung cancer we can use these oils with scented candles to carry their anti-cancer activity to the cells of the lungs. It has been shown that one scented oil candle can kill bacteria all over a small room. The candle does not destroy them for there is little smoke. The oils are superheated and become airborne. Breathing these oils can have anti-cancer affects. Following is a list of the key oils to use.

The essential oils in Stress Defense were selected by the essential oil expert as being the best combination for boosting the immune system response against cancer and infections. The oils are:

Organic Black Cumin Oil
(Nigella sativa) — The Prophet Mohammed declared: "Black cumin heals every disease except for death." It has been used as a digestive aid, an effective medicine for colds, headaches, toothaches, and infections. Because of its complex chemical structure (more than one hundred active ingredients) it has positive effects on the respiratory, circulatory, digestive, immune, and urinary systems. Recent research has verified claims that it strengthens and stabilizes the immune system and is effective in the treatment of asthma, allergies, and other immune disorders as well as numerous skin conditions ranging from acne and Rosacea to psoriasis. Black cumin has helped with bronchial spasm, spasmodic coughs, muscle pain, osteo & rheumatoid arthritis, the accumulation of fluids or toxins, poor circulation, lymphatic congestion, mumps, glandular swelling, colic, dyspepsia, flatulence, colitis, colic, indigestion, constipation, frigidity, debility, migraine, tiredness, nervous exhaustion, insomnia, lethargy. May be useful in hepatitis, hypothyroidism, normalizing menstrual cycles, and testicular inflammation.

Curcumin is a yellow pigment in Turmeric (Curcuma longa) with strong anti-inflammatory properties. It has been proven to attack cancer cells and prevent replication.

This is a strong oriental formula proven successful
Scutellaria(Scullcap) (50 %), Taraxacum (Dandelion) (12.5 %), Radix Ophiopogonis is dry Liliaceae Ophiopogon japonicas (Dwarf Lilyturf Tuber) (12.5 %), Oldenlandia (Heydoytis) (25%)

Organic Clary Sage Oil
(Salvia sclarea) Has been known to be beneficial in regulating cells, hormonal imbalance, menopause problems, PMS, menstrual cramps (minimizes the pain), itching and irritation of herpes. Also candida outbreaks, infections, exhaustion, nerve, mental strain, hostility, strengthening the immune system, sore throat, bronchitis, cholesterol, debility, genitals, hemorrhoids, frigidity, last stages of labor (may intensify contractions), seborrhea, hair loss, scalp massage and acne (may be extremely good for skin). Also blood pressure, childbirth (may get contractions going), antispasmodic (may soothe asthma attacks), sedative, clausrophobia, hyperactivity, nightmares. In mid-life crisis it may exert a balancing influence. Use in times of personal challenges or change, especially external stress and pressure.

Aromatic Influence: Very calming, may enhance the dream state and bring about a feeling of euphoria.

Wild Frankincense Oil
Frankincense is beneficial for anti-catarhal, anti-tumoral, anti-depressant, tension, tuberculosis, an incredible immune system builder, digestive disorders, asthma, bronchitis, lymph congestion, skin ulcers, blemishes, dry and mature complexities, scars, smooths out wrinkles, antiseptic tonic to all skin, and balances oily skin. Assists laryngitis, colds, flu, fevers, anxiety, nightmares, fear of the future, nervous tension and stress-related conditions, infections and inflammations, leprosy, reproductive and urinary difficulties. Also tone uterus and relieve uterine hemorrhaging and heavy menstrual flow, ease labor pains, and decrease postnatal depression. A diluted blend of this oil rubbed into the abdomen regularly during pregnancy may prevent stretch marks. May fortify the mind, assist indecision and eliminating blocked personal growth. Contains sesquiterpenes, which enable it to go beyond the blood brain barrier to assist in increasing oxygen around the pineal and pituitary glands.

Aromatic Influences: Recognized for increasing spiritual awareness and meditation. May heal
emotional wounds, stabilize and centers the emotions and focuses energy. Slows breathing, producing calm, soothing, elevated mental state, bringing peace, strengthens beliefs, eternal divine connection, cleans aura and psychic planes.

**Organic Ginger Root Oil**

(Zingiber officinale) - Beneficial for bruises, sores, carbuncles, regulates moisture, catarrh, chronic bronchitis, congestion, cough, sinusitis, sore throat, tonsillitis, swollen glands and dries excess mucus. It also may reduce the drainage of a runny nose and ease respiratory infection. Assists with memory, digestion, arthritis, muscular aches and pains, fatigue, poor circulation, rheumatism, sprains, strains, diarrhea, sinusitis, cramps, colic, loss of appetite, gas, nausea, motion sickness, morning sickness, chills, colds, flu, fever, infectious and contagious disease, nervous exhaustion, tiredness, broken bones, and alcoholism. Stimulating but grounding, warms cold flat emotions, sharpens senses (psychedelic stone) use for over sensitivity, and protection.

Aromatic Influences: Enhance physical energy, money and courage. It sharpens the senses, improve memory and assists in recall.

**Wild Juniper Berry Oil**

(Juniperus communis) — Has helped in detoxifying and cleaning, dermatitis, psoriasis (any kind of skin inflammation), skin ulcers, oily complexes, skin toner, acne, eczema, antiseptic, hair loss, hemorrhoids, obesity, liver, kidney, urinary infections, and bladder problems. It has been burned in many parts of the world to fight the spread of plagues, epidemics, and contagious disease. Benefits ulcers, respiratory problems, arthritis, bruises, infections, coughs, diuretic, and cellullite, obesity, regulating menstrual cycle, cramps and rheumatism. A local stimulant makes it a good oil to use in a massage. Used for anxiety, stress, nervous tension, clearing mental clutter and confusion, revives exhausted emotions, neutralizing negative emotions and imparting a feeling of emotional cleanliness and purity.

Aromatic Influences: Health, love, and peace. Clears negative energy from the room and good to use before meditation.

**Organic Lemon Oil**

(Citrus limonum) — The pressed peel always contains more therapeutic properties but it has a short shelf life of about three years. Aids digestive problems, cleansing of the lymphatic system, mouth ulcers, herpes, stimulating to the brain, clears thought, aids concentration, fever reduction, infectious diseases, colds, throat infection, asthma, anemia, heart-burn, varicose veins, tightens blood vessels, gout, rheumatism, uterine infections and intestinal parasites. Beneficial for an air disinfectant, the immune system (may stimulate red and white blood cell formation), acne, brittle nails, boils, corns, gland stimulation and purification, warts, arthritis, cellulitis, nervous conditions, high blood pressure, nosebleeds (stops bleeding), obesity (congestion), poor circulation, rheumatism, gallstones, bronchitis, dyspepsia and flu. Also debility, anxiety, astringent, antiseptic, anti-infectious, antibacterial, blood thinner, emotional clarity, apathy, awareness, bringing joy, relieving touchiness, grudges, resentment, concentration and focus.

Aromatic Influences: Are health, healing, physical energy and purification. Promotes spiritual and psychic awareness, promotes connection between spirit (consciousness) and soul, use for conflict in thoughts and intellect. Excellent made into an herb tea sweetened with Stevia or Honey.

**Organic Peppermint Oil**

GRAS - Benefits the respiratory system, opens the sensory system, for stimulation, strengthening, shock, fever, headache, migraine, antiseptic, throat infection, colds and flu. Beneficial for asthma, bronchitis, itchy skin, anti-spasmodic, inflammation, swelling, sinuses, anti-bacterial, jet lag, chronic fatigue syndrome, colic, cramp, fatigue, nervous stress, vertigo, toothache, acne, ringworm, heartburn, diarrhea, indigestion, motion sickness, nausea, halsitis, varicose veins, arthritis, menstrual regularity, hot flashes, liver problems, dispels pride, inferiority. It mixes well with almost all oils.

Aromatic Influences: Purification and the conscious mind, energize and relieves mental fatigue, increases alertness, improves concentration, reduces fevers.

**Immune Boosting Mushroom Extracts used in StressDefense**

**Agaricus Blazei (Hime matsutake),**

In Japan, Agaricus Blazei was found to eliminate all cancersous tumors in 90% of the experimental mice. Additionally, when the mice were fed Agaricus Blazei as a preventative and then injected with a very powerful cancer causing agent (Sarcoma 180), 99.4% of them showed no tumor growth.

Agaricus Blazei - Immune Stimulant
1. Anti-tumor effect: Polysaccharides including beta and protein glucan decrease and control cancerous cell proliferation.
3. Anti-cancer and metastasis inhibition effect: Agaricus blazei prevents normal cells from becoming cancerous cells. The mushroom shows a remarkable cancer prevention rate of 99.4%.
4. Reducing blood sugar: The mushroom is effective in fighting diabetes.
5. Controlling blood pressure: It lowers cholesterol level and eases arteriosclerosis.

**Tsi-Agha (Chaga)**

Tsi-Agha is a Native American Sacramental Medicine derived from Conks that grow on certain cone-bearing trees. The 3-beta-D-glucans which make up part of the cellular structure of these Conks cause a pan-systemic modulation of T-Cells, Macrophages and Neutrophil White Blood Cells, when ingested. In fact, it has been established that the number and viability of these particular cells is increased by as much as 4000% within 20 hours after taking Tsi-Aghal Macrophaegs and Neutrophils are the two cells upon which all other Immune Cells depend. You can have many
viable B-Cells and T-Cells, but they will not be effective without the programming provided by these "Communicator" cells. Ts-Ahga also contains bitter triterpene compounds that support the thymus and spleen (essential to insuring that immune cells are properly programmed), anti-tumor polysaccharides, blood pressure-reducing angiotensin re-uptake inhibitors, and perhaps the highest source of germanium in nature. Germanium is an oxygen catalyst and one of the most powerful free-radical scavengers found in nature.

**Cordyceps Sinensis**

Cordyceps sinensis, known to the Chinese as "DongChongXiaCao" and to the Japanese as "Tochukasou" has been used in medicine for a very long time. The first known written record of this herbal medicine was in the Ben-Cao-Gong-Xin (New Compilation of Materia Medica) by the author Wu-Yiluo. Written around the year 1757 AD during the Qing Dynasty, this early medical text lists the traditional usage of Cordyceps as going to the Lung and Kidney meridian and being useful as a "Lung Protectorate", for "Kidney Improvement" and as a "Yin/Yang double invigorant". Cordyceps in Traditional Chinese Medicine (TCM) was and usually still is prepared by cooking the whole fruit body combination in chicken or duck soup. It has been used this way for the treatment of many conditions, such as respiratory diseases, renal dysfunction, hyperlipidemia and hyperglycemia. (Zhou, Halpern and Jones, 1998 [2])

**Ganoderma Lucidum (Reishi)**

Reishi mushrooms have a history dating back over 4000 years when they were considered to be a 'superior herb that improved health, resistance, longevity, energy and memory. Asian rulers would send out envoys to seek out old plum trees and there, growing out of the trunk on three out of every ten thousand trees, was the ganoderma lucidum, the reishi mushroom. The Japanese gave it the name Reishi or Manentake meaning '10,000 year mushroom' and in China and Korea it is known as Ling Chu or Ling Zhi, the 'mushrooms of immortality' and 'the resurrection plant' [3]. Many cultures embraced Reishi's benefits; the Romans considered mushrooms to be 'the food of the Gods', the Egyptians believed them to be 'a gift from Osiris' and the Chinese thought of them as 'the elixir of life'.

The benefits of Reishi mushrooms have been recorded throughout time, appearing in written documents as far back as the Han Dynasty (206BC - 8 AD). In these documents Reishi was associated with happiness, a good future, good health, longevity and living among the immortals. Reishi was so entrenched as a panacea in ancient Chinese culture that it is the focus of a Chinese fairy tale, "The White Snake." In this fairy tale the heroine, in an attempt to save her lover’s life, tries to steal a Reishi plant from the Gods. [4]

The scientific community did not start to investigate the therapeutic properties of mushrooms until the late 1960s. One of the fundamental problems with Reishi research was that before the Japanese initiated commercial cultivation of the mushroom in the early 1970's, there was not enough standardized Reishi to conduct experimental evaluation of the properties. Fortunately, scientific research has discovered plentiful health benefits that corroborate the centuries of intrigue by ancient Asian royalty.


**Grifola frondosa (Maitake)**

Prof. Dr. Hiroaki Nanba (professor in the Department of Microbial Chemistry of Kobe Pharmaceutical University in Kobe, Japan, in answering the question - Which diseases can be alleviated with the help of Maitake says: "Maitake can not only prevent the development of cancer, but also be used in the treatment of cancer and other serious diseases, such as AIDS and hepatitis. Maitake stimulates the immune system and therefore it is also able to reduce several side-effects of chemotherapy. There exists an astonishing synergistic effect between chemo and Maitake. The mushroom is as effective in the treatment of high blood pressure and diabetes."

Its antiviral effects against the HIV (AIDS) have been confirmed by the US National Cancer Institute. Research studies – for example by the National Health Department of Japan - have shown that by using Maitake D-fraction the killing of helper-T cells by the HIV could be prevented up to 97% in vitro. According to this, one could assume that the development from HIV infection to AIDS could be either prevented completely or at least be slowed down considerably.

In a clinical trial with 165 patients at the age of 25-65 years with different advanced cancer diseases either a tumor regression or significant symptomatic improvements could be achieved with Maitake d-fraction in 73% of patients with breast cancer, 67% of patients with lung cancer and 47% of patients with liver cancer. In those cases in which Maitake extract was used in combination with chemotherapy the effects improved by 12%-28%. In cases of breast, prostate, lung and liver cancer significant effectiveness was evident; whereas in terms of bones and gastric cancer as well as of leukemia the extracts were not that effective.

**Wildcrafted Pau d’Arco (Dried)**

Pau d’Arco is a natural herb retrieved from the inner bark of the Tabebuia Avellanedae or Tabebuia Impetiginosa, known as taheebo. The taheebo tree is grown predominantly in Central and South America, but may also be cultivated in southern Florida. Pau d’Arco, also known as ipe roxo or sometimes lapacho (its derivative), has been used for centuries by the Indio tribes of South America, as well as the ancient incas and Aztecs.

Pau d’Arco tea or tincture concoctions have had beneficial effects for cancer victims, anywhere from alleviation of chemotherapy symptoms to complete remission of tumors. An article published by Dr. Daniel B. Mowrey on Pau d’Arco stated that “who Lapacho has produced clinical anti-cancer effects without side effects.” This taheebo tea has been helpful to many.
Candida Albicans, a fungus which causes yeast infections, has also been treated by the Pau d’Arco herb. Clinical studies also showed strong in vitro activity against various other bacteria, fungi and yeast, including: Aspergillus, Staphylococcus aureus, Streptococcus, Helicobacter pylori (common cause of stomach ulcers), Buchella, tuberculosis, pneumonia, and dysentery.

Antiviral properties have been displayed in vitro by Pau d’Arco against viruses such as: herpes I and II, influenza, polio virus and vesicular stomatitis virus.

Pau d’Arco is also confirmed as being an antiparasitic against various parasites, including: malaria, schistosoma, and trypanosoma. Additionally, the herb has even demonstrated usefulness as an anti-inflammatory.

Pau d’Arco bark has active principles, mainly lapachol, quercetin and other flavonoids. Once the Pau d’Arco inner bark is dried and shredded it can be made into a tea which has a slight bitter or sour taste, and is brownish-colored. This herbal tea is used by many during the cold and flu season, and is a remedy for smoker’s cough.

Another medicinal use of Pau d’Arco is as an expectorant: to promote “coughing up” by the lungs to free deeply embedded mucus and contaminates.

Ginger (Fresh Extract and oil)

There is a wide range of benefits of ginger such as helping with nausea, digestive problems, circulation and arthritis. Nausea caused during pregnancy or by traveling is one of the benefits of ginger root. Ginger is also known to have the ability to calm an upset stomach and to promote the flow of bile. Stomach cramps can be eased and circulation can also be improved. Ginger supports a healthy cardiovascular system by making platelets less sticky, which in turn reduces circulatory problems.

Ginger oil used for massage can help relieve painful arthritis due to its anti-inflammatory properties. Ginger is often included in many herbal decongestants and can help to minimize the symptoms of respiratory conditions, colds and allergies.

Chicory Root (Roasted)

Some of the benefits you will find in chicory root includes its ability to decrease the levels of serum LDL cholesterol in the blood. It also contains vitamin C, one of the most powerful antioxidants. Chicory root also helps promote optimal blood sugar levels and increases stool bulk and consistency. It provides soluble fiber, which helps improve digestion. Another benefit is the ability to build your body’s resistance to gallstones and liver stones. By increasing the flow of bile, it assists the body in digesting foods and liquids. The extra bile also helps break down fats in the body.

Chicory Root has diuretic properties that provide protection for the urinary tract system and kidneys. Toxins are removed and the cleansing of the body is stimulated because of an increase in urine flow. Other benefits include indigestion relief, and relief from diarrhea and gastritis.

Gentian Root (Dried)

Gentian is used as a liver tonic, to treat loss of appetite, digestive problems, flatulence and insufficient production of gastric juices and saliva. It stimulates the taste buds and promotes the flow of saliva, gastric juices and bile as a reflex via the nervus vagus. Furthermore it can be used in cases of anorexia and is also an ingredient of homeopathic medicine. It is used in the making of liquors and schnapps and is a key ingredient of Angostura bitters.

StressDefense is much more than the sum of its ingredients. Energetic testing was used to determine what the most effective combination of all the essential oils, medicinal mushrooms and herbs to produce the strongest supplement possible for supporting the immune system and killing cancer cells and pathogens. It is a remarkable product and is often suggested as one to be used for maintenance and prevention. It comes in a 4 ounce dropper bottle. Use 1 to 3 bottles a month. Squeeze the dropper into the mouth and hold for a minute before swallowing. Best taken at mealtime or with food, but can be taken anytime if needed.

Omni Elixir Version 2, Blue Tonic and StressDefense are the three of the top supplements to be using for virtually any type of cancer. You can’t use these with a brain or spinal tumor, a bone cancer or anytime a tumor is pressing up against a blood vessel or in a place where if it gets bigger it would cause problems. This is because they kill the cancer cells so fast the tumors have a huge number of dead cancer cells in them. The immune system uses inflammation to get rid of those dead cells, and this causes the tumor to inflame and get larger. (Fortunately, Genista and the Tachyon Minerals shrink tumors and can be used in this case).

Lowell had the first success story with the combination of these three supplements. In mid-December he visited a naturopath to try to learn why his prostate had shut off urine flow. She analyzed him with her Quantum Bio Feedback diagnostic machine. And told him he had cancer in numerous organs including the prostate. For two months he took daily a high dose of bloodroot tablets. And then went in for another checkup. The analysis came back that the cancer was still there and had actually spread to another organ. It was at this point that he found out about and ordered Omni Elixir Version 2, Blue Tonic and StressDefense. Two weeks later he had another analysis by the naturopath. No cancer was found in his body. These three supplements had cleaned it up in just a couple of weeks.

Genista

The research that eventually lead to the development of Genista took place in the early 1990's. Japanese researchers were able to verify that methyl molecules extracted from the herb Achillea Millefolium in the form of achimillic acids A, B, and C had anti neoplastic properties, cancer killing properties, for both cancer cells and leukemia. This research was reviewed in Chem Pharm Bull (Tokyo) 1994 May;42(5):1096-100. The research was conducted by Toyo T Yoshimura Y Sakurai K Uchida N Takeda Y Nakai H Ishi H at Shionogi Research Laboratories, Shionogi & Co., Ltd., Osaka, Japan.

Nothing much came of this research till the developer of Genista realized that by using his patent pending extraction process, he could create a safe and natural supplement that would be much stronger than the achimillic acid extract used by the Japanese. His extraction process concentrates the achimillic acids as part of the whole herb, so that the formulation is both enhanced and balanced as it is combined with the other nutrients in the whole herb.

In other words, this processing brings about reverse amplification of the active ingredients. Where
as most chemical processes that isolate specific molecules from botanicals will result in a narrow range extract which has a narrow range of purpose, this patent pending extraction method allows for the broad range availability of the whole herb while at the same time amplifying those ingredients that are essential when it comes to fighting cancer. Genista contains both the whole herb while at the same time increasing the concentration of the active ingredients through a reverse amplification process that isolates, and then integrates back into the dried herb herbal formulas much higher concentration of the very special molecular achimillic acids A, B, and C that have known neo plastic properties for both leukemia and cancer.

These literally shut down malignant cells, whether they are from some type of cancer or leukemia. Genista is very effective in shutting down the chemical activity of tumors. The ingredients in it reduce inflammation, and turn off tumor mechanisms that lead to fluid build up, that suck up the body’s nutrients and blood supply - as well as deform blood cells.

What is really exciting about Genista is its ability to be used to fight brain and spinal tumors. And any other tumor located in a place where if it were to enlarge it would cause pain or dysfunction. Before Genista, none of the top cancer fighters recommended in this report could be used in these instances. That is because when you use Omni Elixir 2, Stress Defense, Blue Tonic, OxyDHQ, Zeolite Enhanced with DHQ, Ultraimmune® and other aggressive cancer killers, many cancer cells get killed in the tumor. And then the immune system goes into the tumor to get rid of the dead cells. Unfortunately, it uses an inflammatory process to deal with the dead cells. This causes the tumor to swell.

Genista, because of the way it fights cancer, and because of its immune modulation, anti-inflammatory effects, is not likely to cause any swelling and so can be used for these types of cancers. In fact, the first story we heard about the ability of Genista to deal with cancer came in such a situation. A doctor used Genista with a patient with throat cancer. There was a noticeable drop in swelling within twenty fours of first day of taking two doses. This is most likely due to the fact that the active ingredients go directly after malignant cells and their chemistry.

Another report of success came from the same doctor. A man of fifty years of age had an Adenocarcinoma in the descending colon, about two centimeters, was scheduled for surgery. He started taking Genista about two weeks before surgery was supposed to happen. At the time of the surgery, the patient wanted the surgeon to make sure additional imaging confirmed that the tumor was still the same size and was still present in the colon, but his oncologist and surgeon refused to do so. The patient had the surgery, and the surgeon found that there was only a scar was left in the place that the tumor had previously existed.

Another testimonial came in this spring:

"I finally received the GENISTA you sent to me via my sister in SONORA. Must admit, it has made one hell of a difference.

I was taking 2 x Gen Pain and 2 x Brujin ... 4 times a day. Since using your Genista, I am only taking the tablets once maybe twice in 36 hours.

It also made the tumor reduce in size.

I spent the last 4 days in hospital, was supposed to have the tumor cut out, I wasn’t allowed to use the Genista, so the tumor managed to grow a bit... now I am giving the system a major boost... 4 to 8 cups a day, and can already feel the difference!!

Will keep you updated and will probably add a series of photo’s for you.... starting today for the next 10 days, because that’s when they want me to go back to the hospital to have the tumor removed.... (just hope it has shrunk again so they do not have to operate)

Will keep you updated"

Kind regards
Kenny F.
(South Africa)

Genista is a coarse powder, with sixty quarter teaspoon doses per container.

Use: Add hot water, less than boiling, to one quarter teaspoon of the coarse powder. Steep for ten minutes like a tea. The undissolved portion will settle to the bottom of a cup.

Herbs (and more) That Fight Cancer

I’ve had too many people tell me what nutritional supplements they were taking for their cancer. Where the supplements they mention, to my consternation, just weren’t strong enough to vigorously fight cancer. A lot of those supplements were herbs, vitamins and minerals. Some juices. We’ll start out this section by giving you the Energetic Testing results for a lot them. So you’ll have a better idea what may work better, and what isn’t so effective.

Some good quality herbs known to boost the immune system response do not test all that strong individually for cancer. In the 30 to 40 range of the energetic testing were Golden Seal, Pau d’Arco or Teehee, Echinacea, Green Tea and Green Tea Extract. Cat’s Claw comes in just a hair better at 55. Still nothing to get excited about.

PawPaw comes in at 110. Graviola used therapeutically at 120. Gerson protocol at 120. Hoxley tonic at 132. Essiac teas varied in quality from 120 to 320. The best Chinese herbs for fighting cancer, if you are fortunate enough to run across someone who knows what they are doing, energetically test at 324 for fighting cancer. The highly touted fermented wheat germ product is also good, a 321.

A bit less than the best of these are Raspberry Seed Capsules at 286 when doing the usual therapeutic amounts of 2 to 3 bottles a month.

Body Cleansing (Lung Cancer)

Now, let’s start with body cleansing. Body cleansing is extremely important part of every prevention and curing program. You are guessing: “Diary changes you made are also a form of cleansing.”

But, most people need more then this, especially when it comes to liver health. Body Cleansing is even important for children. Our internal organs can hold a lot toxins, and sometimes, it is impossible to get those toxins out, without doing cleansing. Our liver can contain hundreds of intrahepatic stones. Those stones will block bile flow, and affect the bases of your health, your digestion. Another problem are parasites. You must learn as much as possible about parasites. And, don’t forget also dental toxins.
Let start with cleansing program. You are suppose to do cleansing in this order:

1. Bowel cleanse with parasite cleanse
2. Dental cleanup (if you can afford it)
3. Kidney Cleanse and
4. Liver cleanse.

**Body Cleansing for Adults:**

1. Bowel cleanse and Parasite cleanse!
2. Dental cleanup - dental work may be one cofactor of your disease: amalgam, root canal, nickel crowns, cavitations (pocket inside jaw bone left after extraction of the wisdom and molar teeth)
3. Kidney cleanse
4. Liver cleanse and Gallbladder cleanse -liver flush!

Make sure you visit those pages and get more info. Dental cleanup can take many years. If you have a lot of dental metal, do not rush to replace it all at once.

Bowel cleanse should be done at least once a year.

Liver cleanse is a procedure that, for best results, should be repeated at least 6 - 10 times, every 2 or 3 weeks.

Kidney cleanse is simple and cheap, many herbs can be used to cleanse kidneys. If you have no kidney stones, even Water Cure could be enough!

**Body Cleansing for kids:**

1. Parasites cleanse
2. Dental cleanup . Kids older then 8 may need dental cleanup (amalgam) and liver cleanse:
3. Liver Cleanse - flush

**Physical Activity (Lung Cancer)**

Physical Activity helps cleansing, it brings balance and relieves stress.

Psycho-physical activities will help you balance your body and will help you relief accumulated stress. You will have to find a form of exercise that suit you. I will just give you a few examples:

- Mini Trampoline jumping - rebounding!
- Meditation
- Walk or jog in the nature : Forest, Mountain , river / sea / lake side, beach ... fishing, photo-safari, rowing, riding, golf, ...
- Tai Chi, Chi Gong, Meditation ...
- Yoga - Hatha, Meditation, Chinese Yoga ...
- Martial Arts: Karate, Judo, Kung Fu, Teakwood, Budokai, Uechi, Aikido ...

Dancing, Aerobics, Gymnastics, Stretching ...

Swimming in non-chlorinated water ! ( Best in minerals rich water - Ocean !)

Weight lifting, ....

Do not exhaust yourself !

Do not exercise with full stomach ! (You may take a walk!)

Do not hurt yourself !

**Sweating (Lung Cancer)**

Sweating is powerful way to cleanse your body from accumulated toxins.

examples:

- exercise with a lot of clothes
- Sauna
- drink warm tea in a hot room ...
- eat CAYENNE pepper! ...

It is known that some modern industrial toxins and pesticides can leave your body only through sweat glands!

**Psychotherapy and Spiritual Therapy**

Human body is not just this what we can see. There is more to it. To treat other level of us, to treat soul and to treat mind and unconscious parts of us, I suggest you Hellinger’s therapy.

**Get in Touch**

If you have questions, or if you would like to get in touch with people who are dealing with same problems, then you should visit Public Discussion Board.

There, you can read messages, ask questions and give answers.
I express my Outrage by being Outrageous

I am Outraged at Natural Medicine’s Gullibility + Math-Phobia

I am Outraged at Evidence based medicine’s Profit over People

If You are Not also Outraged then Think, maybe it is Time

I am Outraged + I am tired of being Hated by Both sides