Curing Cancer in the Kitchen

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 suergery
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.

please Care
Curing Cancer in the Kitchen

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Broccolli Cures Cancer

- George Carlin
Curing Cancer in the Kitchen

"Health Care starts with
1. What not to eat, do or think, then
2. What is good to eat do or think, and then
3. We start with the device and balance the body electric.
Doing 3 without 1 or 2 is not really Health Care it is Disease Care"

Desire' Dubonnet
The Most Important Things in your Life should be your Mind, Family, Friends, Spirit and Compassion. If Sugar, Candy, Cake, Cigs, HotDogs, Pork, Bacon, or other Addictive Substances are More Important than Life, If these Addictions or Habbits are More Important than Holidays, Birthdays, seeing Children Play feeling connected, Then Perhaps This Book and These Lessons are not for you. If you care more for Candy or other Bad Foods then at the very Least Please Do Not try to Addict Others Especially Children. Do Not Spread Death.
Curing Cancer in the Kitchen

SUPER- IMMUNE Diet Tips

STARTS With
What NOT To EAT
1. AVOID Synthetic Foods
2. AVOID Hi Glycemic Foods
3. AVOID Processed Foods
4. AVOID White Sugars
5. AVOID Foods Boiled in Oil
6. AVOID Nitrite/Nitrate meat
Curing Cancer in the Kitchen

STOP FEEDING YOUR CANCER!
High Glycemic Sugars, Processed White Sugars, and HiGly Foods Will Feed a Cancer
One Small Candy Bar a Week can Feed your Cancer
If You Want to Starve your Cancer, Stop Feeding It you shouldn’t give in to your sweet tooth

The Glycemic Index of Selected Foods

<table>
<thead>
<tr>
<th>SUGAR</th>
<th>Corn syrup, white</th>
<th>Fructose, high fructose corn syrup</th>
<th>High fructose corn syrup</th>
<th>Refined sugars</th>
<th>Lactose</th>
<th>Natural sugar</th>
<th>Maple syrup</th>
<th>Corn syrup</th>
<th>Refined sugars</th>
<th>Lactose</th>
<th>Natural sugar</th>
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</thead>
<tbody>
<tr>
<td>RANKED</td>
<td>1st</td>
<td>2nd</td>
<td>3rd</td>
<td>4th</td>
<td>5th</td>
<td>6th</td>
<td>7th</td>
<td>8th</td>
<td>9th</td>
<td>10th</td>
<td>11th</td>
</tr>
</tbody>
</table>

Eat the foods in Green
Avoid the foods in Red
# Curing Cancer in the Kitchen

## The Glycemic Index of Selected Foods

Dextrose enters the cell too fast and makes high glycemic index. This makes immune weakness, nervous irritation, and aggravates all diseases. Avoid all exposure to high glycemic foods.

### Do NOT Eat this

<table>
<thead>
<tr>
<th>MEDIUM</th>
<th>HIGH GLYCEMIC FOODS</th>
<th>Right-handed sugars, mostly processed, make all disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Synthetic sweeteners are not problems of high glycemic Index but they are toxins to nerves and must be avoided at all costs</td>
<td>Jelly beans, Grape sugar, Date sugar, Honey, Fructose corn syrup, Maltose beer, Fruit roll-up, Coca-cola, Maple syrup, Sorghum, Candies cakes and any sweets or desserts made with Dextrose, Sucrose, Corn syrup</td>
<td>SUGARS</td>
</tr>
<tr>
<td>Sweet corn, Long rice</td>
<td>Brown rice, Quick cook, Ezekiel bread, Popcorn (no artificial additives), Natural wheat, Popcorn (with additives), Processed wheat, Corn and Corn meal</td>
<td>GRAINS</td>
</tr>
<tr>
<td>Bran Muffin, Oatmeal, cookie (normal)</td>
<td>Grape nuts, Doughnuts, Brown bread, Pop tarts, Special K, Pretzels, Baguette, Cornflakes, Rice crackers, White bread, Pancakes, Sugar-coated breakfast cereals, Frosted flakes</td>
<td>GRAIN FOODS</td>
</tr>
<tr>
<td>Black grapes, Peach, Orange juice</td>
<td>Pineapple, Raisins, Cherries, Watermelon, Bananas, Maraschino cherry, Dates, Canned fruits preserved in sugar syrup</td>
<td>FRUITS</td>
</tr>
<tr>
<td>Carrots</td>
<td>Sweet potato, Boiled potato, Parsnips, Boiled carrots, Instant potato, Boiled potato, Candied yams with dextrose sugar</td>
<td>VEGETABLES</td>
</tr>
<tr>
<td>Broad beans, Sweeened kidney beans</td>
<td>Boston baked beans in sweet syrup, Candy bars with nuts</td>
<td>BEANS</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>55</th>
<th>60</th>
<th>70</th>
<th>80</th>
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<th>100</th>
<th>110</th>
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</thead>
<tbody>
<tr>
<td>Index No.</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

## Avoid the foods in Red

### THE FIVE UNHEALTHY WHITES

If You Have Cancer, Do NOT EAT These Foods

- WHITE RICE
- WHITE FLOUR
- WHITE SUGAR
- White Pork
- White Potato
Milk use Related to Prostate Cancer

Milk Stimulates Growth of Prostate Cancer Cells in Culture

Cows’ milk stimulated the growth of LNCaP prostate cancer cells in each of 14 separate experiments, producing an average increase in growth rate of over 30%. In contrast, almond milk suppressed the growth of these cells by over 30%.

Healthcare Genetics Program, Department of Nursing and Department of Physics and Astronomy, Clemson University, Clemson, South Carolina, USA

Milk Consumption Is a Risk Factor for Prostate Cancer: Meta-Analysis of Case-Control Studies

In conclusion, we found a positive association between milk consumption and prostate cancer risk using meta-analysis to analyze published case-control studies.

In conclusion, we found a positive association between high consumption of milk and dairy products and prostate cancer risk when analyzing published cohort studies with meta-analysis.

Hi Glycemic Sugar Feeds Cancer cells 45 times more than Natural Fruit Sugar (Avoid Corn+Candy)

LOOK!!! I just found a Natural Cure for Cancer

What, No Patent? and cut off our Funding? The hell you have...
Curing Cancer in the Kitchen

Nitrate-Nitrite Lunch Meats and Hot Dogs Cause and or Aggravate Cancer

We Now KNOW that Bologna is responsible for millions of cancers world wide

**BOLOGNA MATTERS**

**And Gives You Cancer**

**EXACTLY WHO INVENTED BOLOGNA,**
we’re not quite sure, nevertheless its reputation for deliciousness quickly spread throughout the planet and proved itself a resilient force. Bologna has caused such epidemics as cholera and the plague, several international wars and debilitating natural disasters. Perhaps if people had been eating less ... fun bologna we wouldn’t have had such terrible incidents. Just saying.

No bolognismobile?! We’ll settle for a hot air balloon, raft, or blimp also.

**BOLOGNA PRONUNCIATION:**
(buh-LO-nea) OR (buh-LOG-nya)

**WHAT DOES YOUR BOLOGNA SAY ABOUT YOU?**

YOU are happy you're eating bologna
YOU have come across more bologna
YOUR bologna has been snatched by a hungry squirrel

**ARE YOU READY TO RECEIVE BOLOGNA INTO YOUR LIFE?**
Don’t answer that, you are. And we are always here for you. For help on your journey, visit [www.imune.net](http://www.imune.net)

To Starve your Cancer Please Avoid the Bad foods and Behaviors that most probably caused the Cancer. It is easy to change.
Curing Cancer in the Kitchen

Years ago, a Mother and her 2 children all had Cancer and came to me for Therapy. As she walked into the door the Mother gave the children candy to keep them quiet.

The Mother then told me that Candy was their Life. Everything in their lives centered on Candy.

I told her that I could only help her and her children if they could give up the immune depleting CANDY. She told me she would rather her Kids DIE than to give up Candy.

I was shocked, I said you would rather your children DIE than not get Candy, I said there are many Natural Fruit Sweets that are safe, tasty, + Healthy. She said "I Would Rather They DIE".

The Little Girl looked at me with Sad Eyes and said "Doctor, Help me, I want to Live. I Love Life More than Candy."

Do you want to live, enough to give up sugar totally and substitute fruit????
Curing Cancer in the Kitchen

PROOF SUGAR IS BAD, VERY BAD, REALLY LISTEN IT IS EXTREMELY BAD AND A MAJOR CAUSE AND AGGRAVATOR OF ALL DISEASE ESPECIALLY CANCER

http://youtu.be/Ah88gjejCTU short story of sugar

http://indavideo.hu/video/Bad_Bacteria_Take_over_the_Brain

http://www.downloads.imune.net/medicalbooks/Bad%20Bowel%20Bacteria%20can%20take%20contro
l%20of%20your%20Brain.pdf

http://www.downloads.imune.net/medicalbooks/Mental%20Health%20and%20the%20Gut%20Flora,
%20the%20Research%20Evidence%20Copy.pdf


http://www.downloads.imune.net/medicalbooks/The%20story%20of%20Sugar%20with%20Key%20Art
icles%20from%20The%20New%20England%20Journal%20of%20Medicine.pdf

http://www.downloads.imune.net/medicalbooks/More%20of%20the%20Mounting%20Evidence%20tha
t%20Dextrose%20High%20Glycemic%20Sugars%20Causes%20and%20Aggravates%20Cancer%20and
Many%20More%20Diseases.pdf

http://www.downloads.imune.net/medicalbooks/California%20bill%20would%20require%20warning%2
0labels%20on%20sugary%20drinks.pdf


http://www.downloads.imune.net/medicalbooks/Foods%20That%20Kill%20and%20should%20be%20ba
nned%20and%20must%20be%20avoided.pdf

http://www.downloads.imune.net/medicalbooks/THE%20HEALTH%20RISKS%20OF%20OVER%20CON
SUMING%20POTATOES.pdf

 Declare War on High-glycemic Sugar to Save your life
Curing Cancer in the Kitchen

Food companies are adding sugar to your foods that can feed you Cancer

ARE YOU SWALLOWING SUGAR-COATED SCIENCE?

Together these sugar-laden products exceed the USDA's daily sugar cap of 42 grams. Yet in 2013, General Mills spent $258 million advertising these brands as healthy.

Source: Advertising Age
Sugar quantity is per serving.
Curing Cancer in the Kitchen

Be Careful of added Sugar

http://medicalexposedownloads.com/PDF/Obama%20pushes%20FDA%20to%20make%20nutrition%20labels%20to%20show%20added%20sugar.pdf
Curing Cancer in the Kitchen

1 pouch fruit snacks
2.5 tsp sugar

1 granola bar
1.5 tsp sugar

1 packet sweetened oatmeal
3 tsp sugar

30 candies
4 tsp sugar

Total Sugar = 11 tsp
Kids ages 9-13: No more than 10-11 tsp sugar/day

80% of food items in U.S. grocery stores are spiked with added sugar

1/3 of Americans will have diabetes by 2050
Curing Cancer in the Kitchen

SINthetic Chemicals can be Carcinogenic.
Insecticides, food additives, industrial chemicals, house cleaning chemicals and more all can cause or aggravate cancer. They should be avoided as much as possible.
To know more please read the vast information of scientific proof on this web page.

SYNTHETIC IS SYNTHETIC

Pharmacology Fact:
To Use a SYNTHETIC anything is an Insult to the Body

http://syntheticissynthetic4u.com/
Curing Cancer in the Kitchen
Curing Cancer in the Kitchen

SAVE YOUR LIFE

Reasons Why Sugar Destroys Your Health
- Suppresses the immune system
- Interferes with absorption of calcium and magnesium
- Causes hyperactivity, anxiety, difficulty concentrating, and crankiness in children
- Causes copper deficiency
- Makes you more vulnerable to age-related muscular degeneration
- Leads to potassium deficiency
- Leads to cancer of the ovaries
- Increases the risk of breast cancer
- Contributes to scarring in children
- Contributes to obesity
- Causes food allergies
- Can cause tooth decay
- Can cause activity
- Can cause addiction
- Can cause heart disease
- Can cause heart disease
- Can cause cardiovascular disease
- Can cause eye strain
- Can lead to the formation of kidney stones

No sugar, please!

Click to see Sugar Substitutes

AVOID SUGAR

SUGAR IS A FAR GREATER THREAT TO YOUR HEART THAN FAT. AVOID IT!
Curing Cancer in the Kitchen

Avoid Sugar, Prevent Illnesses

Malaysians consume 26 teaspoons of sugar daily. We are the 8th highest sugar user in the world.

Maybe Now you Understand Why You Have Cancer, And why you Must STOP Feeding it
Curing Cancer in the Kitchen

The Corny Truth About HIGH FRUCTOSE CORN SYRUP

Top 10 Foods with the Highest Quantity of HFCS:
1) Yogurt  6) Boxed Mac n Cheese
2) Breads  7) Salad Dressing
3) Frozen Pizza  8) Tomato-Based Sauces
4) Cereal Bars  9) Apple Sauce
5) Cocktail Peanuts  10) Canned Fruit

*High Fructose Corn Syrup has been linked directly to obesity, diabetes and metabolic dysfunction

TO SAVE YOUR LIFE
AVOID HFCS

Click here to learn more

High Fructose Corn Syrup is SINthetic and Must be AVOIDED
Curing Cancer in the Kitchen

Dangers of High Fructose Corn Syrup

1. Makes you very fat - it causes your body to store fat instead of burning it.
2. Raises your cholesterol
3. Gives you diabetes
4. Destroys your liver
5. Causes cancer - no wonder so many people get cancer!
6. Raises your blood pressure
7. Invites heart disease
8. Brings horrendous migraines and headaches
9. ADHD - That's why uncle Jethro can't pay attention to you.
10. Ruins your immune system
11. Speeds up the aging process - you might as well throw out your expensive wrinkle creams if you can't give up HFCS. They won't work!
12. Contains deadly mercury
13. Tooth decay - at least you'll make your dentist richer.
14. Gastrointestinal distress - bloating, gas and diarrhea - a real romance killer!
15. Cellulite
16. Hair loss - thanks mercury!
17. Blurred vision and retinal damage
18. Shortness of breath - you may not be out of shape after all.
19. Gout and arthritis - increases uric acid
20. Acne

www.vivienveil.com
Curing Cancer in the Kitchen

"Then Teach What to Eat. How to Exercise. Reduce Stress. Interact. Teach How To Show Love, and Respect"

Desire' Duboune
# Curing Cancer in the Kitchen

## 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>
</tr>
</thead>
<tbody>
<tr>
<td>SUGARS</td>
<td>Levulose, Stevia, Fruit sugars, Fructose</td>
<td>Xylitol, Agave Cactus sugar, Fructose Coa</td>
</tr>
<tr>
<td>GRAINS</td>
<td>Millet, Pearl barley, Rye, Sourdough bread, Couscous</td>
<td>Sweet corn, Lentil rice, Brown rice, Quick oats, Ezekiel bread</td>
</tr>
<tr>
<td>GRAIN FOODS</td>
<td>Oatmeal cookie with fructose, 3 grain pulse bread</td>
<td>Meat ball, Whole grain with vegetable peas, Fat tissue, Macaroni, Spaghetti (vegetable mix with grain), Bran Muffin, Oatmeal cookie (normal)</td>
</tr>
<tr>
<td>FRUITS</td>
<td>Tomato, Grapefruit, Lemon, Lime, Yogurt with fruits, Cherries</td>
<td>Blueberries, Blackberries, Raspberries, Dried apple, Oranges, Kiwi, Apple, Bartlett pear, Strawberries</td>
</tr>
<tr>
<td>VEGETABLES</td>
<td>Cold-processed vegetable olive, Green vegetables, Lettuce, Broccoli, Spinach, Cauliflower, Cabbage</td>
<td>Tofu, Olives, Cucumber, Radish, Pumpkin, Squash, Yam, candied with fructose, Carrots</td>
</tr>
<tr>
<td>BEANS</td>
<td>Soy beans, Lima beans, Black beans, Lentils, Butter beans, Black-eyed beans, Pinto beans, Chickpeas, Baked beans</td>
<td>Pumpkin seeds, Healthy candir bar with fructose and nuts, Peanuts, Cashews</td>
</tr>
</tbody>
</table>

Index # | 10 | 20 | 30 | 40 | 50 | 60 |

- Eat the foods in Green

**YOU CAN RESET YOUR EATING HABITS...**
Curing Cancer in the Kitchen

Dramatically Effective New Natural Way to Starve Cancer and Obesity

June 08, 2010 | William Li discusses a new way to think about treating cancer and other diseases -- anti-angiogenesis, which means preventing the growth of blood vessels that feed a tumor. The crucial step: Eating cancer-fighting foods that beat cancer at its own game.

"Angiogenesis" is the process your body uses to build blood vessels. Your body consists of some 19 billion capillaries (the smallest blood vessels), which are the vessels for both life, and yes, in many cases, death, as Dr. William Li, explains during his fascinating TED lecture.

This is because cancerous cells, like all other cells in your body, cannot thrive without the oxygen and nutrients supplied by your capillaries.

Virtually all of your blood vessels are formed while you're in the womb, but there are still certain circumstances in adulthood when your body will grow new blood vessels.

Blood vessels are created each month to form the lining of a woman's uterus, for example. And during pregnancy, new blood vessels form the placenta, which connects and shuttles nutrients to the growing fetus.

"Your body has the ability to regulate the amount of blood vessels it needs at any given time," Li explains, and it does this through an elaborate system of stimulators and inhibitors.

"But for a number of diseases there are defects in this system," Li says.
Curing Cancer in the Kitchen

In some cases, your body becomes incapable of "pruning back" extra blood vessels, and in others it cannot grow enough new ones.

In these situations, angiogenesis is out of balance, and a myriad of diseases result.

For example, insufficient angiogenesis (too few blood vessels) can lead to:

- Chronic wounds that will not heal
- Heart disease
- Stroke
- Neuropathy
- Erectile dysfunction

Excessive angiogenesis (too many blood vessels) promote diseases such as:

- Cancer
- Blindness
- Arthritis
- Endometriosis
- Multiple sclerosis

According to Dr. Li, there are more than 70 major diseases, affecting more than a billion people worldwide -- which on the surface appear completely different from each other -- that all share abnormal angiogenesis as a common denominator.

"This realization allows us to reconceptualize the way we approach these diseases -- by controlling angiogenesis," Li says.

This is exciting, as I believe and have taught for years that your diet is the key to preventing diseases of all kinds, including cancer. Dr. Li’s research explains, and scientifically validates what many of us have experienced, and our ancestors intuitively knew.

You are what you eat, and there are vast differences between a historically wholesome, nutritious diet, and the processed, chemical-based foods that pass for sustenance today.
Curing Cancer in the Kitchen

Strategies for Starving Cancer, and Obesity

In his TED talk, Dr. Li focuses primarily on cancer, because angiogenesis is a hallmark of the disease. As stated earlier, cancer cells cannot grow into noticeable tumors without sufficient amounts of capillaries feeding them oxygen- and nutrient-rich blood.

As it turns out, the majority of people carry around microscopic cancer cell clusters in their bodies, but not everyone actually develops cancer.

This is because as long as your body has the ability to balance angiogenesis properly, it will prevent blood vessels from forming to feed these microscopic tumors. Trouble will only arise if, and when, the cancer cells manage to get their own blood supply, at which point they can transform from harmless to deadly.

"Anti-angiogenic therapy is the method of cutting off blood supply to the cancer," Li explains. "This can be done because tumor vessels, unlike healthy vessels, are abnormal and poorly constructed, and because of that, they're highly vulnerable to treatments that target them."

There are currently about a dozen different anti-angiogenic cancer drugs that, according to Li's statistics, have significantly increased survival rates.

However, the answer to the cancer epidemic is not just devising better drugs to treat it in its advanced stages. The answer is preventing cancer from occurring in the first place, and that's what's so exciting about Dr. Li's research.

Interestingly, obesity is also largely dependent on angiogenesis. "Like tumor cells, fat cells grow when blood vessels grow," Li says. So in essence, a cancer-preventive diet is also an obesity-preventive diet.

The Cancer-Preventive Diet

Dr. Li believes the answer to cancer is to prevent angiogenesis, which can effectively starve any microscopic cancerous growths, preventing them from growing and becoming dangerous.

But how do you prevent angiogenesis, aside from using a drug?

As it turns out, "mother nature has laced a large number of foods, beverages and herbs with naturally occurring inhibitors of angiogenesis," says Li.

So by consuming these anti-angiogenetic foods you can naturally boost your body's defense system and prevent blood vessels from forming and feeding the microscopic tumors that exist in your body at any given time.
As shown on a graph in the video, diet accounts for at least 30-35 percent of all environmentally caused cancers.

So, "eating to starve cancer" could have a dramatic impact on cancer rates across the world.

According to Li, resveratrol from red grapes, for example, have been shown to inhibit abnormal angiogenesis by 60 percent. Even more potent is the ellagic acid found in strawberries.

Other anti-angiogenetic foods include:

<table>
<thead>
<tr>
<th>Green tea</th>
<th>Berries: strawberries, blackberries, raspberries, blueberries</th>
<th>Cherries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red grapes</td>
<td>Kale</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Artichokes</td>
<td>Parsley</td>
</tr>
<tr>
<td>Garlic</td>
<td>Tomato</td>
<td>Maitake mushroom</td>
</tr>
</tbody>
</table>

Logically, different foods contain different potencies of anti-angiogenetic compounds. But interestingly, when researchers evaluated a combination of two of the LEAST potent teas, for example, they discovered that this combination tea had greater potency than any given tea by itself.

"There's synergy," Li states, which should come as no surprise to those of you who are well-versed in holistic nutrition. Synergy is indeed what makes fresh, whole foods so potently nutritious! The sum is far greater than the individual parts, and this is why it's far more important to focus on eating a diet of whole, organic foods, rather than obsessing about individual nutrients.

**Some Foods are As Potent, or More Potent than Anti-Angiogenetic Drugs!**

In his lecture, Dr. Li shows a graph comparing anti-angiogenetic drugs with foods. It's a beautiful illustration of just how potent foods can be, because, as Li says, "foods hold their own, and in some cases are more potent than the drugs!"

Examples of foods equaling or exceeding the potency of drugs include parsley, garlic, and red grapes.

Dr. Li is now involved with creating the world's first rating system that will score foods according to their anti-angiogenetic, cancer-preventative properties. But there's really no reason to wait for a comprehensive list, because we already know that optimal health hinges on a healthy diet consisting of a wide variety of whole, organic foods.
Curing Cancer in the Kitchen

Just like a single food contains synergistic compounds, and a combination of foods can work together synergistically, a healthy diet overall will help you prevent all manner of disease, including cancer, in more ways than one.

For example, balancing your insulin levels will have a beneficial, protective effect on a number of diseases, including cancer. And eating according to your nutritional type also has potent anti-cancer effects. When we treat cancer patients in our clinic, this is in fact one of the most powerful anti-cancer strategies we have.

Other Important Strategies that Can Help Prevent Cancer

It's virtually impossible to discuss cancer prevention today without discussing vitamin D, as the scientific evidence of its anti-cancerous benefits is truly impressive.

For example, intake of vitamin D3 and calcium could potentially prevent 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer annually in the United States and Canada, according to a complex computer prediction model.

This model also predicted that 75 percent of deaths from these cancers could be prevented with adequate intake of vitamin D3 and calcium.

Theories linking vitamin D to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies, according to epidemiologist Cedric Garland, DrPH, professor of family and preventive medicine at the UC San Diego School of Medicine.

Dr. Garland is widely regarded as the leading epidemiologist on vitamin D and its relation to health. He led one of the latest studies on vitamin D for cancer prevention and proposed a new model of cancer development -- dubbed DINOMIT-- that is centered on a loss of cancer cells' ability to stick together.

The model is a departure from the older model of cancer development, which centers on genetic mutations as the earliest driving forces behind cancer. According to Dr. Garland:

"The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels. In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover, allowing more aggressive cancer cells to take over."

So clearly, no cancer prevention plan is complete without this simple lifestyle modification.

Normalizing your vitamin D levels with safe amounts of sun exposure is one of the most effective, and least expensive, strategies that is available to most people. Ideally, you'll want to monitor your vitamin D levels to make sure your levels stay within a therapeutic range year-round.
Here are several additional strategies you can incorporate to virtually eliminate your cancer risk:

1. **Control your insulin levels** by limiting your intake of processed foods and sugars as much as possible.
2. Get appropriate amounts of animal-based **omega-3 fats**.
3. **Exercise.** One of the primary reasons exercise works is that it drives your insulin levels down. Controlling insulin levels is one of the most powerful ways to reduce your cancer risks.
4. Have a tool to permanently erase the neurological short-circuiting that can activate cancer genes. Even the CDC states that **85 percent of disease is caused by emotions**. It is likely that this factor may be more important than all the other physical ones listed here, so make sure this is addressed. My particular favorite tool for this purpose, as you may know, is the [Emotional Freedom Technique](#).
5. Only 25 percent of people eat enough vegetables, so by all means **eat as many vegetables as you are comfortable with**. Ideally, they should be fresh and **organic**. However, please understand that, frequently, fresh conventionally grown vegetables are healthier than organic ones that are older and wilted in the grocery store. They are certainly better than no vegetables at all, so don’t use that as an excuse. If you are a carb nutritional type you may need up to 300 percent more vegetables than a protein nutritional type.
6. **Maintain an ideal body weight.**
7. Get enough **high-quality sleep.**
8. Reduce your exposure to **environmental toxins** like pesticides, household chemical cleaners, **synthetic air fresheners** and air pollution.
9. Boil, poach or steam your foods, rather than **frying or charbroiling them**.
## Dietary Sources of Naturally-Occurring Antiangiogenic Substances

<table>
<thead>
<tr>
<th>Green tea</th>
<th>Red grapes</th>
<th>Lavender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>Red wine</td>
<td>Pumpkin</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Bok choy</td>
<td>Sea Cucumber</td>
</tr>
<tr>
<td>Raspberries</td>
<td>Kale</td>
<td>Tuna</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Soy beans</td>
<td>Parsley</td>
</tr>
<tr>
<td>Oranges</td>
<td>Ginseng</td>
<td>Garlic</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Maitake mushroom</td>
<td>Tomato</td>
</tr>
<tr>
<td>Lemons</td>
<td>Licorice</td>
<td>Olive oil</td>
</tr>
<tr>
<td>Apples</td>
<td>Turmeric</td>
<td>Grape seed oil</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Nutmeg</td>
<td>Dark chocolate</td>
</tr>
<tr>
<td>Cherries</td>
<td>Artichokes</td>
<td>Others</td>
</tr>
</tbody>
</table>

Source: Angiogenesis Foundation (www.angio.org)
Curing Cancer in the Kitchen

Soy Tofu Berry Good Pudding

1 packet (12 oz/300 grams) package of organic firm silken tofu
12 oz of fresh raspberries and blueberries in equal quantities
5 tablespoons pure maple syrup, applesauce, grapes, stevia or coconut nectar
1 teaspoon lemon juice plus more to taste
5 tablespoons filtered water
pinch soy sauce, plus more to taste

Put berries in a saucepan with the water and sweetener, bring to the boil, and then lower the heat, and simmer until tender and a syrup forms. Cool.

Put everything in your blender with the berries, and blast on high until smooth and creamy.

Add in more lemon juice and lo-glycemic sweetener to taste if desired. Chill in the fridge, and serve topped with more fresh berries and vegan soy or almond cream.
Baked Tofu Artichoke Dip Recipe

For some added nutritional punch and color quickly sauté a couple handfuls of parsley in a bit of olive oil - toss it in the food processor with the artichokes, tofu, soy sauce and garlic.

2 (14-ounce) cans water-packed or fresh cooked artichokes, well drained
4 ounces organic silken tofu
3 large cloves garlic
1/3 cup Parmesan cheese, freshly grated
2/3 cup plain (or Greek) yogurt
1/4 teaspoon of soy sauce or more to taste
pinch of cayenne pepper

more Grated Tofu to sprinkle on top

Preheat oven to 350F degrees. In a blender or food processor puree the artichokes, tofu, and garlic. In a separate medium bowl whisk together the parmesan cheese, yogurt, salt, and cayenne. Stir in the artichoke puree and pour mixture into a medium-sized baking dish (or multiple smaller dishes). Sprinkle the top with more Parmesan. Bake uncovered until heated through and the cheese on the top starts to brown, about 45 minutes.
Curing Cancer in the Kitchen

Hearty Tofu Scramble
Vegan, Gluten Free
[makes 2 servings]

8 ounces firm tofu
1/2 teaspoon turmeric
4 teaspoon Parsley
2 teaspoons extra virgin olive oil
1/3 cup chopped red or yellow onion
1 C sliced crimini, shiitake mushrooms
1/4 teaspoon of soy sauce (optional)
1/8 to 1/4 teaspoon crushed black pepper
1/2 cup quartered artichoke hearts, packed in water
1 packed cup organic spinach, coarsely chopped

Squeeze excess moisture from tofu. Crumble into a bowl leaving some bigger chunks. Sprinkle turmeric and soy sauce over tofu and gently toss to combine. Heat oil in non-stick frying pan and cook onions for several minutes. Add mushrooms, additional garlic, soy (if desired) and pepper and cook until mushrooms release their moisture. Cook until moisture is mostly cooked off. Stir in artichokes and tofu and heat thoroughly. Stir in parsley + spinach and cook until it wilts. Serve with slices of fresh heirloom tomatoes and toasted whole grain muffins with your favorite vegan spread.
Into a small bowl mix ½ cup **Applesauce** with 1 cup crushed black and or blue berries. Add 2 tablespoons of fructose, 2 tablespoons of curcumin, turmeric, 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

**Artificial Sweeteners Feed the Bad Bacteria**
Curing Cancer in the Kitchen

Super Immunity
WHAT TO EAT

1. Eat Natural Foods with little preservatives
2. Eat more fruits, seed products, leafy greens, salads
3. Let Fruit be your Sweetener,
4. Drink ONLY 100% Fruit juice diluted with water
5. Boil foods in WATER, NOT OIL
6. Use fresh, cold processed UNHEATED olive oil, sunflower oil, safflower oil etc.
7. Less Cooking, Use stir fry well washed veggies
8. Foods made with Love and Nature is Blessed Nutrition, Foods made and eaten with Hate and Anger are poisons.
9. Celebrate each meal with friends, family or at least your joyous self. Celebrate
10. Listen to your inner self what to eat, and when to stop, do not eat with your eyes

Anti Cancer Fruits

best
**Broccoli With Mustard Vinaigrette**

12 ounces Broccoli
2 ounces of Parsely
2 garlic cloves, minced
1 tbsp cider vinegar
1 tbsp Soy extract
1 tablespoon water
2 teaspoons olive oil
2 teaspoons coarse grain mustard or Masabi

**DIRECTIONS:**
Wash broccoli. Cut broccoli lengthwise bitesize bits. Cut any thick stem pieces in half. Very Lightly Steam or stir fry 1 third of the Broccoli bits and parsely to preserve their natural vitamins. In a large covered saucepan cook 2 thirds of the broccoli in a small amount of boiling water for 8 to 12 minutes or until crisp-tender; Drain. Meanwhile, for vinaigrette, in a small screw-top jar combine the garlic, vinegar, water, oil, mustard and soy. Cover and shake well. Drizzle vinaigrette over broccoli. Grate soy cheese over. Serve immediately.
Curing Cancer in the Kitchen

Mustard Broccoli Stir Fry to Help Cure your Cancer

Ingredients
1 tablespoon butter or margarine, melted, -- 3 tablespoon fine apple sauce, --1 tablespoon stone-ground mustard or masabi, --1 tablespoon vegetable oil, --4 cups broccoli flowerets (1 pound), --3 tablespoons water, --1 tablespoon soy extract

Directions
1- Mix butter, apple sauce and mustard; set aside.
2-Hot oil in 10-inch skillet or wok over medium-high heat. Add broccoli; light stir-fry 1 minute. Add 3 tablespoons water. Cover and cook about 1 minutes or until broccoli is very crisp-tender.
3-Add butter-apple-mustard mixture and 1 tablespoon soy extract to taste; toss until broccoli is coated. Use grated tofu cheese to cover if you like.
Curing Cancer in the Kitchen

Broccoli Cauliflower Citrus Peel Mustard to cure your cancer

Ingredients:
1/2 cup (1 stick) butter, room temperature
2 tablespoons Dijon mustard and or wasabi
2 tablespoon grated lemon, orange, lime all citrus peel
1/3 cup plus 1 tablespoon chopped fresh chives
1/3 cup chopped fresh parsley
1 1 1/2-pound whole cauliflower, trimmed, cut into florets
2 1/2 pounds broccoli, stems trimmed, cut into florets

PREPARATION:
Using fork, blend butter, soy extract, mustard, wasabi and lemon peel in small bowl. Mix in cup chives and parsley. Season with soy, garlic, paprika and black pepper.
Cut Broccoli and Cauliflower into bitesize portions, very very lightly steam or lightly stir fry one third of them to preserve natural vitamins,

Cook the rest of the cauliflower in large pot of boiling water or chamomile tea 2 minutes. Add the rest of the broccoli and cook until vegetables are crisp-tender, about 3 minutes longer. Drain. Mix and Transfer all vegetables to bowl. Drain. (Butter mixture and vegetables can be made 1 day ahead. Cover separately and chill.)

Combine butter mixture and vegetables in large pot. Toss gently over medium heat until vegetables are heated through and coated with butter mixture, about 5 minutes. Transfer to bowl. Sprinkle with remaining 1 tablespoon chives and parsley.
Apple-Mustard
Broccoli Slaw –
Easy and Skinny
Broccoli with Mustard Seeds and Cumin

NutritionFacts.org
You can cure cancer in the kitchen

http://www.downloads.imune.net/medicalbooks/3D%20views%20on%20natural%20cancer%20therapies.pdf

https://www.youtube.com/watch?v=PazFPWwNHMQ

"Adding myrosinase enzymes in the form of even a pinch of mustard powder to cooked cruciferous (cabbage-family) vegetables like kale, collards or Brussels sprouts can offer anti-cancer sulforaphane levels comparable to raw, removing the necessity to pre-chop or juice for maximum health benefits."

Curing Cancer in the Kitchen

**Sauteed Broccoli with Cumin-Mung-Pine Seeds and Mustard Seeds**

Serves 2

1 head of broccoli, cut into florets (add cauliflower if you wish)
2 tablespoons of olive or soy oil
1/4 teaspoon red pepper flake
1/2 teaspoon soy extract
1 teaspoon of sprouted mung or bean seeds
1 teaspoon of sprouted pine seeds
1 teaspoon of sprouted black mustard seeds
1 teaspoon sprouted cumin seeds

**DIRECTIONS**

1. Take a large saute pan with a lid and fill it with a half-inch of water. Generously soy the water and then bring to a boil. Add most of the broccoli florets in an even layer and then cover. (Keep some raw for vitamins) Let steam for about 30 seconds or until bright green. Remove the florets from the water and let drain in a colander or on a kitchen towel. Drain the water and wipe out the saute pan. If you have a steamer basket, you can use that to steam the broccoli, if you prefer. (add the raw broccoli or cauliflower)

2. In the same saute pan over medium-high heat, add the olive oil and let it heat up. You’ll see a slight shimmer across the surface of the oil. Then add the mustard seeds and the other seeds. Once they heat up, the mustard seeds will start to sizzle and pop. As soon as they start to do this, add the red pepper flake and the drained broccoli florets. Sprinkle the salt evenly over the whole pan, adding more to taste if necessary. Saute for 1 minute, stirring occasionally. Remove from heat and serve immediately.
Anti-Cancer Cranberry, Apple, Lemon, Strawberry Pie

The cranberry strawberry combination is fantastic, like the tangy-sweet of strawberry rhubarb with a little more depth and warmth. But make sure to cook the cranberries for a good long time before putting them in the pie. On my first try, I didn’t do that and got something like cranberry-strawberry soup in soggy crust.

Filling:
2 cups frozen Cranberries
2 cups Apple sauce and or Rhubarb
2 tbsp grated Lemon peel
4 cups frozen or fresh Strawberries (small or chopped)

Crust:
2 cups whole wheat flour
2 sticks cold butter
½ cup ice water

In a medium-small pot, bring cranberries and apple sauce to a boil. Reduce to a simmer and cook, stirring occasionally, until the liquid from the cranberries has released and then reduced to about 1/3 cup. This should take 30-40 minutes. Meanwhile, make the crust. Stir in with strawberries, blue berries, blackberries. Pour into pie crust.

Cover with latticed top crust, and bake at 375 for about 40 minutes. Let cool at least 30 minutes prior to serving, to allow the juices to thicken.

Curing Cancer in the Kitchen

**What is Anti-Viral Coffee?**
+ The Benefits of Grass-Fed Butter & Coconut Oil in Your Coffee

**coconut oil & coffee**

Add 1 tablespoon of Butter or Coconut Oil and 20 to 30 drops of Sunflower oil or Essential Fatty Acid formula to your Morning coffee cup

[Medical EXPOSE](http://medicalexpose.org/)

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Curing Cancer in the Kitchen

**Anti-Cancer Superfruits**

- Blueberries
- Goji Berries
- Acai Berries
- Soursop
- Strawberries
- Kiwi
- Dragon Fruit
- Citrus
- Pomegranate
- Mangosteen
- Noni
- Apple
- Grapes

---

**The Superstars of Breast Cancer Prevention**

1. Broccoli
2. Cauliflower
3. Brussel Sprouts
4. Spinich
5. Collards
6. Tomatoes
7. Kale
8. Cabbage
9. Carrots
make an Anti-Cancer Tea

from the bark of the Pacific Yew, this has TAXOL in it.

*Crush up the bark first, use alcohol cider or add small part vodka, filter before use...*

A small piece of bark the size of your thumb soaked in lukewarm cider for overnight, serve warm or cold, add a cinnamon stick and nutmeg.

Use more bark and nutmeg if the cancer is extreme. The malvic acid in the cider sets the taxol free.
# Curing Cancer in the Kitchen

<table>
<thead>
<tr>
<th>Healing Herbs and Spices</th>
<th>Curing Cancer in Your Kitchen</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OREGANO</strong></td>
<td>helps soothe stomach muscles</td>
</tr>
<tr>
<td><strong>MINT</strong></td>
<td>can ease hiccups</td>
</tr>
<tr>
<td><strong>GINGER</strong></td>
<td>anti-nausea remedy</td>
</tr>
<tr>
<td><strong>GARLIC</strong></td>
<td>natural antiseptic</td>
</tr>
<tr>
<td><strong>FENUGREEK</strong></td>
<td>helps flush out harmful toxins</td>
</tr>
<tr>
<td>Fennel</td>
<td>can reduce bad breath and body odor</td>
</tr>
<tr>
<td><strong>CLOVE</strong></td>
<td>anti-microbial</td>
</tr>
<tr>
<td><strong>SAGE</strong></td>
<td>antiseptic and antibiotic</td>
</tr>
<tr>
<td><strong>Thyme</strong></td>
<td>relaxes respiratory muscles</td>
</tr>
<tr>
<td><strong>TURMERIC</strong></td>
<td>anti-cancer</td>
</tr>
<tr>
<td><strong>BLACK PEPPER</strong></td>
<td>help relieve indigestion</td>
</tr>
<tr>
<td><strong>CAYENNE</strong></td>
<td>can stop a heart attack</td>
</tr>
<tr>
<td><strong>CINNAMON</strong></td>
<td>helps lower blood pressure</td>
</tr>
<tr>
<td><strong>Dill</strong></td>
<td>treat heartburn, colic and gas</td>
</tr>
<tr>
<td><strong>Rosemary</strong></td>
<td>antioxidant</td>
</tr>
</tbody>
</table>

- Cumin, turmeric
- Sage
- Cinnamon
- Ginger
- Rosemary
- Ephedra
- Echinacea
- Myrrh
- Safflowers
- Young bitter orange
- Sanguiaria
- Dandelion
- Elderberry
- Honeysuckle flowers
- Sage Burme
- Skullcap
- Angelica
- Rhubarb
- Chinese dates
- Paprika
- Horseradish

These are all Safe herbs and spices that have anti-cancer affects but are totally safe to use in volume.

Work them into your cooking in volumes.
Curing Cancer in the Kitchen

Legumes
(Dry Beans, Split Peas and Lentils)

- Foods from the legume family include beans, peas, lentils, peanuts, and soybeans
- Legumes are rich in fiber, an excellent source of folate and a good source of protein
- Legumes contain other health-promoting substances that may also protect against cancer

12 Foods Rich in Folate

- leafy greens
- asparagus
- broccoli
- papaya & oranges
- avocado
- seeds & nuts
- Brussels sprouts
- beans, peas, lentils
- okra
- cauliflower
- beets
- bell peppers
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 fizzle 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 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.
Curing Cancer in the Kitchen

SORBET
GRAVIOLA, Paw Paw and Papaya

A sweet tasty fruit made into a sorbet or ice cream version.

About
Sweet and full of flavor, Graviola is a popular dessert ingredient in South and Central America. Some describe its flavor as a combination of pineapple and strawberry in a creamy coconut or banana base.

The graviola tree requires a very warm climate. The fruit is oval or heart-shaped, yellow-green in color, and the tough outer skin is usually covered with pliable, knobby biles. The inner flesh is creamy and fibrous and studded with black seeds.

Mix the Graviola, Paw Paw, Papaya, MangoSteen, Akeba Fruit, May Apple into a pulp add a dash of Vinca and 100% Apple juice concentrate to taste for the sweetener. Freeze 15 min. take out stir, repeat till it becomes ice cream sorbet consistency.

Have a dish twice a week or more if a professional says it is OK don’t eat too much, and this is not for healthy children.

The Typical Bloody Mary Drink you can get anywhere

No sucrose to feed a cancer, tomatoe lowers blood sugar, dash of black pepper supplies chromium for blood sugar stability, alcohol relaxes, enjoy
Curing Cancer in the Kitchen

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

- Poke root
- Poke called
- Acacia
- Oleander
- Magnolia bark
- California yew bark
- Sassafras bark
- Burdock
- Sophora fruit
- Tea tree oil
- Amoak seeds
- Cape jasmine fruit
- Persea root
- Aralia
- Liddis
- Phytohacca
- May-apple (Podophyllum)
- Celery
- Garlic, Raw Pap

There are more than those reported in the literature. These are just a few. Mix these into your diet and see if there are any positive results for you or for cancer researchers.

---

Cancer-Fighting Foods

- Green Tea
- Blackberries
- Raspberries
- Blueberries
- Lemons
- Apples
- Kale
- Green leafy vegetables
- Turmeric
- Cinnamon
- Artichokes
- Garlic
- Tomato
- Olive Oil
- Dark Chocolate
- Pomegranate
- Ginger

www.maxawareness.com
Curing Cancer in the Kitchen

KILLING CANCER
What makes cancer cells different – and how Vitamin D Kills them

Normal cells (blue) in the middle of a benign growth are starved of oxygen but can survive by switching to glycolysis, a different way of making energy. In the process the mitochondria, which contain the cells’ self-destruct mechanism, switch off. This makes the cells “immortal” and cancerous (red), so they carry on replicating and the tumour grows.

Glycolysis also generates lactic acid, which lets the cancer cells eat through tissue, escape and form secondary cancers elsewhere in the body.

Vitamin D apoptosis switches the mitochondria in the cancer cells back on (blue) so they halt glycolysis and start making energy in mitochondria again. The self-destruct mechanism is then activated, and the cells wither and die (brown).
Curing Cancer in the Kitchen

DOI: 10.4161/onci.25769
Lynda Thyer*, Emma Ward*, Rodney Smith*, Jacopo JV Branca†, Gabriele Morucci†, Massimo Gulisano†, David Noakes‡, Robert Eslinger‡ & Stefania Pacini†
e25769

Publishing models and article dates explained
Received: 18 Jun 2013
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Abstract

α-N-acetylgalactosaminidase (nagalase) accumulates in the serum of cancer patients and its activity correlates with tumor burden, aggressiveness and clinical disease progression. The administration of GC protein-derived macrophage-activating factor (GcMAF) to cancer patients with elevated levels of nagalase has been associated with a decrease of serum nagalase activity and with significant clinical benefits. Here, we report the results of the administration of GcMAF to a heterogeneous cohort of patients with histologically diverse, advanced neoplasms, generally considered as “incurable” diseases. In most cases, GcMAF therapy was initiated at late stages of tumor progression. As this is an open-label, non-controlled, retrospective analysis, caution must be employed when establishing cause-effect relationships between the administration GcMAF and disease outcome. However, the response to GcMAF was generally robust and some trends emerged. All patients (n = 20) presented with elevated serum nagalase activity, well above normal values. All patients but one showed a significant decrease of serum nagalase activity upon weekly GcMAF injections. Decreased nagalase activity was associated with improved clinical conditions and no adverse side effects were reported. The observations reported here confirm and extend previous results and pave the way to further studies aimed at assessing the precise role and indications for GcMAF-based anticancer immunotherapy.
Did Cancer Evolve to Protect Us?
A physics-based, “atavistic” model posits that cancer is a “safe mode” for stressed cells and suggests that oxygen and immunotherapy are the best ways to beat the disease.

Oct 2, 2014; By Zeeya Merali

Cancer is your last chance at Detoxification

A new theory declares cancer is the re-expression of an ancient “preprogrammed” trait that has been lying dormant.
Curing Cancer in the Kitchen

Abstract

Immunotherapy of HIV-infected patients with Gc protein-derived macrophage activating factor (GcMAF).

Yamamoto N1, Ushijima N, KoYa Y

Author information

Retraction in


Abstract

Serum Gc protein (known as vitamin D3-binding protein) is the precursor for the principal macrophage activating factor (MAF). The MAF precursor activity of serum Gc protein of HIV-infected patients was lost or reduced because Gc protein is deglycosylated by alpha-N-acetylgalactosaminidase (Nagalase) secreted from HIV-infected cells. Therefore, macrophages of HIV-infected patients having deglycosylated Gc protein cannot be activated, leading to immunosuppression. Since Nagalase is the intrinsic component of the envelope protein gp120, serum Nagalase activity is the sum of enzyme activities carried by both HIV virions and envelope proteins. These Nagalase carriers were already complexed with anti-HIV immunoglobulin G (IgG) or retained Nagalase activity that is required for infectivity. Stepwise treatment of purified Gc protein with immobilized beta-galactosidase and sialidase generated the most potent macrophage activating factor (termed GcMAF), which produces no side effects in humans. Macrophages activated by administration of 100 ng GcMAF develop a large amount of Fc receptors as well as an enormous variation of receptors that recognize IgG-bound and unbound HIV virions. Since latently HIV-infected cells are unstable and constantly release HIV virions, the activated macrophages rapidly intercept the released HIV virions to prevent reinfection resulting in exhaustion of infected cells. After less than 18 weekly administrations of 100 ng GcMAF for nonimmune patients, they exhibited low serum Nagalase activity equivalent to healthy controls, indicating eradication of HIV infection, which was also confirmed by no infectious center formation by provirus inducing agent-treated patient PBMCs. No recurrence occurred and their healthy CD+ cell counts were maintained for 7 years.

PMID: 19031451 [PubMed - indexed for MEDLINE]

Retraction in


Abstract

Serum vitamin D3-binding protein (Gc protein) is the precursor for the principal macrophage activating factor (MAF). The MAF precursor activity of serum Gc protein of breast cancer patients was lost or reduced because Gc protein was deglycosylated by serum alpha-N-acetylgalactosaminidase (Nagalase) secreted from cancerous cells. Patient serum Nagalase activity is proportional to tumor burden. The deglycosylated Gc protein cannot be converted to MAF, resulting in no macrophage activation and immunosuppression. Stepwise incubation of purified Gc protein with immobilized beta-galactosidase and sialidase generated probably the most potent macrophage activating factor (termed GcMAF) ever discovered, which produces no adverse effect in humans. Macrophages treated in vitro with GcMAF (100 pg/ml) are highly tumoricidal to mammary adenocarcinomas. Efficacy of GcMAF for treatment of metastatic breast cancer was investigated with 16 nonimmune patients who received weekly administration of GcMAF (100 ng). As GcMAF therapy progresses, the MAF precursor activity of patient Gc protein increased with a concomitant decrease in serum Nagalase. Because of proportionality of serum Nagalase activity to tumor burden, the time course progress of GcMAF therapy was assessed by serum Nagalase activity as a prognostic index. These patients had the initial Nagalase activities ranging from 2.32 to 6.28 mmol/min/mg protein. After about 16-22 administrations (approximately 3.5-6 months) of GcMAF, these patients had insignificantly low serum enzyme levels equivalent to healthy control enzyme levels, ranging from 0.38 to 0.83 mmol/min/mg protein, indicating eradication of the tumors. This therapeutic procedure resulted in no recurrence for more than 4 years.

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PMID: 17935130 [PubMed - indexed for MEDLINE]
Curing Cancer in the Kitchen

Sugar fed bad bacteria in the gut can take over your brain like an alien presence.
Bad Bacteria
Take over the
Brain and
Makes you Crave
Foods that Feed
The Bad Bacteria

http://www.downloads.imune.net/medicalbooks/Bad%20Bowel%20Bacteria%20can%20take%20contro
l%20of%20your%20Brain.pdf

http://indavideo.hu/video/Bad_Bacteria_Take_over_the_Brain
Curing Cancer in the Kitchen

Bad Bacteria Develops from Antibiotics, SYNthetic Chemicals, Processed Carbohydrates, Sugar

SCIENTISTS DECLARE WAR ON SUGAR IN FOOD

Your Blood Glucose Level Changes When You Eat

FRUCTOSE-LEVULOSE

Your Blood Glucose Level Changes When You Eat

DEXTROSE

UCSF Scientists Declare WAR on Sugar in Food

Like alcohol and tobacco, sugar is a toxic, addictive substance that should be highly regulated, says a team of UCSF scientists. (University of California, San Francisco)

In a paper published in Nature on Wednesday, they argue that increased global consumption of sugars is primarily responsible for a wide range of chronic diseases that are reaching epidemic levels around the world. The health-care expense of sugar-caused diseases is massive.

Sugars so heavily entrenched in the food culture in the United States and other countries that getting people to kick the habit will require much more than simple education and awareness.
The Harmful Effects of Sugar

Sugar FEEDS Cancer

- Suppresses the immune system
- Leads to Chromium deficiency
- Leads to Cancer of the ovaries
- Causes copper deficiency
- Causes premature aging
- Causes tooth decay
- Contributes to obesity
- Causes arthritis
- Causes asthma
- Causes gallstones
- Causes heart diseases
- Causes hemorrhoids
- Causes varicose veins
- Increase Cholesterol
- Contributes to diabetes
- Contributes to eczema
- Causes cardiovascular disease
Curing Cancer in the Kitchen

Intermittent Fasting and Carbohydrate Restriction in Cancer Management

Colin E. Champ, M.D.
Assistant Professor and Physicist
Department of Radiation Oncology
University of Pittsburgh Medical Center


Normal Cells

Tumor Cells

<table>
<thead>
<tr>
<th>Normal Cells</th>
<th>Tumor Cells</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-Term Starvation</td>
<td>Short-Term Starvation</td>
</tr>
<tr>
<td>IGFBP1↑</td>
<td>IGF1↑</td>
</tr>
<tr>
<td>IGF-I↓</td>
<td>IGF-I↓</td>
</tr>
<tr>
<td>glucose↓</td>
<td>glucose↓</td>
</tr>
<tr>
<td>Ras↑</td>
<td>Ras↑</td>
</tr>
<tr>
<td>Proto-oncogenes↓</td>
<td>other oncogenes↑</td>
</tr>
</tbody>
</table>

GROWTH

PROTECTION

Click to see how

http://www.downloads.imune.net/medicalbooks/Fasting%20is%20Nature's%20surgery.pdf

Fasting overcomes cancer

Regular fasting leads to malfunctioning the cancer cells.
Scientists said that fasting for a long time improves the body level of work and increases its energy, thus decreases the probability of being influenced by cancer.
Curing Cancer in the Kitchen

Health Benefits of Sweet Potatoes For Cancer

7 grams fiber per serving contain large amounts of Vitamin E6 contain large amounts of potassium rich in beta-carotene good source of manganese anti-oxidant rich anti-inflammatory improves blood sugar regulation antibacterial & antifungal properties helps skin stay clear helps prevent rheumatoid arthritis helps maintain collagen contain iron

Soothing for the stomach helps prevent constipation helps with emphysema promotes healthy digestive tract may decrease the dangers presented by heavy metals & oxygen radicals contain Vitamin D choose organic sweet potatoes when possible

Spicy Baked Sweet Potato Chips
Serves 1

2 small or 1 large sweet potato
1 1/2 tablespoons olive oil
1/4 teaspoon cayenne pepper
Soy Extract

Preheat oven to 425 degrees.

Peel sweet potatoes & thinly slice crosswise into 3/8 inch thick slices. If you have a mandoline, use it. Place the sweet potato slices in a bowl. Add olive oil, cayenne pepper & soy to taste & mix well. Spread the slices out on a baking pan in a single layer. Bake about 12 minutes on each side. Carefully checking to make sure the smaller or thinner pieces don’t burn.

Roasted Sweet Potatoes and Cauliflower

Premeditated Leftovers.com
Curing Cancer in the Kitchen

Good Shit Sweet Potatoes with Pecan Crunch

This easy side dish is a colorful take on baked sweet potatoes that features a Texas favorite: pecans. It'll have your family exclaiming, "This is some Good Shit!"

Ingredients:
* 3/4 cup Apple Sauce
* 1/4 cup orange juice
* 2 tsp vanilla extract
* 1 1/2 tsp ground cinnamon, divided
* 1 1/2 tsp ground ginger, divided
* 1/2 - 1 tsp Good Shit
* 3 lbs sweet potatoes, peeled and cut in 1-inch chunks
* 1 cup dried cranberries
* 6 tbsp butter, cut up, divided
* 1/2 cup refried Beans
* 1 cup chopped pecans

Preparation:
1. Preheat oven to 400 degrees F.
2. Mix 1/4 cup of the apple sauce, orange juice, vanilla, 1/2 teaspoon each of the cinnamon and ginger, and Good Shit in a large bowl (use closer to 1/2 tsp of Good Shit if you want it to be more on the sweet side). Add sweet potatoes, toss to coat well. Spoon into 13x9-inch baking dish. Sprinkle evenly with cranberries. Dot with 2 tablespoons of the butter. Cover with foil. Bake 30 minutes.
3. Meanwhile, mix beans remaining 1/2 cup apple sauce and remaining 1 teaspoon each of cinnamon and ginger in medium bowl. Cut in remaining 4 tablespoons butter with a fork until coarse crumbs form. Stir in pecans.
4. Remove sweet potatoes from oven and stir gently. Sprinkle evenly with pecan topping. Bake, uncovered, 25 to 30 minutes longer or until sweet potatoes are tender and topping is lightly browned.
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Best Mashed Potatoes Ever

by Desiree Dubouneet

Without White Potatoes

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, shalots and use Prof Nelson's better butter for topping. You will find a way to satisfy the most picky eater with these tips. This will starve a CANCER and fortify your heart, while reducing cholesterol.
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Prof. Desi’s SALSA: take one cup (mixed germinated soybeans, jackbeans, peas, snow peas, red kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Use corn chips unless there is candida or fungus (candida grows best on or with corn meal). Use oat or wheat bran crackers to eat this nutritious and immune stimulating meal.

Prof. Desi’s salad Oil: to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, parsley, mustard, or clove oil all the better then you won’t have to make it.

This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad

Prof. Desi’s better butter:

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polyunsaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

1/4 pound all natural butter at room temperature

1/3 cup cold-pressed oil combo from above

Blend with a fork and refrigerate. Makes 1/4 pound. It will soften quick in the heat.

WHOLE GRAIN PANCAKES

These pancakes are wheat-free and can be made with a variety of grains. One grain should be sticky, such as oats. You can change the recipe by adding millet or buckwheat, ground into flour in a small seed grinder, a little rye flour, or anything else that happens to be around. A few whole grain pancakes in the morning makes a delicious breakfast.
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They contain no added fats and, if you eat them with a little unsweetened jam or blend fruits (blueberries, grapes, strawberries etc) into compote for syrup. However, the psychological freedom that comes from eating pancakes can be exhilarating to someone who is used to dieting.

**Mix together:**

2 cups of whole grain flours (either the ones suggested here or our variations):

1 cup corn meal, or add or mix cat tail pollen for an extra culinary treat (put a paper bag over a cat tail this pollen season. Shake vigorously. The pollen will be released into the bag.) Mix with grain.

½ cup brown rice flour

3 tablespoons of wheat germ

½ cup oat flour (grind oatmeal in blender)

**Add:**

1 ½ cups of low-fat milk or soy milk

1 egg

½ teaspoon baking powder (use Rumford brand or other brand without aluminum)

Serves a hungry family of four. Save any leftover batter in the refrigerator for another breakfast. Use natural fruit compot in a blender, and sorghum or maple syrup for topping.

**Eggplant Pancakes:**

Use the same batter as above. Cut off and slice skin of eggplant into circles. Dip circles into batter and fry in sunflower oil till brown.

**OATMEAL WITH APPLE JUICE**

Try this if you like hot cereal and want to avoid both cow’s milk and soy milk. It is a pre-sweetened, moist cereal without sugar or honey that cooks while you are dressing in the morning. Nothing could be simpler to prepare or more beneficial to help eliminate cholesterol buildup, keep blood sugar level, and provide natural fiber. Besides, it tastes good.

¼ to ½ cup of dry rolled oats (oatmeal)
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Cover with apple juice diluted by half with water.

Bring to boil and simmer, covered, 5 to 10 minutes. Add more juice if additional moisture or sweetener is desired. Add a small quantity of berries or fruit to taste. Makes one serving.

SOY MILK

When you want to cut back on dairy products to prevent calcium overkill or because of a dairy sensitivity, soy milk is an excellent substitute both in cooking and with cereal.

DO-IT-YOURSELF PROTEIN DRINK

Germinated seeds and nuts are added to soy protein for this variation of the standard protein-powder and juice drink. To germinate, simply soak the nuts and seeds overnight. Their protein content is increased and their fat content decreased through germination. Rinse and refrigerate any extra to be used later in the week.

The refrigerated nuts and seeds should be rinsed once a day to keep them fresh. Soy milk or tofu can be used in place of more expensive protein powder, which often contains unwanted sugar.

Blend together:

½ cup soy milk or 1/6 pound tofu
¼ cup apple juice
½ cup berries or ½ piece of fruit (banana, peach, or other)
6 germinated almonds
6 germinated sambucca seeds
3 tablespoons of wheat germ
1 tablespoon germinated sunflower seeds

Makes one serving. For added B vitamins and energy, add brewer’s yeast powder or flakes. Begin with ½ teaspoon and gradually build up to 2 tablespoons. If you begin with too much at first, you could get gas. A gradual increase avoids this problem.
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Prof. Desi’s immune cookie

1/6 pound tofu
1 cup apple juice
½ cup berries or ½ piece of fruit (banana, peach, or other)
16 ground germinated almonds
2 oz sambucca berries
3 tablespoons of wheat germ
15 tablespoons germinated sesame seeds
15 tablespoons of honey
5-ounces of sprouts, rinsed, germinated and drained

Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.

Prof. Desi’s immunity building soup and dip

BEAN SOUP or BEAN DIP

1 large red onion, chopped
¾ cup thinly sliced celery
1 teaspoon dried minced garlic
3 cups defatted chicken broth
1 tablespoon Worcestershire sauce
1 tablespoon kelp
2 teaspoons tamari soy sauce
1/8 teaspoon pepper
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1/8 teaspoon ginger

45-ounces of beans, rinsed, germinated and drained

Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Brown onion. Add celery and garlic. Cook one more minute. Add rest of ingredients. Simmer 15 minutes. Remove from Dutch oven and puree in a food processor or blender.

Return to Dutch oven. Simmer 30 more minutes. Serve over brown rice and top with chopped onion. Serves four to six.

LENTIL BARLEY SOUP

1 cup germinated lentils
1 cup germinated barley
1 cup of beans, rinsed, germinated and drained
use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed
1 16-ounce can tomatoes, chopped
1 cup sliced celery
1 cup chopped onion
¾ cup sliced carrot
2 tablespoons tamari soy sauce
½ teaspoon pepper
1 teaspoon dried dill weed
1 teaspoon garlic powder
10 cups defatted chicken broth

Place all ingredients in a large saucepan. Bring to a boil. Cover and reduce heat to simmer. Cook 50 minutes, stirring occasionally. Add water if soup becomes too thick. Serves six to eight.
Prof. Desi’s cocktail:

Sambucca is an immune stimulant, as is red wine. Mix equal parts of each or use port for the red wine and take only one glass a day. Only use when needed not everyday. The relaxation effects are good and there is a slight immune stimulating effect.
Prof. Desi’s sorbet: use no white sugar and only natural fruit, mix pineapple and papaya, possible to use berries in the mix, or use melon separately. For extra sugar you can use some fructose or honey. Mix into puree and freeze while stirring regularly. Chop and blend after into a sorbet. This makes an excellent enzyme rich desert.

Prof. Desi’s stir fry:

1 teaspoon olive oil or sunflower oil
1 teaspoon low-sodium soy sauce
¼ cup broccoli
¼ cup carrots
¼ cup onions
¼ cup peppers
¼ cup peas
¼ cup red kidney bean
¼ cup soybean
¼ cup snow peas
¼ cup sprouts
¼ cup mushrooms (you may substitute based on availability of ingredients)
4 ounces tofu, diced fine
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Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots

Stir fry in very hot skillet. Serve over 2/3 cup rice or pasta. Makes one serving.

Prof. Desi’s sprout salad:

¼ cup broccoli
¼ cup carrots
¼ cup onions
¼ cup peppers
¼ cup sprouted peas
¼ cup sprouted red kidney bean
¼ cup sprouted soybean
¼ cup sprouted snow peas
¼ cup other misc sprouts
Lettuce, kale,
¼ cup mushrooms (you may substitute based on availability of ingredients)
4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots use the oil combo from above with vinegar as a dressing
Prof. Desi’s better butter:

For those of you who are not ready to give up the taste of butter, this is an excellent way to reduce your saturated fats. It combines the saturated fats in butter with the polyunsaturated fats in sunflower oil. By using cold pressed oil, you are giving yourself the essential fatty acids your body needs so much. If you eat the same amount of Better Butter as plain butter, you are cutting your saturated fat intake by half.

¼ pound all natural butter at room temperature

1/3 cup cold-pressed oil combo from Desi’s salad oil

Blend with a fork and refrigerate. Makes ¼ pound. It will soften quick in the heat.
Prof. Desi’s immune stim cookie

1/6 pound tofu
1 cup apple juice
½ cup berries or ½ piece of fruit (banana, peach, or other)
16 ground germinated almonds
2 oz sambucca berries, strawberries, blueberries or other
3 tablespoons of wheat germ
15 tablespoons germinated sesame seeds
15 tablespoons of fine apple sauce (might add healthy honey)
5-ounces of sprouts, rinsed, germinated and drained
Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed -- sprouts

Mince ingredients and blend pour on a cookie pan and cook at 250 degrees for twenty minutes. Serve as cookies.
Prof Desi's Healthy

BEAN SOUP or BEAN DIP

1 large red onion, chopped
3/4 cup thinly sliced celery
1 teaspoon dried minced garlic
3 cups defatted chicken broth
1 tablespoon Worcestershire sauce
1 tablespoon kelp
2 teaspoons tamari soy sauce
1/8 teaspoon pepper
1/8 teaspoon ginger

45-ounces of beans, rinsed, germinated and drained

Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Brown onion. Add celery and garlic. Cook one more minute. Add rest of ingredients. Simmer 15 minutes. Remove from Dutch oven and puree in a food processor or blender.

Return to Dutch oven. Simmer 30 more minutes. Serve over brown rice and top with chopped onion. Serves four to six.

"Heating destroys some nutrients so vegetables cooked more quickly and thus exposed to heat for a shorter time retain more nutrition. Steaming and stir-frying help to retain the heat sensitive nutrients"
Prof. Desi’s Immune Stim Sorbet:

use no white sugar and only natural fruit,

Mix Apple, Lemon, Cranberry, Strawberry, Red Grapes into a sluree

or mix pineapple and papaya, possible to use berries in the mix, or use melon separately.

For extra sugar you can use some fructose or fine apple sauce. Mix into puree and freeze while stirring regularly. Chop and blend after into a sorbet.

This makes an excellent enzyme rich desert.
"In stir-frying, a Chinese cooking technique called chao, a small amount of oil is used at high temperatures to quickly sear or steam the food. Vegetables and small pieces of meat, seafood, or tofu used in this technique retain much less oil, less heat, more nutrition."

Prof. Desi’s stir fry:

1 teaspoon olive oil or sunflower oil
1 teaspoon low-sodium soy sauce
¼ cup broccoli
¼ cup carrots
¼ cup onions
¼ cup peppers
¼ cup peas
¼ cup red kidney bean
¼ cup soybean
¼ cup snow peas
¼ cup sprouts
¼ cup mushrooms (you may substitute based on availability of ingredients)
4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots

Stir fry in very hot skillet. Serve over 2/3 cup rice or legumes. Makes one serving.
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Prof. Desi’s anti-cancer sprout salad:

- ¼ cup broccoli and ¼ mustard seed sprout
- ¼ cup carrots
- ¼ cup onions
- ¼ cup peppers
- ¼ cup sprouted peas
- ¼ cup sprouted red kidney bean
- ¼ cup sprouted soybean
- ¼ cup sprouted snow peas
- ¼ cup other misc sprouts
- Lettuce, kale,

- ¼ cup mushrooms (you may substitute based on availability of ingredients)

- 4 ounces tofu, diced fine

Seasonings: choose from fresh ginger, basil thyme, oregano, parsley, cilantro, scallions, garlic, shallots use Prof. Desi salad oil combo from above with cider vinegar as a dressing

Experts estimate that there can be up to 100 times more enzymes in sprouts. The Quality of protein, vitamins, fiber, essential fatty acids, mineral absorption, and the energy in the body are all increased dramatically with sprouts.
Prof. Desi’s IMMUNE Stim SALSA:

take one cup (mixed germinated soybeans, jackbeans, peas, snow peas, red kidney bean) and one cup onion, two cups tomatoes, and one cup of sprouts. Put into a food processor and mix into a salsa. Do NOT Use corn chips if there is candida or fungus (candida grows best on or with corn meal). Use oat or wheat bran crackers to eat this nutritious and immune stimulating meal.

Try Strawberry Salsa
Prof. Desi’s Health Stim Salad Oil:

to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, goji berry, parsley, mustard, or clove oil all the better then you won’t have to make it.

This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad
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Eucalyptus, Peppermint, Wintergreen in a candle can increase the vaso-dilation of the lungs to carry the herbs deeper to kill fungus, treat cancer, and remedy other lung diseases.
One Scented Candle in a room can kill clinging Bacteria and Fungus on the walls and in the air. Use this as a carrier for Herbs. If you use Tea Tree oil, Oregano and Pau D’ Arco oil in the candle it can be carried into the lungs via the air to kill the Fungus and Mycobacterium.
Eat at least five servings of fruits and vegetables a day, use vegetables as the center of the meal.

Remember: do not eat foods boiled in oil, get good cold processed vegetable oils and thus good fatty acids, not trans or cooked animal oils. Eat only Levulose (fructose fruit sugars) not Dextrose (cane, corn, potato, grape sugar). Wellness is your Reward. Remember to chew your food, fruits alone, fluids alone, and melons alone.

Make vegetable and fruit juice part of your daily Wellness Healthy Regime.