

# A Living Miracle: Fight cancer at the cellular level and win!

## **Overview**

There are now – thankfully – many books on the shelves written by or about people who have overcome a diagnosis of cancer successfully and gone on to live full, healthy lives. But very few, if any, are by people who not only have done this for themselves, and can say in clear detail how, but who also have made a subsequent career out of helping others on similar journeys.

This book is not just an inspirational ‘triumph over tragedy’ read, though it is that. It’s also not just a riveting autobiography of an exceptional and fascinating, high-achieving woman, though it is also that. It is, in addition, a comprehensive ‘how to’ guide written by a recognised expert in her field for anyone facing similar health challenges and are either not getting the results they hoped for from conventional medicine, or who prefer to follow a natural approach to eliminating cancer; as well as for their families, friends and indeed anyone wanting to optimise their own health and quality of life.

This should be a best-selling ‘bible’ for those facing cancer and similar debilitating conditions, and required reading on all doctors’ degrees. It is endorsed by none other than Patrick Holford, and also by Dr Mark Atkinson.

## **Target market**

Primarily, those facing a diagnosis of cancer – whether choosing conventional treatment or not, the principles, ideas and even recipes in this book will enhance any protocol. Many people now are beginning to consider alternatives owing to the harsh and often unsuccessful treatments open to them via traditional medicine; for those, the book is a treasure trove of tried and tested approaches backed with empirical and scientific evidence.

In addition, anyone caring for or who knows someone facing a life-threatening illness could do far worse than buy this book for the person and even themselves. The dietary principles within are sound preventive medicine, and the additional ideas and support – not to mention Pat’s own story – within the book offer real rays of hope to those who may be battling with society’s ‘gloom and doom’ attitude towards cancer, and also difficult and debilitating treatment.

## Outline

### *Chapter headings and summary*

1. A Personal Journey – what led Pat to become a nutritional therapist herself; her life so far and personal experience of cancer and how to manage it so successfully she has won multiple awards for marathon running and power-lifting
2. What Causes Cancer? The real causes of cancer, not just surface symptoms; their implications for lifestyle and, more importantly, self-regulation
3. Cancer Prevention – how to stop it developing in the first place through a few sensible dietary and lifestyle choices
4. The Concept of a Cancer Diet – the science behind the practice; why it makes sense; how it really works; common misconceptions
5. Raw Food Treatment – how to use living food to treat and heal cancer and our cells
6. Living Foods – the importance of ‘living’ food; how to produce and use it
7. Living Food Recipes – self-explanatory
8. Making Use of the Plan – putting it all together; mind/body connection and practices; attitude; common therapies of use
9. A Severe Change of Diet – Expect Some Reaction! – what could happen and why
10. Take Responsibility – for your own Health
11. Testimonials
12. Index

### *Practical focus*

Pat not only gives clear guidelines as to what type of treatment is appropriate to what stage of cancer, but also includes a host of tasty, proven, simple to follow raw recipes for those starting down that route and struggling for ideas. It's an autobiography, manual and recipe book rolled into one, and will be returned to again and again.

### *Endorsements*

The book has been read, and endorsed, by Patrick Holford, renowned expert and best-selling author of *The Optimum Nutrition Bible* and several variations, *The H Factor*, *Say No to Cancer*, to mention but a few.

It has also been endorsed by Dr Mark Atkinson, author of *The Mind-Body Bible*.

Pat is very well known in the fields of optimum nutrition herself, as well as within the vegan, cancer-care, raw-food and power-lifting communities, these being a ready target audience for this book. She is an active power-lifter currently world champion and record holder – being also a prolific writer, course provider, public speaker and qualified practitioner of nutritional and functional medicine.

If you have already been diagnosed with cancer – or a life threatening illness – this book will provide you with coping strategies and multiple choices which I have personally found effective. Should conventional therapies also be used, these strategies will enhance their effectiveness and minimise any encountered side-effects.

If you wish to retain the good health you already possess, the answers are in this book.

Learn how a simple food preparation method will offer you a lifetime of heightened energy, hormonal stabilization and healthy longevity.

## Appendix 1: Sample chapters

### WHAT CAUSES CANCER?

**M**any years into my alternative cancer research, I had already run into several instances where I heard about microbes being found inside cancer cells. During this time I just shrugged it off. It was not that I didn't believe it, but I couldn't determine whether such microbes were a cause of cancer or just an opportunistic parasite inside a weakened cell. Finally, the evidence started to mount and I started looking deeper and deeper into the issue. Whilst reading the book *Sick and Tired? – Reclaim Your Inner Terrain*, written by Robert O. Young, PhD, and by looking at several other books, all of the pieces of the puzzle finally fell into place. It was perfectly clear that "cancer microbes" were getting into normal cells and their presence was turning the normal cells into anaerobic cells (an anaerobic cell does not burn oxygen like a normal cell, rather it ferments glucose to get energy). The definition of an anaerobic cell is a "cancer cell." A Nobel Prize was given in 1931 (Otto Heinrich Warburg) for the discovery that a cancer cell is anaerobic.

I have seen several different descriptions of this cancer microbe in the cancer cell. Some people called it a virus, some a fungus, one called it a mould, others called it an acidfast bacteria (which mutated into a fungus) and one called it an amoeba (e.g. trichomonad). Which of these is correct? Likely all of them: I should note that this variety is an indication of independent research and that everyone was not just copying an original source. In fact, there were numerous independent sources of this information, some dating back more than several decades (e.g. Dr. Royal Rife in the 1930s)!!

But the issue gets deeper than that. Inside each cell are mitochondria. These mitochondria are where the energy of the cell is created, in the form of a molecule called ATP. The chemical process by which ATP are made start with what is called "The Krebs Cycle" or the "Citric Acid Cycle." This cycle of chemical reactions leads to the creation of ATP. But as a spin-off of the Krebs Cycle, the Electron Transport Chain (ETC), creates even more ATP than the Krebs Cycle. In a cancer cell, the Krebs Cycle is broken. Since the ETC is a spin-off of the Krebs Cycle, it is broken also. The result of breaking the Krebs Cycle is that the energy in the cell (i.e. the number of ATP molecules) drops dramatically.

The human cell is a very sophisticated living thing. When the Krebs Cycle is broken, the cell is generally able to fix the cycle, thus restoring the energy in the cell. But with a cancer cell, the cell is not able to restore its Krebs Cycle. Instead the broken Krebs Cycle and broken ETC are maintained. So what could possibly maintain the break in the Krebs Cycle and ETC? What could make it impossible for the cell to fix itself month after month and year after year? My personal interpretation follows:

#### The Chain of Events

Combining this question with the many discoveries that relate microbes to cancer cells, leads to the following explanation:

1. Due to a weakened cell membrane, which can be caused by a carcinogen or many other things, a microbe is able to enter inside a normal cell.
2. The microbe, once inside, intercepts the glucose entering the cell (most microbes eat glucose).
3. The microbe excretes "mycotoxins," dangerous hormones and perhaps a thick slime (mycotoxins are the normal excretions of microbes).

4. Because mycotoxins are very, very acidic, the inside of the cell becomes highly acidic, which is a characteristic of cancer cells (in fact the longer a cell is cancerous, generally the more acidic it becomes).
  5. The cell's mitochondria (which convert glucose into energy) get very little glucose because the microbe has intercepted most of the glucose.
  6. What the cell's mitochondria does get is lots of mycotoxins and other harmful garbage, which it cannot convert into energy.
  7. The mitochondria's energy level (ATP provides the key energy of a cell, but ATP is created by the Krebs Cycle and ETC) plummets because it is living in a sea of filth, meaning the ATP energy drops.
  8. Signals are sent to the insulin receptors and glucose receptors on the cell membranes to grab more glucose.
  9. More glucose enters the cell (about 15 times more), but most of the glucose is intercepted by the microbe (which may be multiplying) and the mitochondria are bathing in an increasingly large sea of mycotoxins, dangerous hormones and possibly slime. Technically, the glucose is normally converted into pyruvate and it is the pyruvate that enters the mitochondria.
  10. Because there is a limit to how high the activity of these two types of receptors can become there is no way for the mitochondria (and thus the ATP) to get enough glucose/pyruvate and energy.
  11. The cell is now officially cancerous because its energy level drops (the ATP energy levels can be compared to the steps of a ladder) and it is defined to be anaerobic.
- In this process, two things happen. Firstly, because of the microbe(s) the break in the Krebs Cycle and ETC are broken as long as the microbe(s) are inside the cell.
- Secondly, each cancer cell is turned into a very healthy microbe(s), living inside a very sick human cell. Because the microbe(s) are healthy, and the cell is sick, it makes it very difficult to kill the microbe without killing the cell.

## More Evidence

There is actually an enormous amount of evidence, taken from many different sources, that indicate the above sequence is correct. Here is a list of such evidences:

1. It is a fact that the ATP energy is very low in a cancer cell. In fact several alternative cancer treatments take direct advantage of this fact. Graviola, Paw Paw, Protocol, Cantron, and other alternative cancer treatments, lower the ATP energy of all cells. Non-cancerous cells are not affected by a small drop in ATP energy, but cancer cells literally fall apart when their ATP energy drops. Most types of chemotherapy, by the way, increase ATP energy.
2. Dr. Robert O. Young, PhD has literally watched through a liveblood dark-field microscope, highly aggressive moulds drill through the cell membrane of normal cells.
3. Several types of cancer, including squamous cell carcinoma and melanoma, are well-known to spread in a very unique way. The way that it is described can only be attributed to a microbe coming out of a cancer cell, traveling through the blood, and entering a normal cell in another part of the body.
4. Several scientists have independently identified a special kind of pleomorphic microbe as being the cause of cancer. Among these was Dr. Royal Rife, who did numerous experiments injecting a cancer virus into healthy mice, thus causing cancer in the mouse.
5. Dr. Royal Rife also developed a machine called "The Rife Machine." He, and others who used early versions of his machine, cured many cancer patients. His machine was designed to do one thing – kill microbes. It was not designed to kill cancer cells, yet early versions of his machine cured cancer. Electromagnetic machines can kill microbes inside of cancer cells as easily as kill microbes in the blood.
6. Dr. Tamara Lebedewa cut off parts of a tumour and put it in a culture high in nutrition. Within several days she noticed a three-tailed amoeba (trichomonads) swimming in the culture. In fact, these may not have been amoeba, but instead a special kind of very large bacteria. In either case, she has shown the presence of a microbe inside of cancer cells.

7. Several types of cancer are well-known to be associated with a microbe. Among those are leukemia (in fact some cases of fungal infection have been misdiagnosed as leukemia), cervical cancer, squamous cell carcinoma, melanoma, and perhaps others. For example, tobacco is very, very high in fungus, and this fungus may be a causal factor in the development in lung cancer.

8. About a dozen known natural substances are known to revert cancer cells into normal cells. The only way this can happen is if the Krebs Cycle and ETC are restored to normal. Thus it is known that both of these can be restored.

9. Cesium chloride is known to kill cancer cells by accumulating in the cancer cells. Cesium chloride is also known to kill microbes. Thus, when a cancer patient receives enough cesium chloride to easily kill the microbes inside the cancer cells, but not enough to kill the cell, a person would think that the cancer cells would revert to normal. This does not happen though because the cesium left in the cell blocks the glucose from entering that cell, thus the cesium itself (and potassium) blocks the Krebs Cycle and ETC. This indicates that the blocking of glucose can lead to lower ATP. It is possible the cesium chloride treatment actually works by lowering the ATP energy.

10. Ron Gdanski has shown how a tear in tissue can lead to cancer. More than 90% of all cancers start in tissue. Ron's model is that a tear in tissue creates a small pool of blood. This pool of blood becomes infested with microbes, particularly fungus. The fungus weakens the cell membranes of the cells surrounding the pool of blood and are able to enter into the cell, thus causing cancer. His book has a large amount of evidence, from several sources, as to the correctness of his model.

11. Cancer cells consume 15 or 16 times more glucose than normal cells. Yet, these cells cannot create enough ATP. Much more pyruvate is made by the added glucose (pyruvate is actually what enters the mitochondria to begin the Krebs Cycle or Citric Acid Cycle), yet the cell still cannot make enough ATP molecules.

While the above model explains why the ATP energy in cancer cells can be reduced because of a microbe in the cell; glycolysis, the Krebs Cycle, the Electron Transport Chain, etc. are very complex chemical reactions. There are many things (such as the absence of enzymes) that could break these chains of reactions.

However, the key is that the chain is broken and the cell is not able to repair the break. No matter what foods are fed to cancer patients, no matter what enzymes are fed to them, the chain remains broken as far as we can tell.

There are lots of natural substances that are known to be able to revert a cancer cell into a normal cell. DMSO (dimethyl sulfoxide) is the king of these substances. Is it possible these natural substances are able to kill the microbe(s) inside the cells, without killing the cells themselves, and thus the cell is able to restore its Krebs Cycle and ETC and is able to become normal again?

I have ignored the DNA issues because they are the result of cancer, not the cause of cancer. In fact, as Ron Gdanski has proposed, it is perfectly consistent that the DNA of the microbes inside the cancer cells are what damage the DNA of cancer cells.

I don't know how accurate the above sequence is, but it gives you, the reader some idea of how microbes can cause a cell to become anaerobic. I presently theorise that it is likely a matter of the mitochondria being starved of glucose and choking in a sea of acidic mycotoxins. But understanding the "microbe theory" of cancer does not fully explain why these microbes are able to get into the cells of some people, but not others. The evidence is clear that many things can damage the cell wall membranes or other parts of the cell wall. For example, trans-fatty-acids, which are very rigid molecules,

attach to cell walls and block “ports” that allow glucose to get into the cell, causing type 2 diabetes. It is also possible that these fats can cause weaknesses or gaps in the cell walls allowing microbes to enter. It turns out that a “carcinogen” is anything that weakens or damages cell walls, allowing microbes to enter in. There are many, many things that can do this, such as:

1. A very acidic diet, which allows the microbes to change forms, proliferate and become more aggressive.
2. Leaky gut syndrome, which allows unprocessed food to get into the blood stream.
3. Numerous chemicals and processed substances.
4. A substance that cuts internal tissue, forming a small pool of blood in the tissue, thus allowing the microbes to concentrate and weaken the cell membranes (over 90% of all cancers start in tissue), etc.

So what “causes cancer?” Is it the many things that damage cell walls and allow microbes to gain entry – or the microbes themselves, which cause the cells to become anaerobic? The answer is, of course, both.

The bottom line is that in the briefest way of describing things, cancer is caused by the following chain reaction:

1. Farming practices (that also indirectly affects both dairy and meat) have virtually eliminated trace elements from our diet and have introduced many very bad things into our bodies. Our food is more acidic, fungus grows in foods it never used to grow in, etc. The nutrients in the foods of today are but a shadow of the nutrients in the same foods of 60 years ago. My father warned me, in the 1960s, of this trend.
2. The way food is processed is an abomination. Numerous substances are added to food for appearance or flavour (e.g. trans-fatty acids, food dyes, etc.); enzymes are killed by cooking; salt is virtually always added; aspartame is added to drinks to make them sweet; MSG (which is hidden in more than 30 different food additives – virtually every processed food in America has MSG in it but you rarely see it on the label), and numerous other chemicals, are added for a variety of reasons, etc., etc.
3. Most people have horrible “Western diets” composed of too much meat, too many dairy products, too much salt, too much processed food, etc. etc. Even people who claim to “eat healthy foods” have poor diets, from a cancer perspective. For example, peanuts are considered a “healthy” food, but peanuts are loaded with fungus. So is tobacco. The difference between a “healthy diet” and a “cancer diet” will be made clear later.
4. The net result of all three of the above items is that our bodies are filled with yeast and fungus, which thrive on these kinds of foods. They love the acidic nature of the foods we eat. The attempt of our body to maintain a constant pH also causes a multitude of health problems. It turns out that at least one microbe has several different forms: a virus, a yeast, a fungus, a mould and a bacteria (and one type of bacteria becomes as large as an amoeba). This is not to say that all bacteria are pleomorphic, but at least one of them is and it is the one that is most often associated with cancer.
5. It is these pleomorphic microbes that may explain why so many live viruses end up in vaccines. All of this was known about, and published in scientific journals, in 1950 and before (see the book: *Four Women Against Cancer* written by Alan Cantwell, M.D., who was himself involved in these discoveries). Even Royal Rife, in the 1930s, knew of a microbe that was sometimes a virus and sometimes a bacteria. But these discoveries were suppressed and ignored. The reality is that the medical profession’s version of biology, namely that of Pasteur, is totally wrong, and that the theories of the far more talented Antoine Bechamp, and those of Claude Bernard, Günther Enderlein, Virginia Livingston, and others, were right and have been suppressed for profit reasons (i.e. in case you have been living in a cave the last 60 years and haven’t noticed – the medical profession is not interested in what really causes disease, they are interested in treating the profitable symptoms of disease). Now back to our chain reaction.



6. Now things get tricky. When a carcinogen is introduced into the body (and one such carcinogen is caused by leaky gut syndrome), it changes the cell membranes or blocks ports in the cell wall. In other words, individual cells suddenly become vulnerable to the entry of the microbes (e.g. fungus, mould, bacteria, etc.) into normal cells.

7. Once the microbes enter into the normal cells, the cells become anaerobic. Microbes are sometimes referred to as scavengers, but regardless of what they normally do, when they get inside a cancer cell it causes the cell to become anaerobic.

8. According to the superb book: *Cancer – Cause, Cure and Coverup*, by Ron Gdanski, another thing happens when these microbes are inside the cancer cell. As the cancer cells divide, the cell walls of the new cells are hardened by DNA corruption (via the fungal DNA) and this allows far less oxygen to get into the cell. This may be one reason why the presence of the microbe causes the cell to become anaerobic – i.e. depleted in oxygen. His book is also a superb introduction to why so many cancers form in tissue, mentioned above.

9. In any case, it is known that when a cell becomes anaerobic, a dense layer of enzymes coat the outside of the cell wall (or the cell wall becomes “thick”), which would also inhibit oxygen from getting into the cell. Over the past several decades, beginning even before Royal Rife in the 1930s, an absolute consensus has developed among the top alternative cancer researchers (most of whom were MD’s or PhDs), which makes it perfectly clear that the cancer microbe is the final cause of cancer.

10. The definition of an anaerobic cell is a “cancerous” cell, hence the end result of this chain of events is cancer.

Why is it important to know what causes cancer and what causes a cancer cell to remain cancerous? Because by knowing what causes cancer we can better understand why some treatments work and others do not. Even more important, we can design treatments that will kill the very healthy microbe(s) that are inside the very sick human cell that is cancerous. It cannot be emphasised enough how important it is to understand exactly what is going on inside a cancer cell. It is also possible that the number and type of microbe(s) inside cancer cells determine how fast the cancer cells divide, meaning how fast the cancer spreads. Here is a sampling of some good books on the cancer microbe, for further reading:

*Four Women Against Cancer*, by Alan Cantwell, M.D. (a superb history of the discovery of pleomorphic microbes)

*The Cancer Microbe*, by Alan Cantwell, M.D.

*Sick and Tired?*, by Robert O. Young, PhD (the most advanced of the books)

*The Germ That Causes Cancer*, by Doug A. Kaufmann

*Cancer Cause, Cure and Cover-up*, by Ron Gdanski

## **Why Does Cancer Spread?**

As Mr Ron Gdanski’s theory was described above, a carcinogen creates a cut in tissue (over 90% of all cancers originate in tissue layers), which in turn causes a small pool of blood to form in that tissue. This small pool of blood is a safe haven for microbes, especially fungus, which grows and thrives, because it is not part of the bloodstream.

This pool of blood also weakens the cell membranes of the cells surrounding the pool.

The combination of a weakened cell membrane, and many highly active microbes, allows some of the microbes to get inside the cells surrounding the pool of blood, thus causing cancer cells to form.

So, why does cancer spread? Is it because of colonies of microbes which are NOT inside the cancer cells, but are ready to get inside of healthy cells? Or is it because cancerous cells divide normally?

Both of these theories are probably correct. However, there is a third theory to consider. As the microbes inside the cancer cells divide, there may be pressure on the cell to divide more quickly

than it would normally. In other words, the growth of the microbe population inside the cancer cells may force cells to divide quickly. At the current time this is only a theory.

For two types of cancer (squamous cell carcinoma and melanoma), and probably other types, it is strongly theorised that microbes inside the cancer cells leave those cells and travel through the bloodstream, then drill their way into normal cells. This can sometimes happen a great distance from where they left their prior host cell, thus normal cells can become cancerous causing cancer to suddenly show up long distances from where it was before. What is known is that the new sections of cancer did not form due to cell division and all the evidence points to microbes as the culprit.

Dr. Matthias Rath, a well-known cancer researcher, has yet another theory of why cancer spread: “All human cells are surrounded by collagen fibres and connective tissue. In order to grow and expand, healthy cells need to break down this extra-cellular barrier that confines them. This process is essential for life and for this reason cells produce and secrete various enzymes that digest connective tissue components, including collagen and elastin.” The bottom line is that it is clear that cancer spreads for several different reasons.

## How Cancer is Treated

With all of this background, there are two basic ways that cancer is treated in the world of alternative medicine.

The first way is to kill the cancer cells, either directly or indirectly (e.g. indirectly by building the immune system). Laetrile (i.e. Vitamin B17), carrot juice with beet juice, the Brandt Grape Cure, food grade hydrogen peroxide, [ozone therapy](#), and many, many other treatments, appear to work by killing the actual cancer cells and/or by building the immune system. However, even in treatments that are thought to kill cancer cells, the treatment may in fact be killing the microbe inside the cell. When the microbe(s) are killed inside a cancer cell, the cell may revert to a normal cell. Because the vast majority of the research community – including the researchers of natural products – may not be aware that there is a microbe inside the cancer cell, and hence not know what to look for.

The second way is to knowingly target the microbes that are inside the cancer cells. One of the major justifications for believing that the microbes are what cause cancer is the fact that when the microbe is killed, the cancer cell may revert to becoming normal again, meaning aerobic (oxygen burning).

Those treatments that kill the microbes have a distinct advantage over those that kill the cancer cells because there are no dead cancer cells, together with their toxins, that the body has to process and get rid of.

Treatments that are known to kill the microbes (or revert them to being harmless) inside the cancer cells include:

1. MSM (Methyl Sulphonal Methane – an organosulphur compound  $(\text{CH}_3)_2\text{S}_2$  and DMSO  $(\text{CH}_3)_2\text{SO}$  dimethyl sulphoxide – a polar aprotic solvent that dissolves both polar and non-polar compounds and is miscible (soluble) in a wide range of organic solvents.
2. The Royal Rife Machine. The American Medical Association destroyed all of the Rife Machines they could find. There are a number of modern versions of the Rife Machine, but none of them are as effective as the original. Even though Rife was interested in killing the microbes inside the cancer cells, apparently, many of the cancer cells themselves died, which was obviously good.



3. The Robert O. Young diet and supplement plan. This plan essentially eliminates all yeast/fungus/mould from the body, including those inside of the cancer cells. Either the yeast/fungus/mould are killed or they revert to a harmless variety.

There are other treatments that have the potential to kill the microbes inside the cancer cells, but there is not have enough evidence to mention them as such (e.g. the Bob Beck Protocol cannot kill cancer cells, but one item may – ozonated water, which purifies water by removing potentially toxic contaminants such as chloride, fluoride, bacteria and viruses).

### **How to Rate Various Alternative Cancer Treatments.**

In terms of alternative cancer treatment, cancers are rated as Stage I, Stage II, Stage III, and Stage IV. There are many different ways to define these stages, because there are many different kinds of cancer according to orthodox medicine plus the way orthodoxy rates them are different as well.

Suppose your house catches fire and you have access to four things to put it out. First, you have a squirt gun (a “Stage I” treatment). Second, you have a fire extinguisher (a “Stage II” treatment). Third, you have a garden hose (a “Stage III” treatment). Fourth, you have a fire station near your house and they have fire hoses (a “Stage IV” treatment).

Suppose you leave a lit cigarette on a tablecloth on a small table. At this point it is a Stage I fire and your “Stage I” treatment (the squirt gun) can easily put it out. But then suppose you don’t realise you left your cigarette on the table and the tablecloth and table catch on fire. This is a Stage II fire and your Stage I water gun won’t put it out, but your fire extinguisher (Stage II) will. And so on.

If the house has two rooms and the roof on fire, several garden hoses (Stage III treatment) will not put the fire out. It will take two or more fire hoses (Stage IV treatment) to put it out.

In determining the effectiveness of alternative cancer treatments, I would propose to rate them as a “Stage I” treatment, a “Stage II” treatment, a “Stage III” treatment, or a “Stage IV” treatment.” Actually, there are hybrids because some of the treatments take a certain amount of time to work, regardless of the cancer stage a patient is in.

A “Stage II” treatment, by definition, is a treatment that can significantly contribute, as part of a complete treatment protocol, to a cure rate of 80% or above for a “Stage I” or “Stage II” cancer. This is similar for the other definitions.

As an example, we know that the Dr. William Donald Kelley’s metabolic treatment had a 93% cure rate on patients who lived at least 1.5 years after treatment began. We know this because he treated 33,000 cancer patients and had a 93% cure rate. This would categorise it as approximately a “Stage III” treatment (using an 80% cure rate as the dividing line).

How does chemotherapy and radiation rate on this scale? Chemotherapy and radiation do not rate at all, not even for Stage I, if you cut through all factors of orthodoxy’s statistical deceptions. Using the above example of a squirt gun, fire extinguisher, etc., chemotherapy is more like using a sledgehammer to put out the fire and radiation more like using a rifle to put out the flames, while standing outside the house.

There are at least 150 Stage II alternative cancer treatments that I know of. There are at least 50 Stage III alternative cancer treatments (e.g. Essiac Tea, Kelley Metabolic, carrot and beet juice, etc.).

However, generally several of these will be combined in an actual treatment. One of the key breakthroughs in my research was learning that several “Stage III” treatments will rarely cure a “Stage IV” cancer!! It is like trying to put a “Stage IV” fire out with several garden hoses. It takes one or more “Stage IV” cancer treatments (i.e. fire hoses) to deal with a “Stage IV” cancer. It is for this reason that I rate alternative cancer treatments. I have seen too many failed attempts to cure a “Stage IV” cancer using several “Stage III” treatments.

## **Stage IV Cancer**

- 1) Advanced cancer patients, meaning those whose cancer has spread throughout their body (e.g. the cancer has spread to the bones, lungs, liver, pancreas or brain), or
- 2) Cancer patients with fast growing cancers or fast growing tumours, or
- 3) Cancer patients with high fatality cancers (e.g. lung cancer, pancreatic cancer, multiple myeloma, squamous cell carcinoma, melanoma, etc.), or
- 4) Any type of bone cancer, or
- 5) A person who has had extensive chemotherapy and/or radiation therapy, or
- 6) Any swelling or inflammation of a tumour that could cause a blockage of key fluids, or
- 7) A person has an estimated one year or less to live.

The highest true cure rate I have ever seen for people slashed/burned and poisoned by orthodox medicine, and sent home to die, is 50%. This is because half the people sent home to die have problems, such as a major organ infiltrated by cancer, or a further condition considered beyond repair, radiation burns that will eventually kill a person, etc. For these people, even if you killed all the cancer cells in their body, they would still unfortunately, not recover their health. Excluding this group of people, there are only a few Stage IV alternative cancer treatments (i.e. the fire hoses) that are usable.

## **The Cancer Diet**

Later in the book we will look at the specifics of the ‘cancer diet’ in more detail, but suffice to say that the dietary plan is more important than the orthodox cancer treatment, should you elect for this. It is the cancer diet that controls most of the “inner terrain” of the cancer patient and it is this “inner terrain” that allows the cancer cells to thrive if a less than optimum dietary plan is used.

As I have looked at many alternative cancer treatments that have worked, and those that haven’t, on a case-by-case basis, it seems that even a small glitch in the cancer diet (e.g. the person eats meat) can totally sabotage the effectiveness of the cancer treatment. If cancer cells are being fed, they are very resistant to most treatments.

## **“Buying Time” For the Treatment to Work**

Several decades ago two-time Nobel Prize winner, Linus Pauling, and an associate Dr. Ewan Cameron, did experiments in Scotland that proved Vitamin C therapy can extend the lives of terminal cancer patients six-times over orthodox treatments.

The significance of this is that a cancer patient may include in his or her treatment items designed specifically to extend life, but not necessarily designed to cure the cancer.

These treatments can literally “buy time” for other, more powerful treatments to work.

For weak cancer patients, meaning those with little energy, this tactic is critical. Weak cancer patients generally require additional nutritional supplementation, such as antioxidants – vitamin C, and quite possibly the super-fruit juices Mangosteen, Noni Juice, and Wolfberry Juice. Individual application above and beyond that of a

supportive cancer dietary plan is absolutely required and can be consolidated via a qualified health care provider. Due to the amount of glucose in the super-fruit juices they should generally only be used in the first month of treatment.

## **The Importance of Healthy Cells in treating Cancer**

Non-cancerous cells, which can be loosely referred to as “healthy cells” or “normal cells” may be just as important to treating cancer as the cancerous cells are.

The reason this is true is that many cancer patients (who are not directly killed by chemotherapy or radiation), at least 40%, die of malnutrition. In other words, their healthy cells are so toxic, starved of nutrients, and have a loss of energy, that the patient dies just as if he or she had starved to death without cancer (except for the toxicity).

Of course, chemotherapy partly causes this, but even without chemotherapy, cancerous cells steal nutrients from normal cells, but not content with stealing nutrients from these cells, they also steal glucose and other sugars.

The reason cancer cells do this is that they use fermentation to create energy.

Fermentation takes about 15 times more energy than the oxygenburning healthy cells.

In addition, there is what is called the “cachexia cycle.” In this cycle, the cancer cells burn glucose and produce a waste product called lactic acid or lactate. This lactic acid is expelled by the cancer cell and it goes to the liver. The liver then converts the lactic acid back into glucose. The glucose goes back to the cancer cell and the cycle starts again (i.e. the lactic acid is formed from the glucose).

The problem is that the conversion of glucose to lactic acid (in the cancer cell) and the conversion of lactic acid to glucose (in the liver) both consume enormous amounts of energy, which is effectively stolen from healthy cells.

Those cancer patients who have the “cachexia cycle” or “lactic acid cycle” are, by definition, Stage IV cancer patients. These patients need cesium chloride to stop the cycle in the cancer cells and they need hydrazine sulphate to stop the cycle in the liver. Thus, healthy cells have both a problem with energy and a problem with nutrients (and possibly with toxins, microbes and mycotoxins – the waste products of microbes). It is the damage done to these healthy cells that leads to at least 40% of all cancer deaths (i.e. the patient dies before their cancer kills them).

This is interesting because chemotherapy and radiation kill far more healthy cells than cancer cells. But it may be the toxic damage done to normal cells (that survive the treatment) that eventually causes many cancer patients to die.

There is no doubt that the health and energy of the normal cells in key organs, such as the liver, is especially important in treating cancer. Because of these things, an alternative cancer treatment, especially for Stage IV cancers, should flood the body with high-density nutrients, both in supplement and food form. This can make the patient feel good immediately, but its main purpose is to treat the healthy cells with much-needed energy and nutrients.

The products that provide these nutrients, and antioxidant power, are the same ones that “buy time” for the cancer patient: Vitamin C, Vibe, Essense Health Blend, Noni Juice, Mangosteen, Wolfberry Juice, and others. This should not come as a surprise because “buying time” frequently amounts to protecting the normal cells from killing

the patient via malnutrition. However, the key organs are also critical to both “buying time” and a powerful up-front nutrition burst. Sometimes this burst of energy and feeling good is confused with curing the cancer.

These products do not kill cancer cells as quickly as they make the patient feel good.

## CANCER PREVENTION

**T**his truly is the way to go! Though I wrote this book principally for people who have recently been diagnosed with this serious health challenge and those that care for them – I would also hope that many more interested readers will incorporate my prevention techniques into their daily lives – especially if cancer has been the cause of death of a family member, which greatly accentuates one's risk:

1. Eat a variety of organically produced foods – no single foodstuff provides all the nutrients that a person requires. It is important, therefore, to eat a wide variety of foods every day of your lives, including lots of vegetables, fruits, whole grains, pulses, nuts and seeds.
2. Maintain not just an 'average' bodyweight, but strive for an optimum weight and lean to fat ratio, to minimise strain on organs and joints and possible future health problems.
3. Avoid too much fat in general and saturated fat from animal products in particular. A diet low in total fat may reduce the risk for cancers of the breast, prostate, colon, and rectum. Such a diet will likely be low in saturated fat and cholesterol and may also reduce risk of heart disease.
4. Eat foods with adequate amounts of complex carbohydrate and fibre. In my practice, I find most people following a Westernbased diet eat inadequate amounts of natural whole grains in their natural sprouted state. I recommend an increase in the amount of these foods within your daily prevention plan by eating more fruits, vegetables, sweet potatoes, whole grains and pulses. A high natural-fibre diet may reduce the risk of colon and rectal cancer.
5. Avoid too much sugar. How sugar feeds cancer is explained a little further on. A diet high in sugar promotes tooth decay. Sugary foods are also often high in fat and calories and low in vitamins and minerals.
6. Avoid too much sodium. Too much sodium in the diet may contribute to high blood pressure, especially for people with a family history of high blood pressure. Untreated high blood pressure can lead to heart attacks, strokes, and kidney disease.
7. I do not advocate the use of alcohol, when one is considering preventing cancer. However, if you do drink alcoholic beverages, please restrict to one or two small glasses of organically produced red wine once or twice each week. This will provide a few antioxidant compounds. Drinking too much can lead to many health problems. Heavy drinking is associated with cancers of the mouth, throat, esophagus and liver. Cancer risk is especially high for heavy drinkers who also smoke. Alcoholic drinks are also high in calories and deplete your vitamin and mineral status.

### How does sugar feed cancer?

Controlling your blood-glucose levels through diet, exercise and emotional stress relief can be one of the most crucial components to a cancer recovery program. The 1931 Nobel laureate in medicine, German Otto Warburg, Ph.D., first discovered that cancer cells have a fundamentally different energy metabolism compared to healthy cells.

Malignant tumours tend to use a process where glucose is used as a fuel by the cancer cells, creating lactic acid as a byproduct. The large amount of lactic acid produced by this fermentation of glucose from cancer cells is then transported to your liver. This conversion of glucose to lactic acid generates a lower, more acidic pH in cancerous tissues as well as overall physical fatigue from lactic acid buildup.

This is a very inefficient pathway for energy metabolism that only extracts about five percent of the available energy in your food supply. In simplistic terms, the cancer is 'wasting' energy, which leads

you to becoming both tired and undernourished, and as the vicious cycle continues, will lead to body wasting. This is one of the reasons why about 40 percent of cancer patients die from malnutrition, or cachexia.

Additionally, carbohydrates from glucose and sucrose significantly decreases the capacity of neutrophils to do their work. Neutrophils are a type of white blood cell that assist cells to envelop and destroy invaders, such as cancer.

By severely reducing your intake of sugars and carbohydrates in your diet, you help stave off any potential cancer growth, and “starve” any tumours you currently have. It also bolsters your overall immune function, because sugar decreases the function of your immune system almost immediately.

### **Different types of sugar**

Sugar is a generic term used to identify simple carbohydrates, which includes monosaccharides such as fructose, glucose and galactose; and disaccharides such as maltose and sucrose (white table sugar). Think of these sugars as different-shaped bricks in a wall. When fructose is the primary monosaccharide brick in the wall, the glycemic index registers as healthier, since this simple sugar is slowly absorbed in the gut, then converted to glucose in the liver. This makes for ‘time-release foods’, which offer a more gradual rise and fall in blood-glucose levels.

If glucose is the primary monosaccharide brick in the wall, the glycemic index will be higher and less healthy for the individual. As the brick wall is torn apart in digestion, the glucose is pumped across the intestinal wall directly into the bloodstream, rapidly raising bloodglucose levels.

In other words, there is a ‘window of efficacy’ for glucose in the blood: levels too low make you feel lethargic and can create clinical hypoglycemia; levels too high start creating the rippling effect of health problems such as diabetes, blood vessel deterioration, heart disease and cancer.

Keep in mind that the glycemic index rating of a sugary food may be lower than that of a starchy food. Therefore, I recommend eating less fruit, more vegetables, and little to no refined sugars.

### **Foods to Choose**

We can now look at the kinds of food and food components that are related to your cancer risk and see how you can make choices to reduce that risk.

### **Dietary Fibre**

Dietary fibre is material from plant cells that humans cannot process and digest like other foodstuffs. It helps move food through the intestines and out of the body, promoting a healthy digestive tract. A diet high in fibre and low in fat may reduce the risk of cancers of the colon and rectum.

Using a typical Western diet, the majority of people in the United Kingdom only eat around 11 grams of fibre daily. Health authorities both in the U.S. and the U.K. recommend raising the amount of fibre people eat to between 18 and 30 grams daily. I believe around 18-20 grams is a figure to aim for with a maximum of 35 grams to avoid possible adverse effects. Too much fibre may create a situation that impedes optimal absorption of minerals and trace elements. Fibre-rich foods, rather than fibre supplements, are the sources to choose preferentially, unless your healthcare practitioner advises otherwise.



To ensure sufficient daily intake of the fibre you need in your diet, choose more often naturally prepared whole grains cruciferous and other vegetables and fruits to make up approximately fifty-percent of your daily food intake.

Avoid products made with refined flours – white breads, rolls, pastries, and cakes for the majority of your meals. Choose from among all the fruits and vegetables, both fresh and frozen. Eat foods like apples, peaches, pears, and potatoes with their skins. Choose cooked dry peas and beans; they are a good source of fibre. Foods that are high in fibre are generally also low in fat.

## **Fat**

Some evidence indicates that diets high in fat may increase the risk of cancers of the colon, breast, prostate, and the lining of the uterus. Diets low in fat may reduce these risks while they help to control weight and also reduce risk of heart attack and stroke.

In the typical Western diet, about 40 percent of calories come from fat of which a large percentage is saturated and/or trans-fatty acids.

Most health authorities and dietary experts believe that amount should be reduced to 30 percent for improved health. I also agree with the general consensus. For example, an average diet for a woman usually contains approximately 1,600 calories per day. If a woman chooses to reduce fat consumption to 30 percent of calories from fat, 480 calories would come from fat.

An average diet for a man contains 2,400 calories per day. If a man reduces his fat consumption to 30 percent of calories from fat, 720 calories would come from this energy source.

The type of fat ingested is extremely important – we need to ensure a daily intake of essential fatty acids, which our bodies cannot produce, hence we need to eat this type of fat on a daily basis. A mix of foods such as linseeds, sunflower, sesame, pumpkin, olives, almonds, walnuts and other nuts – or oily fish such as herring, mackerel, salmon, pilchards and sardines – if you still eat fish – should be taken in small quantities, on a near daily basis to meet the body's requirements.

These nutrients are important components of a balanced diet to promote good health.

If you are still eating small quantities of organically reared meat, to reduce your daily saturated fat intake, choose more often poultry, such as chicken and turkey, and remove the skin and visible fat, before preparing by steaming, baking or grilling.

Increasing the amount of pulses in the diet can be helpful in reducing the amount of animal produce, whilst supplying protein and fibre-rich complex carbohydrates.

Preparing these by sprouting is preferable to boiling, though this cooking method still retains most nutrients, except for enzymes.

Though I would always strongly caution anyone with a diagnosis of cancer to refrain from consuming dairy products, because this particular section is aimed at prevention, for those readers who are presently using these foods, focusing on small amounts of an organically produced plain yoghurt may be acceptable on a few occasions per week.

Cultured milk, as in yoghurt dissipates some of the negative properties of milk consumption. Milk exerts a very acidic effect upon the body, is very mucus-forming and contains antibiotic and hormone residues – though these are dramatically reduced in organic husbandry. Small amounts of an unsalted, organic butter, preferably from grass-fed cows, could be used occasionally.

Use cooking methods that add little or no fats to foods. Cook meats on racks that drain away fats, and drain fat from the pan before making gravy. Season vegetables with herbs, spices, and lemon juice rather than with fats and salt.

## **Vitamins And Cruciferous Vegetables**

Diets rich in foods containing vitamin A, vitamin C, and a precursor of vitamin A – a group of compounds called carotenoids – of which the most known is beta-carotene reduce the risk of certain cancers. Diets low in vitamin A actually may increase the risk for some cancers.

Many vegetables and fruits contain the anti-oxidant vitamins A and C and betacarotene. Choose especially from the vitamin-rich dark green leafy vegetables and other green, red, yellow, and orange vegetables and fruits; the citrus fruits; and juices made from any of these. Vegetables from the cabbage family (cruciferous vegetables) also may reduce cancer risk. They are good sources of fibre and trace elements as well. The cruciferous vegetables are bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, kohlrabi, mustard greens, rutabagas and turnips and their greens. Eat a variety of vegetables alongside your prescribed supplements, to help protect yourself from cancer.

## **Changing Habits**

You don't have to give up the foods you like to help protect yourself from cancer. Instead, choose "more often" the foods that may reduce your risks of cancer; choose "less often" the foods that might increase your risks of cancer.

Do not make all the changes overnight. Add fruits and vegetables to your diet gradually over a period of several weeks. Each time you shop, replace a product made with refined flours or processed grains, such as white bread, with one made with 100 percent whole-grain flours and whole grains, such as whole wheat or rye bread.

Read product labels to help choose foods high in fibre and vitamins A and C, and low in fat. Many food manufacturers list calories, protein, fat, carbohydrates, vitamins, minerals, and fibre on package labels though the take-home message has to be 'the healthiest foods have no label' (fruit and vegetables), so seek these out first.

Plan your day's menu. Use information from product labels and other sources to find the total grams of fat you plan to eat; multiply by nine (the number of calories in a gram of fat); then divide by the number of calories you will consume. The answer will equal the percentage of calories from fat. If it is more than 30 percent, you may wish to choose more high-fibre, low-fat foods.

Choose cooking methods that add no fats to your foods; bake, steam or poach. Please avoid the use of microwave ovens as much as you possibly can as many critical nutrients are destroyed by this method, as seen here:

Heating prepared meats in a microwave sufficiently for human consumption creates:

- d-Nitrosodiethanolamine (a well-known cancer-causing agent)
- Destabilisation of active protein biomolecular compounds
- Creation of a binding effect to radioactivity in the atmosphere
- Creation of cancer-causing agents with the protein-hydrolysate compounds in milk and cereal grains
- Microwave emissions also caused alteration in the catabolic (breakdown) when thawed in this way

- Microwaves altered catabolic behaviour of plant alkaloids when raw, cooked or frozen vegetables were exposed for even very short periods
- Cancer-causing free radicals were formed within certain trace mineral molecular formations in plant substances, especially in raw root vegetables. Ingestion of microwaved foods caused a higher percentage of cancerous cells in blood. Due to chemical alterations within food substances, malfunctions occurred in the lymphatic system, causing degeneration of the immune system's capacity to protect itself against cancerous growth.
- The unstable catabolism of microwaved foods altered their elemental food substances, leading to disorders in the digestive system
- Those ingesting microwaved foods showed a statistically higher incidence of stomach and intestinal cancers, plus a general degeneration of peripheral cellular tissues with a gradual breakdown of digestive and excretory system function
- Microwave exposure caused significant decreases in the nutritional value of all foods studied, particularly – a decrease in the bioavailability of B-complex, C, E, essential minerals and lipotrophics (fat metabolising compounds) A destruction of the nutritional value of nucleoproteins in meats. Lowering of the metabolic activity of alkaloids, glucosides, galactosides and nitrilosides (all basic plant substances in fruit and vegetables)

Marked acceleration of structural disintegration in all foods.

#### IF YOU MUST CONTINUE TO USE A MICROWAVE OVEN:

- Have it checked regularly for leakage, especially the door, which is prone to leakage.
- Never open the door while the oven is on.
- Stand at least three feet away (especially children) from the oven when in use to avoid the cumulative effects of even low-level exposure. The lens of the eye is most at risk from prolonged microwave exposure because it has no way of dissipating the energy – thermally or otherwise.
- Avoid microwaving frozen foods and commercially prepared meals, especially if they are to be cooked in their packaging.
- Use non-PVC cooking containers whenever possible.
- Discourage growing children from eating microwaved food or using a microwave.
- Be aware that the majority of restaurant food is now microwaved using large commercial ovens. These pose even greater potential risks to users, and those using them should be warned.

Though I do not recommend these cooking methods, if you choose to occasionally broil, grill, or barbecue, please endeavour to protect foods from contact with smoke, flame, and extremely high temperatures. They can produce possible cancer-causing substances. Move racks or grills away from heat sources, cook more slowly, and cook in ceramic or glass.

It also is important to exercise each day, maintain desirable weight, go for regular physical checkups, and remember these cancer prevention tips:

- Choose foods high in dietary fibre daily (fruits, vegetables, and whole-grain breads and cereals).
- Choose foods low in dietary fat.
- If you drink alcoholic beverages, do so only in moderation, and only use those from organic production.
- Avoid unnecessary X-rays.
- Health and safety rules of your workplace should be known and followed.
- Avoid too much sunlight; wear protective clothing; be very cautious as to what you apply as a sunscreen, choosing to sunbathe during the cooler parts of the day.
- Above all, DON'T SMOKE. Tobacco smoke causes about one third of all cancer deaths more than all the other reliably known cancer-causing agents added together. Heart disease and emphysema caused by smoking kill even more people than cancer does.

## Detoxification

Detoxification comes in many forms and refers to a wide variety of programmes that aim to remove acquired toxins from the body. Today, much of our food and water holds chemicals, which are foreign to our bodies. Our environment and even the air we breathe also contain such compounds.

Our bodies are capable of removing exogenous toxins from these sources to maintain life when nutritional requirements are being met and the toxic overload is not too great. Although basic detoxification begins with dietary changes, it usually becomes necessary to support the bowels, lungs, kidneys, liver and the blood.

These organs are very important in detoxification. Detoxification can be applied to an individual organ, or all of them, as befits the health challenge. The liver filters the blood for the removal of foreign substances and wastes. The kidneys filter wastes from the blood into the urine, while the lungs remove volatile gases as we breathe.

The human body is designed to make use of natural substances, which includes food, herbs and phyto-chemicals from plants. All foreign substances will serve as a stimulus to the immune system, which has the function of removing these stimuli. Although the toxicity of a chemical may vary, the liver still has to reduce toxins into compounds that we can safely handle and eliminate through the kidneys (as urine), skin (as sweat), lungs (as expelled air) and bowels (as faeces). Having these eliminative organs in good working order is essential for the maintenance of optimum health.

While there are many detoxification regimes available, they differ in their actions and their intent. Some work only with the bowels, others may purify the liver or the blood, and others may assist the kidneys or the skin to improve their functions.

By combining these detox regimes into a total health programme, we can effectively restore our organs to an optimal level. When the body can eliminate toxins health and energy are renewed.

Many different approaches to detoxification and wellness will work, even though they attack the problem at different levels. Most detoxification regimes that augment lifestyle changes will exert a beneficial effect. There are, however, other factors that must be considered in detoxification, such as eating in an appropriate manner for the individual concerned, intake of pure water, and appropriate exercise, rest, sunshine, and fresh air intake, etc.

Detoxification regimes help the body to eliminate toxins in many ways. First, natural, unprocessed plants include the fibre necessary for stimulating good bowel elimination. They also contain the required amounts of vitamins and trace elements required to feed and nourish the bowels, the liver, and other eliminative organs. I believe it is vital to include a valuable source of enzymes, especially from living foods, to assist this process.

The elimination of meat from the diet for a short period of time absolutely enhances detoxification because meat is so difficult to digest and requires drawing on the body's internal resources to enable specific digestion and absorption.

Of course, changing dietary and lifestyle habits is easier said than done for people without a serious health issue. I find people recently diagnosed with cancer are prepared to radically change their eating and lifestyle habits because now life depends on it. That's pretty sad I guess, but as human beings we tend to stay in our 'comfort zone' for as long as possible. Some people want to improve upon their health, even though there is no diagnosable disease and will go to any length to do so, including the necessary dietary and lifestyle changes. But there are others who do not want to change their life style until their health deteriorates.

Such people, I find are more difficult to motivate and may not stay with the detox regime for very long. Some people may make a few changes, like drinking more water, or giving up some of their habits that do not take them towards optimal health. However, everything is a step in the right direction and I applaud everyone's efforts.

Our way of eating has been cultivated over many years and will not change overnight. For those who do want better health and do not want to rely on medical drugs for their very existence, nutritional changes will be welcomed, especially when they start feeling better and having more energy.

Detoxification plans are very important whether it is a herbal cleanse or other detox programme. These will generally eliminate sensitive foods, which may cause many problems with digestion and elimination. Foods like wheat, for their gluten content and dairy products are often the cause of allergies and intolerances. Sugar is eliminated because of its "empty calories" and tendency to produce hypoglycemia. Meats are eliminated because they may contain hormones, antibiotics and are difficult to digest.

Caffeine is wise to avoid, since it has many ill effects on the body's digestion. Refined, processed and junk foods are also to avoid for any type detox regime to be effective.

## **Herbal detoxification**

Generic diets for detoxification are substantial, though may not stimulate the liver, lungs or the kidneys as much as one would like. Therefore, herbal cleanses are indicated when we want to hone our cleanse to a "sharp edge" and be organ specific. Of course, herbs are foods too and provide us with vitamins, minerals and enzymes via raw and sprouted foods for excellent nutrition. Herbs are also very powerful: They may be combined together to aid specific organs. For example, herbal combinations that aid the liver and various organs are listed here:

### **Herbal Combinations**

#### **Liver**

LIV-A Dandelion, red beet, liverwort, parsley, horsetail, birch leaves, chamomile, milk thistle, black cohosh, angelica, gentian, goldenrod

#### **Kidneys**

Uva ursi, parsley, dandelion, juniper berries JP-X Parsley, marshmallow, ginger, goldenseal, dong quai, cedar berries

#### **Lungs**

LH Comfrey, marshmallow, mullein, slippery elm, senega, Chinese ephedra .

Whilst herbal detoxification can be used at any time, I suggest it is best used in conjunction with a specific dietary regime. It does not make any sense to use herbs to cleanse the liver if the bowels are clogged with long term intake of refined foods, since the liver off-loads its toxins into the bowels. And while detoxification regimes are effective by themselves, they may be reinforced and speeded up with my suggested herbal usage. Herbs may be used as teas, powders or extracts. Use with digestive enzymes is something I always recommend. Extracts may be used when specific herbs are needed, but may be extracted with alcohol, which I find we all need to avoid during detoxification. Herbal teas are easily made and taken throughout the day. They are mild, gentle, refreshing and sometimes exert a bitter taste – which most of us lack.

Balance is important.

## **Example Herbal Cleanse**

Upon rising: Drinking a glass of lemon water or drinking a glass of water with one teaspoon of apple cider vinegar added is appropriate to most regimes.



## **Morning**

Drink a glass of water with psyllium husk powder (follow with another glass of water).

## **Meals**

Take 2-3 digestive enzymes Take liver herbs

## **In Between Meals**

Drink herbal teas that support the liver, including dandelion/licorice/ginger/fennel Note: Following an optimal eating regime – supplied by your practitioner is mandatory.

Detoxification should include some type of skin cleansing, because our skin is one of our superlative eliminative organs. Heavy metals are actually released through our pores when we sweat. Sauna baths and steam rooms are great for removing toxins from the skin. Personally I find great effect from sauna/ozone input. Therefore, it is very important to support our skin for detoxification to be maximal. If the kidneys are damaged, then helping the skin will help the kidneys effectively. Good skin care is in order, if one's health is to benefit, also.

Using non-organic skin care products is not wise, even though they are less expensive in the short term.. The chemicals in these are likely to be absorbed into our circulatory system and so provide more toxicity for the liver to deal with. Even the chemicals in our soaps and shampoos will have a negative effect on our health, especially at a vulnerable time, such as fighting an illness such as cancer.

Though the ill effects are not instantly seen, as a healthy liver is able to metabolise them, individuals who are environmentally challenged will notice a significant improvement in their health when using natural soaps and shampoos. I advise only natural, organic skin care products, especially when there is a cancer issue.

Cleansing our skin is really rather simple. Firstly, we need to bathe daily using natural soaps. Then we need to care for the skin by using only oils and products of natural origin.

Even the clothes we wear can make a big difference in our health. Synthetic fibres do not absorb sweat (toxins), while natural fibres, like cotton, will absorb them. Dry skin brushing helps in removing the outer dead skin layers and keeps the pores open. You can also towel the body roughly after bathing. Use the towel vigorously until the skin is somewhat pink, remembering to change towels often because they will contain toxic residues.

Good skin care also requires correct nutrition. Since our skin contains a lot of fat, we need high quality fats and oil from natural sources to provide the components required to make healthy skin. Grass-fed butter, coconut butter, seed and olive oil are excellent and keep the skin in good condition. As always, the fats/oils should be natural only.

## **Detoxification Bathing**

Use  $\frac{1}{2}$  cup of baking soda or use  $\frac{1}{2}$  cup of Epsom salt or use  $\frac{1}{2}$  cup of sea salt. Soak in bath for twenty minutes and then exfoliate the skin gently with soap on a natural fibre. This should be performed once a week during the detoxification period and at least once each month thereafter for maintenance.

## **Juice fasting**

Fasting with vegetable juices can be another excellent way to develop good health and cleanse the body of toxins. Juices, without the fibrous pulp, contain an excellent source of vitamins, minerals and enzymes. When the pulp is not added, more juice – and hence more nutrients can be absorbed by



the body than would be possible if the whole food was eaten. For example, one can easily consume the juice of several heads of lettuce at one sitting, though would find it very difficult, if not impossible to consume such a large amount of lettuce whole. This allows the body to get an abundance of nutrients using minimal digestion. Fasting on mono-juices also allows the body time to process these juices whilst preserving valuable digestive enzymes.

Juice fasting has helped many people, including myself, overcome and/or given the ability to survive serious diseases like cancer, because it provides optimal nutrition and allows the necessary cleansing of toxins by the body. I believe cancer results from a toxic condition. Some of the pulp that is produced from the juicing machines may be saved and added to other foods at a different time of day. Juices contain good sources of antioxidants and enzymes, both of which are needed for cleansing and eliminating toxins. Juices are also easy to digest and help people with digestive problems.

## **Bowel Flora**

Bowel flora is very important for detoxification and maintenance of normal health.

Probiotics is the term given to the most helpful bowel flora, which are taken via supplementation. It is now scientifically accepted that certain strains of flora defend our body from the pathogenic species of bacteria and perform many vital functions, such as detoxification of toxic chemicals and producing valuable vitamins. When our flora is well balanced, it secretes mediators in which the pathogenic forms cannot grow. However, the reverse is also true, that when pathogenic forms take over, they will exclude the normal flora with their toxins.

Many, though not all, scientists feel that it is the toxins secreted from the pathogens and not the pathogens themselves that create disease. The ability of all bacteria to change and grow under specific conditions of their immediate environment is called pleomorphism. Cell wall deficient forms are "bacteria" that lack a defined cell wall, though have all the criteria of being bacterial-like. Even viruses have been found to exhibit morphological forms, which resemble fungus and bacteria. Microscopic studies have revealed that bacteria, viruses and fungus may be all different forms of the same organism, differing only by the environment in which they are grown.

Antibiotics destroy the essential bacteria as well as the pathogenic type and allow the development of antibiotic resistance. Natural forms of antibiotics are better, since they do not kill the good bacteria with the bad and do not allow any drug resistance to occur.

Garlic for example, is effective against pathogens and does not produce antibiotic resistance, which is a danger to our health. As antibiotics become more widely used, more resistant forms will assuredly be encountered. Herbal antiseptics and antibacterial tonics are far better and less dangerous to our over-all health, because they do not destroy the good bacteria.

Replacing our natural flora is a good step for preventing disease and keeping our bowels healthy and populated with balanced flora. Taking probiotic supplementation containing lactobacillus acidophilus and bifidus and other strains can help in our detox regime and also in repopulating the gut during and after a cleanse. Maintaining normal healthy flora should play a major part of any detoxification plan.

## **Antioxidants**

The use of antioxidants, like vitamins A, E, and especially C, are essential when applying any detoxicant as these nutrients are involved with the removal of toxins.

Antioxidants are necessary to assist cells neutralise free radicals that can cause mutations and cellular damage. As these free radicals are counteracted, the antioxidant vitamins will be used and

exhibit low levels. Vitamin A and E are fat soluble and are found in our fat tissues/stores, vitamin C, however, is water soluble and mainly located in the our skin cells. Vitamin C is also involved with many other important bodily functions, such as collagen formation, wound healing, energy production and fighting off viruses.

The function of antioxidants is so important that any deficiency is perceived by the body as detrimental to our health. When our antioxidants are low, energy is not available and detoxification cannot take place in a normal manner. Therefore, toxins accumulate or are stored until they can be processed. The liver and many other organs are compromised in their functions when antioxidants are low. Just the lack of energy is enough to cause the body to have compromised or poor health, because it is energy that is necessary for the removal of toxins and wastes.

Vitamin C should be taken with bioflavonoids, as occurs naturally in fruit and vegetables, to ensure that all the components of the vitamin C complex are available as they are synergistic – working in cooperation each with the other. Pure ascorbic acid is known as vitamin C, though I find it poorly absorbed by the body when taken alone as a supplement. Though people tend to think of ascorbic acid as vitamin C it is only part of the vitamin C complex. Vitamin C is essential to any detoxification program, because that is what the body uses for energy to process and eliminate the bodies waste products.

Vitamin C can be taken in very high doses until the bowel tolerance level is achieved. This tolerance level varies between people. Some can reach tolerance at 4-5 grams (4,000- 5,000 mg), while others may not reach tolerance until 10-15 grams (10,000-15,000 mg).

When my tumours are not in remission, I can take 20-30 grams (20,000-30,000 mg) of vitamin C without tolerance being reached. People with cancer can tolerate exceedingly higher levels of vitamin C than those who are not undergoing such health challenges. By taking vitamin C to its tolerance level we can ascertain our current tolerance level status and how saturated our body is with Vitamin C, and take appropriate action.

## **Enzymes**

The use of enzymes when facilitating detoxification is vitally important, because the body requires an adequate supply of them, both for this purpose and for ongoing digestive function.

Enzymes are best obtained from fresh raw sprouted foods, and freshly picked fruits and vegetables, consumed in their natural state. Otherwise they may be taken daily with meals as nutritional supplements of multi-digestive enzymes. Enzymes inherent within natural foods facilitate digestion of that particular food. However, a large proportion of the food eaten by the majority of people I consult with nowadays is processed, refined, heated (cooked), irradiated and stored, which destroys enzymes and results in low vitality.

Processed food with enzymes destroyed will have a longer shelf life, but will not contribute to our essential health when consumed on a daily basis. Sprouted food, fresh raw fruits and vegetables are the best source of enzymes and will provide vibrant health. Enzymes are also used by the body in eradication of toxic substances.

The liver is the source of most detoxification enzymes, which it must make, or store, to aid the body in removing and eliminating wastes, toxins and any necrotic matter that accumulates in the blood vessels. The liver also uses enzymes to break down excess fibrin when blood becomes too thick.

With age, I find that many people do not have enough of these enzymes that support the body's natural blood thinning processes. For enzymes to work optimally for detoxification purposes, they are required to be ingested in between meals. Used in this manner, they do not get involved with digestion, but go to the liver and blood for the purpose of detoxification. Many therapies have absorbed enzymes for improving health and they have long been the key to many detoxification therapies, which have helped many people to overcome health challenges such as cancer.

Doctors Kelley, Gerson, Moerman, and Neiper used alternative nutritional therapies with enzymes with their cancer patients. Using specific enzymes such as pancreatin, papain, trypsin, chymotrypsin and bromelain can be very effective. I personally vary the amounts of these on a daily basis, combined with other elements such as laetrile (B17), probiotics and antioxidants, in addition to my living food protocol, especially when not in remission.

Enzymes are essential as they speed the action of chemical reactions, within the body. Cancer cells grow because of the absence of enzymes that are responsible for stripping the fibrin from the individual cancer cells. Adequate enzyme activity can lay bare their antigens and so pave the way for the destruction of such cells via the body's immune cells. It is notable that the more cancer cells that are produced by the body, further additional enzymes are required to counterbalance.

The rationale to use a raw food protocol in many detoxification diets is for utilising the enzymes found naturally in those foods. Additionally, raw foods provide fibre and, with correct application of optimum food combining for the individual, will not waste the integral enzymes reserves. Preserving enzymes is the key to overcoming disease and living to a ripe old age and remaining healthy.

Yes, vitamins and minerals are important, but vitamins are enzyme cofactors and many minerals are used to activate enzymes. Therefore, the vitamins and minerals themselves are only augmenting the role of the enzymes, which are detoxifying toxins and supporting the metabolism. Enzymes also help the bowels in cleansing, because they liquefy the bowel content, which makes transit much easier. The role of enzymes in digestion is to break down foods for digestion and absorption. When foods are broken down they become more liquid and the bowels move more easily and transit time is faster and therefore more efficient.

## **Bowel Cleansing**

Keeping the bowels clean and moving is a major step in regaining our health since bowel function is crucial in the elimination of toxins, especially those processed by the liver. In severe constipation, enemas and colonic irrigation may be needed to breakup and washout long-standing bowel encrustations. Diet can provide the same effect as an enema or colonic, it will just take longer. Also, one should be very diligent in repopulating the gut flora after such therapy and probiotic supplementation will be necessary to restore optimal balance. Constipation is seemingly now very common and slow stool transit is more common today amongst the people who consult myself than when I first began my practice many years ago. Fifty years ago, people ate a greater proportion of natural unprocessed foodstuffs, providing the fibre necessary for efficient stool transit – they were also far more active on a daily basis and breathed in purer outdoor air. When bowel function slows down, toxins are not eliminated and are re-absorbed and carried back to the liver for recycling and elimination. Reabsorbed bile salts have been linked to increased cholesterol levels; therefore, cholesterol is a major indicator of constipation.

Also, when the bowels get slow and toxin levels increase, the pathogenic microorganisms grow to out-number the normal flora causing dysbiosis – sub-optimal balance of bacteria. Although probiotic supplementation is required to correct this, it is the clogged bowels that are the major problem. Our endocrine glands that control metabolism are also involved; since it is our thyroid that controls

metabolism and metabolism affects how our bowels are functioning. In this respect, constipation can be seen as a symptom of hypothyroidism.

Low body temperature, which is generally implicated with a poorly functioning thyroid (hypothyroidism) is very common amongst the people I work with nowadays. One major factor in low body temperature is the suppression of thyroid function by heavy metals, like mercury, which binds to the thyroid hormones and progressively renders them inactive. Eliminate the mercury and the body temperature is likely to return to normal.

The easiest way to improve stool transit time is by increasing natural soluble fibres from fresh fruits, vegetables and pulses. Sometimes, in the initial change-over adding fibre during the day by drinking a glass of water (juice) with psyllium husk powder can be useful in re-training the bowel. The extra fibre adds to the bulk of the stool and decreases transit time, which means improvements in toxin elimination and a knock-on effect on overall health. It makes sense that when we can eliminate toxins on a daily basis, there will be commensurate health benefits.

One of the best ways to improve the bowel function is with herbal remedies that act as bowel stimulants or laxatives. These products range from the very mild – slippery elm – to the stimulant – cascara sagrada – to the very harsh – aloes and senna. Everyone may react differently to these products, so they should be taken cautiously at first. Some persons may take two aloes with no effect (meaning they are heavily blocked), while others may take a mild herbal and get a much greater effect than most. Herbal bowel combinations are excellent because they not only stimulate the bowels to move, but give the system the nourishment it needs to move on its own.

Herbal formulas should obviously not preclude a wholesome natural dietary regime. Since diet always takes precedence in matters of health. Care should be taken not to become overly reliant on herbal laxatives however, as they can deplete potassium and may have a rebound effect – causing a lazy bowel. Certainly in the early stages of correction, herbal products can play a key role in supporting the body to eliminate toxins by stimulating the eliminative organs like nothing else can and, therefore, are useful tools when used appropriately.

## **Herxheimer Reaction**

The Herxheimer Reaction occurs when the body is detoxifying too rapidly and toxins are being released faster than the body can eliminate them. When this occurs, the patient can suffer from a wide range of debilities, such as headaches, nausea, vomiting, and malaise.

Even though this is but a short period of the journey to health, at times it can be severe and deter one from reaching their intended goals. Also, the person may not understand the reasons of what they are experiencing and think that they are regressing. People should always work with a suitably qualified healthcare practitioner.

To minimise the Herxheimer Reaction, I recommend:

- Drink lots of pure water
- Exercise daily, as appropriate
- Enjoy sunshine, if possible
- Take detoxification slowly... one step at a time
- Stay with minimal dose of any herbal prescription
- Keep the organs of elimination (bowels, lungs, skin, kidneys) open
- Take detox baths
- Use aromatherapy oils for aches – like peppermint, birch, and wintergreen
- Sweat by using exercise, saunas, baths, and herbs

- Avoid foreign chemicals and refined processed foods
- If such Herxheimer reaction occurs, cut back on your health detoxification regime and contact your healthcare practitioner.
- Reduce the dose of herbs and follow the above outline to reduce the symptoms of toxin elimination. The more toxins there are to eliminate, a greater reaction may be felt upon their dispersal.

## Conclusion

Detoxification may produce symptoms of headaches, nausea, malaise and vomiting due to the toxins being released. Should this occur, I advise further consultation with a healthcare provider and a reduction in the applied regime. Proceeding too quickly with a detoxification plan, at any one time, can have adverse effects as toxins are released into the circulatory system. The body should be prepared and primed to eliminate toxins before they are released. I advise that this is achieved by improving bowel function through the application of a healthful dietary regime, keeping the skin clean and optimising kidney and lung function via pure water and exercise – as is appropriate for the individual.

Only by having all organs of elimination in correct operating order can the body begin to dump toxins efficiently and maximally. Keeping the skin clean and healthy is of prime importance for this to be effected.

Detoxification is essential for good health to exist. The body is required to eliminate toxins daily to avoid an internal environment becoming host to the proliferation of opportune bacteria and viruses and compromising our immune system.

As our external environment is more toxic today, our livers are overstressed daily dealing with inhaled chemicals alongside those in our food and water. Processing other toxins, when the liver is stressed, may be delayed. Detoxification is also a lifestyle change. For it is by the way we live that determines our future health and how our liver processes toxins. Detoxification is easy if we eat a wholesome natural organic diet and live life in a natural way. Unfortunately however, for those who choose to avoid nature's laws, detoxification may be compromised. A change in your lifestyle is required to maximise ongoing internal cleansing. Nature has afforded us the chance to live in a toxic environment and not be too adversely affected by it. Of course, we have to follow natural laws to obtain that chance. Without detoxification progressing optimally we may miss a second chance.

Good health is within our reach, but first we must cleanse our "temple" and eat a wholesome natural diet that provides us with maximal nutrients and fibre. Herbs can help us stimulate the liver, lungs, kidneys and bowels when needed, but diet is the first priority in any detoxification regime. It is wise not to become overly dependent upon herbal laxatives. When toxins are released it is quite common to feel lethargic for a day or two, but when good health is restored a wave of renewed energy and vitality will prevail.

Many people living today could easily be described as 'vertically ill' meaning they have rarely known what it is to enjoy true, vital health. They survive with an abundance of toxins and an existence less than healthy, to eventually become 'horizontally ill.' It is required that we listen to our bodies and take appropriate action.

Good health is not hard to find, but does require diligence and life style changes, which are compatible with toxin elimination. It is through natural, efficient detoxification that our health and energy are restored. In early 2008 I received this latest information from the Johns Hopkins Hospital in United States of America. After years of telling people chemotherapy is the only way to try (try is



the key word) and eliminate cancer, Johns Hopkins is finally starting to tell you there is an alternative.

### **Cancer Update from Johns Hopkins Hospital, U.S.**

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumours.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumour size. However, prolonged use of chemotherapy and radiation do not result in more tumour destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

### **Cancer Cells Feed On Sugar**

Sugar is a cancer-feeder: By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like NutraSweet, Equal, Splenda, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be raw honey or molasses but only in very small amounts. Table salt has a chemical added to make it white in colour. Other alternatives are tamari – a wheat-free soy sauce, nama shoyu – a non-pasteurised soy sauce, Celtic sea salt, powdered seaweed.

### **Milk**

Milk causes the body to produce mucus, especially in the gastrointestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with raw milk cancer cells are being starved.

### **Acid**

Cancer cells thrive in an acid environment: A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer. A diet made up of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruit help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables



including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures in excess of 104 degrees F (40 degrees C).

Avoid coffee, tea, and processed chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water – best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it. Drink 8 or more glasses of water a day to help flush out the cancer cells.

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat, remaining in the intestines, become putrified and leads to more toxic build-up.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, Floressence, Essiac, antioxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or cells not specifically required.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, non-forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells.

### **Further Cancer Update from Johns Hopkins**

1. No plastic containers in micro.
2. No water bottles in freezer.
3. No plastic wrap in microwave.

Johns Hopkins has recently sent this out in its newsletters. This information is being circulated at Walter Reed Army Medical Center as well:

Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently Dr Edward Fujimoto, Wellness Program manager of Castle Hospital, was on a television programme to explain this health hazard. He talked about dioxins and how bad they are for us. He said we should not be heating our food in the microwave using plastic containers.

This especially applies to foods that contain fat. He said that the combination of fat, high heat and plastic releases dioxin into the food and ultimately into the cells of the body.

Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food – if this is absolutely necessary. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else.

Paper is not bad but you do not know what is in the paper. It is just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons. Also, he pointed out that plastic wrap, such as Saran (polyvinylidene cling wrap in UK) is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, (microwaved) the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.