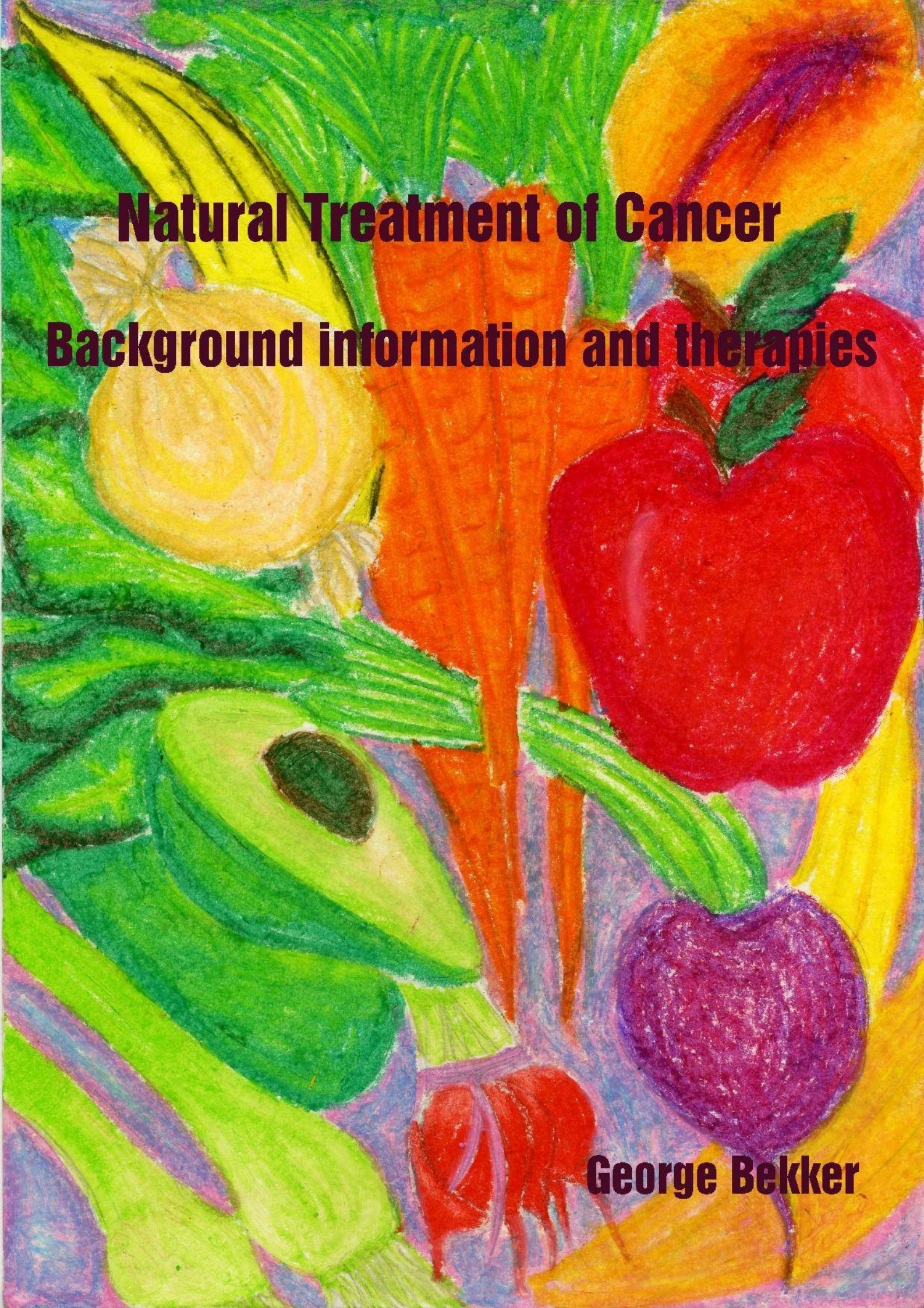


Natural Treatment of Cancer

Background information and therapies

George Bekker

This report is dedicated to the memory of a beloved and talented daughter:

Melissa Bekker
28 May 1986 – 9 Sept 2012

"The LORD gave and the LORD has taken away;
may the name of the LORD be praised." Job 1: 21

Melissa Bekker

In January 2010 I started with a full time study of cancer. A year and three months later the study became personal when Melissa, my daughter, was diagnosed with ovarian cancer at the age of 24. Melissa was my and Wilna's third child. What made her exceptional was that she was nearly 20 years younger then her eldest sister and nearly 16 years the junior of her second sister. At birth the doctors observed that muscles at the one side of her mouth were underdeveloped. Her mouth turned slightly sideways when she smiled or cried. In due course it was no longer visible. There were no other abnormalities but the doctors were worried about Wilm's tumor (kidney tumour), but regular tests showed no problems. She was a healthy child and young person until 2010.

It was fun to see the mother, baby and sisters in a shopping centre. The staff could not resist asking who is the mother, to the delight or embarrassment of her two sisters - Mariken still a scholar and Maryke a college student.

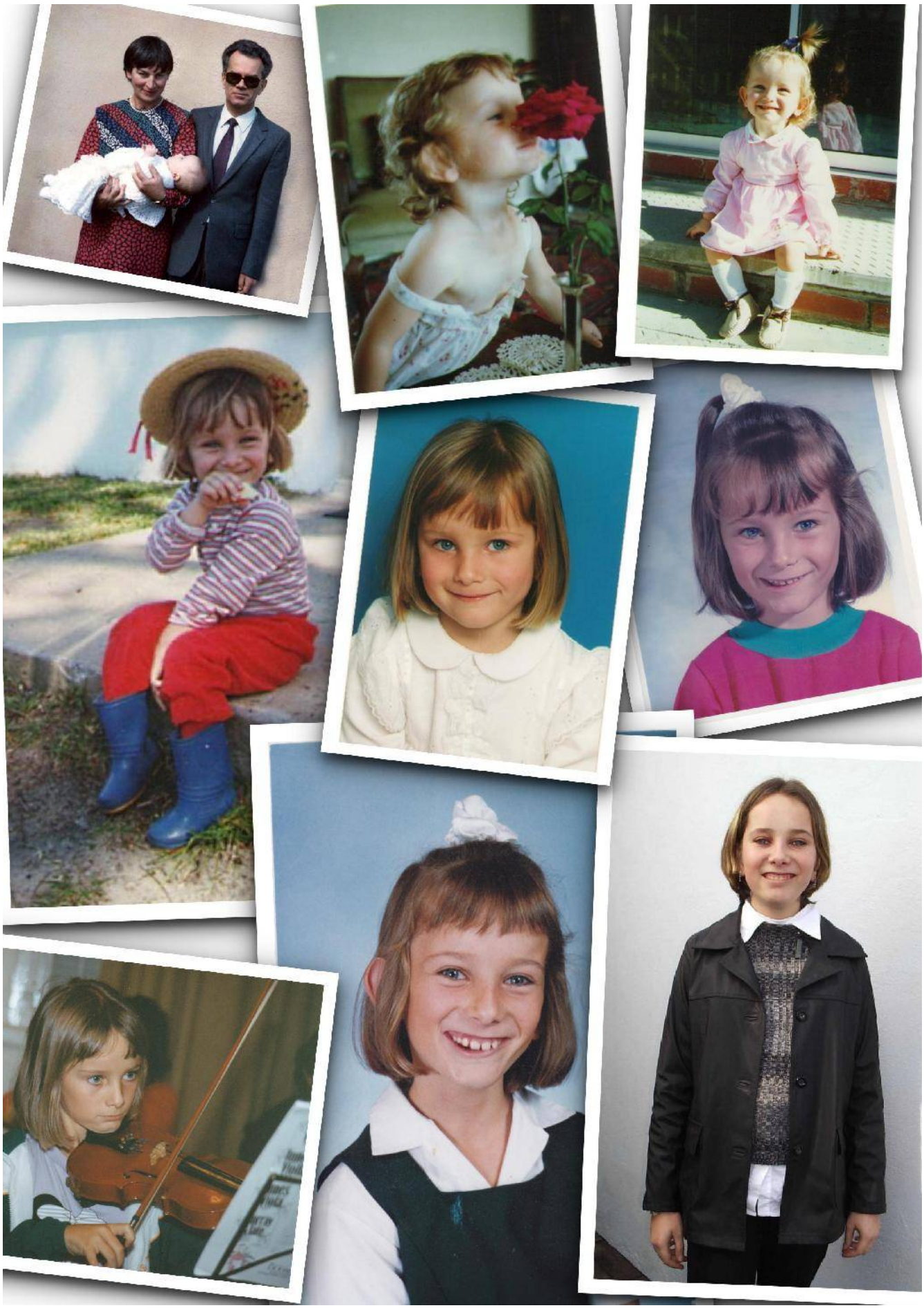
Melissa's first 'concert' was when she was only 3 and a half years old. She rehearsed for weeks in order to sing for her grannies and other family members on Christmas eve. When she started singing all the looking eyes unnerved her, causing her to start swinging one leg and the suppressed laughs just let her swing the leg higher but she, nevertheless, completed her song.

Melissa was a happy child. We still have her sketch of our family, drawn when she was six – she is nearly the same height as her mother! At school she was hard working and artistic and excelled in pottery, piano, violin and singing. For four years she was a member of the Tygerberg Children's Choir, appeared on TV and toured Switzerland and Canada on two occasions. The choir performed for president Nelson Mandela on more than one occasion. Melissa was an exchange student in Germany and completed school with highest honours.

She went to Potchefstroom (Northwest University) as a student in communication and tourism. She joined the Alabama Student Company and over weekends and holidays performed in revues in many cities and towns. Melissa could only attend to academic matters during the first four days of the week as she had to board a bus on Fridays for concert commitments during weekends. She danced, sang and played the violin. Quite often she returned to her room late on Sunday nights. For three years she was a member of the company and when she left she received the chairman's honorary award.

After graduation she teached at a school for a short time and worked for a travel agent and during this time she visited Zanzibar (East Africa). Her third job was at an embassy in Pretoria. Here she bloomed and tended efficiently to the numerous tasks delegated to her by the ambassador (even problems with his swimming pool!).

The first symptoms of her sickness appeared after she started working at the embassy. She got pains in her abdomen and it was diagnosed as spastic colon (a problem with ovarian cancer is that it is often diagnosed at a late stage). Blood tests were negative and a non-malignant tumour was suspected. She was unwilling to undergo a genealogical examination as she was a virgin. In March 2011 an operation revealed a very aggressive cancer and most of the cancer was removed together with her reproductive organs. The oncologist suggested a very drastic chemo treatment over a three week period. This would result in a weak patient requiring 24 hour care. She and her boyfriend, Marnits Maree, (they never married but were really close) decided against this treatment and went to see a doctor, who according to an acquaintance, was a brilliant cancer doctor. He started with IPT (Insulin Potentation Therapy – chemo in very small doses), supplements and a diet. The doctor regarded the quality of food as of utmost importance – everything has to be organic but animal products may be taken. The suggested drastic chemo would probably have been Melissa's end – she



was very slender - and IPT extended her life.

My provisional cancer report was sent to her (we lived 1600 kilometres from each other) but she was not impressed (it was incomplete) and continued with the doctor's treatment (I respected their right to take their own decisions). In April 2012 I gave Melissa a more complete report – she was not interested – quite sick already and carried on with the doctor's treatment.

With her slender body it was difficult to get hold of suitable clothes for receptions at the embassy. There were a special relationship between Melissa and the ambassador. They both regarded each other with high respect and he referred to her as “my sister”. In spite of the fact that she was frequently absent from work (often she was only at the office for two days per week) as she had to travel far to see the doctor every week, the embassy kept her on their payroll, but early in 2012 she had to quit as a further operation was necessary, as there was a blockage in her intestines. She was also compelled to move house to be near the doctor. (At her cottage she made herself comfortable with a kitten and a budgie. She was never alone as Maryke or her parents were always there to keep her company and to assist her). The embassy kept contact and shortly before her death the ambassador with his wife and three children paid Melissa a last visit.

Her pain was controlled with coffee enemas and small wheat bags heated in the microwave oven. Except for normal pain medication she only took morphine during the last few days (a total of six stickers).

As a small girl she dearly loved her grannies, especially granny Ria. About a month before her death she said she saw her (deceased) granny and that she can touch and smell her. Her hearing became very acute and she could hear things happening in other rooms. She boasted that she heard everything mother and father talked about and that she is aware of the chocolate we wanted to share without her knowing! At a very late stage Melissa cut out all animal products. The treatment, discussed in chapter 15, represents research done after her demise.

A mere eight days before her death a friend took her to a revue of the Alabama Student Company and for the first time she was able to see the performance as a spectator. We were worried but the evening was a success. She weakened further every day after that night but was not hospitalised. The doctor or two of his staff members came to her house, up to three times a night!

Could things have turned out differently? Firstly, I was ignorant about aspects of cancer. Another problem (we only realized it afterwards) was that Melissa wanted to be in control of her sickness ('certainties' like her work were no longer there). If there was more openness between everyone, research and treatment could possibly have progressed faster.

In Melissa's 26 years on earth she lived a full life, way more than the average person. She so much wanted to regain her health and marry Marnits, but things turned out otherwise. On Sunday, 9 September 2012, just after sunrise she left us for a new life (her faith was an inherent part of her life). She was restful. Monday, the ambassador and three of his staff members came to pay their last respects. I will never forget the personnel officer, an Egyptian christian, with his calm and deep conviction that there is life after death.

Thank you Melissa for so many wonderful memories.

George Bekker

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Impression 1.3

Cover pages drawn by Anita Visser (my grandchild)

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1. Introduction

Notice to all readers: Take note of the conditions set out under introductory comments and stop reading if you object to these conditions.

Give this report only to a cancer sufferer if you feel that he/she will find it useful. Otherwise it may cause unnecessary negative reactions.

For the entirety of recorded history in Western culture ...
the suppression of simple, effective medical remedies in favor
of more complex systems, methods, products, and protocols, has been
embedded into the very fabric of the prevailing medical establishment.
Nat Morris

Introductory comments
This report should lead to knowledge and deep insights. If you find truths may the following words of Winston Churchill not be applicable:

> "Men often stumble over the Truth, but most pick themselves up and hurry on as if nothing had happened."

Much time and energy went into this report, written by an academic librarian. Thousands of documents were consulted. Please note that I am not medically qualified and cannot give medical advice. This is a study of the literature for educational purposes. The information provided should enable you to consult more effectively with professionals. It is impossible to write a long report without any mistakes and to always provide all the necessary details. Please note that the application of knowledge sometimes have negative consequences. The report is not meant for expecting women as they need special professional advice. ***The report is used at your own risk. The writer cannot accept any responsibility, whatsoever.***

If you get the impression that I give specific instructions for self treatment there are reservations. Often, there are so many options that it is necessary to show you the way, otherwise total confusion will result. Nevertheless, treatment under a medical professional is officially the correct cancer treatment. Unfortunately, medical professionals tend to view health from a pharmaceutical viewpoint and this leads to "cut, burn and poison". If you are exceptionally lucky you will find a professional who will walk the natural path with you. Normally the only other option is to treat your self (I state this as a fact, not as a recommendation). If you look at statistics this may be less dangerous than the allopathic road, but you have to be aware of the risks (possibly serious risks) and that responsibility is yours alone.

The purpose of the report is firstly to provide a healthy person with a cancer strategy (the best time to study the material is while you are healthy and are able to evaluate all the facts calmly). After reading the report the reader should do further research if he/she is unsure about certain aspects. The report should lead to awareness about the prevention of cancer and a healthier you.

"Men often stumble over the Truth, but most pick themselves up and hurry on as if nothing had happened."

There are also people who already have cancer. The above reservations are applicable but it should be added that quick, emotional decisions

should not be taken. Time is important, but knowledge even more so. If you think this report makes sense it may be a good idea to show it to someone you really trust who should also work through the material (a life partner, daughter or son may be the ideal person). You will now be able to discuss your thoughts with someone. To do things on your own tend to lead to subjectivity and stress.

If you feel that a certain treatment could be used successfully against cancer, remember that the author tries not to give a personal opinion and only summarizes and interprets the literature. Also keep in mind that all patients do not react in the same way. You will sometimes find contradictory opinions when scientists/doctors disagree [mostly this is not a serious problem as seemingly contrasting views often supplement each other].

I am not available for personal consultation. To repeat, this is a literary study but you are welcome to contact me with information about successful treatments, problems, mistakes in the report, etc. My e mail address is george.bekker@yahoo.com. I cannot promise that I will be able to respond to every message but all reactions will be appreciated. If you are still uncertain about your strategy at the end of the report please do reread certain parts and consult other sources.

Introduction

If cancer has been diagnosed, there are four ways to deal with the problem:

1. To accept the diagnosis and do nothing. Anyone who is sane has the right to this kind of reaction. After all there are highly regarded experts who believe that patients who refuse conventional medical treatment lives longer than the rest. However, natural treatments are also available and it can be a fatal mistake to put your head in the sand. Firstly a thorough investigation is necessary before decisions are taken.

2. 'Standard treatment': orthodox (allopathic) treatment, i.e. doctors, oncologists and radiologists.

Normal treatment is described by Webster Kehr (www.cancertutor.com):

> Step 1) The patient goes to the doctor and is diagnosed with cancer,
> Step 2) The cancer surgeon cuts out the parts of the body with high concentrations of cancer cells,
> Step 3) The oncologists give the patient chemotherapy and/or radiation,
> Step 4) They send the patient home "in remission,"
> Step 5) The cancer soon appears again (because they didn't actually cure the patient),
> Step 6) Go back to step 1)
>
> This cycle continues until the patient is sent home to die (of course, they are sent home to die after one more round of chemotherapy and radiation). Soon the patient dies. This is the cycle for virtually all cancer patients. The only difference between one patient and another is how many times the cycle is repeated. [There are patients (not many) who break the cycle.]

3. Natural methods.

4. The combination of allopathic therapy with natural methods.

According to scientific studies the fourth method is followed by the majority of patients. It is mostly done on the basis of thorough allopathic treatments, while natural methods are followed in a haphazard fashion, i.e. a few supplements and/or small diet changes.

Sometimes natural treatment is started after the patient is sent home to die. The patient is now really sick and his/her immune system destroyed. Although terrible damage has been done there is still a possibility of saving the patient with natural treatment.

One-sided trust in professionals are wrong and can be compared with putting your head in the sand. ***Whatever the type of treatment chosen it is absolutely necessary for the patient to accept responsibility and to be fully involved in the treatment.***

The worst place for a quick decision is the doctor's office.

The large majority of cancer sufferers begin with allopathic treatment and only at a late stage thinks about alternatives. ***Alternative sources stress that the best results will be obtained if you start with natural therapies***. The conventional path is only followed, or partly followed, if circumstances dictate such an action. Consider this possibility. Serious damage as a result of operations, chemotherapy and radiation will be prevented.

After attending to thousands of cancer patients, over many decades, in their hospital, Charlotte Gerson states (*The Gerson Therapy,* 2006, page 204):

> "But, in our opinion chemotherapy as a first recourse is a mistake. Rather, it should be employed as a last resort, if other more gentle treatments have failed."

[To take a few steps ahead: it is possible, even probable, that the cancer was caused by a weakened immune system and conventional treatment means further weakening and even destruction of the immune system.]

Many doctors seem to have an open mind about natural therapies, but nevertheless insist that the patient immediately starts with conventional treatment (//alternativecancer.us/disc.htm#Doctor). ***The worst place for a quick decision is the doctor's office. Listen to him/her but make your decision at home. It has to be your decision and not the doctor's.***

Critical decisions

We tend to make decisions with our brain, but under these circumstances emotions play a decisive role. The problem with these decisions is that the necessary knowledge is mostly lacking.

A decision can also be from the heart - the feeling - "This is the way I will tackle the problem". For the best decision it is necessary to combine the brain and the heart. Firstly, using the brain to collect information and then the heart takes over: "I have obtained enough information and my heart says use method X" (or a combination of treatments).

The author really tried to be as objective as possible and to follow facts alone. If my style sometimes does not give this impression it is because I hate hypocritical 'scientific' writing.

However, at a certain point I had to admit that it is not always possible to look in a neutral, scientific way at a tragedy that causes the death of millions of people every year. The human and emotional aspects cannot be ignored. It is wrong to look away from facts for the sake of objectivity if those facts are of crucial importance.

I had to acknowledge: I cannot pretend to be neutral and scientific about a tragedy that causes the end for millions every year - not even thinking about all the unnecessary pain and suffering. The human and emotional cannot be ignored, but it must be investigated in an absolute responsible way.

The seven most serious mistakes

Arthur C Brown list the following most serious mistakes patients make:

1. The conviction that if alternative methods work the medical establishment will rush in and use them.

2. The belief that doctors and the medical system have all the answers.

3. The presumption that if you use alternative methods you should reject doctors, hospitals and their therapies [a serious mistake].

4. The presumption that a friend or family member with cancer will welcome information about alternative treatments.

5. The idea that family and friends should join in the decision making process. Brown's conclusion: the absolute minimum number of people should be involved.

6. Looking for a single 'magic bullet' - pill-taking therapies.

7. ***The most tragic and serious mistake is to wait till all hope with conventional treatments is gone, before 'trying' alternatives*** (www.alternative-treatments.com - Complete Guide to the Best Alternative Cancer Therapies, Doctors, Clinics and Hospitals).

I wish to add:

8. The idea that cancer can be cured with a single method, i.e. vitamin C or carrot juice. Mostly it fails. A comprehensive approach is necessary and a number of natural therapies should be combined.

Causes of cancer

This is an important subject and, quiet often, reference is made to causes. However, a short summary is appropriate. Bill Henderson, in his book, *How to Cure Almost any Cancer at Home for $5.15 a day* mentions two “hidden culprits”, i.e. (1) root canals and other jaw-bone problems and (2) unresolved emotional stress, followed by (3) our modern diet. To this should be added pollution and chemicals. The exact cause of a cancer is usually not identifiable and it is accepted that a combination of factors are mostly responsible. More illuminating information about the causes of cancer will be found in a Walter Last article: http://www.health-science-spirit.com/cancerdirection.htm.

Henderson just gave his opinion on causes and I will also quote him on conquering cancer. His four 'secrets' are:

1. The immune system has to be strengthened
2. The treatment should supply more oxygen to cells [with no sugar in the diet] as cancer craves sugar and hates oxygen
3. The body must be detoxified
4. The chemistry of the body has to change from acid to alkaline.

Purpose

The purpose of this study is to provide, as an academic librarian, information that is not (widely) known and should no longer be kept under the carpet. For years I studied the subject but if another person got the disease I just kept quiet, as it was difficult or impossible to advise someone, when you sit with stacks of unorganized information. The solution was to organize it in the form of a report. As I studied successfully at three universities and was for many years a senior staff member at another university, I believe that the report will be valuable.

Do not think that I am a frustrated would-be doctor. I never had the desire to become a doctor. My best memories are of helping people in a library and if I could have my life over it will be as a subject librarian, without other responsibilities.

We are at present confronted with enormous volumes of information. Especially on a large website this can be overwhelming in terms of choices. In contrast a properly designed book is not such a challenge and leads you linearly from the beginning to the end and from the general to the specific. I trust that you will not be disappointed.

Hammers

It is said that if you only have a hammer every problem looks like a nail. Unfortunately this is true of oncology - the modern way cancer is treated. In the 19th century only one hammer was available - surgery. If an arm was seriously affected by cancer it was cut off in the hope that the patient will survive. Early in the 20th century a second hammer appeared - X-rays. According to Marie Curie it was ‘safe’ and 'effective'! (the ‘safe’ rays caused her cancer death and still kills many people). The third hammer appeared in the middle of the previous century: chemotherapy.

If we look back more than 200 years the cancer scene looks totally different. All over the world herbs and other natural treatments were used against cancer and are still used by primitive and uneducated people [according to official opinion]. Oncologists (with a few exceptions) are against natural therapies. There are about 450 alternative cancer treatments that have been described and a further 200 not fully investigated (www.new-cancer-treatments.org/Lists/index.html**).** Officially the only reactions are warnings [In spite of really favorable scientific reports for a number of these remedies not a single natural remedy is part of an official treatment program].

The absolute irony of the situation only strikes you when you remember that ***more than 70% of medications are based on plants.*** Why were these drugs developed? The natural products gave positive results! Does it make sense to develop a drug based on an herb and then belittle the herb? Of course, it makes sense if you remember that it is all about MONEY, BIG MONEY.

Piet van der Merwe

My interest in cancer is that of a student and researcher. Circumstances compelled me on one occasion to treat a person with cancer. His name was Piet van der Merwe and it was middle December 2004. We were busy closing the factory for our yearly rest, when I first heard about Piet's problem. He had a room at the back of the small factory, in order to raise the alarm, in case of a burglary.

Piet had severe pain in his abdomen. The doctor told him that it was colon cancer and that he should make an appointment with the hospital in January! I could not accept the fact that a man in such pain had to wait three weeks for an appointment. As I had some knowledge about cancer I went to a chemist and bought a number of supplements. To cut a long story short: within two weeks, Piet was without pain and when the hospital eventually passed a camera through his intestines (April (!) 2005) they only found a few nodules in one place. They were unsure about what to do and repeated the investigation a month later. It was concluded that there was nothing wrong with Piet.

Piet's medication consisted of seven tablets: one zinc, two selenium and four Sutherlandia per day. It was not always simple sailing since Piet never informed me when he needed supplements. One Monday morning, I was informed that Piet was really sick but protested when the staff wanted to call an ambulance. I rushed to Piet's room and ascertained that he was without Sutherlandia for some time. I bought another bottle and within a few days Piet was well. The same thing happened when he ran out of selenium.

The story had a tragic end. I sold the business and lost contact with Piet. It seems that he stopped the medication and started using a certain powder for his pain. An artery in his stomach burst one night and he bled to death [Piet smoked and never followed a special diet and kept on eating meat and drinking coffee].

An emotional matter

Cancer often causes emotional responses. To quote Nat Morris:

> "A physician once told me that nothing arouses so much bitter enmity and heated arguments among his colleagues, as the subject of cancer. This may be due to the guilty recollections of cancer victims expiring who might have been saved; or of the memories of patients pronounced hopelessly ill who recovered under the treatment of a 'quack,' or who miraculously lived without further treatment. Possibly these guilt reactions and the remorse over exhausting the money of patients and their relatives in futile cancer treatments, account for some of these psychological manifestations which are expressed in hostility and attack." (Nat Morris, *The Cancer Blackout*, Regent House, Los Angeles, Calif. (USA), 1977 (Fifth edition), p. 156), quoted from www.meditopia.org/chap2.htm).

Knowledge is important: "Those who know the least obey the best."

Moss reports

If the patient decides on allopathic treatment he/she might feel that communication with the oncologist is one-sided (as a result of the patient's lack of knowledge and emotional condition). Treatment proposals are made and the patient just accepts everything as he/she is not knowledgeable enough to ask questions or make suggestions.

A possible way out is to obtain a report from Dr Ralph Moss. Many reports are available through the internet - a fee is charged. If the necessary information is provided they will supply you with a detailed report [they distinguish between 15 breast cancers and 211 malignant conditions]. Sometimes chemotherapy is recommended. Seriously consider these reports if you plan to concentrate on allopathic treatment as you will be able to communicate with professionals and there will be a direction with your treatment (www.cancerdecisions.com).

[A reaction in certain circles could be that Moss has a PhD in English literature. This is correct, but as a staff member of the Sloan Kettering Institute (world famous research institute and hospital) he obtained deep insights and qualified himself as a world renowned expert. He is often the speaker at cancer conferences and honorary professor at a number of universities.]

Knowledge is important: "Those who know the least obey the best." George Farquhar.

The author's approach

Books on cancer have been written where the author tries to consider the feelings of the cancer sufferer at all cost. There is, however, such a volume of information to convey in this report that the author has no choice: he has to provide information as objectively and concisely as possible. Even if certain information upsets you please remember that the author has intense compassion with all cancer sufferers - this is the reason for writing this book - we are all mortal.

7 to 8 million people die every year from cancer.

2+2

2+2 = 4 is an absolute mathematical truth. We are, however, studying cancer – absolute truths are few. It may happen that the first "2" is nearly a "3" (we were unaware of certain factors). The second "2" may even not be "2"! (the assumed "fact" is not correct!). Do not throw your arms up in despondency. We will just delve deeper. It could be that the logical route has insurmountable obstacles. Further study may lead to intuitive answers. ***Never underestimate intuitive insights.***

Statistics

People seem to be under the impression that allopathic cancer treatments are relatively successful and that the success rate of natural remedies is very low. The opposite is true. One way to get a more realistic picture is to look at cancer death statistics.

[Maybe it is better to think firstly in terms of your own family and friends: suddenly you hear of another person with cancer. He/she receives surgery, chemo and radiation. At first things look positive but in two or three year's time there is another death. The number of exceptions is few and the tragedy is regularly repeated.]

According to Time magazine (31/12/2007) the American Cancer Association calculates that 7.6 million people died from cancer in 2007. In the US one in every three persons will develop cancer and two in every three of these sufferers will die within five years. [In spite of their high spending on health, in 20 years, average life expectancy in the US, came down from 11th to 42nd in the world. Time, 27/8/2007.]

Hippocrates *("Let food be your medicine and medicine your food"*) is possibly the best starting point when we look at the history of cancer. He was absolutely sure (2 600 years ago)

that cancer must not be treated in a drastic way. Treatment means early death. Without treatment the patient can survive for a long time. Was this the reason for his warning to doctors: "First do no harm"? It is rather unbelievable but true, that his writings lead to a successful cancer treatment in the 1920's. The exciting story of Dr Max Gerson is told in chapter 12.

Hippocrates' thinking was still the rule during the Middle Ages. Paracelsus (1493-1541) was in favor of heavy punishment of anyone who disobeyed this rule, as cancer was from nature and should be treated through nature.

A large investigation into cancer was done by Dr. Leroy-d Etoilles. It was published by the French Academy for Science in 1844. Information was provided by 174 doctors about 2 781 cases. ***The history of some of these cases covered a period of more than 30 years*** [Please note that some patients lived for more than 30 years with cancer, without taking modern medicines]. The conclusion was that it is better to do nothing than to try surgery. In spite of modern techniques there is reason to believe that there is still merit in this viewpoint, but it seems that officially this view is suppressed (http://www.meditopia.org/chap2.htm).

Dr Hardin B. Jones was professor in medical physics and physiology at Berkeley, California and monitored the survival of cancer patients over a period of 25 years. He was a cancer researcher for nearly 40 years:

> "My studies have proved conclusively that untreated cancer victims live up to four times longer than treated individuals. If one has cancer and opts to do nothing at all, he will live longer and feel better than if he undergoes radiation, chemotherapy or surgery ..." Prof Jones (Transactions of the N.Y. Academy of Medical Sciences, vol. 6).

As far as is known there are no studies contradicting Jones. His results were confirmed by other researchers, i.e. Dr Maurice Fox of the Harvard School of Public Health (www.cancernaturalcure.com/book/NaturalMedicine_en.pdf).

It is said that you have lies, big lies and statistics and there is some truth in this. Statistics and scientific investigations should be very carefully evaluated. You will find papers that agree with your view and papers with an opposite view. ***For me the main test is not the opinion expressed in one or other paper, but arguments based on death statistics.***

American and British statistics

Since the 1950's very little progress has been made with the cure of cancer.

Statistics of the USA and Britain are mostly quoted when cancer survival is evaluated. Survival rates are low. The type of cancer is important as there are big differences based on the type of cancer. ***There are a few cancers with many survivors. Unfortunately this applies to only about 5% of cancers (cancers responding favorably to chemotherapy). Chemo is also applied to nearly all other cancers (95%). If the 5% is ignored the life extension achieved with treatment is not calculated in years but in months*** (Clifton Leaf: *Why We're Losing the War on Cancer*, Fortune Magazine, 22 March 2004). Leaf's carefully investigated article is proof that since the 1950's very little progress has been made with the cure of cancer.

If the quoted percentages seem disconcertingly low it is not the whole story. Cancer statisticians are employed by cancer establishments and try to pacify the public. The most important way is to work with "5-year survival" rates. If someone dies from cancer after six years, he is counted twice - first as a cancer survivor as he lived longer than five years and then as a death statistic as he died in the sixth year [if calculations were made on the basis of say eight years the percentages would be even lower].

What percentage could be used for a long term view? The figure for conventional medical treatment is very low, probably a single digit. [According to Dr Lorraine Day the generally accepted true success rate for cancer is 3% (www.cancertutor.com/Cancer02/LorraineDay.html).]

For natural treatments survival is regarded as higher than 90% (www.cancertutor.com). At this stage you will probably reject this figure out of hand. After studying true cancer healers like Dr Johanna Budwig and Dr William Donald Kelley you will know that this percentage was based on real successes and is not far fetched. Budwig treated more than 1 000 patients successfully (documented successes). Dr Kelley's calculation was 93% and he commented:

> "This is NOT the bogus "5-year cure rate" of orthodox medicine, but a true cure rate." (www.cancertutor.com/faq/faq_cesium_cure_rate.html.)

After long conventional treatment the success rate with natural therapies is more or less halved. No official statistics for natural treatments or people refusing treatment are available. It will be easy to compare people who receive conventional treatment with those who refuse treatment but no information is available - such information will put standard treatment in a bad light.

In Britain the 5-year survival rate for cancer is absolutely shocking. In terms of types, the percentages are: stomach 5%, lungs and lung pipes 5%, breast 50%, esophagus 5%, colon 22%, pancreas 4% and liver 2% (OPCS MB1 series).

If we look at the types of treatment the ***5-year survival rates*** are: surgery 22%, radio therapy 12%, surgery combined with radio therapy 6%, chemotherapy combined with other methods 2.5% and ***chemotherapy alone 1.6%.***

Although there is no official figures for natural treatments hundreds of thousands of people were cured in this way. Look at the websites of organizations like the Cancer Control Society, People Against Cancer and Cancer Victors and Friends.

Research

In trying to lower the number of people dying from cancer (about half a million a year in the U.S.) a "War against Cancer" was declared in 1971. Nearly 200 billion dollars were spent on research by 2003 (*Why We're Losing The War on Cancer*, Fortune Magazine, 22 March 2004). The results are disappointing. An enormous amount of information is created in studies on mice, fruit flies and worms - not much on human beings!! The papers produced were 1.65 million, but the practical results or new medications were few. The papers are discussed on more than a hundred yearly congresses and symposia. [The 'war' fails as the starting point is the advancement of the pharmaceutical industry.]

The atmosphere in which research is conducted is illustrated by what happened to Dr Virginia Livingston Wheeler. She attended the 6th International Congress of Microbiology in Rome. Together with her colleagues she provided proof that cancer has a microbial origin. Back at their laboratory they found that all their funds have been cut off and the laboratory was closed. The truth about cancer must be kept secret (www.rife.de/rife_and_cancer.html).

There is no better proof of the unscientific approach to science as the fact that key issues are ignored. The outstanding cancer results obtained by i.e. Max Gerson, Donald Kelley and Stanislaw Burzynski should have been followed by large scale, intensive research into their methods. It does not happen and will not happen as this will send research in the "wrong" direction. 'Wrong" in the sense that it is away from big profits and patented drugs produced by the biggest pharmaceutical companies.

Double blind tests are another problem. Yes, it leads to more objective results, but moral considerations are more important. The members of *control groups* in cancer research sign their own death sentences by subscribing to such research. They do not profit from the research and are excluded from other treatments. Thousands of these people die every year in the hope that they are in the group receiving the medication and not the placebo.

Gerald B. Dermer, a pathologist, in his book *The Immortal Cell: Why Cancer Research Fails,* points out the difference between normal cancer cells and the special cells used in cancer research. There is a

> "vast and deadly gap between the reality of cancer, which strikes human beings, and the theory of cancer, which thousands of researchers are using in their [supposed] search for a cure."

Media

The media tends to be very positive about new cancer treatments, i.e. the New York Times and its veteran science reporter, Gina Kolata, created big expectations about two new drugs, Endostatin en Angiostatin, in 1998. The tests of these medications on people failed.

On 24 April 2009 Kolata wrote a front page article about all the cancer failures over decades. ***The death rate from cancer declined from 1950 to 2005 with only 5% (the percentage for heart treatment was 64% and for flu and influenza 58%).*** The perception that the medical profession and marketers create is that cancer can almost always be prevented and when it does appear it can be treated and even conquered.

She specifically referred to metastases (spreading). If cancer spreads outside the breast the 5-year survival rate is only 20% - about the same as 40 years ago. The figures for colon cancer is 10% and for prostate about 30% and a single digit for lung.

If I am personally attacked for writing this report it is proof that my attackers are not able to respond with facts. A proper scientific analysis of Don Benjamin's article (chapter 2) to show that he is wrong will be accepted as proof that I am also in the wrong. There is, however, no chance that this will happen.

Where are we now? You will see this rhetoric question a number of times. When the author fears that the reader may have lost his/her way, he summarises the ideas of preceding paragraphs in a few words.

Summary
The normal course of cancer treatment is given on page 6. As indicated the chance of successful medical treatment is rather slim. Before looking at natural treatments it is necessary to evaluate allopathic treatments on a scientific basis. This is the purpose of the next chapter.

This report is not intended as a 1-2-3 instant guide, but if you wish to start in this way, read the first three paragraphs of chapter 3.

Absolute honesty is my highest priority. I do not waste words and the report with addenda comprises about 200 pages. The first three chapters are of an introductory nature (important). There are few repetitions in the text and you should not skip parts, even those that may seem to be non-applicable to your case. However, a number of subjects and even two chapters are marked as 'optional'.

If you are thinking about immediate treatment or feel that studying the whole document will be too exhausting, study the first four chapters, followed by the addenda. The rest of the report can be studied when time and energy allows. A more comprehensive overview will be obtained if treatment is started after reading chapters 1 to 15.

2 Evaluating conventional cancer treatments

Few doctors in this country seem to be involved with the non-life-threatening side effects of cancer therapy. … In the United States, baldness, nausea and vomiting, diarrhea, clogged veins, financial problems, broken marriages, disturbed children, loss of libido, loss of self-esteem, and body image are nurses' turf.
Rose Kushner

Types of cancer
Cancer is subdivided in four main categories:

* **Carcinomas** develop in glandular rich tissues, i.e. the skin, stomach, lungs, intestinal canal, etc. (about 85% of all cancers).

* **Sarcomas** develop in the muscles, bones and other supporting tissues.

* **Lymphomas.** A group of cancers that develop in the lymphatic system. Characteristics are swollen lymph glands in the neck, armpits and groin and a swollen liver and spleen.

* **Leukemia**. Cancers of the blood producing marrow, resembling lymphomas in many ways.

Carcinomas and sarcomas are sometimes grouped together and referred to as solid cancers. A primary cancer is an original cancer that is still contained in the area in which it started. If spreading occurs it is called metastasis.

In this report a distinction is made between “ordinary cancers” and “serious cancers”. “Ordinary cancers” refer to cancers that are readily successfully treated, while “serious cancers” refer to cancers that are really a challenge, i.e. pancreas-, liver-, lung- and brain cancers. In terms of this classification cancers that have spread and any cancer in a far advanced stage are also regarded as “serious cancers”.

The objective evaluation of cancer treatments is important. In statistical terms it is clear that survival rates are low (except for a few, mostly lesser known, cancers). Official figures for natural treatments do not exist. ***It is necessary to evaluate medical treatments in a scientific way before we look at natural treatments. This is the purpose of this chapter.***

Basic viewpoints
With cancer there are two basic viewpoints. Firstly, the conventional medical approach: the tumor is the disease, PERIOD. According to doctors cancer is a localised disease, except at a later stage, when it tends to spread [The terms 'oncology' and 'oncologist' are derived from the Greek word *onkos* (tumor). ***Oncology is the study of tumors - the name denies the systemic nature of cancer].***

The alternative point of view is that cancer is a sickness of the whole body (systemic) and that it is a mistake to concentrate treatment on the symptom (tumor).

Appendix
To get perspective on the medical viewpoint of cancer think about human appendixes. Appendix problems are mostly an inflammation of the organ. If removal of the appendix causes the end of the sickness in nearly all cases (this is a fact) it can be declared with nearly absolute certainty that the sickness is localized and curable with surgery.

Cancer and surgery
When cancer is treated the first medical procedure is the surgical removal of the tumor, in many cases at an early stage. If the conventional medical viewpoint is correct early removal of the tumor should mean the end of the disease.

However, we know that in spite of surgery, mostly followed by chemotherapy and radiation the results are absolutely unsatisfactory (see previous chapter). The only conclusion is that cancer is not a localized disease and that the tumor is not the disease, but part of the disease (actually a symptom). However, allopathic medicine clings to their outdated view.

It does not make sense to study natural treatments if you believe that conventional treatments will deliver positive results. Therefore, scientific proof will be given that the allopathic approach is, generally speaking, unsuccessful.

Don Benjamin
Benjamin gives proofs in his paper *Evaluating Cancer Therapies and Developing a Cancer Program*. This is a matter of utmost importance. Consequently, I prefer not to interpret the paper for you and quote the whole first part (the part evaluating conventional treatment). It deserves careful study [Benjamin's paper was selected as he covers all the important points and provides scientific proof]. No changes were made except for ***bold and italic lettering*** to stress important points.

The careful reading of the paper will require some concentration, but it is very important to take note of these facts. If you feel, that in your present condition, the exertion will be too much, read the summary and try to work through the paper in due course.

The summary at the end of the chapter is longer than usual and gives you the essence of Benjamin's paper.

****

Evaluating Cancer Therapies and Developing a Cancer Program. Don Benjamin

The medical profession has a good track record in trauma intervention. It does not have such a good record in the treatment of degenerative diseases such as cancer, coronary heart disease and arthritis.
In this presentation I will cover:
l The evidence for efficacy of orthodox and alternative therapies

- What this means in terms of paradigms for cancer
- What is the alternative paradigm?
- What therapies fit into this approach?
- What is the role of orthodox therapies?
- How to put together a cancer control program

Lack of evidence for medical intervention:

"Only about 15% of medical interventions are supported by solid evidence... This is partly because only 1% of the articles in medical journals are scientifically sound."
Richard Smith, Editorial "Where is the wisdom...? The poverty of medical evidence." BMJ (October 5) 1991; 303: 198-99 [BMJ = British Medical Journal].

Recently the peer-review system (that decides what to publish) has also come into disrepute:
"If peer review were a new medicine it would never get a licence…We had great difficulty in finding any real hard evidence of the system's effectiveness, which is disappointing, as peer review is the cornerstone of editorial policies worldwide"
Tom Jefferson, from the Cochrane Collaboration Methods Group interviewed by The Guardian (London) Sydney Morning Herald Jan 18-19, 2003.

What has led to this situation?

First let us look at what the consensus of opinion was up to 200 years ago before the development of what is now known as modern Western medicine.

In ~400 BC Hippocrates, the founder of Western Medicine believed that cancer was caused by an accumulation of toxins arising in the body in the form of "black bile".

In ~150 AD Galen, the founder of experimental physiology and pathology continued Hippocrates' ideas on cancer causation (black bile toxins) and treated the condition with medicines, diet and some surgery.

In 1520 AD Paracelsus believed that "it is not the physician who heals, but nature". Identify the cause. Treatment should then be designed to strengthen the body's own defenses.

Paracelsus also said: ***"It should be forbidden and severely punished to remove cancer by cutting, burning, cautery, and other fiendish tortures. It is from nature that the disease arises and from nature comes the cure, not the physician."***

His system of treatment included not only remedies but also a form of psychotherapy, because the causes of every disease are "to be found in the soul and spirit as well as in the body". He was thus the founder of the psychosomatic approach.

(Josef Issels, Cancer: A Second Opinion. Hodder and Stoughton, London, 1975.)

From about 1800, with the development of the achromatic microscope, individual cancer cells could be seen.

All of the past thousands of years of knowledge and experience in the treatment of cancer was thrown out and it became the accepted dogma that the tumor was the disease, not a local symptom of a disease of the whole body. So its removal was assumed to be a cure.

Surgery and anesthetics became more sophisticated and became the only mode of treatment until radiation was developed in the early part of the 20th century and chemotherapy was added from the 1950s.

What I am arguing is therefore that in throwing out this old accepted paradigm of cancer being a systemic disease 200 years ago Western medicine has been travelling along a dead end street. As a result ***fewer than 6% of medical interventions for cancer have been shown to be effective in terms of extending life.***

What is basis of my claim? What constitutes reliable evidence?

The following summarises reliability of claims for efficacy in decreasing order of reliability:

- Properly run randomised controlled trials supported by epidemiological evidence BEST
- Properly run randomised controlled trials - GOOD
- Comparison of incidence and mortality over time - FAIR
- Epidemiological evidence - FAIR
- Increasing percentage 5-year survival supported by epidemiological evidence - FAIR
- Increasing percentage 5-year survival - POOR
- Anecdotal/Clinical evidence - POOR

Epidemiological evidence looks at how a particular intervention, such as a new treatment, change in treatment or new screening technique affects mortality after its intervention.

For example the introduction of the Pap test for cervical cancer in the 1950s had no subsequent impact on the rate of change of uterine cancer mortality. This had already been falling for many years as can be seen from the next slide.

Insert slide Pap Test.jpg (available from author on request)

So what I am saying is that ***for cancer fewer than 6% of interventions are supported by reliable evidence such as at least properly run randomised trials***, the top two levels of reliability.

The types of cancer with some evidence for efficacy are:

- Short-term increase in survival from cutting out or shrinking tumors obstructing or pressing on vital organs using surgery, radiation or chemotherapy (anecdotal evidence)

- Chemotherapy for acute childhood lymphocytic leukemia (ALL) (increasing survival rates)

- Chemotherapy for some sub-groups of women with breast (poorly run randomised trials)

q Tamoxifen for breast cancer (properly run randomised trials)

In none of these cases is there any evidence for Cure.

What is Cure?

Cure means that a group of people treated for a particular type of cancer have the same mortality rate as a comparable group of healthy people in the community.

As no such group of people exists among treated cancer patients it is misleading to use the word cure.

Instead I use control or eliminate.

What is the meaning of the terms control and eliminate?

Control means the ability to live a long and good quality life, ultimately not dying of the cancer but with it.

For example many people die of natural causes but still have breast, prostate or other cancer present in their body.

Eliminate means that all traces or symptoms of the cancer have gone.

This does not necessarily mean that the person will not die of cancer later if the causes of the cancer have not been removed.
Most treatments for cancer are apparently based on an invalid paradigm, explaining why they have little proven effect on survival. The term cure has been modified by the medical profession to:
survival for 5 years without evidence of the disease. This covers up the lack of cure for any type of cancer.

In addition ***those who survive 5 years are incorrectly claimed to have survived this long only as a result of medical intervention, whereas there is no evidence for this claim.***

The Inefficacy of Orthodox Cancer Treatments
The following information refers mainly to scientific evidence based on results from clinical trials.
It is not meant to imply that particular treatments don't provide survival benefits to some people.
If results show no overall benefits, this could mean that some people benefit and live longer, but there must also be a comparable number who are harmed and live for a shorter time.
Today's audience represents a special group, many of whom are using alternative therapies.
Some orthodox therapies when used alone provide no proven benefit – yet when used with an alternative therapy can provide significant benefits.
Similarly, ***early detection of cancer is of little use unless a therapy based on a valid paradigm is then used.***

What led me to conclude that medical science in the cancer field was seriously flawed?
I will illustrate this in reference to cancer surgery but the same conclusion applies generally to radiation and chemotherapy.
I will then look at an alternative paradigm about what cancer is and how to choose an alternative cancer therapy based on that paradigm.
Evaluating Surgery for cancer
In 1993 I published a paper in which I presented evidence that showed that surgery had not been proven in any randomised trial to be an effective treatment for any type of cancer, ie had not been shown to extend life or reduce mortality by comparing a treated group with an untreated group.
I therefore had to use other methods of evaluating the efficacy of surgery.
(Benjamin, D. The Efficacy of Surgical Treatment of Cancer. Medical Hypotheses 1993; 40: 129-138.)

I used six different methods to evaluate surgery:
q the graphical method
q comparison of survival over time
q the dose response method (extent of intervention)
q comparison of incidence and mortality
q epidemiological method
q alternative paradigm method

None of these methods showed that surgery had affected survival or mortality for any type of cancer

All the evidence pointed to cancer being a systemic disease for which surgery would be irrelevant, in other words a disease explained by an alternative paradigm.

In 1996 I presented evidence that, contrary to widespread claims, mammograms don't save any lives and that:

q ***Claims for efficacy of earlier surgical intervention are based on flawed randomised trials that ignored the effects of five other variables including the harm done by radiotherapy.*** There should be only one variable in a properly run randomised trial.

q If any of these variables were used differently in the study group as compared with the control group, the conclusions from the trials were invalid.

The variables in the two arms of all of the six trials:
q use of mammograms
q time of surgical intervention (how early)
q extent or degree of surgical intervention (mastectomy vs lumpectomy)
q use of radiotherapy
q use of chemotherapy
q use of hormone therapy

(Benjamin, DJ. The Efficacy of Surgical Treatment of Breast Cancer. Medical Hypotheses 1996; 47: 389-397.)

All of these other variables were used differently in the study group when compared with the control group.

I therefore tried to identify which of these other variables could have affected mortality, and how their different use in the two groups might have produced this apparent reduction in breast cancer mortality.

I found that most of the apparent saving of lives could be explained by women who would have died from breast cancer instead dying from other causes, due to the harmful effects of radiotherapy damaging the heart and respiratory systems.

All trials were flawed because their authors had not noticed that the reduced deaths from breast cancer were accompanied by a similar increase in deaths from other causes, giving no significant overall benefit from screening.

My 1996 findings have recently been confirmed by members of the Nordic Cochrane Group in Denmark who concluded that because of flaws in all of the trials, ***screening for breast cancer with mammography is unjustified. There is no evidence from such trials that mammograms save lives or even extend survival.***
(Olsen, O and Gøtzsche, P. Cochrane review of screening for breast cancer with mammography Lancet 2001; 358: 1340-42.)

The actual effect I identified, harm from radiotherapy, has also been confirmed in several papers:

1. A review of 36 randomised trials comparing mortality after surgery and radiotherapy with surgery alone. ***The observed 6% reduction in deaths from breast cancer was accompanied by a 24% increase in deaths from other causes*** which the reviewers attributed to damaging effects of radiotherapy on the heart. There was no overall benefit observed from the radiotherapy.
(Early Breast Cancer Trialists' Collaborative Group. Effects of Radiotherapy and Surgery on Early Breast Cancer – An Overview of the Randomised Trials. NEJM 1995; 333 (22): 1444-1455.)

2. ***An analysis in Sweden of this effect found that patients who received the highest dose of radiotherapy had a***

30% increase in heart failure

100% increase in deaths due to cardiovascular disease

150% increase in death due to ischemic heart disease

The difference became clear after 4-5 years and continued to increase up to 10-12 years.

(Geynes G et al. Long-term cardiac morbidity and mortality in a randomized trial of pre- and postoperative radiation therapy versus surgery alone in primary breast cancer. Radiother Oncol (Aug) 1998; 48 (2): 185-190.)

The actual mechanism of the damage to the heart has been established.

The excess observed in another analysis was confined to the sub-set of patients treated with tangential cobalt-60 fields for left-sided tumors, where the dose to the myocardium was greatest.

They observed that for left-sided tumors the dose to the left anterior descending coronary artery remained high even with newer techniques with lower doses.
(Cuzick J et al. Cause–Specific Mortality in Long-Term Survivors of Breast Cancer Who Participated in Trials of Radiotherapy. J Clin Oncol (March) 1994; 12 (3) 447-453.)

Another form of screening for breast cancer, breast self-examination (BSE) has also recently been found to produce no benefits in survival.
So ***early detection of breast cancer has no benefit if only orthodox treatments are then used.***
(Baxter, N. Preventive health care, 2001 update: Should women be routinely taught breast self-examination to screen for breast cancer? CMAJ (June 26) 2001; 164 (13): 1837-46.
Thomas DB et al. Randomized trial of breast self-examination in Shanghai: final results. J Natl Cancer Inst 2002; 94 (19): 1445-57.)

What I have said in relation to breast cancer also applies in relation to surgery for other forms of cancer. For example:

A recent paper reported on the result of a randomised trial comparing Radical Prostatectomy with Watchful Waiting for prostate cancer. This is probably the first randomised trial to evaluate the effects of surgery by comparing survival or mortality with an untreated group.

It also contained serious flaws. For example

it used an ambiguous definition of "death from prostate cancer" and claimed a 50% reduction in mortality using surgery as compared with watchful waiting.

An analysis of the deaths from other causes showed that most of the apparent reduction in deaths from prostate cancer could be explained by wrong attribution of deaths from prostate cancer to deaths from other causes in the treated group; or deaths from other causes attributed to prostate cancer deaths in the watchful waiting group.

The reduction in overall mortality was not significant.
(Holmberg L et al. A randomized trial comparing radical prostatectomy with watchful waiting in early prostate cancer. N Engl J Med (Sep 12) 2002; 347 (11): 781-9.
Comment by Scott D Stern in NEJM of (January 9) 2003; 348 (2): 171.)

Similarly a paper reporting on results of a randomised trial comparing mortality after PSA screening with an unscreened control group also contained serious flaws.

l Although its authors claimed a 69% reduction of deaths as a result of screening they arrived at this figure by

– comparing only 23% of those invited for screening in the Invited group (who were actually screened) with 93.5% of those in the Uninvited group (who were actually unscreened), a meaningless comparison in randomised trials because they were unmatched groups;

or, in a second analysis by

– combining part of the Invited group with part of the Uninvited group (those actually screened in each group) and compared their mortality with that of a different group made up from combining part of the Invited group with a part of the Uninvited group (those actually unscreened in each group), another meaningless comparison because they were unmatched.

An even more serious flaw was that

l the authors completely ignored the deaths from other causes in their calculations.

When the whole Invited group was compared with the whole Uninvited group the difference in mortality was not significant – the only meaningful comparison.
(Labrie F et al. Screening decreases prostate cancer death: first analysis of the 1988 Quebec Prospective Randomized Controlled Trial. Prostate 1999; 38: 83-91.
Comment by Rob Boer and F Schröder. Quebec Randomized Controlled Trial on Prostate Cancer Screening Shows No Evidence for Mortality Reduction. The Prostate 1999; 40: 130-131; and Freda Alexander and Robin Prescott. Reply to Labrie et al. The Prostate 1999; 40: 135-136.)

Surgery can of course extend a life by removing an obstruction to a vital organ such as the bowel, but this does not affect the cancer process, as the tumor appears to be only a symptom of that process.

Similarly there is no proven significant benefit from radiotherapy or chemotherapy – except for the same life-threatening situations.

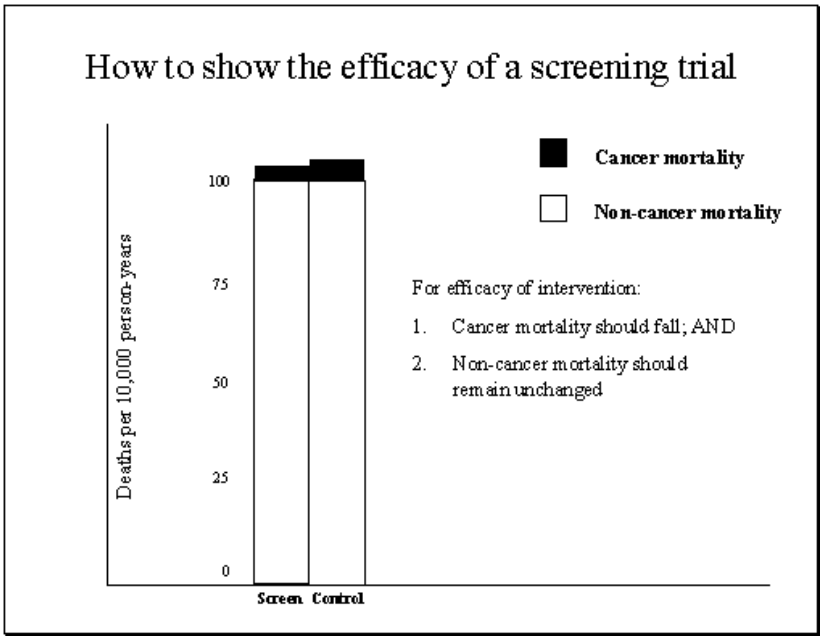
Rather, ***post-operative radiotherapy and chemotherapy have been found to increase mortality in all forms of cancer where these therapies have been evaluated.***

For example a trial comparing radiotherapy added to surgery with surgery alone for Post-operative radiotherapy (PORT) for non-small cell lung cancer showed that

(PORT Meta-analysis Trialists Group. Post-operative radiotherapy in non-small-cell lung cancer: systematic review and meta-analysis of individual patient data from nine randomised controlled trials. Lancet 1998; 352: 257-263.)

An analysis of records from 1.2 million cancer patients showed that non-cancer deaths constituted 21% of all deaths and were 37% higher than expected, and most occurred shortly after diagnosis. So the authors attributed it to treatment.

This excess in deaths from other causes ranged from 9% for breast and colon cancer to 173% for lung cancer. ***Major causes of these excess deaths were heart and respiratory failure, the types of death expected from radiotherapy and chemotherapy.***



(Brown, Barry W et al. Non-cancer deaths in White Adult Cancer Patients. JNCI 1993; 85 (12): 979-987.)

Surely early detection resulting from screening must save lives as is claimed. It is used for many other types of cancer: cervix (Pap smear), colon (fecal occult blood test) and lung (X-rays)

A recent review of randomised trials evaluating screening for cancer has also cast doubt on the benefits of these forms of screening for the same reason that I discovered that the mammogram and PSA screening trials were all flawed: ***Authors had looked only at reduced deaths from the cancer and ignored comparable increases in deaths from other causes*** resulting from harm caused by the screening or subsequent treatment.

Let us have a look at this evidence.

The first slide describes the evidence necessary to show that a particular type of cancer screening is effective in reducing the cancer mortality rate using a properly randomised controlled trial.

l In the two columns their height represents the total number of deaths from all causes in the two arms of the trial: the screened group and the unscreened (control) group.

l In the top section of each column is a black area representing how many of these overall deaths were due to the particular type of cancer.

l For the screening to be effective in saving lives the black section at the top of the left column must be smaller than the black section in the right column; AND, IN ADDITION

l The height of the white section in each column must remain the same.

l If the black section in the left column decreases and the white section increases by about the same amount, there is no proven benefit from screening.

The second slide shows in Figure A the results of 7 randomised trials evaluating breast cancer screening using mammography.

Insert slide breast screen3.jpg ((available from author on request)

Most of the trials were found to have serious flaws. The one with the fewest flaws Malmo showed no reduction in deaths from breast cancer and a reduction in deaths from other causes.

The Health Insurance Plan of New York (HIP) Trial was found to be flawed for several reasons. The Gothenburg Trial showed a small benefit that was not significant. The Edinburgh Trial was flawed due to poor randomisation, which was based on screening centres, not individuals. The Canadian Trial 1 (women aged 40-49) showed slight harm from screening but this was not significant. The Canadian Trial 2 (women 50-59) also showed greater harm but this was also not significant.

Cancer authorities usually quote the results of one of the flawed trials called the Swedish 2 County trial. There was a reduction in deaths from breast cancer (~30%) shown as a fall of 1.2 on the left column, accompanied by a comparable increase in deaths from other causes, shown as an increase of 1.3. The net result was no overall benefit. This result suggests that ***treatment harmed many of the women and they died as a result of the treatment***, thus reducing the apparent deaths from breast cancer.

Death resulting from treatment should be included among deaths from the cancer for which they were being treated. This did not happen, mainly because many of the women who died had several problems: the breast cancer had produced some symptoms but these were accompanied by ***heart problems caused by damage from the radiotherapy, and respiratory problems caused by chemotherapy.***

Unless the determination of cause of death is “blinded” the real cause of death can be missed.

The third slide shows in Figure B the results of three trials evaluating colon cancer screening using the Fecal Occult Blood Test (FOBT).

Insert slide colon screen3.jpg ((available from author on request)

In the first two trials (Minnesota and Nottingham) there was a fall in deaths from colorectal cancer but in each case this was accompanied by a similar increase in deaths from other causes, showing the effect of harm from the treatment.

In the third (Funen) trial, although there was an apparent fall in deaths from colorectal cancer, the accompanying larger fall in deaths from other causes throws some doubt on the validity of the trial. In any case the fall in overall deaths was not significant.

When a result is not significant this means the confidence interval in the result is wide enough to include zero, ie no benefit. This suggests the result is likely to be due to chance, not treatment.

The fourth slide shows in Figure C the results of two trials evaluating X-ray screening for lung cancer.

Insert slide lung screen3.jpg ((available from author on request)

Both trials showed an apparent increase in deaths from lung cancer after screening.

In the Czechoslovakian Trial the difference in all-cause mortality between the two groups was much greater than the lung cancer mortality in the control group despite the fact that the two groups were well matched after randomisation. This suggests an under-reporting of deaths from other causes (and therefore also from all causes) in the control group biasing the results against screening.
(Black W, Haggerstrom D and Welch HG. All-cause Mortality in Randomized Trials of Cancer Screening. J Natl Cancer Inst, 6 Feb 2002; 94(3):167-73; Author's response to discussion:5 June 2002; 94(11):865-6.)

So like prostate cancer screening, none of the other screening trials showed any benefit from earlier intervention following screening. ***Despite this clear evidence, cancer authorities are arguing for retaining breast cancer screening, extending it down to women aged 40-49 and introducing colon cancer screening.***

It would therefore appear that "expert" opinion is based not on evidence but faith and vested interests.
There has been much recent debate about the benefits of early detection, particularly with prostate cancer. It shows a serious misunderstanding of the nature of evidence by some "experts".

The following are some quotes from the two sides of the debate:
Alan Coates, CEO State Cancer Council –
"In the absence of symptoms there is no point in having a PSA test. The test turns healthy old men into cancer patients or cancer suspects without any proof that it helps stop them dying from the disease".
(Australian Financial Review, 13 February 2003.
Phillip Stricker, Director of urological oncology, St Vincents Hospital)

"We have treatment that can cure prostate cancer. And you can't find cancer of the prostate if you don't look for it".
(Sydney Morning Herald, 18 April 2003.
Michael Schildberger, former Executive Producer and host of Channel Nine's "A Current Affair")

If I'd listened to Professor Coates' advice I'd probably be dead by now.
(Anthony Costello, professor and director of urology at Royal Melbourne Hospital)

Coates is preaching a very old dogma and the debate has moved on…Coates is relying on epidemiology, which isn't an exact science and there is now enough clinical evidence to show that diagnosing prostate cancer early through PSA testing does save lives.

Ralph Hunt, former federal Health Minister also believes he is alive today only because of testing and early treatment.

Alan Coates replies:
Their position is based on an untested assertion and as such is a matter of faith, not science. While it would be nice to think we had moved on, it would be even nicer to have evidence rather than dogma to support this assertion.
(Australian Financial Review, 10 and 13 February 2003)

What is the evidence behind these opposing assertions? Their relative reliability in relation to prostate cancer is as follows:

l Properly run randomised controlled trials supported by epidemiological evidence – BEST
No good trials done
l Properly run randomised controlled trials – GOOD
No good trials done
l Comparison of incidence and mortality over time – FAIR
No evidence
l Epidemiological evidence
FAIR Some evidence
l Increasing %-age 5-year survival supported by epidemiological evidence – FAIR
No evidence
l Increasing %-age 5-year survival – POOR
No evidence
l Anecdotal/Clinical evidence – POOR Some evidence

So it would appear that Alan Coates is right: Those claiming benefits from intervention following early detection are making an untested assertion that is a matter of faith, not science.

The same can be said for all other types of cancer that have been evaluated using randomised trials.

Other scientists who have questioned the efficacy of orthodox therapies for cancer include:
Hardin B Jones, Professor of Medical Physics at the University of California at Berkeley: "... no studies have established the much talked about relationship between early detection and favorable survival after treatment"… "The apparent life expectancy of untreated cases of cancer ... seems to be greater than that of treated cases"..."Neither the timing nor the extent of treatment of the true malignancies has appreciably altered the average course of the disease." Delivering a 'Report on Cancer' at the American Cancer Society's Science Writers' Conference in New Orleans, 7 March 1969.

In 1980 Australian medical doctor Richard Taylor (now Associate Professor at Sydney University) had published a damning critique of his profession attacking the excessive use of unproven and unsafe tests, treatment and technologies. He concluded that
"… 'medical science' would be better labelled 'science-fiction medicine'.. This... is particularly apt for a supposedly scientific discipline which pays more attention to promoting its technology than evaluating it, and spends more time stridently announcing victories than carefully analysing failures"
(Taylor, Richard. Medicine Out of Control, Sun Books, Melbourne 1979)

John Bailar: "The US death rate from all cancers other than lung, stomach and cervix (sites which have shown marked changes in incidence in recent decades) has not altered appreciably since 1950, when chemotherapy was virtually non-existent and other forms of treatment were primitive by modern standards".

He concluded that
"...35 years of intensive effort focused largely on improving treatment must be judged a qualified failure."
(Progress against cancer, New England Journal of Medicine (May 8) 1986; 314 (19): 1226-1232.)

Thomas L Dao: Professor of Surgery at Roswell Park Park Memorial Institute's Department of Breast Surgery.

"Despite improved surgical techniques, advanced methods on radiotherapies, and widespread use of chemotherapies, breast cancer mortality has not changed in the last 70 years."

Quoted by Greenberg, DS, in "Progress" in Cancer Research - Don't Say It Isn't So. N. Engl. J. Med. 292 (13), 1975, 707-708.

Miles Little: Emeritus Professor of Surgery, University of Sydney

"Despite refinements in surgical technique and management, and increasingly radical surgery, there is considerable doubt about the impact of surgery on the natural history of most malignancies. The apparently logical hypothesis that earlier diagnosis and more radical excision would lead to more cures, has not been borne out in practice. Surgery brings a mechanical approach to a biological problem".
(Quoted by Jacka J. in Statistics relating to cancer, p.1 in Cancer - A Physical and psychic profile. Currency, Melbourne, 1977. (addressing a cancer conference at Sydney University in 1974).)

James E. Devitt, MD PhD, FRCSC
"…Have we missed the forest by focusing on the tree? Perhaps the breast lesion is not the cause of the disease but merely the local expression resulting from a combination of changes in both local organ-tissue and systemic growth-restraining factors."
(Breast Cancer: have we missed the forest because of the tree? Lancet 1994; 344: 734-5. Ulrich Abel, PhD, Biostatistician, Institute for Epidemiology and Biometry, University of Heidelberg, Germany)

"Success of most chemotherapies is no less than appalling".. "There is no scientific evidence for its ability to extend in any appreciable way the lives of patients suffering from the most common organic cancers"… "Chemotherapy for malignancies too advanced for surgery, which accounts for 80% of all cancers, is a scientific wasteland".
(Chemotherapy of Advanced Epithelial Cancer, Hippocrates Verlag GmbH, Stuttgart, 1990. Biomed & Pharmacother 1992; 46: 439-52.)

Despite this information the cancer situation is not at all as bleak as it appears. There is good evidence for effective treatment based on an alternative paradigm.

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Ben jamin's main statements and conclusions

Only about 15% of medical actions are based on definite proof. [The medical industry puts the percentage at between 20 and 25%. According to an article by Dr David Eddy, *Medical Guesswork: From heart surgery to prostate care, the medical industry knows little about which treatments really work,* there is "little or no evidence that many widely used treatments and procedures actually work better than various cheaper alternatives." We need an 'evidence based' approach (Business Week, May, 29 2006). There is no hope that this will happen as it will lead to lower incomes.]

Less than 6% of cancer treatments are successful in terms of the lengthening of lives.

Surgery

Six different methods were used to evaluate surgery, but none of these methods showed that surgery had affected survival or mortality for any type of cancer. In the case of prostate cancer the claim was made that surgical intervention leads to a 50% reduction in mortality. However, after proper investigation it was established that the small reduction was not significant.

Mammograms

There is no proof that mammograms save lives or increase the lifespan of patients.

[Author's note: In 2010 the American cancer establishment acknowledged half-heartedly that there are problems with regular mammogram screening. The age when women should start with these periodic examinations was increased and the time between tests extended. Mammograms yearly provide billions of dollars to the cancer industry.]

The flawed "Swedish 2 County trial" claimed a 30% reduction in deaths from breast cancer and was widely quoted by cancer authorities. Radiotherapy caused heart disease and chemotherapy respiratory problems. These deaths were ignored when the results were calculated. In fact the final conclusion was that there was no overall benefit. Radiotherapy is fatal in many cases (Positive results are obtained when life threatening tumors are reduced).

To quote Benjamin: "... ***post-operative radiotherapy and chemotherapy have been found to increase mortality in all forms of cancer where these therapies have been evaluated.***

Radiotherapy seems to always cause higher than expected non-cancer deaths and it is as high as 173% in the case of lung cancers."

Cancer screening

One would expect regular medical screening, i.e. cervical screening, PSA tests (prostate), blood tests for the colon and X-rays for the lungs to have positive effects. There is, however, no proof that screening has benefits. Nevertheless, regular mammograms are still standard treatment and pressure is applied to make colon cancer tests a general procedure. This is the reason for Benjamin's comment: ***It would therefore appear that "expert" opinion is based not on evidence but faith and vested interests.***

Proofs of successful cancer treatments are few. To quote Benjamin:

"The types of cancer with some evidence for efficacy are:

Short-term increase in survival from cutting out or shrinking tumors obstructing or pressing on vital organs using surgery, radiotherapy or chemotherapy (anecdotal evidence)

Chemotherapy for acute childhood lymphocytic leukemia (ALL) (increasing survival rates)

Chemotherapy for some sub-groups of women with breast (poorly run randomized trials)

Tamoxifen for breast cancer (properly run randomized trials) [Do not assume that this is the right medication for breast cancer. Questions are raised about metastases caused by Tamoxifen (http://www.tbyil.com/Chemo_Does_Not_Cure.htm)].

In none of these cases is there any evidence for Cure."

Early diagnoses of cancer only benefits the patient if it is followed by successful treatment.

In the next introductory chapter we'll look at basic premises.

3 Basic premises and skin cancer

Most effective cancer treatments are very inexpensive, and that makes them worthy of suppression. You get extreme doses of this reality when you study Hoxsey -- the success of his clinics and the tens of thousands who came to his support when the FDA came after him. The story of Hoxsey is the story of the brutality of profits over humanity, decency, and scientific principle.
Greg Caton

If a cancer patient, is really tired and dejected and feels that even reading this chapter is too much, I suggest that he/she starts immediately with a very easy treatment by Dr Hoffer (a medical giant). Abram Hoffer, M.D., Ph.D. had an 83 year old patient with metastasized kidney cancer and she was able to lead a normal life, after:

* eating less sugar [better still, absolutely no sugar or starch]
* two grams ascorbic acid in juice [fresh vegetable juice], in spreaded doses six times per day [build up to 12 grams per day over a number of days]
* Niacin (vitamin B3), 200mg after meals, three times per day
* B complex, 100mg per day
* Folic acid, 5mg per day
* Selenium, 200mcg per day

(Journal of Othomolecular Medicine, vol 22, p.54).

The niacin may give mild hot flushes in the beginning but just keep on. The important thing is to start the treatment. In due course the diet should be intensified.

Modern oncology does not make a big positive difference in spite of the large sums of money patients and medical funds have to pay.

'Basic premises' does not refer to the author's original viewpoint. After nearly completing the study it was decided to highlight some important points in order to give you direction. This chapter is introductory, like the other introductory chapters (1 and 2).

From the previous chapter it is clear that modern oncology does not make a real positive difference (in most cases) in spite of the large sums of money patients and medical funds have to pay. Only a small part of treatments can be justified in terms of the results obtained.

In the following chapters intense attention will be given to natural treatments. Only after mastering this information conclusions should be drawn or decisions taken.

The purpose of this report is to conquer cancer. Quite a number of ways to treat cancer are described in detail and a number of them should be combined, in order to eliminate nearly all loopholes.

Arthur C Brown (www.alternative-treatments.com - Complete Guide to the Best Alternative Cancer Therapies, Doctors, Clinics and Hospitals) divide cancer treatments under six headings: ***detoxification, nutrition, reinforcing the immune system, key enzymes, emotional counseling and natural chemotherapy. To be successful all categories should receive attention at the same time.***

Attention will now be given to biopsies (not part of basic premises) as biopsies are done before treatment is started.

Biopsies
A biopsy is the removal of some tissue from a body for examination, in order to diagnose a condition (//leiomyosarcoma.org.uk/biopsies.htm). It can be done when the tumor is surgically removed. Normally it is done by using needles - if thick needles are used it is called 'core needle biopsy' and with fine needles 'fine needle aspiration' (FNA).

Cells undergo several mutations before they become cancer cells. Besides reproducing uncontrollably, they also lose the 'stickiness' of normal tissues. Therefore, it is possible for these cells to loosen and travel to other parts of the body. It is very easy for cancer cells to become dislodged during a biopsy or surgical procedures.

All cells are near a capillary, a very small blood vessel. All cells are also surrounded by fluid. The fluid of the lymphatic system drains through the lymph canals and nodes and ends in the upper left chest, where the major lymphatic channel drains directly into a blood vessel.

Tumor cells also have capillaries nearby, and are bathed in interstitial fluid that flows to the lymphatic system. If you stick a needle into a tumor, you run the risk of dislodging tumor cells into blood vessels and the interstitial fluid.

Dr Gammill sees few metastized cancers or quick spreading, except after a biopsy.

Inside the tumor cancer cells are a minority. The biopsy is done by putting needles into the tumor - even more than 30 times in some cases. A bigger needle means less repetitions and delivers better results. Laboratory testing is mostly reliable but could deliver false positive or false negative results.

If a decision to operate was already made a biopsy before the operation does not make sense, as the necessary material can be obtained during the operation. With conventional medicine a biopsy is done before a final diagnosis about cancer is made. Considerable information is obtained that determines the way treatment is conducted. However, if the patient has decided on natural treatment a biopsy is not necessary. A blood test is sufficient. You start with treatment without the risks of a biopsy. Oncologists immediately begin with chemotherapy after a biopsy as they are thoroughly aware of the implications.

Dr Vincent Gammill of the *Center for the Study of Natural Oncology* (CSNO) tells about a woman who was successfully treated for breast cancer since 1994. She refused all conventional treatment, but an oncologist convinced her that she needed a biopsy. In his opinion, "she was a fool not to get a needle biopsy"(!). He now has all the information he needs to treat a fast growing metastasized cancer, as she now has a new tumor at each point a needle went into her breast. According to Gammill he sees few metastasized cancers, except after a biopsy - and quick spreading - also to the bones.

Another patient was assured by her doctor that the needles won't cause metastases. Her naturopath was of the opinion that a number of patients developed tumors on the routes followed by the needles. She decided against a needle biopsy and opted for the Budwig protocol with thermogram control (no radiation; mammograms = radiation) (www.healingcancernaturally.com/biopsies-surgery-spread-cancer.html).

> "... in 2004, a highly respected team at the John Wayne Cancer Institute in California reported a 50% spread to nearby lymph glands after needle biopsy of breast tumors as compared to lumpectomy." (www.health-science-spirit.com/cancerchoice.html).

Where are we now? Biopsies have serious negative implications. If you have decided on the natural route do not allow the doctor to do a biopsy.

Emotional issues

A previous South African minister of agriculture, Hendrik Schoeman, often declared that he is an optimist and ***a half bottle is never half empty but always half full.*** Don't underestimate this positive approach. The way you think and feel are of utmost importance.

From the bottom of my heart my desire for you is that you will start to view your future in an extremely positive light.

Even if statistics give you only a slim chance you should still say with conviction: I am one of the minority who will conquer this disease. Faith is part of your convictions. There are many books about faith but I will mention only one aspect: ***if you have positive certainty about what will happen to you after this life your stress levels will improve.***

Stress can be deadly. To quote Dr. James Howenstine, MD:

> "Persons who endure prolonged stress develop a state of immuno-suppression where the body's immune system becomes less able to kill tumor cells."

Nerve cells may be destroyed by stress.

The patient's psychological and emotional condition are important and confirmation of this fact is easy to find in the literature. For example, Fawzy, combined the normal treatment of melanomas with psychotherapy. In a group of 34 patients, who also received psychological treatment, there were only three deaths (9%), while ten died in the control group (29%). Over a period of 6 years the death rate diminished with 70% (Fawzy FI et al. *Malignant melanoma. Effects of an early structured psychiatric intervention, coping, and affective state on recurrence and survival 6 years later.* Arch gen Psychiatry Sep 1993; 50 (9): 681-9).

***A U-turn is necessary**, in terms of the way we THINK, live, conduct ourselves, eat and handle stress.*

If the feeling of powerlessness vanish and the importance of focus is realized the results are truly positive. Let the words of Lothar Hirneise (cancer expert and German author) sink deep into your subconscious:

> "Almost without exception people view the diagnosis of cancer as a type of punishment and injustice, which they initially confront with a sense of powerlessness.

> ... To a great extent cancer is not a terminal illness to which one is helplessly surrendered. ... ***From the bottom of my heart my desire for you is that you will start to view your future today (again) in an extremely positive light,*** and that you will create your future yourself through visualization and activities. Whatever you have hoped for up to this point – it is possible!"
> (www.healingcancernaturally.com/hirneise-chemotherapy-cures.html).

Essential
What is really essential about cancer treatment?

Dr Lorraine Day (drday.com) states that ***ALL cancers and ALL diseases are caused by the way we live, think, conduct ourselves, eat and handle stress. It is not about diet alone. Firstly there must be a total U-turn, in terms of the way we THINK, live, conduct ourselves, eat and handle stress. "In order to Get Well, one must be WILLING to CHANGE everything about his or her life." You also have to believe.*** You have to make the changes yourself.

I am one of the minority who will conquer this disease!

If you (1) turn with total conviction your life style will change dramatically. You are a changed man/woman who does things with total abandonment by (2) following a cancer diet and (3) detoxify. By changing your life in these three ways you may already be on the road of recovery.

The way to achieve recovery will, in due course, be explained.

Where are we now? Remember that a half bottle is always half full and that your stress level must be lowered, if necessary, with professional help. Make a U-turn. Be prepared to change radically.

Dr Asa Andrew
Change, especially diet changes, can be tough, but it is of ***utmost importance***, if you want to triumph over cancer. Dr Asa Andrew (*Empowering your health. Do you want to get well?,* page 98) tells the story of Stephen, who had arthritis in a very advanced stage (read "cancer" when you see the word "arthritis"):

"I told Stephen that first he had to radically change the way he eats because ***food is the greatest drug that we have. ...*** He needed to eliminate all dairy and wheat products from his diet. He stopped me and protested, "Wait Asa! I can't give up my sodas, my bread, and my milk! Please don't make me do that."

This was his real challenge. His arthritis was not going to be his greatest battle - *he* was his greatest battle. He was telling me what he couldn't do. Stephen had the "I can't" mentality.
I ask him, "Do you love your wife?"
"Yes," he quickly replied.
"Do you love your kids" I asked.
"Of course!" He answered.
I then asked. "Do you love your grandkids?"
He got frustrated and raised his voice, and said, Yes I do! Why is that important?

I replied, ***"If you love them more than you love yourself, then giving up sodas, doughnuts and wheat products should be easy."***

Stephen got quiet - extremely quiet. After a moment he admitted, "You're right."

Stephen took the U-turn and healed. Five months later he went to Dr Andrew's office to thank him personally.

Where are we now? The fight against your old diet and life style could possibly be the toughest battle you ever fought, but if you love some food more than your life, there is no hope for you - cancer will be the winner!

Psychological and emotional matters will receive further attention in chapter 4.

Medical autocracy
There are knowledgeable doctors who feel really negative about the official medical autocracy (the Sickness Industry). The reason for this viewpoint is briefly discussed.

There are many simple, non-toxic, effective treatments for cancer. The possibility of using these treatments are suppressed and non-toxic medications prohibited. The reason for this is the collusion between the FDA (Food and Drug Administration) and the pharmaceutical industry. Any tactic is utilized to keep these treatments from patients. The reason is clear: the pharmaceutical industry receives billions of dollars from chemo and all the medications that are necessary to control all the terrible results of chemo. If everyone knows what is happening the industry will suffer terrible losses.

This situation causes strong emotions (although many people are still uninformed). Greg Caton asserts:

> "Suppression of treatment systems -- indeed, the suppression of entire fields of scientific inquiry -- which it cannot control or sufficiently profit from, is modern medicine's most enduring legacy." (www.meditopia.org/toc.htm, chapter 4, section 2).

Why does the medical profession let this situation continue?
Medical training and research are mostly financed and controlled by the pharmaceutical industry. Indirectly, they also have enormous political influence - there are more representatives of this industry in Washington DC, trying to influence government, than the total number of members in Congress.

The majority of doctors seem to believe in the "magic bullet" that will be discovered. This view is the result of the successful germ theory and the discovery of antibiotics. Actually it was the dramatic improvement of hygiene and sanitation that really made the difference. In fact, hygiene and sanitation were far more important than antibiotics in creating a healthier world, but this fact is not always acknowledged. Students are indoctrinated with the idea of "better living through chemistry" and that is not so far from the notion that natural medications are quackery. Of course, there will always be dubious businesses and scientific

entrepreneurs who are guilty of quackery. In these circumstances doctors honestly feel that they have a monopoly on "state of the art" treatments and that all other approaches are scams or represent ignorance. ***This arrogance and ignorance are the biggest problems that hinder medical progress*** (Robert E. Willner: The Cancer Solution).

The allopathic medical monopoly brings considerable gain to its members. Their status, wealth, influence and prestige are seldom questioned. Fortunately people become better informed and take note of all the medical promises that do not materialize. It is not so much a case of doctors purposefully following the myth, but a lack of critical demeanor.

There is also the corrupt, often incompetent, state-bureaucracy who protects these powerful interest groups. Their diligence is often malicious and the results pain, suffering, unnecessary deaths and enormous wasting of assets [It is impossible to give you the complete picture in a few paragraphs. Read Robert E. Willner's book, *The Cancer Solution*. It can be downloaded at www.whale.to].

If you get the feeling that people like Willner and Bekker (the author) are paranoiac ***consider the fact that forty highly toxic cancer medications are approved, but it has never happened with a single non-toxic medication or any product that was not patented by a large pharmaceutical company*** (Healingcancernaturally.com).

Propaganda

People all over the world are being brain-washed by TV and other media. If you have the slightest medical problem you should see a doctor. However, ***doctors themselves do not know how to be healthy and how to prevent cancer and other serious diseases***, as more of them than their patients' die of these diseases. According to US statistics doctors have a lower life expectancy and a higher suicide rate than the rest of the population (drday.com).

Warburg

Dr. Otto Warburg received the Nobel Prize in 1931 for his research on cellular respiration (breathing). He was a renowned scientist but his knowledge and insights were mostly not utilized by the medical fraternity. His basic premise was:

> "The growth of cancer cells is initiated by a relative shortage of oxygen. Cancer cannot live in a oxygen-rich environment ... Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic [i.e. oxygen-deficient] cell respiration.

In his book, *The Prime Cause and Prevention of Cancer*, Warburg also states:

> "... the cause of cancer is no longer a mystery, we know that it happens where any cell lacks 60% of its oxygen requirements ... Summarized in a few words, the primary cause of cancer is the replacement of respiration of oxygen in normal body cells by fermentation of sugar. All normal cells use the respiration of oxygen to provide the necessary energy needs, but cancer cells get their energy to a large extent from fermentation. All normal body cells are, therefore, aerobic and all cancer cells partly anaerobic". "

[Presently it is alleged that insufficient oxygen is not the sole cause of cancer and that this approach to respiration is not entirely correct - there are normal cells that sometimes use

anaerobic respiration. The fact remains that Warburg's basic approach is sound and of cardinal importance. ***Warburg's viewpoints should always be considered when cancer is treated.***]

As stated above there is one primary cause of cancer (oxygen deficiency) but also secondary causes or what could be called *pre-primary causes*, each of which, in some way, reduces the available cellular oxygen. (Once a tumor develops it produces substances and conditions that decrease the availability of oxygen at the cellular level and could also be called *perpetuating causes*.)

The major *secondary causes* of cancer (all of which reduce or deplete oxygen utilization at a cellular level) are:

1. High cellular acidity
2. Defective, weak, or damaged cell membranes
3. Deactivation of the oxidative enzymes
4. Excess glucose in the cells
5. Chronic, Low-Level Inflammation
6. Excess sodium (and water) in cells
7. Reduced ability of the blood to transport oxygen
8. Lack of vital nutrients and minerals
9. Toxic Interference (the accumulation of toxic metals in the body)

These causes are discussed by www.fosube.com/cancer-program.html and should be kept in mind when treatments are considered.

Where are we now? Important characteristics of cancer are deducted from Warburg's research, i.e. (1) that cancer cannot live without sugar and (2) that cancer thrives in an oxygen poor environment. A third characteristic will now be discussed, i.e. the extremely acidic body of a cancer patient.

As cancer is absolutely dependent on fermentation (sugar) it is clear that a restrictive diet has to be part of the treatment.

Acidic body

The degree of acidity of any body is established by measuring the pH value with litmus paper. The smaller the pH number the more acidic is the body. Neutral is 7 and numbers above 7 alkaline.

The pH value should be 7 or more. Most healthy people have an acidic body and the reading for a cancer patient is very acidic. The acidic bodies of many seemingly healthy people lead to conditions like osteoporosis and diabetes. The result of regularly eating large portions of meat is an acidic body.

It is desirable to check the pH of cancer patients regularly.

Cancer causes acidity and flourishes in acidic environments. The pH value determines the biochemical reactions of enzymes, minerals and vitamins and also hormonal and electrical energy.

If the pH is low fewer nutrients are absorbed and the liver and blood become toxic. As acidity increases the capacity of the blood to carry oxygen is reduced.

If the body gets more alkaline (diet) and the oxygen levels in the cells increase, you already have a better situation. Dr. James Howenstine, MD recommends:

> Strongly consider raising your saliva ph close to 7.4 ... as this makes it difficult for cancer cells to survive (www.newswithviews.com/Howenstine/james8.htm).

Cancer is not possible in a healthy body (Gerson's research - chapter 12 - **Experiment with rats**).

Out of 7 715 cancer patients 99% suffered from chronic constipation.

When cancer is diagnosed the decline of the patient should be stopped, but without drastic actions. It can be fatal to try to get a clean body in a few days. If the liver can't keep up with the cleaning process (the liver is a problem area in the case of cancer) the waste that cannot be handled is stored between cells. A wrong cleaning process releases to much undesirable substances in the body.

Where are we now? Health is largely determined by what we eat. The right diet is necessary - a diet with an alkaline effect. Lots of vegetables and fruit are essential. An acidic vegetable or fruit do not necessarily mean an acidic reaction - lemons are acidic but have an alkaline reaction in the body.

The body (kidneys) can react desperately if the acid level is too high. Calcium and magnesium are obtained from the bones and muscles are absorbed to provide ammonia. In this way a more alkaline environment is created. These minerals and destroyed muscles are excreted by the kidneys.

Normal aging is part of the problem as it leads to bone and muscle loss and increased acidity. Deficiencies of calcium and magnesium can have many consequences, for example on the bone structure and heart rhythm.

Constipation

Although we do not read of a connection between cancer and constipation in popular medical literature, naturopaths, nevertheless subscribe to this view. If you consider that one liter of fluid and 80% of our food are daily withdrawn from the colon, it is clear that a septic colon must undermine health.

Patrick Rattigan in an article titled *The cancer business* (Truth Campaign Magazine 14) informs us about Prof. Aviles of the Mexican Cancer Biochemical Dept. He interviewed ***7,715 cancer patients*** over a period of 15 years and his conclusion was that ***99% of the patients had chronic constipation.*** The degree of malignancy corresponded with the

intensity of the constipation. Another doctor, Eli Jones, as long ago as 1910, expressed the opinion that:

"The more advanced your case of cancer, the more obstinate the constipation."

Dr Lorraine Day is a surgeon known for her strong views in favor of natural treatments. She feels that constipation is an important cause of nearly all diseases, including cancer. If evacuation of the bowels does not occur soon the contents of the colon rots and sickness-creating toxins are assimilated by the body - this is deadly. The ideal is evacuation after each meal as this is the case with babies (drday.com).

Rectification of constipation should firstly be done with a proper diet and the drinking of enough fluid. Dr Gerson (chapter 12) stressed the importance of enemas and if the problem does not totally clear up in a short time, this is the appropriate treatment.

Also refer to chapter 22 and Vitamin C. This is a good treatment method that tends to loosen the stomach. If constipation occurs, while taking vitamin C a little more C will solve the problem. Dr Cameron, who conducted research with Linus Pauling, laid a direct connection between constipation and vitamin C deficiency (*ALTERNATIVES IN CANCER THERAPY* by Ross, R.Ph. Pelton and Lee Overholser).

The cancer patient should not be subjected to unnecessary fatigue, but bodily activity is important.

Where are we now? Constipation is the reason for many health problems. It must be rectified.

Exercises

The importance of enough oxygen in the blood has been stressed. Another important aspect is the effective flow of blood through the whole body, including the fingers and toes. The physical condition of the body plays an important part in blood circulation, the digestive system, elimination of waste, effective functioning of the lymph and even breathing, These systems can only function optimally if the body has a certain level of fitness. This means that bodily activity and exercises (not necessarily formal) are important.

A further benefit of an active body is mentioned by Dr Patrick Quillin, i.e. less sugar in the blood. Your cancer will not be happy and your desire for sugar will increase. You have to brace yourself and must not give in. ***Spread cinnamon freely over your food to stabilise your blood sugar*** (www.patrickquillin.com/nutritioncancer.html).

The cancer patient should not be subjected to unnecessary fatigue. Activities should be within the person's capacity. In the morning start with stretching exercises - the strongest muscles are stretched for a short time and relaxed in order to stimulate the flow of blood. Walking is important as you combine exertion with relaxation - if possible in the morning and the afternoon, but always within limits. Even a person who is no longer mobile can exercise by pushing small weights or books above the head.

Conventional cancer treatments

Conventional treatments consist of surgery, radiation and chemotherapy (cut, burn and poison) - (mostly) in the sequence: surgery, chemotherapy and radiation. Hormone therapy is

sometimes added. Everyone agrees that surgery is the most successful of the three. To such an extent that treatment nearly always starts with surgery. It is, therefore, necessary to quote Jonathan Chamberlain (*Fighting Cancer. A survival guide*, p. 59):

> "Surgery should not be an automatic knee-jerk response to cancer." The idea is to remove all cancer cells or at least most of them and then to apply chemotherapy and radiation to destroy the remaining cancer cells (As was explained in the previous chapter this approach is not successful).

Dr Lorraine Day, a trained surgeon made these comments about cutting organs from the body:

> "... taking out one's organs doesn't make any sense at all. We don't have ANY spare parts in our body that we don't need. ALL our organs are necessary for our health or God would not have put them there" (drday.com).

Smoking

With natural treatments smoking is absolutely forbidden and tobacco in all its forms, except as used by the Indians in America, i.e. as a poultice on the skin to extract poison from the body or to treat certain skin infections (Webster Kehr).

Medical view

Doctors are trained to treat illness with medication (chemicals) and surgery (not with herbs and diets). Normally they will be unwilling to treat patients with natural products (as a result of their training and knowledge). If you have decided to take the alternative route you should be knowledgeable in natural treatments (this report gives you the necessary tools) and preferably have some family members on your side. Your doctor may be asked to keep an eye over you, as he/she could check on your health and do blood and urine tests. In this way your condition is objectively monitored and you will know if you are getting better and if your diet provides enough minerals, etc. If your doctor is unsympathetic or you need a doctor with a more holistic approach, look on the internet for medical associations in your country that concentrate on a natural approach. You can ask them for the names of doctors in your area (in South Africa contact SASIM (SA Society of Integrative Medicine at telephone number 021 887 5364).

There are also other trained professionals who should be able to offer assistance, like naturopaths. The previous paragraph was also intended as a warning. You have to take a stand or you will be treated like other allopathic patients. If you are lucky you may get in contact with a doctor who specialize in natural treatments.

Place of treatment

Treatment centers that are regarded as the best in the world are holistic clinics, mostly situated in Germany and Mexico. The tariffs are high to very expensive.

If treatment is done at home the costs are much lower. ***Do not underestimate the effectiveness of such treatments*** (www.cancertutor.com). Many of these treatments can be just as effective as treatments in clinics. The downside of home treatment is extra work and responsibilities for family members - with considerable savings. The disposition of the patient is of utmost importance and may be positively influenced with home care.

Dr Lorraine Day thinks that natural treatments are not expensive and does not require a doctor. It can be done at home without drugs. It can REALLY HEAL you by addressing the real problem and not just conceal symptoms.

In Dr Day's opinion the medical and pharmaceutical industries will not rejoice if you choose this road as their purpose are to make you feel helpless and hopeless when you are sick, in order to make you dependent on expensive doctors and expensive damage-causing drugs (drday.com).

Where are we? Exercise, or bodily activity is essential. It is easily overdone. The doctor/patient relationship is very important - the patient needs to be clear on this one. Home treatment is viewed positively.

Important considerations
If a fire should break out at my house I will get hold of the garden hose and try to put it out. Hopefully I will be successful but there is the possibility that the extent of the fire is just too much for the garden hose. Large fire-brigade hoses will then be needed to get the fire under control.

The same is true for cancer. One of many cancer treatments is tried and the results correspond with the fire at my home. The garden hose helps a little but more is needed. Alternative experts often take the viewpoint that a number of treatments should be combined to heighten the chance of success and that ***progress must be monitored with medical tests. The most important test is a cancer blood test. It was probably used as a first diagnostic tool to confirm the disease and must be repeated every three months to indicate whether the number of cancer cells have decreased or increased.*** There are cancers requiring more drastic natural treatments [the author distinguishes between "ordinary cancers" and "serious cancers"]. Take this into consideration when you decide on a strategy [many things will still be unclear, but answers will be given in due course].

Approach
Imagine that I am crossing a dangerous mountain pass on a dark night - on the one side is the solid mountain and on the other side a deep precipice. For the sake of my own safety I will stay as far from the precipice as possible even if it means that I often brush my shoulder against the mountain. However, we are not all the same and there are guys (?) who will stay near the precipice and always live dangerously.

If one applies this to cancer treatment, think about those people who know what they should do, but always try the shorter route or do the minimum. If such a person comes to the conclusion that he/she is not going to make it the disillusion will be terrible. The opposite is a slender possibility - you tried your very best but the sickness goes on. You still have the consolation that you really tried and it will then be easier to resign to the inevitable. Not only was the quality of your life and your togetherness with your loved ones so much better than those of allopathic patients, but you should also be calm and without pain at the end.

Where are we now? It is essential to combine home treatment with regular medical tests.

How do you die of cancer?
The question is asked for a good reason. If you know the answer it is easier to concentrate on the right treatment. Walter Last's lists three causes (www.health-science-spirit.com/no-one.htm):

* Occasionally a tumor becomes too large and obstructs vital organ functions. This happens mainly with cancers of the brain and pancreas.

* Immune attacks and toxins released by a disintegrating tumor cause massive inflammations, causing patients to die of infections, heart or liver failure. This is a common side-effect of destroying tumors with conventional cancer therapies but can also happen with natural tumor-destroying therapies.

*Most erythrocytes (red blood cells) are disabled by microbes in the blood and unable to carry oxygen. This leads to muscle wasting and extreme fatigue, called cachexia. It is the common end-stage of metastatic cancer after conventional treatment. Method, use sodium bicarbonate in combination with antimicrobial therapy.

To show how successful natural treatments can be a specific application of vitamin C is described.

The treatment of skin cancer (*basal cell carcinomas*) **with vitamin C**
[Skin cancer is normally treated by doctors by burning or cutting out the affected area. An inexpensive, painless alternative is available].

With this treatment don't use ordinary vitamin C (ascorbic acid). You need vit. C combined with a mineral, i.e. buffered vit. C (vit. C plus calcium) or sodium ascorbate. A mixture is made with one teaspoon of the powder and a spoonful of water. The strongest mixture that will dissolve is a ratio of 1:8. Put the mixture in a small bottle and shake for one or two minutes. If there is a little undissolved powder at the bottom the mixture is perfect. If the powder completely dissolves add a little extra powder and shake again. There should be some undissolved powder and you now have the right mixture, ready for application.

Use a cotton ear bud to apply the mixture to the skin. It is important to keep the spot, receiving the mixture, wet as long as possible. For this purpose wet a little piece of gauze with the mixture and place it on the wound. Fix it with Band-Aid, screw the cap on the bottle and put it in the refrigerator. Repeat the procedure at least three times a day. If there is infection in the wound the mixture will also help to clear the infection.

Will it work? The mixture contains 500mg vit. C per c/ml. If 60 grams of vit. C, in fluid form, is injected into a vein their will be about 3.0 mg per c/ml in the blood. Cancer cells begin to die when a level of about 2.0 is achieved. ***The described mixture, if directly applied to the cancer cells, is 250 times stronger than the minimum potency required for a positive effect*** (www.cancertutor.com).

The applied mixture lets the skin cancer harden and it forms a crust that falls away after about two weeks. If the patient used margarine or cooking oils it must be stopped. Omega 3 should

be taken indefinitely to help the cells to recover (Dr. William Wassell, MD). [The message to everyone is clear: even if you are healthy, avoid cooking oils and especially margarine!]

If the skin cancer is more than a superficial occurrence it is also necessary to treat it like an 'ordinary cancer'.

The alternative for the above treatment is a cancer ointment. Cansema, produced by Dr Greg Caton, Ph D is externally applied (according to Caton the ointment is 99% effective and it is highly unlikely that the problem will reappear). The ointment may be ordered from Caton (www.alphaomegalabs.com/store/). His free book is illuminating: www.meditopia.org.

Summary

Attitude, diet, blood oxygen, acidity of the body, constipation, detoxification, the importance of exercise, how you die from cancer and skin cancer were discussed. The building of immunity, natural anti-cancer remedies and important enzymes will still receive attention. In due course things will become clearer. In the meantime you can start doing the following:

> "Immediately eliminate bad habits and begin building good ones so that you will make sure that you no longer have habits that weaken your immune system and that you will be able to build your body to fight and conquer illness. A sedentary lifestyle with a poor diet, lack of pure water, sunshine and fresh air, and constant exposure to toxins will in time lead to bad health conditions. On the other hand, also be sure to get an abundance of sleep and physical rest to conserve energy for healing and cleansing"(www.tbyil.com/anticancer.htm).

In the next chapter we'll look at psychological and emotional factors affecting cancer.

4. Psychological and emotional considerations

"For me the first and hardest part was healing the mind, losing the 'Cancer is Killing Me' idea and coming to terms with the emotional trauma...Once I believed with my heart that my body can overcome the disease there was an overnight improvement in general health."
Healed cancer patient (healingcancernaturally.com)

Cancer is sometimes described as 'a struggle', 'a fight' and even 'a war'. For the moment this view of the disease can be positive as it will concentrate all your energy on the problem. Emotions that were never thought of in the past, receive attention. This may be the purpose of your disease - looking facts in the eye. Do not shy away - be honest and you will get direction and restfulness.

Physical disease?
We think of cancer as a physical disease - our body shows the symptoms. It is only when we look deeper that we recognize that the physical is only part of the picture. We have not only a body, but also a brain, emotions and a mind.

Our emotions and spiritual condition have an important bearing on our bodies and this is confirmed in the literature. We are not aware of the importance of our thoughts.
Willem de Ridder, well known Dutch radio and TV personality declared:

> ***If you learn that there is no hope, your entire immune system drops by 80 per cent.*** This idea that a conviction, or an idea, or a mentality, can make you sick is something at least pointing to the direction of the invisible controlling the visible. Because an idea is abstract.

If treatment is only focused on the physical body the problem will never be solved on a permanent basis.

The idea that the brain (thoughts) can control or change the physical was often dramatically illustrated by Uri Geller. A number of decades ago he visited universities all over the world to demonstrate that he is able to bend metal, especially keys, to such an extent that they were no longer useable. He bent keys by just concentrating on them. Never underestimate the positive and negative power of your thoughts.

Agnes Tiller of curezone.com stressed that if you ONLY concentrate on the body the problem will never be solved on a permanent basis. The sickness is going to repeat itself, or there will be other serious problems, or an accident ...

To look only in a physical or scientific way may lead us in the wrong direction:

> Science always has effects, but they are opposing effects, one that is destructive and one that is constructive. Science ruled by the intellect will splinter the view of the world into a chaos of details, losing connection to the Whole in the process. Science ruled by spirit, however, turns into wisdom, since it will be deeply moved by the wondrous overall scheme of things and feel respect and awe for the great mind felt to be at work behind it. Such is the difference between learnedness and wisdom

(Max Bircher-Benner, MD) (www.healingcancernaturally.com/truth-philosophy-life-quotes.html).

Conflicts
A problem could arise as a result of not taking action against conflicts that existed for a long time. Cancer is also referred to as a 'butterfly sickness'. The butterfly has to struggle to get out of the cocoon and the cancer patient has to break the cocoon of his/her sickness or succumb.

Often the cancer 'victim' has a pattern of existing life problems that represent struggles over a long time. The inability or unwillingness to solve the problem created the cancer cocoon. Cancer may be the conflict between the wish to escape from the situation and to leave things as they are as changes are painful (Ellen A Mogensen, www.healingcancernaturally.com/alternative-cancer-treatment.html).

Death wish
Dr. Hans-Peter Zimmermann, from Switzerland, asks every cancer patient if there is a part of him/her that would rather die and the answer is nearly always "yes". He then asks why death will be the easy way out. The next question is under what circumstances the patient will again be able to enjoy life. (www.healingcancernaturally.com/alternative-cancer-treatment.html).

Think about these questions and how you could reorganize your life in such a way that it will be worth living.

Love
More or less the same idea as under the previous heading, but expressed in a somewhat different way: the patient does not want to die or suffer, but has no compelling reason to LIVE. In a passive way he/she is doing what the family or doctor wants, but without protest he/she is slowly going downwards.

I recommend embracing a truly holistic approach which neglects neither the physical, nor the emotional, nor the mental, nor the spiritual.

The litmus question is: "What real reason do you have for living?" and often it is not answered. The will to live must come from the patient. Encouragement and even threats from family and friends will not help if the will is not there. Often the matter is closely linked to a lack of LOVE.

If we are deeply motivated and adapt our lifestyles and surroundings it can help to lessen the stress in our bodies and minds (Dr. Jürgen Buche, Preventorium Institute www.healingcancernaturally.com/alternative-cancer-treatment.html).

> ...You have the ability to love wherever there was a perception of a lack of love, or a call for love. Love heals. You have in your consciousness the potential and ability to heal anything, on any level, in yourself as well as in any other Being, since it's all just love and energy. What remains is for you to realize this fully and actualize that potential. ... Anything can be healed.

These are the words of Martin Brofman, Ph.D., who cured his terminal cancer with a 'consciousness shift' (www.healingcancernaturally.com/alternative-cancer-treatment.html).

Nuro Weidemann
Nuro Weidemann is a cancer conqueror, who tells her story in Jonathan Chamberlain's book *Cancer Survivor's Stories,* page 39. She does not talk about her 'fight against cancer'. ***Her body caused the sickness and she rather sees it as a wake-up call that somewhere she had gone against her own truth.*** She wants to be kind to her own body and wishes to go with the flow of her body, without compromising her own truth. She wants to learn new things and to change, if necessary.

After many years Weidemann again keeps herself busy with pottery. She enrolled on a course. It is not so much about making perfect pieces, it's more about expressing an important part of herself. For every cancer sufferer it is important to develop interests that take their focus away from their sickness. Any creative, relaxing activity may be considered.

Holistic view
The following quotation from Ulla struck a positive note, as it may deepen our insights:

> I recommend embracing a truly holistic approach which neglects neither the physical, nor the emotional, nor the mental, nor the spiritual (in particular). In other words, in healing, it's balancing and addressing every aspect of our being that seems ideal, "holistic" and most promising to me ...
> (www.healingcancernaturally.com/hamer7.html)

If every challenge, whether it is health, financial, relations, etc is regarded as a personal growth experience it will not only lead to victory and better health, but to a wiser and better you.

In chapter 3 reference was made of Fawzy and his team who combined normal treatment of melanomas with psychotherapy. A 70% reduction in the death rate was achieved over six years.

A scientist who combines cancer and psychology will now receive attention.

History
Dr. Ryke Geerd Hamer, M.D was the head internist at the oncology clinic at the University of Munich, Germany. On 18 August 1978 he received the shocking news that his son was shot and he died in December of that year. The next year Hamer was diagnosed with testicular cancer.

He was a healthy man and this experience led him to investigate the personal histories of patients. He discovered that they, as he, went through a very stressful episode before the cancer developed. Many studies suggest that cancer develops after a traumatic event.

Hamer took a remarkable step with his hypothesis that bodily events are controlled by the brain. He looked at the brain scans of his patients and came to the conclusion that not only in the case of cancer, but in all sickness, control sits in a specific area of the brain and can be traced to a very specific, identifiable shock. He drew a chart that showed the relationship between the psyche and the brain and its correlation with the organs and tissues of the whole

body. Hamer called his findings “Five Biological Laws” but later changed the name to “New German Medicine”.

In 1981 Hamer presented his research as a postdoctoral paper to the medical faculty of the University of Tubigen, but they declined to test it. It was followed by an ultimatum that he had to withdraw his theory or his contract would not be renewed. His medical license was also suspended on the ground that he was not prepared to subject himself to the principles of standard medicine.

For 25 years he was persecuted in Germany and France and since 1997 he is living in Spain. Hamer is not your average medical doctor. As I have not come to a final conclusion about him a short summary of his way of thinking has to suffice.

Become peaceful about everything that happened to you in the past.

Our reactions to traumatic events determine the sickness we get (according to Hamer). If my child is murdered a certain area in the brain is damaged, with specific results (testicular cancer in Hamer’s case). We should take note that it is not the extent of the disaster, that determines the results, but in the first place our reaction. My child is murdered but I accept it with calmness and my body does not react negatively. This means that not the extent of the disaster but our reaction is primary. A la Hamer, ***if you react in a traumatic way in a small crisis the result could be a serious sickness. For our purpose it is important to remember that we should react correctly. Become restful about everything that happened to you in the past.***

Psychotherapy

We will just touch psychotherapy. If you have even a slight feeling that your cancer may have psychological links, visit a clinical psychologist. We all know that 'mad people' will never consider such a possibility. It is we, the normal folks, who can profit from such visits.

Psychologists usually try to get their patients in a calm and relaxed frame of mind. In the case of a cancer patient this is not the right approach. The reasons for stress and conflicts must be addressed. The initial stress should be increased in order to help the patient to dissolve the problem (www.healingcancernaturally.com/hamer6.html).

[We associate stress with emotion. Stress is more than a psychological matter. “A universal tumor growth promoter is chronic stress of any kind, be it emotional, ***nutritional or environmental.”*** (www.health-science-spirit.com/cancerdirection.htm).]

Read the next quotation carefully and if it rings a bell, contact a psychologist, as his/her help could mean the end of your disease:

> Numerous cancer patients say that cancer is their only problem, and that otherwise they are fine. Frequently this points to some very traumatic childhood experience or to a deep feeling of being unwanted. In these cases, the cancer serves as a “substitute”, as it were, for the actual and true problems that the patient is subconsciously scared of looking at.
>
> This possibility needs to be pointed out to all cancer patients. Unfortunately I’ve found that many patients are so scared of their deeply rooted problems that they

prefer breaking off their therapy - Dr. Hans-Peter Zimmermann (www.healingcancernaturally.com/dr-zimmermann-patients-advice.html).

Writing

Writing assists your unconscious 'bodymind' in understanding that your illness, disease or condition is not you. Rather it is a definable separate entity that can be disposed of.

There is a form of 'psychotherapy' that will cost you nothing and could give unbelievable positive results. It will help the cancer patient or any person under stress [Most of this information was obtained from Mal Fenwick's website: www.remedywriters.com - the website is no longer operational.]

Write about your sickness and your state of mind, especially about things that you do not want to share with the people nearest to you. You do it only for yourself. If you write about any disease you get rid of something and the state of your mind improves. You become aware of the fact that if you continue in the way you did things in the past, things will not improve. You begin to realize that there are alternative roads. Many professional writers experience writing as a catharsis - the discharge of emotional energy.

Why not entertain other forms of expression like painting, sculpture, dance and speeches? It may help, but writing is better and is always available and you can continue building on it, day after day.

Don't worry about obsessiveness with your sickness - not while you are writing. Obsession means that you are possessed, but expression means obtaining ownership and control. If you have control you are also able to get rid of the problem. Writing changes subject into object and objects are much easier to control than subjects. In short, ***writing assists your unconscious 'bodymind' in understanding that your illness, disease or condition is not you. Rather it is a definable separate entity that can be disposed of.***

Virginia Woolf's mother died when she was only thirteen. The thought about her mother's death was predominant until she wrote "*To the Lighthouse*" and created mrs Ramsey - her mother.

Another point about the written word: "the beautiful irony of the written word is that it allows quietness in the midst of its own noise."

Writing means more perspective and lessens our fears and reduces our sickness. It helps us to see things from another angle and may mean a better road ahead, which may even reveal the roots of our problem.

Many researchers came to the conclusion that writing about stressful events are very therapeutic for the body and mind. James Pennebaker, Ph.D., professor in psychology, University of Texas, lead many studies on this subject and ascertained that the results are not only emotional. In a study, published in the *Journal of Consulting and Clinical Psychology*, April 1988, he found that six weeks after students wrote about stressful events, they had more active T-limfocite cells, an indication that the immune system has been stimulated.

Prof Joshua Smyth, from the North Dakota State University, obtained comparable results with a study on arthritis and asthma sufferers. Four months after writing about the most stressful times in their lives (for 20 minutes, on three consecutive days) 47% showed positive results - less pain and more movement in the case of the arthritis sufferers and better lung capacity with the asthmatics.

Smyth states:

> "Writing gives you a sense of control and a sense of understanding. ***To write about a stressful event, you have to break it down into little pieces, and suddenly it seems more manageable."***
>
> "...a technique I use with my clients is journal-writing, because it helps them to give a literal structure to their internal world. Writing gives us an awareness of what our patterns are so we can change them if necessary. Studies have shown that when trauma victims write about experiences, physiological changes occur, such as increased blood flow and a boost for the immune system that can last for up to six months." (Elaine Sullivan in Molecules of Emotion).
>
> ***"And now that I know my body has wisdom, this calls for a new kind of responsibility on my part. I can no longer act like a dumb machine and wait to be fixed by the mechanic - otherwise known as the doctor. Now I have the potential to consciously intervene in the system myself, to take an active role in my own healing. I'm both more powerful and more responsible in creating the health I experience than the dumb machine I used to think I was."***
>
> "And so I can choose...to intervene with intention." (Last two quotations from the book of Candace Pert, *Molecules of Emotion*).

Talking

You have heard the expression: 'Talk is cheap'. There is also another side. Lori Hope developed lung cancer and with her extensive, professional media-knowledge she employed her talents to teach healthy people how to communicate with cancer sufferers. The patient is given the opportunity to express himself/herself while the family member receives her/his total attention. The total focus of the family members on the patient is important - it opens doors (www.lorihope.com). Look into this matter.

I am absolutely serious and not silly, when I suggest that laugh therapy could help, i.e. every family member tells the patient a joke (daily/weekly), or send her/him a joke.

Baroque music

We all accept that music affects us emotionally. Possibly this is the reason why a church service, without music is unimaginable. I will consider only one aspect of music. When we feel stressed, irritated or unwell a reading of our brainwaves will show that the hertz frequencies are higher than normal. The reading will be lower and we will feel better after listening to baroque music. It is possible that you do not like this type of music - that is not important - just let the music play softly in the background and you will experience the results. Try to do it frequently - it is not necessary to be aware/listen to the music.

Summary
More than in the case of physical problems psychological problems should not be generalised. If we look honestly and relaxed at ourselves we may receive answers, when we put our thoughts on paper.

Work again through this chapter, at a later date. Professional help may also be of real value. Various techniques are available for further growth, for example prayer, meditation, EFT (Emotional Freedom Technique), relaxation, affirmations, etc. It is not possible to describe them here. A good source is: www.health-science-spirit.com/cancer8-mind.html.

In the next chapter we take a serious look at chemotherapy. However, if you wish to start with treatment go to the addenda.

5. Chemotherapy

(1) Chemotherapy CAUSES cancer. And so does Radiation.
Every doctor knows that -

(2) "Cancer doesn't scare me anymore. I had it and
got well by natural, simple therapies that you seldom hear about.
I refused mutilating surgery, radiation and chemotherapy because studies in the medical literature and common sense told me that you shouldn't destroy your immune system while you are trying to get well."
Dr Lorraine Day

Pauling and Warburg
After reading this chapter it is possible that you will blame the author for too many quotations. Please bear in mind that this is a way of conveying important facts in a concise way.

> " . . . there is no disease whose prime cause is better known. That the prevention of cancer will come there is no doubt. But how long prevention will be avoided depends on how long the prophets of agnosticism will succeed in inhibiting the application of scientific knowledge in cancer." Linus Pauling.
>
> Another quote from Pauling: "Everyone should know that most cancer research is largely a fraud and that the major cancer research organizations are derelict in their duties to the people who support them."
> Linus Pauling Ph.D. (1901-1994), who received the Nobel Prize on two occasions.
>
> "The American public has no idea how politics secretly control the practice of medicine. If a doctor dares to introduce a natural, less costly method, no matter how safe or effective, Organized American Medicine can target this doctor for license revocation using fear tactics and legal maneuverings. Why do holistic therapies threaten medicine? (Firstly) They involve a major change in scientific thought. (Secondly) They imply that current methods are inadequate, and, (Thirdly) they threaten huge profits ... " Otto Warburg.

The reason why the opinions of Pauling and Warburg should be regarded with the utmost earnestness is that they are the only two people ever to receive two full Nobel Prizes.

[Afterwards it transpired that Warburg was not elected in 1944 - at that time no German could receive such a prize. He was proposed and the Nobel Foundation regarded him as a worthy candidate but did not elect him, according to Liljestrand and Bernhard 1972, *The prize in Physiology and Medicine*, p. 210. (Three Nobel laureates worked as scientists in his laboratory.)]

It seems that persons who received only one Nobel Prize tends to express themselves harsher than the double winners! Dr. James Watson received his Nobel Prize for work on DNA. He

served for two years on the National Cancer Advisory Board and his opinion on the national cancer program was: "It's a bunch of shit." (www.altcancer.com/lysis.htm).

Research and the pharmaceutical industry

> "It is very difficult to believe that the very centers entrusted with research in cancer at such enormous expense are 'inhibiting the application of scientific knowledge in cancer' but it is not so difficult to understand once the economics of cancer is grasped.
>
> ***"The treatment of cancer is, after all, a business which is very lucrative and very expensive for the customer.*** The goal of most exclusively profit-minded business men is to sell their commodity at the highest price possible in a market where they can eliminate all competition and customers have no choice but their commodity. Such entrepreneurs secure a monopoly by convincing their customers that theirs is the only valid product available and that competitors are frauds whose product is worthless.
>
> "A monopoly of any market is a sure source of profit; a captive clientele has no other choice. ***The sellers can charge any price the market will bear and can evade any responsibility for bad results*** because they do not and cannot give any guarantees. They eliminate all critics of their products and challenges to their authority. Their business prospers; thousands of new customers constantly replace those that disappear". James P. Carter, M.D., Ph.D. "*Racketeering in Medicine*." [disappear = death]

The next quotation is not only applicable to cancer but to the wider field of medicine:

> As natural therapies are generally cheap and effective, nobody makes much money from them. The ideal is to create a system where most people buy your expensive products for the rest of their lives. The pharmaceutical industry has accomplished this goal. We now live in a society where most people have one or more chronic diseases and take expensive multiple drugs for life. With all that money from chronically sick populations the drug companies are now so powerful that health authorities have become their police force, and ***the medical system is mainly a drug distribution network.*** A patient who is cured is a patient lost to the system and provides no further income. That is why natural therapies are such a mortal threat to the present pharmaceutical-medical complex. The whole system would break down if sufficient numbers of people would start healing themselves with natural methods (www.the-heal-yourself-series.com/TheWalterLastStory.html).

The purpose of chemotherapy is:

* To kill cancer cells
* To reduce the size of tumors
* To slow the growth of cancers
* To make big money

13 disadvantages of chemotherapy - summary

In the 1970's, Dr Dean Burk of the National Cancer Institute [a very brave man!] declared that this petrochemical product is toxic at prescribed doses, destructive in terms of patients natural resistance against several diseases, including cancer, that it causes cancer and is also ineffective. (www.curezone.com/diseases/cancer/chemo_therapy_facts.asp).

A more recent summary of chemo's disadvantages were given by the oncologist, Tullio Simoncini:

> Chemotherapy, in fact, destroys everything. It is a given fact that it dramatically exhausts the cells of the marrow and of the blood, thus allowing a greater spreading of the infection. It irreversibly intoxicates the liver, thus preventing it from building new elements of defense, and it mercilessly knock out nerve cells, thus weakening the organism's reactive capabilities and delivering it to the invaders. This is mainly because it [is] not clear how it affects the colonies, and because by strongly debilitating the organism such intervention makes the invasion of the mycetes (fungi) faster and more ferocious (www.whale.to/cancer alternative medical doctor quotes).

1. Most chemotherapy is exceedingly poisonous - more so against normal cells than cancer cells (Edward G. Griffin: *World Without Cancer*).

2. More normal cells than cancer cells are destroyed or damaged.

3. Cellular poisons (chemo) are not able to distinguish between normal- and cancer cells. All fast growing cells through the body are destroyed. Theoretically the idea is to kill the maximum number of cancer cells, without killing the patient. In many cases it is a trial-and-error situation. If the cancer cells increase faster or just as fast as the normal cells there is not even a theoretical chance of success (Edward G. Griffin: *World Without Cancer*).

4. Many cancer "medications" are described as *radiomimetic* - they behave like radiation. Consequently the immunity is adversely affected (as in the case with radiation) and this could cause spreading of the cancer. Where radiation is mostly concentrated on one point, these chemicals do their deadly job through the whole body. Dr Julian Whitaker MD (*SA Journal of Natural Medicine* no 55, p. 8) compares cancer with heart diseases, arthritis and high blood pressure (degenerative diseases) that can be cured with a dramatic improvement of the immunity system. This can be brought about with diet, supplements and exercise. That is why Whitaker is against chemo and radiation that cripple the immune system, with the resultant failure (nearly always) of the treatment.

5. Chemotherapy mostly increases the ATP-energy of cancer cells. If the opposite should happen cancer cells literally crashes (see chapter 4).

6. Chemo (and radiation) causes a drastic reduction in the body's oxygen level (James Howenstine, MD, NewsWithViews.com).

7. Chemo is not a successful cancer treatment, except in the case of a few rare types.

8. The immune system is seriously damaged or destroyed. The fact is that ***67% of cancer patients do not die from cancer but from infections*** (http://www.canceraction.org.gg/index2.htm).

9. Healthy cells or relatively healthy cells are weakened (Budwig puts it bluntly: ***chemo makes healthy cells ripe for cancer***).

10. Serious inroads is made on the quality of life. The side-effects on the quality of life are terrible. The poisoning of the body is frequently a more serious suffering than the disease, for example blood poisoning, convulsions of the alimentary canal that causes nausea, vomiting, diarrhea, lack of appetite, convulsions and absolute weakness. Falling hair, sterility, exhausted brain, weaker sight and hearing and the affection of every thinkable body function sometimes reach such proportions that death is preferred above the cancer treatment (Edward G. Griffin: *World Without Cancer*).

11. Many chemotherapy medicines are carcinogenic (cancer causing), especially when it contains *alkyl*.

12. ***The patient often does not know exactly what he/she let him/her into, as the oncologist does not inform the patient of all the implications of the treatment.*** Michael Gearin-Tosh, who wrote the book *Living Proof: A Medical Mutiny* developed a *myeloma* - one of the most deadly cancers. Luckily, Ernst Wynder, previously professor at Sloan-Kettering Hospital warned him through an acquaintant: "If your friend touches chemotherapy, he's a goner." He declined chemo and with the Gerson therapy and other natural treatments conquered cancer - the chance that he would live for three years was less than 99.995%. Seven years later he was still healthy. The point here is that a respected cancer specialist tried to let him take chemo, but omitted telling him certain things (on purpose?) in a "... carefully calibrated soothing language aimed to coax him into a regime of chemotherapy while hiding its horrors and ultimate hopelessness ..." (www.healingcancernaturally.com/multiple-myeloma-remission-testimonial-living-proof.html).

13. Chemotherapy is a very expensive treatment.

The side-effects of chemotherapy:

Thirteen drugs are used in chemotherapy and their consequent side effects (as listed in the drugs package inserts for physicians), which include: destruction of the immune system, leucopenia, hemorrhage, gonadal suppression, bone marrow depression, phlebosclerosis (hardening of the veins), severe cellulites, vesication(blistering), tissue necrosis(death), fever, chills, nausea, prolonged vomiting, partial or total hair loss, lethargy, disorientation, ataxis(inability to coordinate muscle movements), dysarthria(impaired speech), anorexia, entertitis, stomatitis, erythema(morbid redness of the skin), anemia, liver failure, kidney failure, cancer, and death (www .cancernaturalcure.com/facts1.htm).

Questions for the oncologist

If you consider chemotherapy the following questions could be put to the oncologist:

1. The name/names of the chemo that I will receive?

2. What is the success rate of this chemo for my type of cancer? Give me real figures.

3. ***Show me the descriptions of these medicines in the PDR*** (Physician's Desk Reference). (It is important to know if the treatment can work (theoretically) and the damage it causes.)

4. With how many weeks/months will the suggested chemo increase my lifespan. Show me reports about these medicines, also describing the side-effects.

5. What is the chance that I will be healthy again after a reasonable time? (Expressed as a percentage). On what do you base this figure? (Sources).

6. ***How toxic is the medicine?*** [This is a percentage. 40% for your age group means that 40% of the persons receiving the medication would have lived longer without the treatment.]

7. How many of his/her patients who took the suggested treatment still live after five years?

8. How many of them are now totally free of cancer?

9. What is the possibility that the *treatment* could lead to secondary cancers? [The literature regards this a real danger.]

10. ***According to the New England Journal of Medicine Report, 1986 the survival rate with chemotherapy is 3%. A later source: Clin Oncol (R Coll Radiol). 2004 Dec;16 (8): 549-60 quote even lower figures - 2.1% for Australia and 2.3% for the USA [They specify that these figures "should be regarded as the upper limit of effectiveness"].*** Give me proof that chemo will work for my type of cancer.

11. Is a sound immune system not the only way that we heal and stay healed? Does chemo not damage and destroy this system?

12. Chemo, in many cases, causes fatal complications like inflammation of the lungs and kidney failure. As chemo is usually not given as the cause of death (only heart failure, etc are noted) when death occurs as a result of these complications, what is, in your opinion, the real death rate for the treatment you recommend (//alternativecancer.us/disc.htm#Doctor).

Comment: item 9. The International Agency for Research on Cancer identified twenty cancer remedies that are powerful carcinogens in their own right. *Cytoxan* and *Alkerran* are specifically mentioned and nearly all hormone-like anticancer chemicals. Combinations of these deadly drugs given to patients as a 'cocktail' are even worse in their residual cancer after effects (*The Gerson Therapy*, page 205).

Chemo accidents
Look on the internet at the hand of a medical worker who spilled chemo on a hand. If the damage is that serious on the outside of the body the damage on the inside will be even more serious. If chemo is spilled it is such a serious bio-danger that a team with 'space suits' and masks has to clean up the spillage. ***These absolute dangerous chemicals are put into peoples bodies and it is expected that it will cure them? Isn't something terribly wrong here?*** (Tim O'Shea *TO THE CANCER PATIENT*).

Pace of treatment
Oncologists have to pace the chemotherapy treatment in order to prevent killing too many *healthy cells* (the number of healthy cells destroyed are always more than the cancer cells). With natural treatments it is also at times necessary to pace the treatment to prevent too many *cancer cells* being killed too fast.

Avastin
In 2008 and 2009 a new chemotherapy was tested on 2 700 colon cancer patients. After surgery one group received chemotherapy for six months, while the second group received the same chemo, but also the new drug Avastin, for a year. The results showed that the

difference between the two groups were not significant. Nevertheless, the sales of Avastin stayed in the vicinity of two billion dollars. After all, the drug was called a "near miracle"!

In July 2010 the New York Times announced that the medicine board of control voted 12 against 1 to revoke their approval of the drug. The only miracle was the amount of money made as it was the best selling chemo in the world and provided Roche with about six billion dollars (//alternativecancer.us/conventional.htm).

The website http://health.yahoo.net/news/s/ap/us_breast_cancer_drug_fda informed it's readers on 29/6/2011 that the matter is again under review after protests from Roche. The FDA committee decided unanimously that it could no longer approve the drug for breast cancer treatment. Their decision is only in an advisory capacity.

Avastin's story sounds unbelievable, but is not unique.

Quotations

It is not a pleasure to read the following quotations, but try to be strong, as you should be informed:

> Many medical oncologists recommend chemotherapy for virtually any tumor, with a hopefulness undiscouraged by almost invariable failure (Albert Braverman MD, Lancet 1991 337 p 901).
>
> Neither the American Cancer Society, nor the NCI can give me figures on the effectiveness of chemotherapy and radiation in treating cases, yet physicians constantly recommend surgery, chemotherapy and radiation as primary and "adjunctive" or subsequent therapies to their patients (Bauman, www.healingcancernaturally.com).

[***If a carpenter only has hammers and nails he has not much of a choice. He has to tackle every problem with a hammer.]***

> Most cancer patients in this country die of chemotherapy ***[If they have to die are they not supposed to die from cancer???].*** Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumors (Allen Levin, MD UCSF *The Healing of Cancer*).
>
> ***Chemotherapy is an incredibly lucrative business for doctors, hospitals, and pharmaceutical companies…..The medical establishment wants everyone to follow the same exact protocol. They don't want to see the chemotherapy industry go under, and that's the number one obstacle to any progress in oncology*** (Dr Glenn A Warner, M.D.).
>
> Why so much use of chemotherapy if it does so little good? Well for one thing, drug companies provide huge economic incentives. In 1990, $3.53 billion was spent on chemotherapy. By 1994 that figure had more than doubled to $7.51 billion. This relentless increase in chemotherapy use was accompanied by a relentless increase in cancer deaths (Chemotherapy Report).

Quotation from Dr. Candace Pert, Georgetown University School of Medicine: “Except for two forms of cancer, chemotherapy does not cure. *It tortures* (my italics) and may shorten life - no one can tell from the available data.”

> "What you are about to read will shock you. It is a story of oncologists lying to parents about the efficacy of their therapy and using coercive tactics such as threats of court orders to take children and submit them to treatments that they know are torturous and ineffective.....We were told, not asked, but told that we had 30 days from Alexander’s surgeries to start chemo. We were told that chemo would offer Alexander a good chance of survival. We were told that he would be getting a new chemo protocol with "state-of-the-art" drugs. And we were warned that if we did not bring Alexander in for chemotherapy a court order would be forthcoming so that the oncologists could take him from us and administer these poisons without our approval. We were lied to and threatened so that oncologists could fill our son with deadly ineffective poisons that simply shortened his life and made his last days on earth a living hell.
> ***The oncologists did what they were trained to without challenging the death that surrounds their treatments.*** The FDA took away Alexander’s freedom to use a non-toxic and potentially life-saving therapy. The drug companies received their chemotherapy profits. ***Alexander lost his life.*** And we have to live with the knowledge that we never gave our son a fighting chance to survive his disease." *No Rights for a Child Diagnosed with Cancer* ------Raphaele & Michael Horwin.

Effectiveness of chemo

With most cancers chemo is not effective. Chemo has a few 'great success stories' like leukemia in children, but this leukemia represents less than 2% of all cancers. A few that is effectively treated are acute lymphatic leukemia, Hodgkin’s sickness, *nonseminomatous* testicular cancer and a few other rare types (like Burkitt's lymphoma and choriocarcinoma of which many clinician have not seen one specimen) (www.whale.to/cancer/quotes.html).

While there are serious doubts about most chemo cancer treatments the above mentioned are the FIVE percent exceptions. If oncologists boast about 80% success rates they are speaking the truth, but are referring to this five percent. ***[For solid tumors in adults, that is the large majority of cancers chemo is not effective and also not in cases where the cancer has metastasised - nevertheless (all) these patients receive their chemo.]***

The positive aspects of chemo are summed up by www.health-science-spirit.com/cancerchoice.html in the following words:

> To my knowledge the only good evidence for the use of chemotherapy is with some blood and lymph cancers, especially with leukemia in children. However, even then there is a high price to pay.
>
> A long-term follow-up study shows that such children develop 18 times more secondary malignant tumours later in life, and ***girls face a 75 times (7 500%) higher risk of breast cancer by the time they are 40.***

If chemo reduces a tumor with 50% or more in 28 days the FDA calls it an 'active drug'. In the words of Ralph Moss:

> "That is called a response rate, so you have a response..(but) when you look to see if there is any life prolongation from taking this treatment what you find is all kinds of hocus pocus and song and dance about the disease free survival, and this and that. In the end ***there is no proof that chemotherapy in the vast majority of cases actually extends life,*** and this is the GREAT LIE about chemotherapy, that somehow there is a correlation between shrinking a tumour and extending the life of the patient." (www.whale.to/cancer/quotes.html).

After the initial chemo treatment there is often a reduction of the tumor, but (mostly) it does not affect the eventual outcome of the disease.

Does the positive reference to the above mentioned testicular cancer case, means that chemo is the proper treatment? Not necessarily, life expectancy may increase dramatically, but platinum containing medications has drastic consequences. Impotence is probable and many other problems (Dr. Ralph Moss, Laura Lee radio show, 1994).

During this interview Moss talked about another case that is really upsetting. A patient was treated for AML (a type of leukemia). The treatment is intense and toxic - in the case of this patient the toxicity was 40% and the chance for recovery only 10%!

The age of chemo patients

Let us accept the impossible - an effective chemo remedy for a specific cancer is available, there will be no serious damage and considerable time will be bought. There is still another factor (we never hear about this!), i.e. the age of the patient, as ***the success of chemo is strongly affected by age.*** There is a real possibility that a young person with a strong immune system will respond positively. By age 50 the chance is 50/50, while a person of 55 will be better off if nothing is done (50/50 does not refer to success rate, but the chance that the chemo will help or doing nothing is better)(www.whale.to/a/barron.html).

Treatment of oncologists' family members

Do oncologists treat their family members in the same way as their patients? When 79 oncologists at the McGill University Cancer Center in Canada were asked whether they will treat a family member with chemo 64 said "No", on the grounds of ineffectiveness and toxicity (Philip Day, *Cancer: Why We're Still Dying to Know the Truth*). It is also known that the top-managers of cancer institutions send their family members to Germany for less drastic treatment. Nieper's comment was:

> You wouldn't believe how many FDA officials or relatives or acquaintances of FDA officials come to see me as patients in Hannover. You wouldn't believe this, or directors of the AMA, or ACA, or the presidents of orthodox cancer institutes. That's the fact. Hans Nieper M.D. (1928-1998) (www.healingcancernaturally.com/alternative-cancer-treatment.html).

Important and rich patients

Important and rich patients tend to steer away from chemo. President Ronald Regan did not receive chemo for his prostate cancer and was successfully treated with Carnivora (www.mnwelldir.org/docs/cancer1/altthrpy.htm).

There are famous people who had bad results with chemo. Jackie Kennedy had non-Hodgkin's lymphoma, a cancer that is often successfully treated with chemo. She died four days after she was admitted to hospital for chemo.

A former vice-president, Hubert Humphrey's severe suffering from bladder cancer shocked the world. According to Rattigan Humphrey was a "true believer" in conventional treatments, until it was to late (www.vegan.swinternet.co.uk/articles/health/cancerbusiness.htm).

His cancer was 'cured' with radiation. When it resumed the tumor was removed. The surgeon's comment was: "As far as we are concerned the Senator is cured." In order to make sure that all "microscopic colonies of cancer cells" were eliminated he was treated with experimental chemotherapy. Humphrey later described it as 'bottled death'. He changed from an active middle aged man into a weak, aging wreck and died within a year "in full view of the media". In spite of this, during the next year, he was called a "..famous beneficiary of modern radiation therapy", with the further comment that "(he)...remained well for three years until the development of a new, more advanced cancer."

Ulrich Abel's research

One of the most thorough investigations into cancer treatments was done by Dr Ulrich Abel (bio-statistician) of the Heidelberg/Mannheim Cancer Clinic. He tried to build a total picture and for years collected all available reports about chemo and sent letters to more than 350 medical centres all over the world. On the basis of thousands of papers his conclusion was that the worldwide success rate of chemo was "appalling", as there was no proof that chemotherapy lengthens the lives of cancer patients in a significant way in the case of the well known organic cancers. ***He stressed that it is unusual for chemo to improve the quality of life. Chemotherapy is a "scientific wasteland" and at least 80% of the chemo that is administered is useless.*** It is like the new clothes of the emperor - neither the patient nor the doctor wants to stop, even if there is no scientific proof that chemo works (Lancet 10 Aug 1991). No mainstream media reported on his research and he was ignored by the cancer industry.

Abel reminded us that "the personal views of many oncologists seem to be in striking contrast to communications intended for the public."

If you want to be informed about other medical malpractices read Dr Mercola's article *Death by Medicine*, on his website. Since Abel's report in 1989 the situation has not been re-evaluated. It is, for example, necessary to know to what extent chemo is responsible for secondary cancers. ***It is conspicuous that almost no use is made of well researched natural cancer treatments*** (www.mercola.com/2003/nov/26/death_by_medicine.htm).

About the development of further cancers Dr. Samuel S. Epstein declared: Chemotherapy and radiation can heighten the chance of the development of a new cancer by100 times (please note there is no percentage sign) (Congressional Record, Sept. 9, 1987).

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

(Alan C Nixon, PhD, previous president of the American Chemical Society)

[Nixon's conscience must have given him trouble - the ACS is indebted to chemotherapy as they receive considerable money from them.]

> Cancer researchers, medical journals, and the popular media all have contributed to a situation in which many people with common malignancies are being treated with drugs not known to be effective (Dr. Martin Shapiro UCLA).

Working of medications

Medications have a double-edged action, i.e. the medication's effect on the body, followed by the reaction of the body. For example, antibiotics are taken and all bacteria dies, but the body reacts and new bacteria are created. Unfortunately, the ratio of good and bad bacteria changed dramatically in favor of the bad ones and it is also possible that some of the bad ones mutated (changed to a new and more dangerous type of bacteria).

Another example: Steroids build muscles by simulating testosterone. The reaction of the body is to produce less testosterone and the body gets more feminine - exactly the opposite of what was intended. No wonder Dr Dean Black declared:

> ***"Drugs tend to worsen whatever they're supposed to cure, which sets up a vicious circle."*** (Dr. Dean Black: *Health at the Crossroads* p. 20).

It sometimes happens that chemo seems to destroy all cancer cells, but it reappears and is now unstoppable. Robert Schimke researched this problem in 1985. The resistance of cancer cells against chemo makes them stronger and causes adaptation. The temporary relapse could change cancer into an unstoppable monster. ***Schimke asks if relatively harmless growths are not changed by chemo into deadly cancers?***

Some cancer patients have an inclination towards nausea and vomiting. Chemo makes it worse. For example a patient, who received chemotherapy, saw the lady who gave him chemo at the clinic, while he was shopping. He immediately started vomiting. Lack of appetite may lead to anorexia and the progression of the sickness.

The staff of oncologists is often in difficult situations. E Yudenfriend, met a nurse, working for an oncologist, when they both took a course at a college. He told her that he has been diagnosed with a lymphoma and will receive treatment. Her spontaneous reaction was: "Elliot, YOU have GOT to TAKE CONTROL of YOUR OWN treatment, or THE DOCTORS WILL TURN YOU INTO A PIECE OF MEAT." He decided not to take chemo and healed himself of a, so called, incurable cancer (www.healingcancernaturally.com/mainstream-oncology-therapy.html).

In Chet Day's opinion the best book on chemotherapy is by Ralph Moss*: Questioning Chemotherapy: A Critique of the Use of Toxic Drugs in the Treatment of Cancer*. ***Moss points out that when research is done the fear, physical suffering and quality of life during treatment should also be taken into account - it is never done.***

Dr Johanna Budwig was a leading German scientist. Beside cancer- and other research she successfully treated many cancer patients. She pointed out that ***one of chemotherapy's many problems are that it decreases the energy of healthy cells and make them ripe for cancer.*** She believed that the focus should be on healthy cells. If these cells are strengthened the cancer will weaken and vanish (www.mnwelldir.org).

If it is decided to use chemo or radiation treatments her flax seed and cottage cheese mixture could help considerably to lessen the negative effects of the treatment (Healingcancernaturally.com).

Andreas Moritz, summary of chemotherapy is:

> "If they (doctors) tell you that chemotherapy is your best chance of surviving, you will know they are lying or are simply misinformed. As Abel's research clearly demonstrated, there is no such evidence anywhere to be found in the medical literature. Subjecting patients to chemotherapy robs them of a fair chance of finding or responding to a real cure and deserves criminal prosecution" www.naturalnews.com/023689_chemotherapy_cancer_patients.html.

The opinion of a surgeon, who cured herself from a terminal cancer, with natural methods, is:

> Chemotherapy and radiation do not make the body well. They destroy, they do not heal. The hope of the doctor is that the cancer will be destroyed without destroying the entire patient. These therapies do kill cancer cells, but they kill a lot of good cells too including the cells of the immune system, the very system that one NEEDS to get well. If a cancer patient survives the treatment with enough immune system left intact, the patient may appear to get well at least temporarily, but he will have sustained major damage to his body and his immune system. How much better it is to nourish the immune system directly by the use of natural therapies to assist it in getting you well instead of destroying it by the use of these therapies. Then the immune system itself can kill the cancer cells without any side effects and heal your body at the same time ... Elsewhere, she expressed herself in fewer words:
>
> It is impossible to get a sick person well by giving him POISON - and that is what chemotherapy is. All the doctors did was suppress his cancer temporarily while at the same time DESTROYING most of his immune system - the ONLY system in the body that can get him well. (drday.com).

The consequences of conventional cancer treatments are horrendous. ***The medical head of an assurance company (Old Mutual) admitted that one in four cancer patients need trauma counseling.***

Lothar Hirneise summarized chemotherapy with the title of one of his books: **Chemotherapy Heals Cancer and The World Is Flat.**

GEORGE BEKKER's OPINION ABOUT CHEMO

Historically viewed, it is understandable that there was enthusiasm about the initial positive results obtained with chemotherapy. However, it soon became clear that the success was mainly confined to blood and lymph cancers and that the results obtained with solid cancers were disappointing. Instead of looking wider for an answer the Cancer Industry became stuck to chemotherapy, as this is the goose that lays the golden eggs. It is impossible to calculate the

consequences of this fatal view. This is an immense tragedy that affects about every family in the modern world (the so-called 'Third World' was lucky - they could not afford chemo!).

How dare any allopathic doctor or medical 'scientist' pretend to be a scientist while insisting that the human body, consisting of only organic material, be almost exclusively treated with inorganic 'medicine'? The reaction could be that this is not their official view, but everything they do and say demonstrate this basic flawed premise.

Greg Caton's comment

Let me conclude with Caton's comment about the "Medical Industrial Complex":

> "a system into which a combination of pride, profits, and prejudice had created a fabric of corruption so vast, so evil, and so breathtaking in its breadth, longevity, and audacity, that it would reshape my entire worldview... but not before entering a world of intrigue that, viewed from the perspective of most 'normal' people, borders on the surreal." (www.meditopia.org)

Radiation

Radiotherapy, also called radiation, does not warrant a chapter. As was clearly shown in chapter 2 radiation can be justified in cases where there is a need to speedily shrink a tumor. However, it is mostly applied as a cancer treatment.

Patients are mostly not fully informed about the possible consequences of chemo and radiation. This type of behavior by professionals is unpardonable. Just one example:

> "The wife of a good friend of mine developed brain cancer. She had radiation therapy that basically made her mentally retarded. ***It was only after this happened that the radiologist admitted to my friend that radiation probably didn't do any good.*** Needless to say his wife died"
> (www.cancertutor.com/Other/Brain_Cancer.html).

Is there a possibility that oncologists will give the patient all the facts? "L.P." says:

> ***"I think we can take for granted that there cannot be true honesty from providers of conventional cancer treatment. After all, how many would accept these treatments if they had all the facts?"***
> (www.healingcancernaturally.com/mainstream-oncology-therapy.html).

Radiation causes a variety of cancers, almost always of medical origin. John W. Gofman, M.D., Ph.D. wrote a book of 699 pages (*Radiation from Medical Procedures*), with the message that medical x-rays are the co-actor of more than half of cancer deaths and coronary heart diseases. Since publication (1999) there was no attempt to prove that his calculations were wrong.

Radiation promotes the metastatic spread of cancer. A single therapeutic dose of radiation can cause appreciable bone loss. Years later osteoporosis, bone necrosis or bone cancer may develop (www.cancerdecisions.org/102906_page.html, 29 October 2006).

The following news report shows how radiation is applied in practice:

NaturalNews (www.naturalnews.com/028764_cancer_patients_radiation.html) reported on 11 May 2010 that many terminal cancer patients are subjected to *grueling* radiation, at the end of their life. This mean that they stay in hospital and are not allowed dying at home.

When mainstream medicine runs out of cancer treatments, so called *palliative* radiotherapy is applied (please note: 'so called'). It is suppose to control pain and other symptoms by lessening the number of cancer cells. The idea is to lessen pressure and bleeding and to heighten the life quality during the last months and days.

Unfortunately this is not what happens. In 2004 Stephan Gripp, MD and his colleagues from the University Hospital in Dusseldorf, Germany did a six months control study of 33 patients. They all died within a month, in spite of the expectation that some still had more than six months to live. Patients seriously suffered from the radiation and were not allowed to die at home. In a large number of cases pain was not lessened, but pain and suffering increased.

According to Dr. Johannes Kuhl massive ionizing radiotherapy of cancer patients is not a method of treatment but akin to euthanasia and should be prohibited by law. (www.healingcancernaturally.com/dr-kuhl-lactic-acid-treatment.html).

Insulin Potentiation Therapy (IPT)
A new kind of chemo treatment is available in South Africa (developed in Mexico, many decades ago). If natural treatments do not give the desired results IPT could be considered.

Insulin injections are given to lower the sugar in the body. Chemo is then put into an artery and goes directly to the cancer cells, with no damage or nearly no damage to the healthy cells. Only about 15% of a normal chemo dose is administered and damage to the immune system is minimal - normally the big problem with chemo. The treatment is not covered by medical insurance. More information is available on the internet.

Summary
Since the 1800's medical practitioners and specifically surgeons, oncologists and radiologists built a deadly arsenal against cancer - in many cases more deadly to the patient than to cancer. Good advice, positive help and treatment are (sometimes) available from experts, doing traditional treatments [If the results with natural treatments are slow, patients, sometimes try to buy time with chemo].

Chemotherapy is an expensive, very destructive treatment and should only be considered for a few specific cancers [even then natural treatment may be the better option] or when certain crises develop. Radiotherapy is appropriate when a tumor has to be shrunk in life threatening situations.

My big fear has to be mentioned. To put it straight: if you go to an oncologist and are healed it would be wonderful - everyone will share in your joy! My fear is that you will not be strong enough and go the traditional route of cut, burn and poison and be another cancer statistic.

It is also possible that you read through this report and do nothing. I do not know your personal circumstances, but the best strategy I can think of is, after going through the report,

to start with natural therapy and to reconsider your position after six weeks: should the natural or conventional path be taken?

Cancer theories are not just theories. It shows the direction for effective treatment in a number of cases and will be discussed in the next chapter.

6. Cancer theories

Cancer is no longer a mysterious disease. However, the establishment still presents that image. ***There are many simple non-toxic effective treatments for cancer.*** *The cost of proving them has been made impossible by the collusion between the FDA and the pharmaceutical industry. The establishment has deliberately used every imaginable and shameful tactic, some of which are even "strong-arm," to discredit, conceal and destroy these therapies. The reasons are clear.* ***The pharmaceutical industry, which profits in the countless billions from their infamous chemotherapy would lose an enormous income if the truth were known.***

Robert E Willner M.D., PhD.

Although the heading refers to 'theories' the chapter is not just about theories. Theories lead to specific electronic treatments and supplements.

The origin of cancer

A number of theories try to explain the origins of cancer. We start with the most important and continue with a number of other theories.

Much has been written about the causes of cancer. The first important breakthrough was in 1923 when Otto Heinrich Warburg (Nobel Prize, 1931) came to the conclusion that the respiration of healthy body cells were aerobic (utilize oxygen) and cancer cells anaerobic (without oxygen).

Cancer starts when a cancer microbe settles in a human cell. In the 1930's Dr Royal Rife observed moving cancer microbes through his powerful new microscope. It would be wrong to refer only to microbes as they are pleomorphic and can assume different forms - virus, fungi, mold, bacterium, amoeba, etc. The most well known example of a pleomorphic cycle is the butterfly: egg, worm, cocoon and butterfly.

When a cancer microbe enters a cell the cell's respiration changes to anaerobic (no oxygen is required but much sugar is needed to provide energy in an anaerobic form). The cell has now changed into a cancer cell. How did the microbe entered the cell? Through the weakened cell membrane. The membrane weakened as a result of a carcinogen (a cancer causing substance) or other causes. [Sometimes the development of cancer is stopped by the immune system, if it is able to kill the cancer microbes.]

Ron Gdanski

Ron Gdanski (*Cancer Cause, Cure and Cover-up*) gives an example of how cancer develops in body tissues. A bump on the body could lead to bleeding within tissues. The small blood pool is a safe haven for microbes, as it is outside the circulation system. While microbes, especially fungi, flourish the cell membranes against the blood pool are weakened. Weakened cell membranes coupled with highly active microbes cause the entrance of microbes into the cells and the result is cancer.

ATP and energy production

Inside the cell the mitochondria is the generator of energy, called ATP (*Adenosine-triphosphate*). ATP is of vital importance as it is the energy molecule of all living systems. ATP is constantly circulated and in the human body it is equal to the body weight (every 24 hours). In a healthy young person 110 to 165 pounds of energy is produced on a daily basis and simultaneously consumed. ***The most important ingredient necessary for the production of this energy is oxygen.*** (www.bemerblog.co.za/downloadables/BEMER_Superiority.pdf?PHPSESSID=3acf47951ee89137dd8f9c0a2d434b1e)

The cancerous cell needs 15 times more sugar than a normal cell.

The chemical process that causes ATP is called the Krebs cycle. The Krebs cycle leads to another cycle, called ETC (*Electron Transport Chain*), that creates even more energy. In the cancer cell both cycles stop and this leads to a dramatic lowering of energy. It sometimes happens that the cell is able to get these cycles running again, but not when the cell is cancerous.

The weakened cell membrane as a cause of cancer has been described. The microbe entering the cell absorbs the glucose (sugar) that enters the cell. Little glucose reaches the mitochondria. The excretions of the microbes are toxins, dangerous hormones and mucus and further weaken the mitochondria. The resultant very acidic environment is characteristic of cancer cells - the longer the cell is cancerous the more acidic it becomes. Distress signals are sent to the insulin and glucose receptors to provide more glucose. Glucose enters the cell (about 15 times more than normally), but is mostly absorbed by the microbes and the cell deteriorates even further.

A really healthy microbe is now in a sick human cell (cancer cell). Treatments mostly consist of killing the cancer cell. If successful the result is serious inflammation and a lot of waste products. The ideal is to kill the microbe without destroying the cell.

When the cancerous cell divides, the membrane hardens as a thick layer of enzymes are formed (actual cause: DNA that has been damaged by the microbe). This makes the absorption of oxygen difficult. Cancer cells have a fibrin mesh work 13 to 15 times thicker than normal cells. This seems to be the reason why the immune system cannot destroy these cells. There are, however, enzymes that can break down the fibrin.

If the ATP-energy is lowered as a result of cancer treatment it affects all cells. However, normal cells are not seriously affected, but ***cancer cells, with normally low ATP-energy, literally collapse when the ATP-energy is lowered.*** Graviola-, pawpaw-, Protocell- and Cantron treatments make use of this tendency. Most types of chemotherapy raises the ATP-energy of cancer cells. [This type of treatment combined with electronic machines may be successful. The problem is that most treatments (also natural) strengthen ATP and we prefer to combine a number of treatments. Fighting cancer by only weakening ATP is, in my opinion, an appropriate treatment if resistant cancer cells are a serious problem.]

Dr. Royal Rife build his Rife-machine in the 1930's to kill microbes and was successful in this task. The machine was not meant to treat cancer, but cured many cancer patients.

Conclusion: microbes are a major role player in cancer. Today we have modern electronic machines that are able to kill cancer cells.

There is general consensus that certain specific cancer microbes definitely play a role in cancer, i.e. leukemia, cervical cancer, squamous cell carcinoma and melanoma. Alternative cancer experts tend to associate all cancers with microbes. A number of chemicals are able to change cancer cells into normal cells, i.e. DMSO (dimethyl sulfoxide). The Krebs cycle and ETC start functioning again.

Where are we? A cancer cell was a normal cell but now has a cancer microbe inside. The ATP-cycle is interrupted and the cancer cell gets its energy by not using oxygen, but sugar to create energy. A thick fibrin layer is the reason why the immunity system does not 'see' the cancer cells. Certain electronic machines are able to destroy the microbes in cancer cells.

Margarine, etc.
Trans-fatty-acids, like margarine and cooking oils, cause type 2 diabetes. It could also be the reason for openings and weak places in membranes, enabling microbes to enter cells and begin the cancer cycle. Foods that are really acidic and leaky gut syndrome (undigested food in the blood) could be further causes of cancer.

Cancer role players
A number of factors are important:

* Modern factory farming is the reason why there are antibiotics and hormones in our food. The food is much more acidic than a number of decades ago and contains more fungus and less nutritional value.

* The way food is processed: appearance and color are obtained with trans-fatty-acids, flavorings and colorings. Enzymes are killed with heat and excess salt and chemicals like aspartame and MSG (both very detrimental) added.

* "Western eating habits": too much meat, too much dairy, too much salt and an excess of processed foods. Peanuts and certain nuts abound with fungi.

* Our bodies are full of yeast and fungi that thrive on the above mentioned 'foods'. The result is acidic bodies, creating the ideal environment for disease. The body struggles to maintain an acceptable pH and the result is a variety of health problems.

Cancer's main cause is not genetic - M D Anderson Cancer Center.

[Even when healthy concentrate on buying basic foodstuffs (not tins and ready-made food). Eat it in its natural state or minimally processed.]

The DNA-cancer theory
The impression is created that DNA damage is an important cause of cancer. There are a few exceptional cases where DNA creates a tendency towards cancer. The cause of cancer, as explained, is the breaking of the Krebs cycle and not damaged DNA. DNA damage cannot break the Krebs cycle and cause cancer. The purpose of this fable is to collect billions of

dollars in research money and to create the impression that the solving of the cancer puzzle lies in the distant future. The damage to the cell's DNA only happens after the microbe enters the cell.

[Do not let anybody lead you by the nose. The favorite cancer story is that cancer is caused by DNA mutations. To describe the DNA of even one type of cancer means years of research work and a vast amount of money - this is the reason why the wrong theory was so strongly backed by researchers.]

[The man who started this theory was Dr Robert A. Weinberg. More than a decade ago he declared that the theory does not hold water, when he ascertained, less than one DNA base in a million is wrongly copied. The mistake is so small it cannot cause cell mutations. His exact words were:

> "Something was very wrong. The notion that a cancer developed through the successive activation of a series of oncogenes had lost its link to reality".

[This view was confirmed when the directors of the M D Anderson Cancer Center in Houston Texas (the largest cancer research center in the world) declared that the main cause of cancer is not genetic. These facts were not clearly conveyed to the public and excited stories about genetic discoveries were still made. It is important to remember that the 'cancer genomes' that are still discovered only represent a small percentage of tumor cells. Cancer is able to mutate a small number of cells, but this is not the reason for cancer (http://trophoblast-theory-of-cancer.com).]

The spreading of cancer

The biggest danger of cancer is spreading (metastasis). Two possible reasons for spreading are microbes in the blood stream penetrating healthy cells and the way cancer cells divide. A third possibility is the proliferation of microbes in cancer cells, which may lead to quicker cell division. This theory has not been confirmed.

Especially in the case of two cancer types, squamous cell carcinoma and melanoma there are strong reason to believe that microbes inside these cancer cells leave the cells and use the blood stream to travel, sometimes considerable distances, to other parts of the body to spread the disease. As the spreading was not as a result of division it strongly suggests the involvement of microbes/viruses.

A further hint of the involvement of microbes/viruses in cancer is gene therapy, where viruses are used to repair faulty DNA. Also recent research about newly discovered bacteria in serious lymph node diseases like Hodgkin's lymphoma, mouth cancer, prostate cancer, etc.

Livingston Wheeler

Virginia Livingston Wheeler, cancer researcher and doctor, believed in the microbial origin of cancer. She was not the discoverer of the microbes as there is a long list of researchers, as far back as the 19th century, who shared this view. To name a few: the Scottish obstetrician, James Young, John Nuzum, a physician from Chicago, the surgeon, James Scott from Montana, Wilhelm Reich, psychiatrist and cancer researcher and Raymond Royal Rife, who saw living microbes under his microscope.

Livingston's research has been verified by microbiologist Eleanor Alexander-Jackson, cell cytologist Irene Diller, biochemist Florence Seibert and dermatologist Alan Cantwell. (www.new-cancer-treatments.org/Theory/Livingston.html).

How can cancer be combated?
There are a number of possibilities:

* Kill the cancer cells
* Kill the microbes inside the cancer cells and in the blood
* Strengthen the immune system
* Let the cancer cells hibernate
* Stop cachexia: this cycle changes sugar into lactic acid and the liver changes it back to sugar and this, for the body, very tiring process goes on and on
* Strengthening healthy cells. Budwig regarded this as a very important part of her treatment (chapter 13).

Killing cancer cells
Killing cancer cells are the purpose of chemotherapy, radiation and many natural treatments. ***While chemo and radiation cannot target cancer cells and kills far more healthy cells than cancer cells, natural treatments target only cancer cells and do not harm healthy cells.***

Most natural therapies kill cancer cells slowly (B17 being the exception). As the cancer cells grow weaker the immune system kicks in, with subsequent inflammation and swelling. This could be extremely dangerous.

A distinctive feature of B17 is that it instantly kills cancer cells. However, if the cancer is already in a relatively advanced stage, B17 is most effective if it is given by intravenous injections [can be purchased through the internet]. This is not allowed in the US but the Oasis of Hope Clinic in Mexico employs this treatment.

Effective chemotherapy treatments
There are two effective chemotherapy treatments that do not damage normal cells. The one method was stopped by the FDA [DMSO was used to take chemo inside the cancer cells - very effective - only about 10% of the normal dose is needed. However, it was declared illegal as 60% of oncologists income are from medications].

The other treatment method is seriously curtailed by the American Medical Association (Stanislaw Burzinsky's *antineoplaston*). [It feels like a nightmare (unfortunately it is a fact!): two highly effective chemotherapy treatments are forbidden or seriously curtailed, while the deadly ones are advertized and used on a daily basis! For these organizations to present themselves as protectors of public interest is absolute hypocrisy.]

The killing of microbes within cancer cells
This is the ideal method: if the cancer cells are no longer cancerous they will revert to normal cells and resume their work. Without microbes in these cells the Krebs cycle will function again.

Dr Royal Rife, a brilliant scientist, built a machine called a 'frequency generator' or Rife machine, in the 1930's. It required two frequencies - one to kill the microbes with vibrations and a carrier wave to get the vibrating frequency in the cancer cell. His treatment met with 100% success. The AMA and FDA stopped this technology and Rife never fully recovered from this blow. [An imminent physician, Dr Milbrook Johnson, was poisoned and died the night before he was to appear on national radio, in 1940, to explain the abilities of the 'frequency generator' to heal cancer and infections (Dr. James Howenstine, MD. www.newswithviews.com/Howenstine/james181.htm).]

Modern machines built to kill microbes/viruses in the body are again available - some carry the name 'Rife'. ***These therapies are methods of treatment.***

The problem is to decide between the many machines on the market. The reader should thoroughly investigate the matter. We start with Bob Beck.

Bob Beck
Bob Beck developed two small machines that destroy the cancer microbes in the blood and lymph (it lacks the frequency to take the vibration into the cancer cells). When the blood and lymph are free of cancer cells the immune system starts functioning. These machines are not expensive and can be built from parts - consult the internet.

Building the immune system
In the cancerous body there are microbes (not the type of microbes mentioned previously) that block the working of the immune system and prevent the destruction of cancer cells.

In 1990 Drs Kaali en Lyman discovered a cure for HIV Aids. If microbes are subjected to a weak electrical current (50 to 100 millionth of an ampere) a certain enzyme on the surface of the HIV microbe perishes. The microbe is no longer able to cling to white blood or other body cells and is expelled from the body - end of HIV Aids. Unfortunately, things are not so uncomplicated. HIV Aids is a chronic disease according to the Sickness Industry (only chronic diseases bring in big money for a long time). This treatment was buried. [It is important for cancer sufferers.]

Fortunately there was a man who did not accept it: Bob Beck, PhD (Physics). He built two cheap electronic machines which put the ideas of Kaali en Lyman in a workable form (he eliminated blood transfusions). When the microbes are out of the body the immune system gets in high gear and large quantities neuropeptides are made, i.e. interleukin and interferon - both known cancer fighters.

The described method kills HIV microbes and all cancer cells in the blood and lymph. The immune system is now able to destroy the remaining cancer cells, without swelling or inflammation.

There are supplements that are able to build the immune system. However, it should be remembered, especially in cases where chemo caused damage, that the recovery of the immune system may be slow - slower than the cancer. It is safer to treat more than the immune system.

Other apparatus

The ideal electronic machine for cancer treatment destroys cancer microbes with vibrations, but has another frequency to take the vibration into the cancer cells, in order to kill all cancer microbes in the body. These machines are expensive and not within the reach of most individuals. There may be organizations, not far from you, specializing in these treatments – check the internet.

The **GB-4000** performs both these functions. The **Photon Genius** (and its little brother, the **Photon Genie**) can also perform these tasks and are discussed under **Breast cancer** (chapter 19). The person treated with the Genius is nearly surrounded by the machine which sends out strong infrared waves. The lymph system is cleaned and may stop the spreading of microbes from the teeth to the breast. According to www.cancertutor.com/Cancer03/PhotonProtocol.html the advice of the Ed Skilling Institute should be utilized, as they could track down the basic cause of the cancer. There are many other electronic machines, but I am not knowledgeable enough to express opinions on them.

Pleomorphism

The concept "pleomorphism" has been explained. A cancer microbe can change from a microbe to a virus, to yeast, to a fungus, to mold, to a bacterium, to a large bacterium and back to a virus (a total of 16 types!) - a butterfly has only four forms.

The microbe can also change to a sub-virus - the virus is now hibernating and called a somatid or microzyma. It does not eat or excrete. In this condition it can cause no harm, but is also more or less indestructible, but it could probably be destroyed with Bob Beck's apparatus.

If cancer viruses are changed into *somatids* it gives at least repose for the cancer patient. This is what Robert O. Young is trying to do with his diet, described in his book *Sick and Tired? Reclaim Your Inner Terrain*.

With Young's diet the cancer could be stopped. There are, however, few people who would stay on Young's diet for an indefinite period and it represents some kind of a health risk. Combined with Bob Beck's technique it is a possible treatment.

This description of cancer is not subscribed by the establishment, as acceptance could lead to the end of the cancer tragedy and the Cancer Industry.

For a longer theoretical exposition please refer to: www.new-cancer-treatments.org/theory/cancertheory.html

Where are we now? We know that our modern way of living is the cause of many miseries. The DNA cancer theory was rejected. Electronic cancer fighting machines should be seriously considered as treatment options.

Causes of cancer (again)

This chapter started with “The origin of cancer” and specifically microbes. Other views, from different perspectives will now receive attention.

Hereditary cancers
It is estimated that hereditary cancers cause only 5% of all cancers. Melanomas and children’s cancers may be in this group. The cause could be distortions in the genetic structures, i.e. cancers of the retina and Wilm’s tumor. People with blood types A and AB have a bigger chance of developing cancer. It is, however, not necessary to panic, if this is your blood type, as risks can be lowered by eliminating other factors.

If there are malignant melanomas in a family, every family member should pay attention to lesions and colorings of the skin and if it happens, let it be medically evaluated.

Other causes
Immune problems are also a cause of cancer. Anything alone, or in combination with other factors, that affect body systems or tissues causes changes in the metabolic processes and can cause a growth pattern, different from the normal genetic code. This can cause problems for the protection mechanisms defending the body. Survival depends on adaptation to the environment. There are populations who do not get certain cancers and it has been shown that prevention is coupled to lifestyle, diet, environmental factors and the non-availability of 'modern medicine'.

Chemicals and pharmaceutical products can affect a cell’s metabolism. Sniffing chemicals may lead to sarcomas and saccharin can cause bladder cancer. ***Radiation is known for the variety of cancers it causes.*** Serious stress may change the effect that the body’s chemicals have on its tissues - it can even cause cancer. The important factor is the defense mechanisms of the body and its functioning on a high enough level to ward off attack. It also applies to infections and the many causes of destructive diseases.

Since the establishment of “the doctor’s bible” in 1952 (The Merck Manual), all the causes of immune defects have been listed. Thousands of articles have been written about cancer and specific causes described (Robert E Willner: *The Cancer Solution*).

It is possible that you regard yourself as a practical person who gets upset with long stories about theories. Please be patient. It is already clear that the microbe theory leads to important practical electronic applications. Theories are now further investigated from another angle and again the theory will lead to treatments.

The Trophoblast Cancer Theory
This is an important theory. It has never been disproved and its implications will soon become clear.

A dentist, Dr William Donald Kelley, who cured himself of metastasized pancreatic cancer, was a firm believer in this theory (//educateyourself.org/cn/drkellytributeandobit14apr05.shtm). When tumors are dissected pathologists frequently find half formed teeth, toe nails and lung tissues, etc. [there are

similarities between a tumor and a fetus and it is even said that cancer is a fetus that developed in the wrong place].

The origin of this theory can be traced to Dr John Beard from the University of Edinburgh in Scotland in 1902 (http://trophoblast-theory-of-cancer.com/). He was the first scientist to draw attention to the fact that the way in which the placenta adheres to the womb and penetrates the mother's cells, precisely corresponds with cancer. Initially there was considerable interest in his theory but it was put aside when madame Curie insisted that that her x-rays are "safe" and "effective"! (www.alternative-doctor.com/ - specifically John Beard's Trophoblast Cell Theory).

The origin of cancer, according to this theory, can be described as follows:

* Toxins damage certain tissues
* The body starts a healing process by forming *Trophoblast* cells (small numbers of these cells are throughout the body and multiply when necessary)
* When the healing process is well under way they are no longer needed and are killed by enzymes from the pancreas
* The process can be repeated many times if the toxins are still present
* Sometimes as a result of our modern diet or the fact that the enzymes are needed in other parts of the body, the pancreas is not in a position to provide enzymes to destroy the Trophoblast cells
* The Trophoblast cells continue reproducing and a tumor are formed.

What happens after fertilization?
Cancer cells show many similarities with Trophoblast cells - they are the quick growing cells that surround the fetus.

After conception the fertilized cell must soon be attached to the womb in order to receive nourishment and live. This happens when Trophoblast cells use small pieces of protein as hooks to attach themselves to the womb. Enzymes are secreted and new arteries formed. The placenta is now the blood link between mother and child. Cancer is actually Trophoblast cells that originated in the wrong place. [If these cells are send to a laboratory, they will be identified as cancer cells.]

The enzymes that separate the placenta from the womb stop the growth of cancer cells.

A pregnancy is not permanent and just after birth the link between the placenta and the womb is broken. The enzymes that the body utilize to let the Trophoblast cells (placenta) break away from the womb are called *caspases*. If they get in contact with cancer the cancer cells stop growing and die (*apoptosis*). There is a number of non-toxic foods that contain *caspases* and cause *apoptosis*.

Cancer fighters
Apoptosis is possible with ***prostate and cervical cancers*** if ***selenium*** is available. Brazilian nuts, broccoli and garlic contain selenium [Selenium is also important for all cancer patients for DNA repair, protection of the genes, elimination of free radicals, suppression of tumor growth and activation of white blood cells].

In the case of ***breast cancer vitamin D*** can cause *apoptosis* and vitamin A could have the same effect on other women's cancers. Drinking ***green tea*** (contains *Epigallocatechin-3-gallate*) could help to destroy cancers of the ***abdomen***. Sunshine and cod liver oil provide vitamin D [although cod liver oil also provides vitamin A there is concern about using this oil for cancer patients – Budwig feels strongly that only one oil/fat should be taken - see chapter 13]. Carrots provide the essential ingredients for the production of vitamin A.

Vitamin ***B17 is very successful in creating apoptosis*** - to such an extent that the cancer authorities in the US put people behind bars who sold apricot kernels, as their industry was threatened. ***Turmeric can cause apoptosis in the case of melanomas*** [Always add a little black pepper to enhance absorption - drink turmeric in liquid form, using half a glass of water].

Aloe Vera has the same effect with ***Squamous Cell Carcinoma*** of the lungs [Aloe Vera fights infections and cancer cells. It balances the immune system (immuno modulator) and is a body cleaner (www.cancure.org/choiceoftherapy.htm). To take a reasonable amount of Aloe Vera per day, will do no harm].

[The previous paragraph was written on the assumption that Aloe Vera is just another item on a list of supplements. If you regard Aloe Vera as an important part of your treatment, please note that there are hundreds of aloe products, produced over the world. ***Aloe Arborscens is regarded as three times better than Aloe Vera*** and an excellent immunity builder and cleanser. It is one of the best supplements available (originating from Brazil) and not expensive. A priest, Romano Zago, popularized this product (www.americanaci.org/7-high-potency-aloe.html)].

The body needs enzymes to initiate these processes and ***Cal Crilly*** (www.reducetheburdon.org/?p=3083) ***is convinced that bromelain*** (from pineapples, especially green ones) ***is the safe and effective enzyme to fight tumors.*** Bromelain mimics pancreas enzymes and enhances digestion. The digestion of sugar is important (lessens the available sugar to the detriment of cancer cells). Bromelain also turns off the CD44 receptors of tumor cells - they are then no longer able to cling to other cells and spread cancer. Bromelain has wonderful characteristics: it reduces liquid accumulation, is anti-inflammatory, anti-thrombosis and anti-metastases. It slows the increase in tumor volume, the establishment of new tumors and the decrease of the total number of tumors (mouse experiments).

There are quite a number of chemotherapeutic resources that employ caspases - that is the main reason for there success as cancer fighters, but they are toxic to other cells. Food that has the same effect is the better choice.

Examples of remedies that employ *caspases*: Actinomycin D, Acrolein, Doxorubicin, Bleomycin, Carboplatin, Cladribine, Cannabinoids, Etoposide, Ginseng, Alemtuzumab, Flavopiridol, Fludarabine, Retinoids, 13-cis-retinoic acid, Tamoxifen, Taxol and 5-fluorouracil. (***Bromelain is more effective than 5-fluorouracil*** according to Cal Crilly - he refers to a specific experiment.) 1 000mg bromelain per day is the normal dose, but 2 000mg may be taken. [Enzymes should not be taken with food. If this is done it helps with the

digestion and are no longer a medicine (www.alternative-doctor.com/cancer/enzymes.htm#bromelain and papain).]

Tumor removal?
Should the tumor be surgically removed just after discovery? According to experts in natural treatments it should not be done. In the previous chapter Jonathan Chamberlain was quoted:

> "Surgery should not be an automatic knee-jerk response to cancer." (*Fighting Cancer. A survival guide,* page 59).

We have been indoctrinated with the idea that cancer is this ugly, bizarre monster in the body that must be immediately cut out. There is a contrary view: cancer is the way nature reacts to control a serious crisis in the body (the whole process is still not fully understood). If, for instance, considerable mercury or other dangerous chemicals are in a body, it can create a desperate situation. The body reacts with cancer in order to try to bring things under control. Sometimes mercury is found deep in a tumor. By isolating the tumor in a bag from the rest of the body other parts are protected. Our bodies developed immense wisdom over thousands of years and we should be careful not to work against our bodies. The tumor is there to control a crisis and it may become inactive or disappear over time [this does not mean a tumor should be ignored].

According to the medical journal, Lancet (13th February 1993), prostate cancer is found in 33% of postmortems, while deaths are limited to 1%. After the age of 75 half of all men have prostate cancer but only 2% die as a result of this disease. The very low percentage of actual deaths means that the body mostly succeeds in keeping cancer under control. This is not only true for prostate cancer, but in terms of all cancers it can be stated, on the basis of post-mortems, that we are not aware of the large majority of cancers, and that the body stops this process in many cases. To treat someone drastically because cancer has been diagnosed, could be fatal as a weakened immune system is put under tremendous pressure.

Tim O'Shea in his book *TO THE CANCER PATIENT* states: "For example 30 - 40 times as many cases of thyroid, pancreatic, and prostate cancer are found in autopsy than ever presented to the doctor."

If we hurriedly excise the tumor we may have the one result that should be prevented at all costs - we let the cancer spread, as its energy is no longer concentrated in the primary tumor. The primary cancer inhibits metastasis. Dr Michael Feldman and his colleagues at the Weizmann Institute in Israel, came to this conclusion as long ago as 1978. (www.rethinkingcancer.org/resources/magazine-articles/8_11-12/the-untreated-live-longer.php).

The biggest danger of cancer is not the primary cancer but metastasis. If we work with nature, cut off the tumor's food and give the body food that harms cancer cells, without injuring the healthy cells, we can triumph over cancer. Sometimes it is necessary to remove a tumor, i.e. it presses against the esophagus or other organ and less drastic methods will be too slow in bringing relief.

Only after writing the above I again read about the research of Ernst H. Krokowski, M.D., Ph.D. (1926 - 1985), professor in Radiology. He compares modern cancer surgery with Semmelweis and calls it a second Semmelweis phenomenon (Semmelweis was the unfortunate doctor who insisted that his colleagues disinfect their hands after autopsies and going from one maternity patient to the next. He was kicked out of the profession and soon died). Krokowski gives convincing evidence that cancer surgery causes metastases and that manipulation of a tumor, like severe manipulation and the pressure of mammography, biopsies and surgery cause a sudden increase of cancer cells in the blood and a bigger chance of metastases. The metastatic growth tempo of 30% to as high as 90% is caused by these procedures. Read this important (and ignored) paper at www.health-science-spirit.com/Krokowski.pdf.

Walter Last believes that surgery gives some peace of mind - it helps the patient psychologically, but there is no evidence that it appreciably lengthens life. The main drawback is the increased likelihood of metastases appearing a few years later. Surgery could cause explosive growths. When tumor removal or destruction is successful without causing problems, it is usually because the cancer microbe was still under control, and therefore the tumor was more or less harmless anyway, regardless of the conventional classification.

An undisturbed tumor can be more easily observed and controlled. ***If the choice is surgery get a prior written agreement that the minimum is cut out - not the "get it all" approach.*** There is no evidence that it increases the survival rate, and generally, the more is taken out, the greater the traumatic after-effects. ***General anesthesia causes considerable damage because it knocks out the immune system for a considerable period*** (www.health-science-spirit.com/cancer2-strategies.html).

Where are we? Hereditary factors are only responsible for 5% of all cancers. The Trophoblast Cancer Theory shows that there is an unbelievable resemblance between a tumor and a fetus. The natural chemicals that separate the placenta from the body after birth, can be utilized as cancer fighters. Careful consideration is necessary before removing a tumor.

Summary
A number of cancer theories were discussed. Much of this information can be utilized as cancer treatments.

Microbes definitely play a role in cancer - it may be a factor in (nearly) all cancers but allopathic doctors tend to be skeptical about this one. Our modern lifestyles and the way we prepare our food cause cancer. The DNA cancer theory was rejected. Electro magnetic apparatus that destroy microbes should be seriously considered as treatment methods. Preferably, give prompt attention to this matter. The implication of the Trophoblast Cancer Theory is that a number of supplements could be utilized as cancer treatments, i.e. vitamins B17 and D, selenium, turmeric and bromelain.

In the next chapter the serious pollution problem receives attention.

7. Chemicals and water

ANY doctor in the United States who cures cancer using alternative methods will be destroyed. You cannot name me a doctor doing well with cancer using alternative therapies that is not under attack. And I KNOW these people; I've interviewed them.
Gary Null

110 years ago
If you, as a modern woman/man, could go back in time and walk through a house of 1900 you would be stunned by the few chemicals the housewife had at her disposal. She made her own soap and besides vinegar, washing soda, caustic soda and baking soda no other chemicals were available. Walk through a modern home, even of someone who is health conscious, and count the number of chemicals in cleansing products, toiletries and poisons, not to mention foods, and the score will soon shoot up to hundreds (the number of chemicals of the first shampoo I looked at today was 28). The situation in the average household is much worse.

The important message is that our bodies are today overwhelmed with chemicals. If you look at statistics it seems that chemicals and the environment play a small role as a cause of cancer. There are, however, prominent scientists who strongly disagree. Governments and other authorities have the tendency to protect large industries, while the interest of the public takes a back seat. Dr Carl Albrecht, a South-African cancer researcher, declared in 2007 that there is purposeful suppression of this information and that industrial chemicals could be responsible for up to 30% of cancers.

The perpetrator?
Who is the biggest perpetrator? Definitely the petrochemical industries, but their brother, the pharmaceutical industries is not that far behind. Worldwide a total of about 80 000 chemicals are used on a daily basis and the yearly increase is in excess of 5 000 (Another source calculated that about 100 000 new chemicals were released in the environment, during the last 86 years: www.healingcancernaturally.com/hamer7.html).

About 100 000 new chemicals were released in the environment during the last 86 years.

The production of organic chemicals in the US increased from 7 million tons in 1950 to about 250 million tons in 1989. These figures double every 5 to 7 years. ***Few chemicals are properly tested for toxicity***. In Washington DC 10 persons were tested and between 26 and 39 toxic substances were found. The contamination comes from food, house dust, contaminated soil, air and water and products like personal toiletries, electronic apparatus and stain resistant furniture (Glenn Ashton: *Living safely in a polluted world*. SA Journal of Natural Health, 10/2006).

Awareness of the problem is important, but what should the cancer patient do? Her/his body is already overburdened and should not be further encumbered. The problem for the patient is so much more urgent than for the average person.

Chemicals
A somewhat dramatic turn is justified.

You are visiting a friend and see that she opens a bottle of hair shampoo, pour it in a small tumbler and drink. My guess is that you will leave the house as soon as you partly regained your composure and that you will never again make contact with this mad woman! Another shock! About 30% of the chemicals in your hair shampoo, that you put on your hair a number of times every week, can be absorbed by your skin.

O.K. You got the message: try to avoid all chemicals, always, as far as possible. How do you do it in the real world?

When you awake in the morning and your mouth does not feel right rinse it with salt water and gargle with the water. If you have table salt in your home throw it away (it contains aluminium to prevent lumping) and buy coarse sea salt (unrefined). Put it in a salt grinder and use sparingly. After gargling the mouth may be rinsed with water as the idea is minimal salt absorption.

Water. Tap water contains chlorine (a carcinogen) and should not be used. Always drink water that has been filtered by a reverse osmosis process. If the cost of apparatus is prohibitive buy water from a reputable firm that specializes in supplying 'good' water to the public (water that has been put through reverse osmosis filters and treated with ozone to kill bacteria). Avoid so called fountain water and most other water in plastic bottles. Water should be drunk throughout the day - preferably small amounts, say half a cup per half hour. The value of the water can be increased by often adding a small amount of freshly squeezed lemon juice. Most sources regard the correct amount as eight glasses per day [some people are just not able to comply - tea will then be in order but must be caffeine-free. Drink herb teas, especially Rooibos]. Nothing should be added to the tea - no sugar, sweetener, milk, etc.

Tap water is not good. Drink only filtered water.

If you can't afford the apparatus and do not have 'good' water available the third option (not the best) is to boil tap water and drink it after it has cooled. Most of the chlorine (none of the other chemicals) has evaporated.

Toiletries
Stay away from deodorants as it contains aluminium. Most deodorants are actually a combination of a deodorant and an antiperspirant. The antiperspirant is the main problem as it contains aluminium in order to stop wetness under the arms. Aluminium is absorbed by the body and the function of the really important lymph system is curtailed. (Especially in the case of breast- and lymph cancers the lymph system plays a critical role, but the lymph is important in all cancers.) It would be best to use nothing under the arms and to clean the armpits a number of times during the day. If you insist on applying something consider a crystal body deodorant or a special product (without aluminium) from the health shop.

It was suggested by someone that after squeezing the liquid from a lemon the lemon half can be rubbed under the arms. I tried it during the winter and it was effective. I stopped when my

blue ring neck developed a liking for lemon! A glass of diluted lemon juice is a healthy way to start the day as it contains vitamin C, makes the body more alkaline and benefits the liver.

Baking soda could also be rubbed under the arms. According to my source it works for days! Milk of magnesia is another possibility.

Hair shampoo, toilet soap and tooth paste are regarded as essential consumer goods, but represent a lot of (bad) chemicals. Buy these items at a health shop after discussing your problem with the assistant. It is possible to eliminate tooth paste with a mixture consisting of baking powder and sea salt. The health shop's toilet soap and shampoo can be substituted with old fashioned unscented soap.

Safe Cosmetics has a databank with information of about 60 000 chemicals and where you find them: www.cosmeticdatabase.org.

Dr Lorraine Day, 'n physician and an attractive lady, advises that perfume should be avoided, as it only contains chemicals (drday.com).

Dish washing
Most dishes and cutlery are washed with liquid chemical soap**.** Rather buy organic dish washing fluid or wash your dishes with a bar of old fashioned non-scented soap and rinse the washed dishes thoroughly in clean water.

Choosing the right cleaning products are important. Vinegar and baking soda are excellent household cleaners. Try to obtain safe products. They are available in the better shops.

Avoid all plastics. Store your food in glass containers. The most dangerous plastics are the soft ones that are used for wrapping food.

In most kitchens you get a microwave oven. It should be used for only one purpose, i.e. the warming of small bean or grain bags. The patient applies these warm bags on painful areas and it helps for pain.

Electromagnetic waves
My neighbor's sister worked as an estate agent in a region where only cell phone communication is available. For many hours a day her ear was against the phone.
She developed fatal brain cancer. The oncologist said he could trace the path of the cancer from the ear canal to the brain. A variety of electromagnetic waves are dangerous and especially cancer patients should be aware of cell phones, cordless phones and broadband internet. All communication should preferably be with wired apparatus.

Poisons
The cancer patient should stay far away from all poisons. Do not spray any poison in the house and no so called "air fresheners", which are supposed to refresh the air and does not do it. Diluted aromatic oils could be sprayed in the toilet.

If a crisis arise, like a large number of insects in the home, you have no choice - it is necessary to tackle them with poison (small numbers are killed, physically). The patient must be sent away and after spraying poison try to rid the house of all poisonous smells. Open all windows and run fans at their highest speed, especially in the patient's room. For a day he/she should not enter the house.

New or rather new carpets could also be a problem. Many carpets are treated with poison in the factory. If you suspect that there is poison in your carpets clean them with a safe shampoo and water. Do not do any kind of painting while there is a cancer patient in the home.

Summary
Chemicals and poisons represent real dangers in our modern world. Try to avoid them and limit contact.

Herbs are our next subject.

8. Herbs

"I can't as a herbalist, say that a herb will cure, even though a lot of prescription drugs are made from herbs. ... ***It isn't because the herbs don't work and the drugs are better, it's just because they have more money, they lobbied more and got the law passed in their favour.*** *That is why people get this idea that herbs don't cure you."*
Dr Richard Shulze

A number of natural treatments are highly regarded as anti-cancer remedies. If natural cancer experts would compile short lists of the best treatments against cancer, herbs will be on most of the lists. Essiac or Flor•Essence will often be mentioned as this is the most well known herb combination against cancer. Essiac and a number of other herbs will be discussed.

Importance of herbs
In this chapter herbs will not receive the attention it deserves as I will need another lifetime to finish the job. If you are still uncertain about the absolute importance of herbs take careful note of what Dr Robert E Willner said:

> "My opinion, however, is that they (herbs) are superior 95% of the time to any pharmaceutical drug."

Sutherlandia and Rooibos
Without exaggeration it can be stated that thousands of herbs were utilized over thousands of years to treat cancer. Unfortunately we do not have an internationally renowned herb doctor today that is able to focus the world's attention on herbs. Many herbs are non-toxic and boost the immune system. In this report I often refer to Sutherlandia and Rooibos. Traditionally Sutherlandia is known in South-Africa as the cancer bush. Sutherlandia can have a profound effect on the immune system (Piet van der Merwe in chapter 1) and improves the appetite. An old neighbor who lived opposite me told me about his uncle who cured his cancer by only drinking cancer bush (the leaves), collected in the veldt. The tea from these leaves is really alkaline and nearly undrinkable. Sutherlandia (tablets) will always be on my cancer list.

According to www.sutherlandia.com one tablet (300mg) twice a day, after meals, is the minimum dose, but two tablets may be taken three times a day on a long term basis. There is a well-established present and historical folk-use of Sutherlandia in the treatment of cancers and preliminary clinical evidence that Sutherlandia has a direct anticancer effect in some cancers. It should not be recommended as a so-called 'universal cancer cure', but rather as a quality-of-life tonic. Sutherlandia dramatically improves appetite and typically improves energy levels.

Rooibos (*Aspalathus linearis*) grows naturally and as planted shrubs in an area northwest of Cape Town (Clanwilliam). It is brewed like black tea and traditionally used for colic, allergies, asthma and skin rashes. Rooibos has a calming effect and lowers the blood glucose level (animal studies). After drinking the tea the anti-oxidants in Rooibos is measurable in the blood, the liver benefits, it fights inflammation and has an anti-cancer effect. Research is at an

early stage. Large amounts of Rooibos tea may be consumed, indefinitely and possibly has an anti-cancer properties (www.rooibosltd.co.za/rooibos-research-summaries.php).

If Rooibos is not available drink tea made from ginger, peppermint or other herb tea.

Ginger
Ginger is an important herb and is utilized for so many purposes that a list will get too long. In terms of characteristics www.herbwisdom.com/herb-ginger-root.html mention:

> Anti-emetic, anti-inflammatory, anti-oxidant, antiseptic, antispasmodic, anti-viral, carminative, circulation-stimulating, detoxifying, diaphoretic, digestive, lymph-cleansing, mild laxative, perspiration-inducing, warming.

As far as cancer is concerned ginger is known as a remedy against nausea. Interestingly, the effectiveness of standard medications against nausea is increased if it is combined with ginger (www.mayoclinic.com/health/ginger-for-nausea/AN02018). Ginger is also used for nervousness, loss of appetite, stomach spasms, gas, to lower the levels of sugar- and cholesterol in the blood, weak circulation, to lower blood pressure, to keep blood thin and to prevent the clotting of blood. It has anti-cancer properties, is anti-inflammatory and anti-virus.

The question is not if you should consume ginger, but rather how you can ingest much more. Nevertheless a warning is appropriate: cancer patients are always encouraged to add more to their diet and to eat more. We should also think about our stomachs at the receiving end. Be aware of your stomach's reactions and, if necessary, go slower, rather than having a damaged stomach lining.

We all know ginger tea, made by pouring hot water on a slice of fresh ginger. Ginger is also a flavoring with many dishes - think in terms of soups, marinades and stews. I tend not to recommend supplements, but you need enough ginger and should seriously consider ginger capsules.

It has been determined that ginger can kill prostate cancer cells. As a relatively small portion of ginger may lead to a positive reaction it might be a good idea to try ginger. Start with two capsules per day (300mg x2). In eight weeks the prostrate tumor should be 50% smaller, according to
www.naturalnews.com/038215_ginger_root_miracle_cure_prostate_cancer.html).

The next step would be to try mega doses of ginger. Generally I am careful about mega doses. If cancer is tackled holistically results should be obtained without mega doses. If you feel it is necessary to take the more drastic route a study of the subject should be done.

Turmeric
It is difficult to exaggerate the importance of turmeric *(Curcuma longa*). Jason Barker (The Townsend Letters) tells us that turmeric is a traditional Indian herb for the liver that stimulates the gall-bladder and immune system, with anti-oxidant, anti-inflammatory, anti-fungus, anti-bacterial and anti-cancer qualities. *Curcumin*is is the most important ingredient

in turmeric and gives the yellow color. According to research turmeric protects the liver with its anti-oxidant working and lessens the oxidation of fats in the liver.

Jonathan Chamberlain (www.longilandpress.co.uk/fightingcancer) emphasizes the connection between turmeric and cancer:

> in Sri Lanka the cancer mortality rate per 100,000 is 26.1 for females and 29.3 for males. This compares with US rates per 100,000 in the region of 138.6 for women and an astounding 206.0 for men. This difference is highly unlikely to be due to genetic or hereditary factors, for two reasons: 1) the population of Sri Lanka is ethnically very varied and 2) the cancer rates of Sri Lankan immigrants to North America and Europe rise considerably within just a generation or two.
> In Sri Lanka a typical diet includes large amounts of turmeric - a spice that contains curcumin, used in curry powders. According to dr Moss the three key benefits of curcumin intake are that it:
> * is rich in antioxidants
> * is a natural anti-inflammatory
> * inhibits the growth of new blood vessels in tumors. ie it is a cancer preventive using anti-angiogenesis (for the same reason turmeric must be avoided during pregnancy!!)

To sprinkle turmeric over your food is not enough - you should dissolve a teaspoon of turmeric in half a glass of water and drink it every day (add a dash of black pepper to increase the absorption rate) - it represents real value for money.

Cayenne pepper

Dr Richard Shulze, master herbalist, absolutely believes in the plant chemicals, vitamins and minerals in cayenne pepper. He is a follower of Dr Christopher who even treated stomach ulcers with cayenne pepper (one teaspoon in a glass of water, three times a day). Shulze tells of a man with inoperable brain cancer who cured himself by detoxing his colon and liver and drinking ten cups of cayenne pepper tea a day. Three months later there was only a dried-up dead tumor in his head (www.mnwelldir.org/docs/cancer1/altthrpy.htm#Artemisinin).

Cayenne pepper widens the arteries and thereby improves the transport of oxygen and food and the removal of waste products. According to www.mnwelldir.org/docs/cancer1/poly.htm cayenne pepper potentiates anything that is taken with it. Remember that imbalances in the body create cancer. Ten teaspoons cayenne pepper sounds like another imbalance. A teaspoon cayenne pepper a day dissolved in a glass of water could be a good idea, but multiplied by ten?? Gerson would not approve. Cancer should be treated in a holistic way and I have doubts about these dramatic treatments [Please remember that white and black pepper are not related to cayenne pepper and should be avoided, except for a dash of black pepper to increase the absorption of turmeric].

If you want to take mega doses of cayenne pepper first study the problem.

Garlic

Garlic is probably the most well known herb and could be (with onions) of considerable help to people who avoid table salt in their meals. Garlic strengthens the NK and white blood cells, has anti-cancer properties and stimulates interferon production. It can even stop cancer

growth and lessen cancer pain (Dr Richard Shulze - www.whale.to/cancer/quotes.html). Add garlic to your food and by trial and error you will find the optimum daily 'dosage' [Hippocrates had a high regard for garlic].

In his book *Beating cancer with nutrition* Patrick Quillin mentions astragalus, echinacea, goldenseal, licorice, ginseng, ginkgo, ginger, Rhodiola rosea and cat's claw as important herbs (www.patrickquillin.com/nutritioncancer.html). If you are not knowledgeable about herbs you will need the help of an herb master or do self-study.

Milk thistle

Milk thistle is a plant whose fruit and seeds have been used for more than 2,000 years as a treatment for liver and biliary disorders. The active substance in milk thistle, silymarin, is a mixture of flavonolignans, primarily consisting of four isomers: silybin, isosilybin, silychristin (also known as silichristin), and silydianin (also known as silidianin). In the biological literature, silybin is referred to as silibinin. Laboratory studies demonstrate that silymarin functions as a potent antioxidant, stabilizes cellular membranes, stimulates detoxification pathways, stimulates regeneration of liver tissue, inhibits the growth of certain cancer cell lines, exerts direct cytotoxic activity toward certain cancer cell lines, and may increase the efficacy of certain chemotherapy agents. All cancer patients should take this supplement.

The most renowned herb combination for cancer is Essiac or Flor•Essence ("Essiac+").

The history of Essiac

The history of Essiac is an inspiring and true story. Rene Caisse (pronounce: "Reen Case") was a Canadian nurse who obtained the herb formula called Essiac (her last name spelled backwards) from a Canadian native. She healed a number of family members during the 1920's (not 'remission' for a short period!). That included her mother, who at the age of 72 had terminal liver cancer, but after the Essiac treatment lived for another 18 years and died from heart failure ["(It) made up for a great deal of the persecution I had endured at the hands of the medical world," - Caisse's own words].

For more than 50 years Caisse treated probably thousands of cancer sufferers without asking money. In 1938 her supporters collected 55 000 signatures to legalise her treatment. She was only three votes short in obtaining approval from parliament in Ottawa.

In 1926 eight (naïve!) doctors, on behalf of Caisse, asked the authorities for financial help. The response was that she should be arrested. However, the investigators were so impressed that one of them offered her his assistance. Certain doctors protected her. Dr Frederick Banting, the co-discoverer of insulin, thought that Essiac regenerates the pancreas and restarts the production of insulin. Diabetics still take Essiac to improve there health and many stopped using insulin (www.healthfreedom.info/Cancer%20Essiac.htm). Essiac strengthens the immune system and detoxifies the body.

Caisse not only got hold of the cancer herb formula and treated many patients (she kept the formula secret), but experimented and made changes. Her collaboration with Dr Charles Brusch was fruitful. According to Brusch:

> The results we obtained with thousands of patients of various races, sexes, and ages, with all types of cancer, definitely prove Essiac to be a cure for cancer. All studies done in four laboratories in the United States and one or more in Canada fortify this claim.

In 1977 Caisse, Brusch and a man with the name of Fingard signed a contract to transfer the secret formula to a Canadian company, Resperin (*Alternative Cancer Remedies. Facts for Historians and Medical Researchers* by Vance Ferrell, p. 135). Caisse was at the end of her life and only wished that her work would continue. The Cancer Industry tried to stop her. Only two hospitals were allowed to give Essiac to its patients and the doses were too small. Clinical tests could only be performed by private practitioners after filling in very long questionnaires. Rene Caisse was aware of this and died on 26 December 1978 with a broken heart.

The Canadian authorities took further steps that should have lead to the end of Essiac. The only accommodation was that private practitioners could still prescribe Essiac, but they had to comply with a lot of red tape.

Reference was made to the collaboration between Caisse and Brusch. He was the personal doctor of President Kennedy and cured himself from colon cancer by only using Essiac. Caisse shared her formula with Brusch and he became the joint owner. He collaborated with a Kansas herb expert to increase the potency of the mixture by adding four more herbs. The improved formula is sold under the name Flor•Essence and is manufactured by the Flora Manufacturing Company. They are part of an international group with organic farms in Germany, Chile and Florida.

Brusch said in a radio broadcast from Vancouver (November 1984):

> Essiac is a cure for cancer. I've seen it reverse and eliminate cancers at such a progressed state that nothing medical science currently has could have accomplished similar results. I wouldn't have believed it myself had I not seen it with my own eyes. I feel very strongly that Essiac is the single most beneficial treatment for cancer today.

One problem was that the authorities regarded Essiac as a cancer medicine. To lessen official resistance the name was changed and marketing done through health shops. The improved Essiac is sold under the name Flor•Essence without claiming that it is a cancer remedy.

Conclusion

The history and results obtained by Rene Caisse and Charles Brusch are of such a nature that all cancer patients should seriously consider Flor•Essence as a cancer remedy. [Essiac is also a possibility, but Flor•Essence seems to be the better product. Confusing claims are made by producers of various Essiac products.]

Individual users of these herb products are often really enthusiastic about results. Scientific information does not exist or is negative. As head of neurosurgery for children at the University of Toronto Hospital, Dr E Bruce Hendrick requested the minister of health in 1983 for a scientific, clinical evaluation. Eight or ten of his patients no longer needed radiotherapy or chemo after Essiac treatment (www.sonnewald.org/assets/pdf/literature/essiac-tea-story.pdf). No investigation has been done.

On the internet the information about Essiac is chaotic. Read www.seedsforchangewellness.com/Articles/ArticleEssiacFlorEssence.html for illuminating insights.

Summary
Flor-Essence is an important herb combination for cancer patients. Other herbs discussed were Sutherlandia, Rooibos tea, ginger, garlic, turmeric, cayenne pepper and milk thistle. It should all be part of any treatment.

It would be wrong to regard Flor-Essence as a complete treatment. The basis of this report is that a new life style is of prime importance and should be worked on every day. The most important part of a new life style is a cancer diet. Flor-Essence and the other herbs are additional measures.

We continue this report with an introduction to cancer diets.

9. Cancer diets

The cancer diet is just as important as the cancer treatment. If the cancer diet is not, in and of itself, treating the cancer, then it is interfering with the cancer treatment!!!
Webster Kehr

This chapter is an introduction to cancer diets and is followed by five chapters describing different dietary treatments. In chapter 3 diet was shown to be an important cancer treatment.

Diets, as natural cancer treatments, have a long and favorable history. In the last part of the previous century diets were the most important way of treating cancer naturally. The Gerson therapy, as an example, is still popular.

With a cancer diet the purpose is not to change the existing (mostly) bad diets of patients with a 'good diet'. Patients should give attention to this matter after recovery. **At this stage *a special, restrictive diet* is followed** in order to slow down and cure the cancer. There are a number of other reasons for following a restrictive diet and it will receive attention later in this chapter.

This restrictive diet has to provide adequate food. The taste of the food may be improved with little pieces of green and colored peppers. Also add tomato and other colorful food, like pineapples. Onions, especially red ones and garlic give fragrance to food, to which cayenne pepper and herbs should be added - no special products from food shops.

It is important to take notice of the link between food and health:

> It never ceases to amaze me at the number of learned as well as ignorant persons who scoff when diet is mentioned. They all seem to believe that no matter what is placed into the body, by some magical process, it makes for perfect health. Yet these same people are very fastidious and concerned about what, how and how much food is fed to their pedigreed dogs and cats and their registered cattle and horses. It is ironic that they cannot see that their own health is equally dependent upon a proper balanced nutritional process... ***At least 86% of all cancer conditions could be adequately treated and/or prevented by diet alone.*** Dr Donald Kelley

Why is diet the first concern?
What follows is based on Philip E. Binzel, Jr., M.D.'s book *ALIVE AND WELL*.

If the question is asked; "What is the first step against cancer?" the answer is a special cancer diet. To understand the reason it is necessary to give background information [Three reasons for a cancer diet have already been discussed in chapter 3: (1) cancer is dependent on sugar, (2) cancer's anaerobic respiration and (3) cancer's preference for an acidic environment.]

Healthy people do get cancer but their bodies have no problem to heal itself (Actually they are not aware of the fact that they had a problem). In the case of a cancer sufferer the situation is different. He/she has a layer of protein over every cancer cell and the body is not able to 'see'

and destroy these cells. If the layer of protein should disappear the white blood cells will be able to recognize and kill them.

The layer of protein can be removed with pancreas enzymes. These enzymes (specifically *trypsin* and *chymotrypsin*) are mostly busy with the digestion of meat and if excessive meat is consumed or a bad diet followed, not enough enzymes will be available to prevent the buildup of the protein layers.

The research was published since the 1950's by scientists like Dr. Ernst Krebs, Jr., Dr. Dean Burk, both of the USA, Dr. Hans Nieper from Germany, Dr. Ernesto Contreras from Mexico, Dr. Manuel Navarro of the Filippenes and Dr. Shigeaki Sakai from Japan (Philip E. Binzel, Jr., M.D. *ALIVE AND WELL*, chapter 2).

Therefore, the first rule of the diet is ***"NO ANIMAL PRODUCTS".*** This not only includes meat and fish but all animal products. To stress this point a quote from Binzel:

> "If it is animal or if it comes from animal, you can not have it. If it is not animal or does not come from animal, you can have it, but you can not cook it." I take away from my patients all meat, all poultry, all fish, all eggs, cheese, cottage cheese and milk (Philip E. Binzel, Jr., M.D. *ALIVE AND WELL*, chapter 11).

He also gave his patients pancreas enzymes.

The first defense line against cancer has been mentioned. The second line of defense, *nitrilosides*, was discovered by Dr. Krebs et al. [There are many ways to treat cancer – we are now looking at the problem from Binzel's perspective.] Cancer cells contain an enzyme *beta-glucosidase* (you only find them in cancer cells). If this enzyme (in the cancer cell) makes contact with *nitrilosides*, the last named enzymes, change in two molecules, i.e. *benzaldehyde* and hydrogen cyanide. Especially *benzaldehyde* is very toxic for cancer cells. *The nitrilosides* react specifically and exclusively on the cancer cells - "… we can see the cancer cells dying off like flies.", according to Dr D Burke (G. Edward Griffin, *World Without Cancer*: *The Story of Vitamin B17*, American Media Publications, 1974, 1996).

There are about 1 500 foods containing *nitrilosides*. The best known form of *nitrilosides* are *laetrile* (vitamin B17) and it is found in apricot kernels, other fruit kernels, millet, blueberries, strawberries and other berries. Laetrile can also be bought as tablets or ampules.

From the above it is clear that if we do not have enough pancreas enzymes or receive sufficient *nitrilosides*, through our diet, cancer could strike. Laetrile is also a remedy.

Binzel stressed that cancer is a 'multiple-variable disease'. Doctors know about diseases with ONE cause, i.e. scurvy, pellagra and diabetes, but cancer is a deficiency disease with a number of possible causes. Consequently, it will not help to take *laetrile* if zinc is not available. Zinc is necessary to carry the *laetrile* through the body. Manganese, selenium, vitamins B and A are also required. A total diet plan is necessary for success.

Where are we now? Binzel's treatment may be summarized as a cancer diet without any animal protein, with pancreas enzymes and laetrile.

Purpose of the cancer diet
A bad diet means cancer is supplied with food and cancer flourishes.

Specific targets can be achieved with a cancer diet:

1. The cancer can be robbed of its food (no sugar, flour, meat, etc.) or

2. The diet can be employed to build the immune system and to supply nutrients to healthy cells, or

3. The diet can be employed to build the immune system AND to destroy cancer cells, or

4. The diet can be the treatment.

Many cancer patients have been cured with a cancer diet (www.new-cancer-treatments.org/Articles/CancerDiet.html). The diet is crucial, but the question is if you should only rely on the diet. In many cases another treatment(s) is added.

With a study of 1 846 mice, by Arthur B. Robinson, Arnold Hunsberger and Fred C. Westall the conclusion was drawn that with a good, balanced (normal) diet cancer growth may double, while with a very restricted diet cancer growth can be lowered with a factor of ten (full report available at www.ncahf.org/digest/01-01.html).

Faithfulness
The diet must be followed faithfully - it is not sufficient to avoid certain foods, but to stick 100% to the subscribed foods. What you do eat is just as important as what you do not eat. Diet may be the cause of the cancer and to heal the old diet must be totally changed. Even something small like refined salt could affect the diet - if salt is used at all it has to be unrefined sea salt.

Another problem is the strong desire for certain things for which you are sensitive. The cause is fungus and if they are hungry for tobacco, meat, cheese, ice cream it makes things difficult for the body (patient). It is absolutely necessary to fight and win against such desires.

Vitamin K
Vegetables and specifically green vegetables are healthy - there is no argument about it. Nevertheless, if to much food that contains vitamin K (vegetables with a green color) is consumed, the blood could thicken to a dangerous degree. Limit green vegetables to 25% - maximum 30% - of total food intake. The vegetables concerned are broccoli, Brussels sprouts, cabbage, collard greens, cucumber skins, endive, green scallion, lettuce, mustard leafs, spinach, turnip leafs and water-lilies.

Cancer diets are not all the same - they may even be radically different. For example, 'InnerLight' of Robert O. Young, prohibits fruit, as it is pH-balanced and destroys fungus. His diet change cancer cells to hibernating, while fruit diets concentrate on the destroying of cancer cells.

Food groupings
For the purpose of natural treatments food is divided into a number of groups:

1. Food that feed cancer cells and makes them stronger, i.e. sugar, white flour, soda drinks and dairy products.
2. Food that causes cancer, i.e. margarine, soft potato chips, nearly all processed foods, aspartame, MSG and cooking oils.
3. Food that directly interfere with natural treatments, i.e. chlorine, fluoride, coffee.
4. Food that prevents the immune system from being fully occupied with destroying cancer cells, i.e. meat.
5. Food that actively fights cancer, i.e. purple grapes, strawberries, broccoli, carrots, pineapples, almonds.

Cancer cells are characterized as aggressive in an acidic environment and 'docile' in alkaline situations.

Some foods fall in two groups, i.e. grapes are loaded with glucose (supplies food to cancer cells), but it is also a cancer killer, as it contains many anti-cancer ingredients. Whether grapes are good or bad for a cancer patient depends on the type of diet - positive if the grape diet is followed, but negative if grapes are eaten with certain other diets. Everything in the diet must be foods that fight cancer, prevent the spreading or otherwise help in the healing process. Anything that does not agree with this requirement undermines the diet. This is the reason why raw vegetables are emphasized.

Acidity
One characteristic of a cancer diet is that it makes the body less acidic. Cancer cells are characterized as aggressive in an acidic environment and 'docile' in alkaline situations. (Robert O. Young, PhD: *Sick and Tired - Reclaim Your Inner Terrain*).

The benefits of certain acidic foods

The diets that are later discussed mostly concentrate on alkaline food in order to make the body less acidic, but there are also important acidic foods.

We know that the small intestines and the colon are important to the immune system. Many experts stress the importance of probiotic supplements to strengthen the intestines [In the colon there are also prebiotics. Probiotics with prebiotics are called synbiotics]. Certain foods may also be taken for this purpose. They are all acidic. Fosube.com explains the apparent contradictory situation.

Cancer cells produce large amounts of noxious lev-lactic acid (L+lactic acid – lactic acid that turns left) which lowers the pH of the cells, tissues and body. Foods like sauerkraut juice, other fermented vegetables, kefir and Kombucha are all acidic but do not contain lev-lactic acid. Their acid is called R+lactic acid (*dextrorotatory lactic acid* – right turning lactic acid) and consequently neutralizes the lactic acid of cancer cells. Eating and drinking fermented products make the body more alkaline and increases the number of oxidative enzymes, leading to better cell respiration. ***Fermented products should be taken on a daily basis.***

Sprouts

Fresh sprouts, made at home, can supplement the diet in wonderful ways and provide important enzymes. ***Broccoli sprouts contain 10 to 100 times more sulphoraphane*** (neutralize chemical carcinogens) ***than normal broccoli***, according to the John Hopkins University.

Enzymes
Raw foods should always be emphasized. If raw food is eaten (any raw food) all the enzymes for digesting the food are available. With cooked food all the enzymes have been killed with heat. The body has to produce enzymes and this put a heavy burden on a sick body. Fewer nutrients are now available. Under certain circumstances cooked foods have benefits. However, if the body is burdened with cooked and other harmful foods it will not have enough energy to carry out its most important functions. Sprouts have been mentioned. Other sources of enzymes are pawpaws and pineapples (as unripe as is acceptable to the patient), avocados and mangoes (//reducetheburden.org/).

Meat
Meat is not allowed. It should not be a big problem as the appetite for meat decreases when one has cancer.

There are a number of reasons why meat should be eliminated. Pancreas enzymes are of critical value to patients. The enzymes are programmed to digest meat but when they are busy with this task they do not digest the protein layers on the cancer cells, in order to let the immune system 'see' and destroy cancer cells. Digestion is the body's most strenuous activity, especially the digestion of meat. It can normally take between 15 - 70 hours for the stomach to fully digest meat, leaving little to no enzymes left to address the body's first line of defense, if cancer begins to form (http://winthefightagainstcancernaturally.org/b-17-therapy.html). Animal protein also seems to be a 'cancer food' and a cause of cancer (meat and all animal milk contain growth factor IGF-1 and strongly promote tumor growth (www.health-science-spirit.com/cancer2-strategies.html). Meat creates an acidic body and contains considerable phosphorus causing inflammation (http://www.health-science-spirit.com/cancer6-remedies.html).

The Gerson Research Organization (*Nutritional Immunotherapy Home Guide,* p. 73) gives another reason for eliminating all animal products:

> The condition underlying cancer, chronic and degenerative diseases is a "blockade" caused at least in part by accumulation in cells, tissues, and fluids of mismanufactured and distorted proteins. When the diet is high in all other essential nutrients, the body will often disassemble and reuse these proteins, clearing cells, tissues, and fluids to resume their normal functions. The removal of this blockade is so vital to the health of the whole body that even partial success will elevate immune function, which can lead to a healing reaction in which the blockade is even more rapidly and completely dissolved, which can lead to stronger healing reactions, and so on.

No animal products are allowed, with the exception of cottage cheese, if the Budwig Protocol is followed.

The next quotation is illuminating:

> "Forbear, mortals, to pollute your bodies with the flesh of animals. There is corn; there are the apples that bear down the branches by their weight; and there are the grapes, nuts and vegetables. These shall be our food." Pythagoras, 582 BC.

These words were spoken, about 2 500 years ago, by a wise mathematician. May his words be an inspiration.

It is possible that some readers may get the impression that the author is a vegan or a vegetarian. I wish to state clearly that this report is not about moral concerns, but only about one health matter: cancer. My only criterion is the requirements the literature dictates. ***Whether one likes it or not, quite a number of facts lead to the conclusion that especially meat, but also fish and animal products must be eliminated during cancer treatment*** [I wish I could give you a more acceptable message, but we have to face the facts].

[We are not all the same. If, after all the facts, you still feel you cannot live without meat, read Dr William Donald Kelley's book *One answer to cancer*. His treatment allows meat eating on certain conditions.]

Barley Power
Barley Power is a product made from barley and contains all enzymes. All cancer patients, especially weakened, could profit from this product (at least 12 tablets a day). It could be made at home (the better product) by planting barley or wheat in trays and harvest it when the height is about 20cm. Liquidize and drink.

Pawpaw
Pawpaw is very important for cancer patients as it contains many types of enzymes. Start slowly, as it could be a really good cleanser and overload the digestive system. The only way to fight resistant cancer cells are with pawpaw (and other family members) and the supplement Protocel (www.cancertutor.com Protocel).

Stevia
Stay away from all sugars and sweeteners. Only stevia, in its pure form, is allowed as it is a herb. [Some people object to the after-taste. The main reason is taking too much. Use only a quarter teaspoon stevia in a cup of tea.]

Juicing
Unbelievable results is possible with simple methods. This is Bob Davis' story:

> Juice fasting can produce immediate and dramatic improvement. I have seen results producing a "cancer free" condition in as little as three weeks. I have no hard numbers to quote, but my observation and opinion is that those who diligently apply these principles have at least an 80% chance of complete remission in two months. ...Often a juice fasting procedure is all that is needed for successfully treating cancer. ...I have seen many people make complete recoveries from cancer by juicing alone. (Bob Davis cured himself from prostate cancer with colon cleansing, detoxing and a juice diet: www.healingcancernaturally.com/juicers.html).

[Dr Max Gerson had serious doubts about the way juice is normally extracted - refer to chapter 12.]

Speedy results? ... and a serious warning
Will a cancer diet shows early signs of success? According to Dr J L Hoover ND you will see/feel results after two weeks. Monica Fairall, known for her book, *Challenge cancer the holistic way*, is always careful and of the opinion that a new treatment should be given six weeks.

A further comment by Fairall, about the patient's weight is really important. She refers to a book by Michael Lerner, *Choices in healing* (page 52). After a few months on a new program the weight should stabilize. If progressive and unexplained weight loss continues, the probable cause is a diet that is inadequate.

FOODS THAT SHOULD NOT BE EATEN
Most people are probably of the opinion that food is not poisonous and could be eaten. There are, however, foods that contain bacteria, yeast and fungus. Avoid these foods. If foods with these organisms are cooked they will probably be destroyed, but if the food is put into the refrigerator it could cause problems (www.cancertutor.com/Cancer/RawFood.html).

1. **ALL FATS AND OILS ARE FORBIDDEN,** except the flaxseed/cottage cheese mixture (more info in chapters 12 and 13). [Baking in all its forms are prohibited.]

2. **Sugar** and all its variants like fructose, sucrose, honey, etc. - ***cancer's main food.*** Cancer dramatically increased since the consumption of sugar was popularized. Sugar is the extreme form of starch and is quickly changed to blood sugar. It places a heavy burden on the pancreas. Diabetics whose pancreases do not function good have a three times better chance of developing cancer than the average person. (//trophoblast-theory-of-cancer.com/). [Honey is the most acceptable form of sugar. If a teaspoon of honey is used once a day to improve the taste of a dish it is probably in order.]

3. **Animal protein in all its forms** (meat, fish and all animal products like milk, cheese and eggs) are not allowed. The exception is cottage cheese if the Budwig protocol is followed.

4. Alcohol, especially beer contains a fungus *Aspergilles Ochraceus* - it is even in wine. If only one glass of wine a day is taken the body can manage the situation.

5. Certain mushrooms are recommended for cancer sufferers. It must never be eaten as raw food as it contains fungus. Eat immediately, when it comes from the stove. It should not be stored in the fridge, after cooking, or consumed as a cold dish.

6. Peanuts and cashew nuts are seriously contaminated with fungus - dangerous - avoid. Nuts like almonds and Brazil nuts are relatively safe and important foods.

7. Most grains contain fungus, i.e. corn and barley - do not use as a cold salad.

8. Vinegar makes the body acidic - do not use.

9. All yeast, including brewer's yeast.

10. If quite an amount of vegetable juice and water are consumed the need for warm drinks are limited. Coffee and tea contain caffeine. In my opinion it is better to drink Rooibos tea and to limit green tea as it also contains caffeine, but in capsule form it is strongly recommended. If you get tired of Rooibos tea, drink other herb teas. Green tea or a coffee substitute, say once or twice a day could also be taken. Warm drinks must always be without milk and sugar or anything else.

11. Fruit contains much sugar and may acidify the blood and contribute to the increase of bacteria, fermenting, fungus and mold. ***Fruit juices bought in shops should never be touched.*** Whether apple juice made in your own kitchen should be drunk or added to vegetable juice is a question. I would say that the majority of diets allow for apple juice. The better option is to eat whole apples - the kernels could also be masticated and swallowed (vitamin B17!). Be very wary about all sugars - the only exception is when the grape diet is followed. Fresh fruit juices made from pineapple and pawpaw are strongly recommended.

12. No table salt. It is best to add no salt to food. If you wish to put a little salt on your food buy unrefined sea salt. Onions and garlic help to make food without salt palatable [The importance of eliminating salt will be shown in chapter 12. According to Charlotte Gerson and Morton Walker (*The Gerson Therapy,* page 187):

> ***Salt*** inhibits enzyme production at the cellular level. Furthermore, salt promotes excessive cellular mitosis (cell division). In other words, it ***promotes cancer.***

Several options

There are a number of natural treatments that cure cancer with a diet (only limited other measures). How should one choose between the different diet options? Firstly, the diets have to be investigated and evaluated. For example there are diets where only raw food is allowed. Personal circumstances are important considerations. Some patients are not able to eat a raw-food-only diet. If the diet must contain cooked food (absorption problems), the macrobiotic diet is a possible choice. It needs to be stressed that even when the diet is not the main focus of a natural treatment, the diet should always be an important part of the treatment - a bad diet sabotages a good treatment.

The winner?

A choice should be made between the diets described in this report. Six diets are listed. The first four are strong possibilities. The fifth diet (BNT) is not really on the same level as the first four but should be able to finish off an 'ordinary cancer'.

* Alkaline vegetable diet
* Budwig protocol. This protocol may be easier than the first diet, but the alkaline diet may show earlier results
* A vegetable diet
* Gerson's therapy
* Basic natural therapy (BNT) (raw food)

* Macrobiotic diet (almost everything cooked).

The Macrobiotic diet should only be considered as a secondary treatment for patients with serious absorption problems. The primary treatment should be non-diet. Personal circumstances, i.e. the patient prefers/does not like a liquid diet could be the decisive factor.

The grape diet is not listed as it is only an option once a year, at the beginning of the grape season. It is nevertheless a good choice if a dependable source of dark grapes with pips is available. The fruit diet is also ignored as, in my opinion, it is not really a practical diet.
In the next five chapters the diets will be discussed in detail.

Meat extract
The importance of avoiding all meat is emphasized in this report. If you have any doubts, read chapter 12 (Gerson therapy). However, in a desperate situation, where a cancer patient is very weak as a result of cancer treatment, meat could be considered. According to Webster Kehr organic meat extract should be eaten with a macrobiotic diet. Supplements in the form of vitamins, minerals and essential fatty acids should also be taken. A strong cancer treatment should be combined with this diet [I have doubts].

Summary
A general view of food and the cancer patient was given. A cancer diet, without any other measures, has saved many lives and is the basis of many natural treatments. No animal products should be taken. Raw, unrefined foods, sprouts and juices made in your own home are of cardinal importance.

In the next five chapters specific diets will be discussed. The first diet allows only raw food and is called the Basic Natural Therapy.

10. Basic Natural Therapy (BNT)

Be realistic – expect a miracle.
Walter Last

The Basic Natural Therapy is a simple, effective diet and lifestyle and relatively easy to follow. This chapter is also a good introduction to cancer diets and will give you a feeling of cancer diets in general. The recipes are suitable for most cancer diets.

Naturopaths

A warning may be in order. Let me introduce you to a naturopath - a nature doctor. If you are impressed by flashy cars, expensive holidays, perfect reception rooms, with impressive machines at the back, where all kinds of diseases are treated at a price you are in for a shock. Naturopaths tend to be unimpressive persons telling the same stories over and over. They believe in fresh air, sunshine, raw food and a simple lifestyle. Their stories are very old - read about Hippocrates when you have the time. However, don't sell them short. The danger is that you are so conditioned by dramatic and dangerous treatments that you do not even consider naturopathy. This could be a serious mistake. Read this chapter before you decide. Even if you are terminally ill natural treatment will cost less than your previous lifestyle. Dr Hoover promises that you will feel different within two weeks.

The danger is that you are so conditioned by dramatic and dangerous treatments that you do not even consider naturopathy.

The simple treatment cleans your body, changes your pH from acidic to neutral/alkaline, prevents the cancer from receiving nourishment and stimulates the immune system - do not underestimate this treatment.

Dr Richard Schultze

> Remember, there are many paths to follow, and natural healing isn't for everybody. Give your friend/relative the right to drown themselves in chemical poisons and cut and burn their diseases away until they look like Frankenstein, if this is their choice. ... My own brother usually chooses medical torture over my guidance, and I support him 100% and give him my love (Dr Richard Schultze ND, MH).

Dr J L Hoover

The treatment method is from Dr Jerry Lee Hoover ND and must be strictly followed (www.cancernaturalcure.com). After 35 years as a natural healer he knows his story and is able to convey principles and applications with a minimum number of words. Hoover believes that nearly everything that happens to our health is the result of what we have eaten in the past. Diet is the answer.

Scientists at the University of Victoria in Canada thoroughly investigated 200 cases of 'cancer remission'. In 87% of these cases the reason for the remission was a change in diet - mostly a vegetarian diet.

Groups of cancer patients regularly gathered at Hoover's clinic for a period of 26 days to diet and exercise. All of them became healthier and most of them recovered their health. There was never a death (according to his e book *Natural Medicine*).

Cancer and meat
There is a link between cancer and the eating of much meat, according to Dr Williard J. Visek of Cornell University. [Another problem is that meat makes the body acidic and keeps the immune system occupied. The body is then not able to destroy cancer cells.]

Fruit and vegetables
For years the National Cancer Association held the view that there is no relation between diet and cancer!! [They were unwilling to give the only double Nobel Prize winner, Linus Pauling, research funds to investigate the matter. He had to advertise in the Wall Street Journal:

> "Our research shows that the incidence and severity of cancer depends on diet. We urgently want to refine that research so that it may help to decrease suffering from human cancer."]

Ultimately they saw a little light and now recommend fruit and vegetable consumption to prevent cancer.

Improper nutrition
It is important to keep the body's immunity on a high level. The body is poisoned with wrong food, i.e. meat, dairy products, white sugar, white flour and white rice. To this should be added liqueur, tobacco, coffee, sodas and junk food. Cancer is not able to develop in a body with clean blood and a functioning immune system.

Eight rules
Hoover is convinced that cancer can be prevented and cured by following eight easy rules:

1. A lot of fresh air
2. Drink enough healthy water
3. Eat much healthy, natural food
4. Get enough rest
5. Daily moderate exercises
6. Every day in the sun
7. Moderation in everything you do
8. Believe in God

Cancer cells are weaker than healthy cells. We all have cancer cells in our bodies. Cancer can be treated by building the immune system. The cancer cells are then killed from inside by the white blood cells and the rest of the immune system. No medication, herbs or treatment can destroy cancer, according to Hoover. The only way is the building of the immune system. [I do not agree with Hoover, but the immune system is crucially important.]

Natural ways to build the immune system.
1. Eliminate sugar and junk food.

The average American consumes more than 42 teaspoons of sugar a day. A bottle of Coke represents 8 to 12 teaspoons and a bigger portion of bread two teaspoons sugar. 25 teaspoons of sugar paralyses 92% of the white blood cells for 24 hours.

2. Cut out fat.
Refined fats are regarded as a cancer risk. Breast cancer is more prevalent in women who consume much saturated fat (full cream milk) and animal fat [The even bigger risks are margarine and cooking oils]. A low fat diet is a factor in the prevention of breast cancer but also increases the survival rate.

3. Eat only raw food.
This is the difficult one, but really important. Only raw fruit, vegetables, nuts (almonds and Brazil nuts) and sprouts are to be eaten till the cancer is in remission. Absolute no cooked food - no beans, potatoes or bread. It is not easy but better than chemo with all its misery, like hair loss, nausea, tiredness and weakness. Of course chemo does not build the immune system but leads to further destruction.

Cooked food is dead food. Try to make a cooked bean grow! ***Dr. Earp-Thomas was convinced that it is cooked foods that cause the development of tumors and growths. Replace it with living food and the tumors and growths immediately begin to shrink as the cancer now has a shortage of food***. It is exciting to see how cancer cells, taken from a man, flourishes in cooked food, but perishes in the same food, if it is uncooked. (www.karlloren.com/diet/p66.htm).

Sprouted seeds
We all know sprouted seeds that are sold in styro-foam bowls. Don't buy these products as there is a big chance that it may contain mold.

Sprouts are the cheapest and best concentrated food you can eat.

Produce your own sprouts - the cheapest and best concentrated food that you can eat. The ideal is to buy a set of five specially made plastic bowls (with really simple instructions) to make your own sprouts. Lentils, beans and other dried seeds can be bought (leave the split peas alone!). [Lentils are high in protein and fiber and low in fat, which makes them a healthy substitute for meat. They're also packed with foliate, iron, phosphorus, potassium and fiber.] [Do not buy seeds that should be planted - it may be dipped in poison.]

Wet seeds in a sprouter will germinate and sprout in a few days. The seeds will start to germinate within a day or two. After about another day rinses and eat the sprouted seeds. Leftovers may be kept in the fridge, but only for a day.

Sprouts may be germinated in other containers but it is trouble - Google your problem if you want to try this option. The marvelousness of these raw, sprouted seeds cannot be overstated. Plants go through a long growth process with one purpose, i.e. to put all its energy and available nutrients in the seeds. Seeds are healthy, but if you eat them just after germination, they are absorbed by your body at the time that they are at their optimum best. Besides energy they provide us with vitamins, minerals and enzymes, exactly what the cancer patient really needs.

Don't underestimate this simple method. You have been told that broccoli is good at fighting cancer. That is true, but broccoli sprouts contain 10 to 100 times more *sulphoraphane* than ordinary broccoli, according to the John Hopkins University.

Wheat grass
The liquid obtained from fresh grass is a fantastic cancer remedy. Plant wheat or barley seeds in small wooden trays and keep it wet. In a few days you will have grass. Cut the grass when it is about 20cm in height, rinse and put it in a blender. Drink the liquid after straining.
A second crop may be harvested but then replanting is necessary. It requires organization to have a tray of grass ready for harvesting every day [you could buy Barley Powder and drink at least 12 tablets a day when the fresh product is not available - it contains all the required enzymes].

Do not underestimate this juice. In her book *How I conquered cancer naturally*, Eydie Mae describes how she cured herself of breast cancer in the 1970's. Dr Earp-Thomas ascertained that the grass contain more than 100 elements and is a complete food. He did his tests on chicks, rabbits and cats.

Drink one to three glasses carrot juice daily
Drink the juice 15 to 30 minutes before the vegetable meal. If at all possible buy organic carrots.

Carrots are loaded with beta-carotene, the important building block of vitamin A. Dr. Raymond J. Shamberger, professor in the department of biochemistry, Cleveland Clinic confirms that vitamin A is one of the body's most important ways of fighting and controlling cancer.

Drink water.
Hoover tells us to drink 10 glasses of water [8 glasses according to other sources], but if you perspire or are of above average weight you need more water. The water should be filtrated.

Daily sunbathing
You should sunbath one hour per day, according to Hoover, starting with 10 minutes if your skin is very light [other sources say 20 to 30 minutes]. No sunscreen or oil on the skin or any spectacles on the eyes, while sunbathing. It is important to get ultraviolet rays in the eyes (look into the sun with closed eyes). If the sun is intense during the day (lower latitudes) do sunbathing while the sunlight is not so intense. The idea is not to tan - the lighter the skin the more vitamin D is absorbed. Do not underestimate the positive emotional effect of sunlight.

Interferon is effective against a number of cancers. Dr Hans Strander of Finland calculated that interferon doubled the number of bone cancer patients who survived. Interferon is produced by white blood cells and sunlight stimulates production. [Read chapter 13 - **Sunlight**.]

Barefoot walking

The ground beneath us and everything around us has a frequency, i.e. seeds, plants, animals and people. Cancer cells do not have the same frequency as normal cells. Our body's normal frequency can change easily. It is corrected by walking or standing on the ground (earth) with bare feet at least 10 minutes every day.

Fresh air
Cancer does not like oxygen. Keep your windows open and partly open when it is cold.

Dr Jerry Hoover believes absolutely in *Red Clover.*

Always breath deeply into the stomach. Always be aware of your slow, deep breathing and in due course it will happen automatically (check your breathing often during the day). In this way the capacity of the lungs are improved. At the seaside, near a waterfall or after rain the air is charged negatively (the ideal situation). ***Try to be in the open as often as possible and enjoy the fresh air.***

Exercise in the open
To walk, without a roof over your head, is important. Do it once or twice every day - the distance will depend on your condition but start slowly. Exercise in the open is 10 times better than inside according to Hoover. Outside you get fresh air and the sun. Working out in a gym is like working out in a smelly tennis shoe!

Get enough sleep
You need 7 to 8 hours a night and the hours before midnight are twice as valuable as the later hours.

Use herbs and no supplements
Hoover believes especially in one herb, Red Clover. In the US it is a cancer medicine for more then a hundred years and he saw 'many' people who were cured. Do not use capsules but only Red Clover flowers (not the stems or roots). Boil water and pour it over the flowers and steep for 20 minutes. Use one or two teaspoons of flowers per cup and drink first thing in the morning and last at night, always on an empty stomach. It contains zinc, choline, biotin, copper, coumaryn , glycosides, inositol, magnesium, manganese and selenium, and the following vitamins: A, B1, B3, B5, B6, B9, B12, B17, C and P [Sutherlandia may also be added].

Stress
With cancer stress is an important factor. It is easy to say control your stress but does not solve the problem. Hoover's advice is to take the problems you cannot handle to God (the Greatest Healer)**.** [Meditation is another method, that brings calmness to many. There are people who feel that meditation clashes with their Christian views. However, meditation is an old Christian tradition.] If we hold anger, hate, selfishness, etc. inside ourselves, we will not recover. If you still cannot deal with the problem get professional help (registered psychologist).

These simple methods are able to show results in two weeks. You have to THINK that it is possible to heal yourself and that expensive surgery and dangerous medication are not necessary. Just follow the above mentioned instructions.

Raw food recipes
The recipes are from Mirko Albrecht. [Rather avoid/limit raisins. Nuts could have mildew. Limit nuts to almonds, Brazilian nuts and walnuts. Do not touch raw flour.]

Recipes should be delicious and have healing results. Consequently, the recipes will strengthen the immune system, help stress, reduce poisons in the body, improve the functioning of the liver, provide vitamins, minerals and enzymes and make the body less acidic. The recipes were copied from Hoover's website.

[Albrecht knows how to make delicious food. As food preparation takes time and energy, remember that most foods can be eaten as is, i.e. nuts, fruit, sprouted seeds, etc. Nuts should be thoroughly chewed to maximize absorption.]

Preparation for raw nut flour
You can have your own fresh and raw almonds/nuts flour/powder without any other ingredients any time you want.

You grind up just nuts f.e. almonds with a grind mill or coffee mill by electricity or manual operation. For some recipes you may add chopped/shredded nuts as well. Then blend all ingredients in a powerful blender/food-processor. (Nuts exclude peanuts, and must be raw and unsalted. Rather buy almonds and Brazil nuts (alkaline). To optimize absorption grind the nuts to a powder and chew thoroughly. For certain recipes the nuts may be chopped or shredded.)

Some Variations for Vegetable Dips
Mix all ingredients for a dip together in a blender. Add little salt to taste. Then cut raw vegetables in sticks f.e. carrot, fennel, cucumber, tomato or vegetables of choice. Now dip these vegetables in it and eat them.
These dips you may add as salad dressing as well.

Vegetable Dip with fresh Parsley
- ¼ to ½ Avocado
- ½ to ¾ cup water
- 1 tsp. fine chopped onion of any kind (f.e. scallion, shallot, leek etc.)
- 2 to 3 tsp. chopped parsley
- Instead parsley, you can add chives, lemon balm, basil or sprouts of choice.

Vegetable Dip with Tomato
Mix tomato, water, nuts and avocado in a blender together. Then add onion, celery and salt to taste.
- 1 to 2 tomatoes
- ¼ avocado
- 10 raw cashews, macadamia or almonds (chopped)
- 1 tsp. fine chopped onion of any kind
- 2 to 3 tsp. fine chopped celery
- ½ to ¾ cup water

- salt

Some Variations for Fruit Dips
Mix all ingredients together in the blender. Instead of almond flour, you can add raw flour of cashews, macadamia, hazelnut or walnut. But almonds are alkaline.
Then cut raw fruits f.e. apple, strawberry, mango or any kind of fruits in halves or sticks and dip these in it and eat.
These dips you may use as sauce in some fruit salads as well. Or you can add more water or nut milk in the dip and you have a Smoothie to drink.

Papaya Dip
Possible Fruit Variations: If you would like you can ½ to 1 mango, 2 peaches or 4 apricots as well instead of papaya.
- 1 to 2 thick slices papaya
- ½ orange
- 3 tsp. coconut (fine shredded/flakes)
- A few drops lemon juice (limes or grapefruit juice as well)
- Add very little water when mixture is too thick.

Banana Cocos Dip
Possible Fruit Variations: If you have interest, you can add dried fruits such as 1 tsp. raisins (unsulphured), 2 dried apricots, unsulphured (fine chopped) or 2 dried figs, unsulphured (fine chopped).
- ½ to 1 banana
- 3 to 6 tsp. almond flour
- 1 to 2 tsp. coconut (fine shredded/flakes)
- ¼ to ½ cup or more water
- a few drops lemon juice (must not be, but you can add juice of Grapefruit or limes as Well)

Apple-Raisin-Almond Dip
- 1 little apple
- 2 to 3 tsp. raisins (or a couple of dried apricots or fresh grape)
- ½ cup water
- 4 to 6 tsp. raw almond flour or nuts of choice f.e. cashews, hazelnut
- a few drops of lemon juice (or grapefruit, limes as well)

Vegetable Smoothies
Mix all ingredients together in a blender. Add a little salt to taste and then drink.

Vegetable Smoothie Base
- 2 tomatoes (diced)
- 1 tsp. onion of any kind (fine chopped)
- 4 to 5 tsp. chopped sprouts of choice or celery
- 2 to 3 cups water and a little salt

You can add also to these vegetable Smoothie base further chopped or fine shredded ingredients (with vegetable grater) carrot, paprika, young spinach or/and some culinary herbs

such as parsley, chives, basil, lemon balm, garlic, wild garlic leaf etc. red beet, fennel.

Fruit-Smoothie
A simple base is, if you mix in the blender/food processor one fresh sweet fruit with water. You can also add more different type of fruits together f.e. banana and orange or cocoa flakes. Or take instead of water nut milk of choice. Or add a combination of fresh fruits and dried fruits f.e. raisins (unsulphured). Have fantasy for new creations!

Apple-Smoothie
- ½ apple
- 1 to 2 tsp. raisins (unsulphured) or 10 or more fresh grapes
- a few drops lemon juice or 1 slice lemon
- 2 to 3 cups water

Papaya-Smoothie
- ¼ papaya
- 2 to 3 cups water
- ½ orange

Banana Smoothie
- ½ to 1 banana
- 3 cups water
- 1 to 2 tsp. coconut flakes/fine shredded

Banana-Cream-Dessert
Lay 2 ripe bananas (cut long side) in a dish form on the top of it the ½ orange (fine diced). Then our fruit cream on the top. If you want, add 2 to 3 tsp. chopped nuts of choice, on top of it. Put our Banana-Cream-Dessert in the refrigerator. It tastes very good after 1 hour.

Cream-Base:
Mix all ingredients in a blender together. ½ banana, ½ orange, ¾ cup of water, and 6 tsp. raw almond flour. If you have interest, you may add a pinch/trace of vanilla. Alternate to raw almond flour, may be hazelnut, walnut, cashews or macadamia as well.

Nut Milk (Homemade)
I add nut milk as base for Ice Cream, fruit salad, vegetable salad, desserts/puddings or for Smoothies.
The preparation is easy. Add 1 to 2 cup water and 6 to 9 tsp. raw nut flour/coconut shredded. This nut milk is made by soaking the nuts flour at least 4 hours or overnight, then blending them.

STRAWBERRY BANANA SMOOTHIE
Cut up one banana and add two cups of water, fresh or frozen strawberries in a Blender. Add a pinch of vanilla and blend.

ALMOND MILK

Soak a cup of almonds over night in 3 cups of water. Add a blend in a Blender.

Summary
Dr Hoover has eight rules that could mean the end of cancer. If you do everything he suggests you should already feel better after 14 days. If you decide to follow Hoover (BNT) you should integrate his treatment with the information in chapters 8 and 15. The rest of the report must also be studied, but chapter 12 is really important.

Vegetable-, fruit juice and grape diets are discussed in the next chapter. These diets can be effective, but especially the grape diet demands exceptional self-discipline.

11. Vegetable-, fruit juice and grape diets

Do not let either the medical authorities or the politicians mislead you. Find out what the facts are, and make your own decisions about how to live a happy life and how to work for a better world.
Linus Pauling

You may skip the grape diet as grapes are only available for a short time during the year, although you might miss important insights. Availability is the reason why the diet is not so popular. I do not regard the fruit diet as really practical, but most 'vegetable diets' provide for some fruit. We begin our discussion with the highly regarded vegetable juice diet.

The vegetable juice treatment
As the name implies the diet consists mainly of vegetables that has been juiced (some fruit are often juiced with the vegetables). Ideally it is freshly made every time.

The specific vegetables listed (see under **Robert O Young**) were chosen for there anti-cancer action. The result of juicing is that much more nutrition is available and absorbed than with whole vegetables, although part of the vegetables are discarded. If it is important to consume the vegetable (i.e. if it is a cancer fighter) process it in a food processor. Any vegetable may be consumed as raw food in order to obtain more fiber or to relief a feeling of hunger.

Carrots are the main ingredient of any vegetable juice. Organically grown carrots are important.

Carrot juice
Carrots are very important cancer fighters. The glucose in the carrots is absorbed by the cancer cells with many other ingredients that fight cancer. **Carrot juice has to be the main ingredient of all vegetable juices.** If possible the carrots should be organic [***for the equipment needed refer to chapter 12* - Juicing**]. Make one liter carrot juice with your juicer and add two small beetroots with one or two washed leaves (don't worry about the red urine that you will see later in the day!) and some cruciferous vegetables (Brussels sprouts, cabbage, broccoli) [if the vegetables are not organic put the heads in boiling water, shake and repeat the process].

Turmeric is really important.

This recipe will give you about three glasses of juice and should be adjusted for one person. Drink only fresh juice, but if you have to deviate (drinking juice during an outing) add vitamin C to the juice.

Peppers and asparagus may be added to the juice.

On a daily basis add a teaspoon turmeric to the juice with a pinch of black pepper, to improve absorption [to overstress the value of turmeric will be difficult – see chapter 8].

You will read in chapter 12 that all the day's juice may be made in the morning, provided a teaspoon vitamin C is added to every 4 cups (quart, 32 ounces) of juice and kept in the

refrigerator. It does not taste as good as the fresh product, but experience with many patients have shown that it work.

There are patients who only drink vegetable juice during their intensive treatment period (no other food) – there are alternatives. Dr Jerry Hoover (previous chapter) and the next two chapters will show the way, but rather read to the end of chapter 15 before starting with the diet.

According to R Webster Kehr vegetable- and fruit juices should not be combined or alternated as it is the cumulative effect that is important [on the combining of vegetable- and fruit juices most alternative experts will disagree with Webster Kehr - it is more or less standard practice to combine carrot and apple juice. Decide for yourself, after reading about Robert O Young]. My own experience is that carrot juice alone does not taste good, but add a little apple juice and it is delicious.

Robert O Young

Robert O Young is well known for successful cancer treatments and for his book *Sick and Tired? Reclaim Your Inner Terrain*. He believes in alkaline foods and recommends:

> "broccoli [*], asparagus [*], beets [*-moderation], cabbage [*], carrots [*-moderation], cauliflower [*], celery, cucumbers, egg-plant, green and yellow squash [moderation], green beans and peas (fresh), red[*] and yellow[*] peppers (also green[*] if they agree with you), spinach, mustard greens, collards, kale [*], lettuce, okra, parsley[*], scallions, radishes, Swiss chard, watercress, sea vegetables, such as nori, wakame and niziki, wheat grass[*-usually juiced], barley grass[*-usually taken as a supplement], turnips[*], and ***sprouted grains[*] or beans[*]. Also eat lots of garlic[*] and onion[*], if they agree with you."***

* is food that is anti-cancer and important. Onions should be raw and preferably red.

Young confines fruit, as a cancer treatment, to unsweetened limes, unsweetened lemons and avocados, but prefers lemons. Lemons have an advantageous effect on the liver and provide oxygen to the body [?]. It is good to take at bedtime.

The above mentioned information gives you useful ideas for your vegetable diet. Otherwise, follow Young 100%. You are then on a proper alkaline diet that should show quicker results than any other diet. If you add Bob Beck's machines to your treatment you should be on your way to health [if you take this route get hold of Young's book].

Starches

Although we have cut out most sugars there is an important source of sugar in the form of starches. No baked products are allowed and look out for **starchy vegetables**. Don't eat sweet potatoes and peas and certain beans with high starch content. Potatoes are a good source of protein but contain much starch and are acidic. If potatoes are peeled with a thick layer of potato the cooked product will be alkaline. In my opinion a patient who eats no animal products needs the protein in potatoes. However, keeps potato eating within limits.

Freezed lemons

If you studied this report you will know that I am very positive about lemons. It is possible to get even more benefit from lemons by freezing small lemons (after washing). Once or twice a day a lemon is grated over the food (grating is easier if the lemons are removed from the freezer at least 30 minutes before grating). The food will be tastier, but more important the rind destroy cancer cells, is anti-microbial, kills parasites and worms [absolute important for cancer sufferers - get rid of them], lowers high blood pressure, is an anti-depressant, improves stress and nervous problems. The unbelievable part is that this information comes from one of the largest manufacturers of pills! (Bill Henderson Newsletter, 19/11/2012).

A cancer doctor of a few decades ago, Cornelius Moerman, asked his patients to consume three lemons a day (www.cancertutor.com/Cancer/Moerman.html).

Goldie Locks
We all remember Goldie Locks who annoyed three bears one morning by eating their porridge, sitting on their chairs and sleeping in their beds. She new exactly how porridge should taste and how a bed or chair should feel. With such a sensitive mouth and body she was a connoisseur of wine and food, twenty years later!

Is there any connection between Goldie Locks and this report? Definitely. The right food and just enough of everything is important, whether we think in terms of onions or garlic or any other food [there are also things that you should not touch - food that does not agree with you].

Your digestive system is important and you must be aware of your digestive organs. If you are eating more or less enough of say Robert O Young's list that is fine. Sorry that I am unable to be specific but it is impossible to give exact figures. You have to get very sensitive about eating and drinking. Tell your digestive system tonight: "Goldie Locks I get more sensitive about my eating every day. Today I drank enough carrot juice, but I should have added another cabbage leaf and another beetroot …." Earnestly, it will not happen in two or three days but if you try to be sensitive you will soon get the feeling that you are more in control and aware of adaptations that still need to be made ... Remember about sensitivity and imagination (trying out new ideas).

Fruit juices
While nearly everyone agrees with the positive results obtained from vegetable juices the opinion on fruit juices is not unanimous – to say the least. ***Fruit contains a considerable amount of sugar.*** If it is decided to follow a fruit juice diet, concentrate on dark grapes (the pips and skins are important), blue berries, red and black raspberries, strawberries, peaches and apricots. Pineapples (only raw and fresh) and tomatoes are fine. Remember to chew the pips of fruit. The stones of peaches and apricots must be broken before the kernels can be chewed.

The ratio of lysine/arginine in fruit/vegetables is very important (lysine inhibits cancer and arginine stimulates cancer). Pawpaw, mangos, apricots, apples and pears are the fruits with most lysine. The vegetable with the highest value of lysine is beetroot. See www.herpes.com/Nutrition.shtml for a list. Lysine prevents cancer enzymes from destroying

the collagen of cells. Try to concentrate on fruit/vegetables with high lysine values. [For background information consults the book 'Cancer' by Dr Matthias Rath.]

Some juices are called super-juices, i.e. mangosteen, noni and goji (*wolfberry*). It is bought in shops as a juice (all other juices must be fresh), is expensive and [is supposed] to have a strong anti-cancer effect. Only 5 to 6 ounces should be taken per day as many toxins are released. If there are doubts about the liver do not drink these juices.

[After writing the previous paragraph I read about Dr Lorraine Day and super juices. Associated Press conducted independent tests on at least one of these products. It does not contain more anti-oxidants than other juices and the juices have to be boiled to obtain a long shelf life - necessitating the use of preservatives. Day knows someone who drinks these juices and think that there is 'uppers' in it - the kind of ingredient (like caffeine) that let you feel high and later low. Whether the effect is obtained with chemicals or herbs better stay away according to Day (drday.com). Maybe it is better not to touch super-juices.]

The grape juice diet

The grape diet is also known as a grape fast to emphasize the total exclusion of all other foods. Keep in mind that it is only possible to follow the diet during the grape season. In South Africa the first grapes are available during December (expensive), but you have to wait till February for dark grapes at a reasonable price. Purple grapes (dark color) with pips should be used while red grapes are less desirable. Vegetable juices are the alternative but the two types of juices should not be combined or alternated.

The grape juice diet seems to be a simple and easy diet. However it demands the utmost self-discipline, but the chance of success is considerable if the diet is followed diligently. If you are not strongly motivated you are wasting your time. You have to be dedicated. ***Either you commit yourself 100 percent or try something else.***

It is not necessary to conquer cancer with drastic treatments (cut, burn and poison):

> "What she (Dr. Johanna Budwig) has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: CANCER IS EASILY CURABLE, the treatment is dietary/lifestyle, the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable, in vitro (test-tube) as well as in vivo (real)..." Dr. Dan C. Roehm M.D. FACP (Oncologist), 1990. [This quote is about the Budwig protocol but also true of many natural treatments.]

The grape diet is well known as a treatment for cancer, but is also employed for kidney problems, rheumatism and arthritis. It is not meant for swift cancers like pancreas cancer or for patients who are already weak.

The diet requires the utmost self discipline, but the possibility of success is considerable if it is followed conscientiously.

Johanna Brandt

This diet was developed by Johanna Brandt, who suffered for years from cancer and cured herself. She then studied naturopathy in the US and treated many patients in Cape Town. She stopped working in her 85th year - during the 1950's. Her

original book was published in the 1920's and the public again become aware of her work when Basil Shackleton published his book *The Grape Cure* in 1969. More recent information was obtained from: www/cancertutor.com.

Shackleton's self treatment
In his book Shackleton tells the story of how he contracted bilharzia (parasite) as a child in Africa and struggled for years with bad health. His kidneys were affected and as a last resort he tried the grape diet. He probably also had cancer. After the diet his only kidney functioned correctly. He was miraculously and permanently cured after 23 days on the grape diet. He feels strongly that the body is a self healing organ:

> "I lived on grapes, and grapes alone for seven weeks, and that on the twenty-third day of the treatment, an abscess came away from my one and only kidney, and that my body had completely cured itself - after all orthodox medical treatment had failed over a period of forty years."

Shackleton believes it is the body that cures itself, provided that the mind is conditioned to give the body the chance to do the job. It is impossible for a doctor to heal - the body does its own healing. The body has to get rid of all toxic matter, excretions, dead and sick tissues and foreign material within 24 hours through its excretory organs or there is an accumulation in the body – the main cause of all sickness. If you are really ill self-discipline is difficult and you need support. You could expect headaches during the first four days (normal reaction and part of the cleaning process).

The body is a perfectly balanced organ with an automatic digestion process. To keep healthy requires strict discipline to balance the claims of our modern lifestyle. ***Moderacy, rest, fresh wholesome foods, regular exercise and plenty fresh air are necessary to maintain wholeness, but the principle need is for a wholesome, anger-free mind which is controlled by a spirit constantly in communion with God.*** If the body is gradually poisoned until a crisis develops it is possible to clean the body again and gradually free it from toxins. This is what this diet is doing. Every sick cell is removed from the body without doing any damage or loss of energy.

Weight will drop with 3 to 6 pounds a week while on the diet. When the blood is clean the reduction in weight stops for a few days and then the weight increases somewhat, while continuing only eating grapes.

Plan of action
Use ripe, sweet grapes, preferably organic grapes [unfortunately you get 'manipulated' grapes - grapes without pips with thick skins - hormone treatment - buy dark grapes with pips].

Shackleton made small bunches of about six berries each and placed the fruit in hot water, shake the bunch and changed the water three times [another suggestion is to put the fruit in soapy hot water in order to remove water and oil based poisons and dirt - do not use chemical soap. Repeat the process three times and rinse in clean water]. The ideal situation is to obtain organic grapes. Eat grapes when you feel like eating. It is important to properly chew every berry and all the skins and many of the pips. Swallow all the skins. Pulped grapes should not be swallowed without chewing. Chewing is important even when food is very soft as the

mixing of saliva with the grapes are an important part of digestion. Evacuation should not be a problem. If there is a problem take an enema or a 'glycerin suppository'.

Water is allowed but no other food, drinks or cigarettes. ***The water could be cool if the patient is thirsty and warm if nausea occurs.*** If all these requirements are not met the diet is a waste of time. Before starting with this diet Shackleton sipped warm water day and night to dilute poisons [it is probably better to just start with the diet].

Grapes are a solvent that removes all undesired stuff from the body, but it is also an antiseptic and builds new cells. Grapes contain glucose and fructose and many vitamins and minerals. It contains organic acids, but also potassium, calcium, phosphorite and iron. Consequently it makes the acidic condition of the body more alkaline [all cancer patients are very acidic]. There are many ingredients in the grapes that fight cancer, stop the spreading of cancer and expel toxins.

Divide the 24 hour day in two halves, i.e. 8am to 8pm (day) and 8pm to 8am (night) (or any other cycle of 12 hours). During the night no grapes are consumed, only water. After 8am small amounts of grapes are consumed all through the day. The fast during the night creates a need for food in the cancer cells. If grapes are taken on an empty stomach (remember that cancer cells need 11 to 17 times more sugar than normal cells) the following natural chemicals penetrate the cancer cells:

1) ellagic acid,
2) catechin,
3) quercetin,
4) oligomeric proanthocyanidins (OPC) or procyanidolic oligomers (PCO), originally called: pycnogenol (seeds),
5) resveratrol (skin coloring of purple grapes),
6) pterostilbene,
7) selenium,
8) lycopene,
9) lutein,
10) laetrile (amygdalin or Vitamin B17) (seeds)
11) beta-carotene,
12) caffeic acid and/or ferulic acid (together they kill cancer cells), and
13) gallic acid!

Grapes in the body are a solvent removing all undesirable things from the body, but also build new cells.

The unbelievable part of the treatment is that much more of these 13 items enter the sick cells than the normal cells. If chewing the pips are a problem you may grind the pips in a grinder and eat it with the grapes. It is not necessary to chew every pip but a reasonable large quantity of the pips should only be swallowed after proper grinding with a machine or teeth.

If a serious temporary aversion to grapes develops, have a few days of juices with plenty of beetroot in-between. Eat only a few grapes at a time to avoid a strong rise in the blood sugar level. Be very careful to store grapes cool and dry, a good way is to hang them over a washing line in a garage (www.health-science-spirit.com/cancer4-cleansing.html).

No tap water
DO NOT USE ANY TAP WATER. Chlorine and especially fluoride weaken the effect of grapes. Use only water that went through a reverse osmosis process [Shackleton endorses distilled water, but rather stick to reverse osmosis].

As grapes do not contain all amino acids supplement with spirulina. The first 7 to 10 days are more or less a cleaning period and the excrements and smells can be disagreeable. For five weeks only grapes and water are consumed (and specific supplements) and in the sixth week only uncooked, raw, whole vegetables and fruit. The cycle may be repeated, if necessary, more than once.

The patient can now be tested for cancer. Otherwise, the energy level and increase in weight are indicative.

Cancercure:

> Because of the weeks that a person can only eat grape mush, a great deal of family support will be needed for anyone on this diet. It may be necessary for someone to call the person on this diet every hour or so, especially at the beginning of the diet. Remember also that there will be "distressing symptoms" of a person going on this diet. This diet is an incredible detoxifier and the toxins have to exit the body somewhere. This will also require support from family and friends. [The 'distressing symptoms' is absolutely positive as it show that the diet is doing its job.]

Cancercure's opinion of the diet:

> The Brandt Grape Cure is perfectly sufficient to cure cancer in a high percentage of cases. According to Walter Last (Australia), "thousands of former cancer victims have testified as to the effectiveness of her [the Brandt] method.

The diet may be combined with other treatments, i.e. the Bob Beck Protocol - wait at least a week before starting with the second treatment. If the patient received chemo it is important to take pawpaw in order to kill resistant cancer cells.

Exercise
Moderate exercise and bodily activity are important. Blood circulation will improve and, more important, the working of the lymph (removal of toxins) is stimulated. The lymph does not have a pump, like the heart, and circulation of the lymph depends on movement of the body muscles. If it is not possible to walk, exercise by lifting and lowering a book for a number of times. Repeat two or three times a day or turn on your back and pedal an imaginary bicycle.

Cayenne pepper widens the arteries and helps to bring more oxygen to the cancer. A number of times a day a dash of cayenne pepper may be added to the drinking water. To improve immunity and the appetite take Sutherlandia as a supplement - also known as 'cancer bush'.

Vitamin C is another important supplement. Start with 3 grams a day (spreaded) and build up to 12 or 15 grams.

Selenium and zinc are important – 3 zinc tablets (30mgx3) and 200mcg selenium as spreaded doses.

If there are doubts about the heart add the following supplements on a daily basis: L-Lysine (3gm), L-Proline (1.5gm), L-Arginine (2gm).

If the total number of supplements is too costly take at least selenium, zinc and Sutherlandia.

It sounds rather optimistic, but I hope that the following will inspire you:
Healingcancernaturally.com. (First collection) Message: 5
Date: Fri, 20 Jul 2001 03:41:58 +0200
From: ulla
Subject: Fwd: The "Grape Cancer Cure"

Hi, a friend sent this a while ago and I thought some may not be aware of this yet, so I am passing it along...

The "Grape Cancer Cure" by J.F. Goodavage

When Fred Wortman of Albany, Georgia, developed an inoperable malignancy of the intestine, he faced the prospect of long treatments with xradiation "therapy". "The doctors," Mr. Wortman said, "refused to operate when they discovered the condition of my bank balance."

Being a wide reader, he remembered a simple remedy for cancer that was given in a book by a 'Mrs. Brandt', and looked it up. It was rather involved and cumbersome to follow [?], so he reduced it to its essentials, took the "cure" and was completely cancer free within a month.

Wortman then had his experience published in "The Independent" and received hundreds of replies. Over 200 cancer sufferers reported complete cures and total recovery.

Summary
The vegetable juice diet is a successful treatment and should be considered as a primary treatment. The grape juice diet is another effective treatment. Unfortunately the right kind of grapes are only available for a short period. If you decide on one of these treatments do not stop reading. It is necessary to continue and at least study chapters 8, 12, 13 and 15.

The Gerson therapy will receive attention in the next chapter. It is an old proven treatment and saved thousand of lives and is still saving many lives.

12. The Gerson Therapy

I see in Dr. Gerson one of the most
eminent geniuses in the history of medicine.
Albert Schweitzer M.D., Nobel laureate and patient of Gerson

Do not skip this chapter if you are not interested in the Gerson therapy - important points are raised. The entire report should be studied.

In Gerson's book *'A Cancer Therapy - Results of Fifty Cases'* Edward Lee Dowd was case number 14:

> "I am the luckiest man alive. Twenty seven years ago I was lying in a hospital bed, scheduled to have half my neck removed the next day for metastasised melanoma. A lady told me about Dr. Max Gerson...I went to his clinic instead of the operating theatre and in a few weeks the lumps had gone. I was that close to mutilation and death."

The therapy consists of a high potassium, low salt diet with vegetable- and fruit juices. Coffee enemas activate the working of the liver.

Dr Lorraine Day is a more recent cancer patient who recovered from terminal cancer by broadly following Gerson's methods. She declares:

> "Cancer doesn't scare me anymore. I had it and got well by natural, simple therapies that you seldom hear about. I refused mutilating surgery, radiation and chemotherapy because studies in the medical literature and common sense told me that ***you shouldn't destroy your immune system while you are trying to get well."***

She was an internationally recognized trauma surgeon and vice-president of the medical school of the University of California. Cancer appeared suddenly and her colleagues suggested surgery, chemo and radiation. She declined ... "and got well by using God's natural remedies instead".

Quotes from her website:

> Dr. Lorraine Day was well aware that physicians are more afraid of cancer than patients are, because doctors KNOW that chemotherapy, radiation and surgery are NOT the answer to cancer.
>
> Cancer **cannot** be cut out - or burned out - or poisoned out. ***Cancer is caused by the way we eat and the way we live. And that is where it must be addressed in order to reverse it.*** If one continues to eat and live as he or she always has, the cancer will return. One must dramatically change the way he is eating and living in order to reverse the cancer or to prevent its return.(www.drday.com).

Introduction

When someone is sick it is difficult to digest the pulp of raw vegetables and fruit. Juicing makes sense as it is easier for the body to digest juices and many nutrients are absorbed in this way.

The Gerson therapy was developed over many decades and Gerson's first successes were in the 1930's. His premise is that the immunity system is in a bad condition and that there is serious cell damage, especially in the liver. When cancer is combated, toxic matter is secreted and it can be the cause of death as a result of liver damage.

His therapy consists of a high potassium, low salt diet with vegetable and fruit juices. Coffee enemas activate the liver and excretion. The therapy should be applied as an integrated whole. Dr Max Gerson died in 1959 and his last communications date from the 1950's. His work was continued, uninterrupted, under the leadership of his daughter, Charlotte. Some adjustments were made to his therapy and patients are still treated in this way. Considerable information was obtained from a lecture held by him in 1956 in California (www.healingcancernaturally.com/gerson1.html).

Gerson's history
In the 1920's Gerson was well known in Germany, as the doctor who successfully treated tuberculosis and arthritis. His patients followed a strict diet. This was upsetting to other doctors [Why do diets and natural treatments upset doctors? Do they object to further study or do they feel threatened when their training is questioned or is it just easier to stick to chemicals?]

In 1928 a woman, seriously sick with cancer, 'compelled' Gerson to treat her with his 'tuberculosis and arthritis' method. He knew nothing about cancer but she insisted that he read what Hippocrates wrote about cancer in 550 BC!! A special soup and enemas were used to detoxify patients [***more than 2 600 years ago Hippocrates knew more about cancer than 21st century oncologists!*** I am not cynical, just emphasizing basic facts].

The patient gave Gerson a written undertaking that she will not hold him responsible and she followed his diet. She recuperated and brought Gerson two more cancer cases, who also recovered.

Although still ignorant Gerson begin to treat cancer patients. In Vienna (as a Jew he fled from Hitler) he treated six cancer patients but no one survived. It seems that the sanatorium's kitchen was not able to provide the necessary diet support for cancer patients.

In Paris he attended to seven cases. Three of them recovered. One was a lady with breast cancer with family members in medical practices. ***She was thin and they insisted that she should eat egg yokes. The cancer resumed. Gerson could stop it. Then they insisted that she should try raw meat. The cancer resumed. He stopped it. The third time they insisted that she take oil. The cancer resumed again but he stopped it a third time.***

To a high degree he was still ignorant. He fled again, this time to the US, where he became famous. In the beginning it was really tough. He had no clinic and people were reluctant to follow his diet and spend lots of time in their kitchens.

Tuberculosis

Gerson prescribed a saltless diet for tuberculosis sufferers, especially fruit and vegetables, combined with cooked vegetables (Hippocrates' soup!). The vegetables steam in their own juice and no water is added. A heavy pot (not aluminium and without a Teflon lining) with a heavy lid is required.

Most food should be raw and finely chopped. Juices are made from oranges, grapefruit, apples and carrots but a special type of juicer is needed to provide quality juice [Carrot juice is the most important. I have some doubts about oranges but lemons are excellent].

Juicing. Ordinary juicers do not produce healthy juice!
Gerson discovered that there are problems with ordinary juicers. He needed the help of a physicist to show him that the electricity in the middle of the juicer is positive while it is negative in the juice. The electricity destroys the oxidizing enzymes.

Vegetables should be minced in a mincing machine (i.e. meat mincer) and then pressed to extract the juice. Preferably, a machine specifically designed for this purpose should be purchased. Investigate the matter on the internet. I suggest that you start at www.healingcancernaturally.com/juicers.html. In short, the Norwalk or 'K & K juicer' is the best, according to this source, but the 'Green Power' or 'Green Star' should be adequate. I was quite happy with an Oscar [Do not rush over this matter. Fresh, quality juice may put you on the road to health. Drink your juice with awareness!].

Incidentally, never underestimate the internet as a source of information - it could be of enormous help. ***The days that governments, governing bodies and professional organizations could control information and keep it secret are, to a large extent, a thing of the past. The internet could be the final emancipator of man.***

Later history
Gerson got his clinic but most of his patients were advanced or terminal cancer cases and brought on stretchers into the clinic and no longer able to eat. He was again 'compelled' to help and in his opinion the AMA's knife was on his throat but also at his back! If he could not save his patients his clinic would become a mortuary.

Symptoms are not that important
Gerson continued his study of cancer and realized that symptoms are always stressed, but there must be something more basic behind the symptoms! He came to the conclusion that ***the most important part of the body is the digestive tract - not only the proper functioning but also the removal of all waste, toxins and poisons.*** Cancer does not need one specific treatment. This is also true of all degenerative diseases.

He already had much experience with the treatment of tuberculosis. The most important part is to detoxify the whole body. The liver plays an essential role as the body must get rid of toxins and has to prepare and eliminate them through the bile ducts.

The liver has no easy task. It helps with the manufacturing of stomach acids with help from the intestinal nervous system. The liver also assists the pancreas to produce pancreatin. These enzymatic secretions are classified into three groups (*The Gerson Therapy*, p. 146). Gerson

gave his patients pancreatin tablets (3, 4 times a day), in order to be sure that the patients always have plenty of trypsin, pepsin, lipase and diastase in their systems, in order to "digest the tumor masses wherever they may be". The liver has many other important functions, i.e. reactivating oxidation enzymes (Rudolf Schoenheimer). Gerson stressed that, in cancer patients, these enzymes are at a low level.

Two components of cancer are of critical importance. Firstly, the entire body - Gerson called it the general component and secondly the local component, the symptom. Treatment consists of giving attention to the general component. When there is balance in the body the local symptom will disappear.

The general component can be narrowed down to the digestive tract with emphasis on the liver. Cancer patients have severe poisoning. It is easy to say 'detoxify', while some patients are nearly unable to eat, do not have stomach acids, with livers and pancreas that no longer function.

Detoxification
Nevertheless, detoxification is the most important first step and enemas are utilized for this purpose. Gerson is well known for stressing the importance of coffee enemas. Strong coffee is made from pure, ground coffee and applied at body temperature. The caffeine in the colon opens the bile ducts and bile is able to flow.

Coffee enemas give dramatic results and pain vanishes.

Dramatic results were obtained. Detoxification is only possible after pain treatment is stopped. A patient of Gerson told him that he received morphine injections and a grain of codeine every two hours. Gerson told him that coffee enemas were the best sedative. A few days later the patient agreed. Enemas were given every 4 hours but if the pain was severe every two hours (even every hour in extreme cases!).

The temptation was always there to skip the enema at 4am (!) but according to Gerson he could then see that the patient was in a far weaker condition in the morning. After only a few days there was no pain (in most cases) ***(Pain implies that there is still poison in the body)***. [The present Gerson hospital treatment is five enemas during the day – nothing at night].

Gerson tells of a lady whose cervix cancer was so bad that she could not sit or lie down - she could only walk. After four days and many enemas she was able to sleep without medication. The tumors sometimes excrete so much poison that enemas are not sufficient. In these cases he applied castor oil through the mouth and with enemas, every second day [At present castor oil is seen as a very good remedy for external use, but internal application is frowned at and regarded as too drastic. If castor oil is considered a thorough study of the Gerson literature is recommended].

The patients who arrived at the clinic on stretchers were walking two weeks later and regained their appetite. Their weight improved and the tumors grew smaller. ***The most important is sufficient detoxification. Patients died who were not detoxified drastically enough.***

[It seems possible to overdo enemas. Be aware of the body's reactions and, if necessary, think in terms of fewer enemas or a weaker coffee mixture.]

Gerson was not alone in stressing the importance of coffee enemas. Dr Donald Kelley also recommended these enemas: every morning for the first month and twice a week for the next eight months.

A clinic with grateful patients did not mean the end of Gerson's problems. "Those who say they would like to help, often tell me they cannot. They regret not being able to assist me for fear of losing their position in hospitals and laboratories. I have long abandoned thoughts of attaining any kind of recognition, nonetheless I continue on my way." (Journal of the Gerson Institute, Fall 1981, 16. Ferrell.pdf).

Dr Otto Greither

Are you convinced that toxins can kill you and that the right cleaning procedures could spell HEALTH? Maybe? I have to tell you this story: it was a hundred years ago (1913) and Dr Otto Greither a well known allopathic practitioner was seriously ill in a German hospital. His colleagues were unable to diagnose his sickness. He was paralyzed from his waist down and his legs were hard, dark and starting to develop gangrene. The amputation of both legs seemed to be the only remedy.

An audacious nurse said to Greither that he should take a number of enemas to clean his colon and get rid of toxic accumulations. His reaction was rage, but at last he followed her advice and, within a few days, returned to his surgery as a healthy man. He continued with his old lifestyle of rich foods, alcohol and late nights and a number of months later were back in hospital with paralyzed legs. He again took enemas and then acknowledged the importance of natural remedies and the uselessness of most allopathic medicines. He started a company, Salus Hauss (House of Health!) that grew, within 10 years, to a business with more than 50 branches. He specialised in herb formulas that detoxify the body and in due course Salus Haus grew to an international business
(*Alternative Cancer Remedies. Facts for Historians and Medical Researchers,* Vance Ferrell, p 137).

Potassium

How does a tumor shrink? This was a problem for Gerson. He learned, while treating tuberculosis sufferers, that potassium, iodine and liver injections were necessary before the liver and body could improve the potassium levels in the body. He started treatment by cutting out all salt. In this way up to 8 grams of salt was excreted per day and about half a gram ingested with food (natural salts in the food - no salt is added).

Gerson observed that there is considerable shortage of potassium in all patients with chronic degenerative diseases. Potassium is needed for enzyme production, muscle contraction and muscle power. His research showed that all chronic diseases are characterized by a drop in potassium ions and increased salt (sodium) in cells, leading to water accumulation. The electrical potential of cells is low, enzymes do not proliferate normally and oxidation is weak. Potassium rectifies this situation and rid the body of salt and edema. In the meantime

poison has accumulated and detoxification is necessary to clean the body. Juices contain considerable potassium and enzymes. The balance is restored by combining juices with the potassium solution.

The Gerson organization calls their potassium solution a high-dose K medication. The compound solution of potassium salts are made from 33gms each of potassium acetate, monophosphate and gluconate. It is diluted in 32 oz of water. Dosages vary from 1 to 4 teaspoons 10 times a day. It is taken with all juices, except pure carrot juice. Keep the solution in a dark glass bottle - no need to put it in the fridge but discard if it becomes white with age.

Gerson also gave his patients thyroid gland and lugol. They are directly absorbed by the cancer (more about this, further on). As there is practically no available salt, the potassium and oxidizing enzymes are absorbed by the cancer and their oxidizing role means the destruction of cancer cells as they live from fermentation. The condition under which the cancer cells flourished (fermentation) changed and the body needs to get rid of dead cells and poisons.

It is difficult to overstress the importance of no salt/potassium abundance. A tumor is surrounded (even after removal) by a watery area, with a high concentration of salt. The area is a number of times larger than the tumor. The functioning of the cells is weak and toxins are in abundance with a weak blood supply. The Gerson therapy restores this situation within weeks (*The Gerson Therapy*, 2006, p. 43). [The 'absolute no salt' prohibition applies during the initial, intensive treatment period.]

Lugol (iodine) and thyroid hormones

Nearly everything that Gerson gave his patients could be bought in a food shop. He was normally not in favor of chemicals and supplements but prescribed potassium and lugol. In a submission to the Senate (1940's) he stated that iodine suppresses the cancer causing effect of certain hormones. Dr Hoxsey and Dr Moerman also treated their patients with iodine. ***Iodine is known to dilute the lymph*** and plays an important role in cancer. Elsewhere I referred to the importance of jumping on a rebounder to get the lymph fluid moving. According to Walter Last it is important to make sure that "the lymph fluid is not stagnating around the tumor, because that would keep it acid and painful. Attempt to move the lymph fluid in the tumor area towards the middle of the collarbones. In a general way you may do this by assuming an inverted position several times a day for all tumours below the neck" (www.health-science-spirit.com/cancer4-cleansing.html).

David Brownstein (*Iodine, Why You Need It, Why You Can't Live Without It*) gives many examples of the importance of iodine. It elevates the pH, is required for hormone secretions from the thyroid, prevents goiters, thyroid- and other cancers and auto-immune thyroid problems. Iodine is anti-bacterial, anti-virus, anti-parasitic and dilutes mucus. Specific problems that are treated with iodine is overproduction of mucus, fatigue, ovary- and thyroid problems, ovary cysts and cancers of the breast, ovaries, thyroid and prostate (www.icnr.com/articles/hhp/Iodine2.pdf).

Thyroid and lugol (iodine and potassium iodite) solutions were given to patients - lugol increases oxidation. Potassium is also important - as already explained.

Five times a day a grain of thyroid and six times a day 3 drops of lugol are given. However, no one developed heart palpitations and all signs of allergies vanished. Gerson used lugol to supplement iodine, as it contains two types of iodine, i.e. iodine and potassium iodite (100 milliliters Lugol contains 5gm iodine and 10gm potassium iodite. N.B. Gerson used a weaker mixture than standard lugol - he added 200ml water - the standard for lugol is 100ml - the standard strength of the mixture is halved). The typical dosage is 3 drops, 6 times a day and after three weeks 1 drop, 6 times a day. After 8 weeks the dosage is halved, i.e. 1 drop 3 times a day for the rest of the treatment period. Patients treated with chemo or suffering from a degenerative disease start with 1 drop 6 times a day, lowered to 3 or 4 drops a day after 5 or 6 weeks. The drops are added to the patient's juice and together with the potassium the oxidation speed of the cells increase. It is added to orange and carrot/apple juices but do not add to pure carrot or green juices. Taking the correct doses are important for successfully treating cancer with the Gerson therapy. Lugol is able to enter the tumor when it is inflamed or later inflammatory flare-ups. Extraordinary growth of tumor cells are also suppressed (Charlotte Gerson & Morton Walker, *The Gerson Therapy*, p. 143).

[If lugol does not agree with the patient *Magnascent Iodine* is an alternative, especially with feminine cancers. See www.magnascent.com (Bill Henderson Newsletter, 31/7/12).]

Gerson gave patients thyroid hormones to stimulate the mitochondria and to strengthen ATP. The Gerson Institute still gives patients ½ to 1gm thyroid tablets made from the thyroids of pigs. These tablets are bought from Western Pharmaceuticals/Jones Medical Laboratories. The typical dose for a cancer patient is 1.5 to 5 grains a day and after 3 to 10 weeks the dosage is gradually lowered to 1 to 3 grains a day (do not use synthetic products). If the heart speed of the patient is considerably increased stop with the medication and continue with a lower dosage. No medication is taken during menstruation.

Niacin

Gerson regarded niacin (vitamin B3) as an important supplement for cancer patients (another type vitamin B3 (*niacinamide)* does not cause hot flushes - do not use). Cholesterol and fats in the blood are lowered (HDL is increased). The important result is better flow of blood as a result of the vasodilation of arteries. The circulation improves, there is more oxygen, better cellular feeding and higher detoxification. ***The dosage is six 50mg tablets a day for six months. In advanced cases Gerson gave the patient 50mg every hour - day and night!*** The treatment must not be stopped if there are hot flushes - it only shows that the treatment is working! If hot flushes occur take the tablets after eating or let it melt under the tongue - nothing during menstruation.

Other supplements

Gerson also used pancreatin (pancreas hormones), flax seed oil, B12, B17, vitamin C and stomach acid supplements. Flax seed oil should be utilized as described by Budwig - see the next chapter. B12 is important and it is often necessary to supplement, after medical tests. B17 is described in chapter 16 and vitamin C in chapter 22.

Calf's liver
Calf's liver and carrots were used on a 50/50 basis and juiced. The patient had to drink three glasses of this juice every day. In due course this procedure was dropped, even at the Gerson Institute.

Stomach acid was also given to patients and pancreatin (trypsin, pepsin, lipase and diastase), five times a day. The pancreatin is carried by the blood and destroys the cancer cells wherever they are encountered.

Success rate
During his lecture Gerson mentioned that, even when patients were seriously ill his success rate was 50% [this does not sound high, but he mostly treated the terminally sick]. The biggest problem is when the liver does not heal. These patients die after six months to two years from shrinkage of the liver. The liver cells, even with older people, are renewed every six weeks. ***To repair the liver requires 12 to 15 generations of liver cells, i.e. 18 months.***

When the patient arrives at home there are problems - doctors saying it is not necessary to eat 'cow food' and problems (mostly with family members) to continue with the diet.

Family problems
Gerson's view that the family has the tendency not to support the patient is endorsed by Dr Lorraine Day. ***Why do families react negatively when a person decides on a 180 degree turnaround and to face life in a new way?*** It seems that the family feels guilty as they know that they do not think, live and eat in a way that leads to optimum health. They wish to continue in there old ways although they know it is wrong. The patient must be ready to react to this negativity by KNOWING WHY he/she is doing what he/she is doing (drday.com).

Rat experiment
In an ingenious experiment Gerson connected an artery of a healthy rat with a cancerous rat. He sewed them together in order to ascertain that the healthy rat's blood circulated through the cancerous rat 24 hours a day. The sick rat recuperated. A healthy, normal metabolism cures cancer.

A man, who had a wife with advanced cancer, heard this story. He wanted to save his wife in this way. She objected, feeling that she could not do that to her husband (being immobilized next to her for a long time). Gerson was, fortunately, able to heal her with his standard treatment.

Leukemia
Gerson tells about a little boy with leukemia, who was treated by him and attended his lecture. Doctors tried to prolong his life with blood transfusions. His weight dropped with 4 kilo's in a week and he could no longer eat or drink. After six weeks on the Gerson treatment the child's blood count was normal and his weight increasing.

Prostate cancer
A former patient, who had prostate cancer, was also at the meeting. The cancer spread to his bladder and pelvis bones but he recovered, with the help of a dedicated wife. Within a few

weeks there was no sign of the cancer in the bladder, but it took quite some time before all the cancer in the pelvis bones disappeared. Take note of Gerson's comment: ***"In a family where there is real devotion in the application of this treatment, we can even save these far advanced cases."***

Fat or oil
Gerson knew about the importance of essential fats. His problem was that he saw the negative results of fats and oil with cancer-, heart- and atherosclerosis patients. ***Fats stimulate tumor growth. That is why his books say absolute no oils***. He tried olive oil, sesame oil, saffron oil and sunflower oil but all oils let the cancer regrew. Luckily (late in his life) he heard about Dr Johanna Budwig (he had a high regard of her) who treated her cancer patients with flax seed oil. Flax seed oil stimulates the immune system and destroys the cancer cells.

Gerson prescribed two spoons of flax seed oil a day, i.e. as oil over the salad or potatoes, during the first month and subsequently one spoon. Oil should never be used for cooking. The flax seed oil is always cold and raw [If flax seed oil is combined with cottage cheese (Budwig) even better results are possible].

Rats with external cancers were tested with oils. ***Cancers enlarged with all oils until flax seed oil was tried.*** The tumors shrank and plaque in the arteries disappeared.

Juices and food
Various aspects of the Gerson therapy received detailed attention. However, this did not include juices and foods. Go to http://gerson-research.org/docs/HildenbrandLC-2012/Handbook%2011-18-11.pdf and download *Nutritional Immunotherapy Home Guide*. If you decide to follow the Gerson therapy print this guide and use it as a daily reference. Many recipes and attractive graphics make this guide special. There are a few objections. Vinegar is sometimes used in recipes - never add vinegar to any food - acidity. Fresh fruits should not be baked/cooked - consume fruit as nature produces it - raw. Bread, even if made at home, should only be considered at a very late stage of treatment. The Essene bread, made from sprouted grain, is, however, highly recommended.

Dairy products appear in the guide. It should only be tried at a later stage of treatment if there are definite indications that the body needs this type of protein.

To prepare juice 13 times a day and clean the juicing machine after every batch is quite a job. The guide gives a practical answer to this problem (page 21). All juicing is done in the morning, during one session. Add one teaspoon vitamin C to every quart juice (32 ounces or 4 cups) and keep it in the fridge. It does not taste as good as fresh juice, but experience of many patients confirms that it works. The supplements that have to be added to the juice, is only added just before the juice is consumed.

Questions at the end of Gerson's speech (only a few are quoted)

Q. Are (synthetic) vitamin and mineral supplements OK?

A. No, they are wrong because calcium and many other minerals cannot be added so easily. They bring the system out of harmony. ***With calcium you can produce cancer.*** I was forced in three cases of hemophilia to give calcium to bring the blood to coagulate. I did it but the cancer regrew and I lost all three cases. ***No calcium, no magnesium, no other minerals.*** I tried it. There must be harmony in our body under the law of totality. ***One should not change the mineral metabolism, especially not in cancer. Only the two most important minerals potassium and sodium must be balanced.*** This is the need of the cancer patient. [IMPORTANT: If Gerson says: "***No calcium, no magnesium, no other minerals"*** it means do not use these minerals as supplements. It is in order to take in more of a certain mineral by, for instance, eating more food containing magnesium.]

[The death of 25 patients were caused by hormone therapy by a number of doctors] ***I want to reemphasize that we must not give the cancer patient "a little something" for temporary relief. I learned that the hard way.***

Q. Is folic acid treatment contra-indicated during treatment of cancer?

A. Yes, (synthetic) folic acid did damage.

Q. What vitamins are OK to take with your treatment?

A. With the vitamins we have a similar situation as we saw with the hormones. ***I damaged patients with vitamin A, vitamin E, vitamin B and B6.*** Patients get really damaged. Vitamin A and D is picked up by the cancer cells immediately. ***Niacin we can use, that is B-3***. (Editor's Note: the Gerson Diet is extremely high in natural vitamins. Cancer patients are probably very sensitive to overdosage with synthetic vitamin preparations.)

Q. What is your conception of a prolonged fast or periodical three-day fast?

A. ***You can't let the cancer patient fast.*** In the cancer patient the body is so depleted, if you let them fast they go downhill terribly.

Q. What do you think of deep manipulation?

A. ***Cancer patients should not be massaged.*** Rubbing of the skin to open the capillaries and to help the body to stimulate the circulation is very valuable. We give the patient a rub two or three times a day before meals with a solution of ½ glass water with two tablespoons rubbing alcohol and two tablespoons of wine vinegar. To rub the whole body is very refreshing and helps the circulation.

Q. Can a person with a colostomy take the same type of coffee enema as a regular patient?

A. Yes.

Gerson's diet is loaded with vitamins and minerals. Normally he rejected supplements. A possible benefit of this approach is that important building blocks, that science has not yet identified, could be taken in with the juices and food.

Application of Gerson's therapy
Gerson's therapy is followed by many cancer patients. If the patient prefers/is compelled to take most foods in liquid form, seriously consider this therapy. Liquids are taken 13 times a day and there are also three cooked vegetable meals.

Ignore Max Gerson's book *The Gerson Therapy Handbook* as it is outdated. In a more recent book like *The Gerson Therapy,* Charlotte Gerson gives a detailed explanation of how the therapy is employed in their hospital. This type of manual is essential for home-nursing.

Summary
Gerson's therapy is an excellent cancer treatment. If you decide on this therapy it must be integrated with the contents of chapters 8 and 15. If his therapy is not followed, specific parts of his treatment may be added to other treatments, i.e.:

* Gerson is associated with coffee enemas. This is an important part of his treatment as it cleanses the body and eliminates pain. ***When coffee enemas are mentioned the first time the reaction of the patient is mostly negative. After starting with these enemas the same patient may be enthusiastic as he/she feels much better with no or less pain*** [*The Gerson Therapy* (2006) calls it a 'mental hurdle' (page 204)]. Enemas are appropriate in all cancer treatments.

* His potassium/no salt treatment could be added to other natural treatments.

* His lugol and thyroid treatments could be applied.

* Niacin should be part of all treatments.

* Supplements like pancreatin, flaxseed oil, B12, B17 and vitamin C and stomach acid supplements should be considered.

[In some cases the main credit for the treatment should not be given to Gerson, i.e. vitamin C and B17.]

Remember about the lady in Paris (under heading: **Gerson's history**) who's cancer returned a number of times as a result of faulty treatment. Take careful note of what happens when wrong/synthetic supplements are ingested. The Gerson therapy is an effective cancer treatment and the uninterrupted history of this therapy can be traced from the 1930's.

In the next chapter the important protocol of Dr Johanna Budwig is discussed.

13. Dr Johanna Budwig's Protocol

"I flat[ly] declare that the usual hospital treatments today,
in a case of tumorous growth, most certainly leads to worsening of the disease
or a speedier death, and in healthy people, quickly causes cancer."
Dr. Johanna Budwig

Do not underestimate Dr. Johanna Budwig (pronounce: "Boodvig"). She healed more than 1 000 patients from cancer (documented successes) and in Helsinki her methods were applied with a survival rate of 90% plus. Her treatment does not cause inflammation or swelling.

> "Over 50% of Dr. Budwig's patients were doctors or relatives of doctors who knew why in such a serious disease they would rely on the experiences of this brilliant physicist, chemist and pharmacologist rather than follow the prevailing opinion which says that tumors must be destroyed through chemotherapy and radiation."
> (Quotation from the back of Budwig's last book: *Cancer - The Problem and The Solution.)*

Budwig often fetched dying cancer patients at the hospital, treated them and most of them survived. She mostly started her treatment with a 500cc enema, consisting of a mixture of flaxseed oil and cottage cheese (if taking in food through the mouth is a problem this method could be followed). Budwig stated:

> "their subjective awareness of well being increased immediately." ... and:
> She pointed out that many could not urinate, produce bowel movements, or when coughing were unable to bring up the mucous, but once the protocol was initiated this started reactivation of the vital functions and the patients immediately began feeling better.

The Budwig diet allows cancer cells to start breathing again. Her protocol reactivated basic body functions and the patient felt better. Many independent clinical studies in medical journals confirm her premises (Robert E Wilner, M.D., Ph.D.).

Background

Dr Johanna Budwig lived to the ripe age of 94 (1908-2003). She was a qualified pharmacologist, chemist, physicist and naturopath (she obtained the last qualification in order to treat patients without being harassed by doctors). She was a cancer researcher, biochemist, blood specialist, pharmacologist and physicist (PhD). Seven times she was commended for the Nobel Prize and was regarded as the world's top expert on fats and oils. She believed in the positive results obtained from essential fats, but also of the fatal results produced by processed oils and margarine (destroys the membranes of cells and lowers the voltage).

Budwig was known as the world's foremost expert on fats and oils, but also convinced of the fatal results caused by processed oils and margarine.

The next quote not only typifies Budwig but also American physicians:

> I have the answer to cancer, but American doctors won't listen. They come here and observe my methods and are impressed. Then they want to make a special deal so

> they can take it home and make a lot of money. I won't do it, so I'm blackballed in every country." (www.public.usit.net/spinner/Flax1.html).

Flaxseed oil

Take note of what happens when the wrong oils are consumed:

> When we lack omega 3 fatty acids our bodies are forced to use synthetic trans-fats to build the membranes that surround each cell. This forced use of these poor quality oils creates flawed cell membranes leading to Type 2 diabetes, arteriosclerosis, obesity and malignancies. Persons depleted of omega 3 fatty acids become immune suppressed which enables cancers to start growing and spreading (Dr. James Howenstine NewsWithViews.com).

To prevent and treat these types of problems Budwig's choice was linseed oil. It is high in omega-3: 100g oil contains 72g poli-unsaturated fatty acids of which 54g is omega-3. The linseed oil is mixed with cottage cheese. This cheese is a protein, or to be more exact, an amino acid containing sulfur. Consequently, the oil soluble flax seed oil is changed to water soluble oil. This is the 'spark plugs' that let the cells breathe and rid the body of poisons - especially if the right sugar free diet is followed - raw organic food that does not contain 'breathing-poisons' (foods, etc. that inhibits breathing, e.g. preserved meats, nitrates, too much animal fat).

This mixture works even when the liver is in such a hopeless condition that it is no longer able to change omega-3 from oil soluble to water soluble (cottage cheese may be substituted with quark). [Another oil, coconut, is used to make Oleolux – a butter substitute. ***All other oils/fats are strictly forbidden.]***

The flax seed/cottage cheese mixture consists of 3 spoonfuls of flax seed oil and 6 spoonfuls of 2% cottage cheese. Mix with an immersion electric mixer until no oil is seen - do not overdo or add anything before a smooth mixture is obtained. A pinch of cayenne pepper and garlic may be added - the ratio of oil to cheese may be adjusted to improve the taste and it may be diluted with 'good' water. Try variations by adding herbs, vegetables and fruit.

Use only one type of flax seed oil, i.e. oil that is kept in the fridge of the shop or pharmacy and check the expiry date - other types of flax seed oil will not be converted to water soluble oil.

Total consumption is 4 to 6 spoonfuls spread over the day. Rather mix smaller amounts a number of times during the day. For dairy sensitive people add lactose enzymes to the cottage cheese or try goat products. K*efir quark* is another possibility. Buy the kefir seeds and find out (Google) how to process it. If feeding is through a tube kefir cottage cheese is the only option.

When the cancer is under control less of the mixture may be taken, but has to continue for the rest of the person's life.

Other illnesses

The Budwig protocol is also applied to other chronic diseases like arthritis, diabetes, heart problems, stroke, bile problems, auto-immune sicknesses like MS, psoriasis, eczema and other skin diseases, breathing problems and stomach ulcers. Deterioration of eyesight and hearing may be slowed down . Budwig claimed that the treatment strengthens the brain and at an early stage, may make a big difference or even turnaround MS, ALS, Parkinson's and Alzheimer's. The purpose of the treatment is to restore the natural electrical balance in the cells. Sick cells have a low ATP-energy in the mitochondria.

Metabolism
Without the correct fat metabolism every important function of the body is affected - this includes new cells - every day more than 500 million new cells are created.

In order to assure that the 60 to 75 trillion cells in the body and their cell membranes function correctly it is imperative to eat no fats or oils that have been chemically changed with commercial processes. The ability of these fats to combine with proteins and absorb water has been destroyed.

Depolarity
Budwig established that there is depolarity (two equal but opposing electrical currents that is separated by a small distance) between the positive electric nucleus and the negative electric cell membrane with its unsaturated high fatty acids. During cell division there must be enough electrical rich fatty acids in order to effect cell division. If it does not happen the body starts dying. The cause is especially margarine and cooking oils (no electrical fields) and leads to chronic and terminal illnesses.

We should always be aware of the important role that electricity plays in our bodies:

> "What we have forgotten is that we are body electric. The cells of our body fire electrically" (Mike Vrentas: //sebahu.com/cancertutor/Cancer/Budwig.html).

The core of the cell is positive and the cell membrane negative. ***The fats (margarine and cooking oils) we buy are irreparably damaged during processing. They are unsaturated and the electrons in the cell membranes have been destroyed.***

The 75 trillion cells in our bodies do not function properly – the cause - margarine and cooking oils.

The 60 to 75 trillion cells in our bodies no longer function correctly. The ability of fats to combine with proteins and to absorb water has also been destroyed. In Budwig's words:

> "the battery is dead because the electrons in these fats and oils recharge it. When the electrons are destroyed the fats are no longer active and cannot flow into the capillaries and through the fine capillary networks".

The implementation of Budwig's methods means the end of the annihilating process modern diets expose us to.

How tumors start
Tumors mostly begin in areas where there is much growth: the growth process comes to a halt in areas like the skin, membranes, gland organs (liver and pancreas) and glands of the stomach and guts. There is no depolarity as there is a lack of electric rich, highly unsaturated

fatty acids and, consequently, a disturbed growth process. With no surface fats the building blocks become inactive, even before the cells reach maturity and are able to divide normally. The result is the forming of tumors.

Budwig believed that the stagnated growing process can be turned around with unprocessed food, cottage cheese and flax seed oil. In a natural way the tumors are dissolved and the symptoms vanish. She was absolutely against allopathic treatment methods:

> "I flat[ly] declare that the usual hospital treatments today, in a case of tumorous growth, most certainly leads to worsening of the disease or a speedier death, and *in healthy people*, quickly causes cancer."(My italics)

Another quote from Budwig:

> "The moment two unsaturated double links occur together in a fatty acid chain, the effects are multiplied and in the highly unsaturated fats, the so called "linoleic" acids, there is generated a field of electrons, a veritable electrical charge which can be quickly conducted off into the body, thus causing a recharging of the living substance --- especially of the brain and nerves. It is exactly those highly unsaturated fatty acids which play a decisive role in the respiratory functioning of the body. ***Without these fatty acids, the enzymes in the breath can not function and we asphyxiate, even when given extra oxygen, as for examples in hospitals.*** The lack of these highly unsaturated fatty acids paralyses many vital functions. Primarily, it cuts off the air we breath. We can not survive without air and food and ***we cannot survive without these fatty acids***--- that was proven long ago." (//sebahu.com/cancertutor/Cancer/Budwig.html)

Chemotherapy's effects

Budwig strongly believed that chemo weaken healthy cells and makes them ready for cancer. The focus should be on healthy cells and they should be strengthened. If they are strengthened the cancer will weaken and disappear (www.mnwelldir.org).

Dr Dan C Roehm (oncologist) endorses her protocol:

> "this diet is far and away the most successful anti-cancer diet in the world" (www.alternative-doctor.com/cancer/budwig.htm).

Sunshine

Some physicians caution their patients about exposure to the sun and they have a point as some patients are sensitive. However, things change if the flax seed and cottage cheese mixture is taken, even for a few days. With essential fatty acids in the body the sun is welcomed and patients recount how their vitality and strength are stimulated.

Budwig states that the sun is an inexhaustible source of energy and an element of life that stimulates the vital functions of the body. It is partly due to the photons in sunlight, the most pure form of energy. She adds:

> " electrons are already a constituent of matter, even though they are also in continual movement and that electrons love photons, attracting each other due to their magnetic fields. There is nothing else on earth with a higher concentration of photons of the sun's energy than man. This concentration of the sun's energy---very much an iso-energetic point for humans, with their eminently suitable wave lengths--- is improved when we eat food which has electrons which in turn attract the electro-

magnetic waves of sun beams, of photons. A high amount of these electrons which are on the wave length of the sun's energy, are to be found, for example, in seed oils."

It should now be clear how harmful the factory processing of oils are and how important it is to feel the sun on your skin - without sunscreens and spectacles, when the sun is not harsh - earlier in the day or later in the afternoon - in the higher latitudes the intensity of the sun is mostly not a problem - I live under the African sun!

Budwig observed that ***when patients were sunbathing they feel better and rejuvenate. Stimulation from the sun improves the secretions of the liver, gall-bladder, pancreas, bladder and salivary glands.***

Patients who get sunshine feel better and their body functions show it.

The electrons in our food are a resonating system of the sun's energy and an element of life. Man is an antenna of the sun. The relation between photons in sunbeams and electrons in the seeds and oils that we eat, control all the essential functions of the body (//sebahu.com/cancertutor/Cancer/Budwig.html).

Add the outdoors to sunshine. To quote Walter Last: "Even if bedridden, rest as much as possible outside, on a veranda or in the garden rather than inside the house" (www.health-science-spirit.com/cancer4-cleansing.html).

Exercise is advantageous but Budwig stresses rest to recuperate. Do not overdo bodily activity. Daily walking is possibly the ideal form of exercise, but a rebounder (trampoline) is also important as it stimulates the lymph system, the heart and blood circulation, if the patient can cope.

Treatment

Absolutely no margarine or cooking oils - be careful of all processed foods - rather buy basic, unprocessed food - read all labels [remember the words of Dr R E Wilner: "If God didn't make it or you can't pronounce it - don't eat it!" To put it bluntly: ***eat only food that can decay but eat it before this happens (preferably absolute fresh)].***

Budwig feels that it is essential to get a balance between good fats and proteins and also between carbohydrates and fat/protein. ***Foods should be digested as near as possible to their natural condition (mostly raw and fresh).*** She only used unheated flax seed oil as fat/oil and only added it to food after cooking. Cheese, in various forms, is her source of protein.

Budwig insisted on following her instructions to the letter and to use no supplements. Her success rate was 90% plus. ***She stressed the importance of seaweeds and sea vegetables to supplement the diet.*** [Important, anticancer properties and contains iodine. A book can be written about all the positive aspects.]

Dr Willner, was an admirer and authority on Budwig's treatment. He believed that vitamins C, E, selenium and beta carotene should be added [the last item need not be in pill form - just drink enough carrot juice]. In the case of C doses are spreaded, at least 3g and even 10 or 20g

a day by gradually building up to the correct amount (refer to chapter 22). Vitamin E must be the natural one [I have serious doubts about E for cancer patients - see Gerson - chapter 12]. Selenium, at least 200mcg every day.

After writing the previous paragraph I saw the following note:

> NOTE: When using the Budwig Diet, avoid alpha-lipoic acid and vitamin e supplementation. Despite what some overly zealous Budwig proponents believe, other anti-oxidants and supplements are fine with the Budwig diet (www.tbyil.com/anticancer.htm). [Don't use E.]

Cancertutor calls the Budwig protocol the Cellect-Budwig protocol - they add the 'Cellect supplement' to the treatment. I have doubts. This supplement is not cheap and it goes against what Budwig stands for. Certain supplements are positively mentioned in this report but cod liver oil, calcium, magnesium and vitamin E should, in my opinion, not be considered by cancer patients.

Budwig's book 'Oil Protein Cookbook' is recommended.

Budwig wrote 14 books, but only three were translated in English. Her book '*Oil Protein Cookbook'* (may be ordered) contains more than 500 recipes, in order to assure that the patient eats correctly.

All types of fruits and vegetables may be consumed but it must be raw. For lunch a steamed vegetable dish is recommended, with unskinned potatoes. Absolutely no sugar is consumed. Budwig has no problems with honey, dates, figs and grape juice as sweeteners [Ask yourself seriously whether these natural sugars should be taken. Stevia, an herb, is, in my opinion, the only sweetener that is definitely safe].

No pastas or bread. Flax seeds are important as a food. Whole flax seeds are inedible and grinded seeds are oxidized. Unprocessed seeds are bought and grinded in a coffee grinder for immediate consumption (within 10 minutes). (In Germany a product called Linomel is available - grounded seeds covered with a thin layer of honey as protection against oxidation.)

Transitional diet

To follow the diet a small electric coffee grinder and a juicer are required (More information on juicers are given in chapter 12, under the heading **Juicing**).

When a sick person starts with the diet he/she should gently change over to the new diet. Start with at least one bottle of sauerkraut juice a day, to ensure better penetration of the oil. Linomel or 4 to 6 spoons of fresh flax seed oil may be taken three times a day with milk or unsweetened natural juice. This treatment is followed for the first day or two. [Budwig is worried that the oil will have a nauseating effect on the patient. A less sick patient should be able to start directly with the diet, by slowly building up the amount of oil. Ginger tea is a famous remedy against nausea.]

If the patient has serious indigestion only Linomel (the alternative is fresh, grounded flaxseeds) and pawpaw juice should be consumed (instructions in Budwig's book). At a later

stage she decided to add fresh stinging nettle and a little lemon juice, as well as the juice of white radishes, carrots and other vegetables.

[Budwig starts her diet with breakfast and a juice mixture at 10am. ***By virtue of a number of other diets and the effect that carrot juice has on 'hungry' cancer cells (the sugar enters the cells deeply and in this way many other anti-cancer ingredients are absorbed) I suggest that the two items are interchanged.*** Start, after arising, with the juice - the main ingredient is fresh carrot juice. Budwig suggests adding more ingredients and you could also look at chapter 11: **The vegetable juice treatment**. Wait a hour before starting with breakfast.

Quark-Flaxoil Mayonnaise

Ingredients:

3 tblsp flaxseed oil
3 tblsp milk
3 tblsp quark or cottage cheese
1 tblsp lemon juice
and/or
2 tblsp apple cider vinegar
1 tblsp mustard
½ tsp aromatic salt (herb-flavored salt) (health shop)

Mix oil, milk and quark (cottage cheese) in blender. Add mustard, lemon juice, vinegar and salt. This Quark-Flaxoil Mayonnaise can be wonderfully varied in many flavors by adding various herbs, soy sauce, or dill pickles. It can also be used for potato salads. (www.healingcancernaturally.com/budwig-diet-mayonnaise-recipe.html).

Oleolux

Ingredients: Onion, Chemically non-hydrogenated coconut fat/oil, Flaxseed oil, Garlic

1. Put 125 ml of flax oil into the freezer compartment of your refrigerator.

2. Heat 250 g of coconut oil with a medium-sized onion cut into 4 parts. Sauté until the onion starts to brown (5 to 8 minutes). Add 10 garlic cloves and continue sautéing until they are light brown (which takes about 3 to 5 minutes). Pour this mix through a strainer into the cold flax oil. Stir and immediately put back into freezer compartment. When fully cooled, put into and store in fridge.

Daily diet plan

A herb tea, like Rooibos or green tea at least three times a day - without milk, sugar or sweetener.

Breakfast

Muesli
Standard ingredients:

3 tblsp flaxseed oil
2 to 3 tblsp raw milk
100 gr (6 tblsp) quark or cottage cheese
2 tblsp Linomel (or 4 tblsp freshly ground flaxseeds)
1 tsp honey
fruits and fruit juices
nuts (except peanuts)
natural flavors

Put 2 tblsp of Linomel (or 4 tblsp freshly ground flaxseeds) in a small bowl. Cover with raw fruit according to season. Prepare the quark-flax oil mix in the following manner:

Put flax oil, milk and honey into the blender, mix and gradually add the quark or cottage cheese in small portions. Blend until you have a smooth and well homogenized mix. No oil must be visible. Add more milk if necessary. Change the flavor every day by adding nuts, vanilla, cinnamon, various fruits such as banana, berries, cocoa, grated coconut, fruit juices (fresh - these must be added last). Use grated apple and dried fruit such as raisins and dried apricots soaked in fruit juice in winter.

Cover the flaxseed and raw fruit layers with the flax oil/quark (cottage cheese) mix and optionally garnish with fruits and nuts.

10.00am: A glass of fresh stinging nettle with lemon or vegetable juice, especially carrots.

Lunch:
1. Raw vegetable dish: salad with flaxseed oil (or flaxseed oil/cottage cheese mixture) sauce - two or three salads, including lettuce (i.e. turnips, carrots, white radish, swede).

2. A steamed vegetable, i.e. asparacus with unskinned potatoes (herbs, fresh or dry may be added). Flaxseed oil may be added and, by way of exception, potatoes as mashed potatoes.

3. Pudding: The flaxseed oil/cottage cheese mixture with fruit like pineapple or a fresh fruit cocktail.

(Herbs, cinnamon, fresh lemon, garlic, tomato and onions may always be added. Also spinach, cucumber, chillies and peppers.)

Dinner:
Dinner should be served early, say at 6 o'clock and must not be rich. Budwig suggests buckwheat, fresh grounded flaxseed oil with milk or sour milk and millet with vegetable stock which is consumed as a soup [Milk? In terms of what is written in this report it is better to avoid milk].

If required, juices may be taken during the day, but only freshly made and immediately consumed.

Pawpaws may be eaten during one of the meals. It is a source of enzymes - otherwise, enzymes as a supplement.

Foods that should be avoided
Dangerous fats (all fats except flax seed and coconut oil) must be eliminated and tinned foods.

Meat and fish are not allowed. The most detrimental is processed meats like polonies, cold meats, etc.

Budwig said no to pastas and white bread. It seems that pasta made from white flour is the problem and that pasta made from minimally processed ingredients may be in order, i.e. pasta made from buckwheat or brown rice. [In her last book Budwig no longer mentioned brown bread for breakfast. Therefore, do not consume bread.]

A glass of wine a day is in order. To quote Budwig: "Often a glass of wine is more valuable and bio-logically more beneficial than the pill." www.healingcancernaturally.com/budwig-diet-what-to-avoid.html

Remember to drink 'good' water during the day. Be careful about poisons in the home - do not spray any deodorizers or poisons.

During an interview on the South German Radio in 1967 Budwig talked about patients, who after failed operations and radiation, were referred to her:

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

The question is asked: how long after an ostensible healing the diet should be continued? If you think in terms of Gerson's warning (chapter 12) the answer is at least 18 months. Roehm is even more adamant:

> You will have to remain on this diet for a good 5 years, at which time your tumour may have disappeared. Persons who break the rules of this diet, Dr Budwig reports, (ie eating preserved meats, candy, etc) will sometimes grow rapidly worse and cannot be saved after they come back from their spree ***(bon-bons mean bye-bye).*** (www.alternative-doctor.com/cancer/budwig.htm)

Budwig regarded sunlight, spiritual- and emotional factors as of critical importance in the recovery from cancer and other illnesses. The Budwig protocol may be (should be) strengthened with EFT or other energy approaches, i.e. Qigong (Google them - EFT on the internet can be learned without paying a cent) to further improve on Budwig's results.

****

A number of quotations from Cliff Beckwith's website and an internet discussion group.

Beckwith was enthusiastic about Budwig's protocol. After grade 4 prostate cancer he survived for many years by following her treatment.

1. In a Christmas letter, Dec. 1993, we heard that a friend of ours in Wooster, Ohio, was having a bout with ovarian cancer. The blood test for that condition is GAC 125 and the normal is 35 or below. Her count was 75. Later I learned she'd visited my sister in September and was very apprehensive. She'd had about 4 rounds of chemo (i.e. many chemotherapy sessions) and couldn't take that. We sent information about Flaxseed oil in our Christmas letter.

Joanie is an RN and she and her husband had been missionaries in Sri Lanka. They bought the books and started using Flax oil. In February she was feeling fine. On May 12, 1994, she had a checkup and the count was 2 and she was praising the Lord. In October 1994 she had another physical and now the count was 1. Since then there's been no further indication of cancer.

2. We were asked by a friend to send a tape to his son whose wife was badly off with cancer. We have just learned that the daughter-in-law had cancer through her lymphatic system and her brain. She used 4 Tbsp. of oil a day and today the tests for cancer are normal. The doctors can't figure out what's happened and she is not saying anything. However, her husband, mother, father and sisters are all using Flax oil for prevention.

Here's a testimonial for man's best friend, and I've read where it works on cats to.

3. Several weeks ago a man called us from South Bend, Indiana. He said, "You'll enjoy this. I have a 13 year old dog. He has cancer. His eyes were dull and he was so weak he couldn't lift his leg. I should have put him to sleep, but I didn't want to. I put 1 Tbsp. of Flax oil and a half cup of cottage cheese in his bowl and he wolfed it down. I did that three times a day for ten weeks. Today he's running all over the place, his eyes are bright, his coat is shiny and he's gaining weight." That was the 2nd dog I'd heard of in 3 days that showed improvement from using Flax oil. The other is owned by my cousin's daughter.

This second set of testimonials was taken from a FlaxSeedOil2 Chat group. The purpose of this group is for information and discussion of Dr. Johanna Budwig's Oil-Protein Diet and Protocol. ***FlaxSeedOil2 appears to be one of the best sources of reliable information on the Budwig Protocol in the English-speaking world*** (http://health.groups.yahoo.com/group/FlaxSeedOil2/).

1. From: "Bill and Nancy Parsons"
Date: Thu Oct 2, 2003 10:31 pm
Subject: Re: [FlaxSeedOil2] mom dx with nsclc 8/03

Hello Elena,

I feel real good about my case and will very soon have tests done that should give a definitive answer to how I am doing. I was diagnosed on Oct. 8, 2002 with a large breast cancer - "lobular infiltrating carcinoma". I began that same day on FO/CC. My cancer was very painful at first - in fact that is when I discovered it, was when the pain awakened me at

5:00 a.m. I started that same day eating FO/CC (Flax Oil/ low fat cottage cheese). By the middle of November my pain was all gone and I have remained pain free. The tumor has shrunk dramatically, and my doctor was even amazed. On October 14, I will have a C.A.T. scan. I have already had a P.E.T. scan. The results of both of these scans will tell me the whole story.

With the P.E.T. scan, they injected into my veins sugar and radio-active-isotopes. The sugar goes to all spots in my body where there is any cancer, and will even show how large it is. It can be tracked by the radio active isotopes. I can still feel a small ridge and I have wondered if that is scar tissue (since it has been so long since I have felt any pain). Well, now when I get these results, I will know if it is still cancer or just scar tissue. I will post to this group whatever my results are.

I had no doubts about beginning on the FL/CC regimen, as my husband had a very large and metastasized pancreatic cancer, in 1994.

He took many things in the alternative field, but NOTHING IN the medical field, (unless you want to consider his 3 weeks of IV treatments of Laetrile).

He also took FO/CC 3 times a day.

To his surgeon's astonishment, he was well in 5 months. After the surgery the surgeon had told us that he would die and that he might live 3 to 6 months - 3 being most likely.

He had gotten ill at the end of December, 1993 and was in and out of the hospital until May 25, he had exploratory surgery and got the grim reports I reported above. But after we got home and got him on the juicing, he just began getting better. I was making fresh vegetable juice and giving him 12 ounces about every 2 hours. And we followed the diet scruprously - no meat, absolutely no pork, no sugar, no processed foods of any kind, etc. etc. and he just kept getting better.

Finally in November 1994, I wrote to the surgeon and ask him if he would schedule a CT scan for when we had an appointment on December 5, 1994.

He did that and when he came to give us the report, he was just shaking his head. He said "I don't know what to tell you folks, but there is no cancer in there. I even had the radiologist come back and study that with me and we can see nothing abnormal in there of any kind." So with that kind of encouragement, I felt confident to do basically the same thing. Except that in the meantime, I have learned a lot more about FO/CC and so I am going mostly all the way with that. I guess you could say I have put all my eggs in that one basket. I know this is a long message and I am sorry. I hope it helps your mother. My husband was 54 the year he got sick. He is still well and still with me today.

Hope this helps, Nan

2. There is a melanoma case in Dr. Budwig's book "Der Tod des Tumors" (The Death of the Tumor) p.85.

I will give a partial and lose translation of it and paraphrase the first paragraph:

A Mrs. Harriett had a malignant melanoma cut out of her thigh. About one and a half years later she had lymph node metastasis at her left temple, which was treated with radiation.

Four months after that she had lymph node metastasis at her left neck which were also brought under control with radiation. Two months after that she had several skin metastasis over her body. That is when she came to Dr. Budwig, evidently on her own. What follows are excerpts of a letter from the woman's doctor to Dr. Budwig:

"A patient of mine, Mrs. Harriett, has recently been treated by you..." A detailed history with dates follows as outlined above without dates. "...After your treatment, all lymph nodes and skin metastasis were in remission. Also, all blood test indicators were normalized. I have never seen this happening with metastasized malignant melanoma. I would be extremely thankful if you could tell me which therapy you used. Since I have another patient with the same illness, I would be glad to send her to you so as to extend her life. On the other hand, I would naturally also gladly treat this patient here if you would instruct me of the method you used."

The above information I found intriguing, but I still questioned why combining flax seed oil and cottage cheese together was the impact on the body so intensive? I believe I have found the reason and it's mentioned below in several different excerpts from her book.

The following excerpt is from Dr Budwig's book Flax Oil As A True Aid Against Arthritis, Heart Infarction, Cancer And Other Diseases which was translated from German to English. This book is a must read for anyone trying to heal themselves from a terminal or chronic disease.

Dr Budwig states "What we need in Europe today, in Germany as well as in Switzerland, America, and France, what we really need are electron rich highly unsaturated fats. The moment two unsaturated double links occur together in a fatty acid chain, the effects are multiplied and in the highly unsaturated fats, the so called "linoleic" acids, there is generated a field of electrons, a veritable electrical charge which can be quickly conducted off into the body, thus causing a recharging of the living substance---especially of the brain and nerves. It is exactly those highly unsaturated fatty acids which play a decisive role in the respiratory functioning of the body. With out these fatty acids, the enzymes in the breath can not function and we asphyxiate, even when given extra oxygen, as for examples in hospitals. The lack of these highly unsaturated fatty acids paralyses many vital functions. Primarily, it cuts off the air we breath. We can not survive without air and food and we cannot survive without these fatty acids---that was proven long ago."

Dr Budwig, in her book, brought up other areas of interest and how electron rich fats affect other vital functions of the body. I will mention them, but will not go into any detail, as one may purchase her books to learn much more than presented in this paper.

The lack of electron rich unsaturated fats affect;

Respiratory enzyme function- It is basically proven that highly unsaturated fatty acids are the undiscovered decisive factor in achieving the desired effect of cellular respiratory stimulation:
All glands of the body
Brain Function- Including mental and spiritual
Scholastic performance of children
Function of the Heart- Proper firing of the heart Marital infertility
Moral and behavior problems
Human sexual relationships Cell division
Formation of tumors

Ingestion of wrong fats- Humans will eat six times their normal amount of food

Dr Budwig, in her book, also brought up the relationship between the Fats Syndrome, Electrons, Photons, and Solar Energy provided by the Sun.

She pointed out that the sun is an inexhaustible source of energy and an element of life that affects the vital functions of the body. This, in part, is due to the photons in sunlight which are the purest form of energy, the purest wave, and in continual movement. Dr Budwig states, “electrons are already a constituent of matter, even though they are also in continual movement and that electrons love photons, attracting each other due to their magnetic fields. There is nothing else on earth with a higher concentration of photons of the sun’s energy than man. This concentration of the sun’s energy---very much an iso-energetic point for humans, with their eminently suitable wave lengths---is improved when we eat food which has electrons which in turn attract the electro-magnetic waves of sun beams, of photons.

A high amount of these electrons which are on the wave length of the sun’s energy, are to be found, for example, in seed oils. Scientifically, these oils are even known as electron–rich essential highly unsaturated fats. But, when people began to treat fats to make them keep longer, no-one stopped to consider the consequences of this, for the existence and higher development of the human race. These vitally important amounts of electrons, with their continual movement and wonderful reaction of light were destroyed.”

Dr Budwig found when she treated patients and had them lie in the sun she noticed they started feeling much better and became rejuvenated. She referred to the sun as having a stimulating effect on the secretions of the liver, gall bladder, pancreas, bladder and salivary glands. Dr Budwig also stated “Matter always has its own vibration, and so, of course, does the living body. The absorption of energy must correspond to one’s own wave length.” It appears apparently that sunlight is absolutely essential for the stimulation effect of the vital functions of the mind and body, contributing to the factors which allow the body to heal itself.

Dr Budwig mentioned that doctors tell patients and cancer patients to avoid the sun as they can’t tolerate it and that is correct. She says once these patients start on her oil-protein nutritional advice for two or three days which means they have been getting sufficient amounts of essential fats, they can then tolerate the sun very well. She said the patients then tell her how much better they feel as their vitality and vigor is re-stimulated.

The last of the points mention by Dr Budwig and maybe the most important, is the electrons in our food serve as the resonance system for the sun’s energy and are truly the element of life. Man acts as an antenna for the sun. The interplay between the photons in the sunbeams and the electrons in the seed oils and our foods, governs all the vital functions of the body.

This has to be one of the greatest discoveries ever made as this combination promotes healing in the body of chronic and terminal diseases. In her book Dr Budwig states “Various highly trained and educated individuals are dismayed and irritated by the fact that serious medical conditions can be cured by cottage cheese and flaxseed oil.”

The mixing of the oil and cottage cheese allows for the chemical reaction to take place between the sulfur protein in the cottage cheese and the oil, which makes the oil water soluble for easy absorbsion into your cells.

The Budwig Protocol

Only use Flax Oil from the refrigerated section of your health food store. Never use capsules, flakes or flax oil from the shelves. It must be refrigerated and check the expiration date to make sure it has not expired. I would not use High Lignan Flax Oil because the taste is not clean and you can not tell if it is rancid. They have left the husk from the processing of the seeds in the bottom of the bottle, leaving less product. You want good clean tasting oil and no flavoring added as some oils are doing.

The mixing ratio is two tablespoons of cottage cheese to one tablespoon of oil. Mix only the amount you are consuming at one time so it is mixed fresh each and every time. One example would be to mix (4) tablespoons of cottage cheese to (2) tablespoons of flax oil, consumed twice daily or more depending on the severity of the health condition, one is attempting to address. One should probably start slowly with the oil, maybe just once a day and work their way up letting the body adjust to the protocol. The oil and the cottage cheese must be thoroughly mixed at a low speed, using an Immersion Blender, blending until a creamy texture with no standing oil is achieved.

The mixture should then be immediately consumed!!
Do not add anything to the mixture until AFTER it is mixed!!

We have always recommended using the immersion [stick or wand like] mixer for the Flax Seed Oil and Cottage Cheese. Here is a link to photos of an immersion mixer:
Immersion Mixer Vendor

One may want to consider sprinkling a tablespoon or two of freshly ground flax seed over top of the freshly mixed flax oil and cottage cheese mixture. Mix this in by hand. This super charges the protocol. Do not buy pre-ground flax seed as the flax seed goes rancid 15 minutes after grinding. Brown or Golden whole flaxseed is available at the health food stores and either will work. You may grind up the fresh flax seed with a small coffee grinder. Store the seeds in the refrigerator and grind fresh each time.

You may also stir in with a spoon 2-3 tablespoons of organic lowfat milk for a creamer mixture. This can be mixed in by hand after the initial blending. The mixture can be flavored differently every day by adding nuts, preferably organic such as pecans, almonds or walnuts (not peanuts), banana, organic cocoa, organic shredded coconut, pineapple (fresh), blueberries, raspberries, cinnamon, or (freshly) squeezed fruit juice. It's usually best to place the fresh fruit on top of the completed mixture and enjoy as its own meal. Try your best to obtain organic fruit when possible. Many times this can be found frozen when not in season.

Dr Budwig pointed out that people who are suffering from Chronic or Terminal disease should work themselves up to consuming 4 - 8 Tbs of the oil daily. Usually the higher limits 6 - 8 Tbs were for people with cancer. She stated, people with *Liver or Pancreatic Cancer* etc, may have to work up very slowly with the oil and possibly only start with 1 teaspoon at a time giving their body time to adjust. Dr Budwig pointed out that cancer patients once starting the protocol and getting it under control must continue with a maintenance dose to prevent reoccurrence. A maintenance dose is considered (1) Tbs of the oil per one hundred pounds of body weight. The Budwig Diet takes time to work and in the event of cancer, tumors, etc may take 3-6 months to see results. Many other health issues may respond much faster.

If you are Lactose Intolerant you may want to try the following. Since commercial milk is pasteurized, beneficial bacteria and enzymes in the milk and dairy products are destroyed. This has led to a number of people having difficulty in tolerating quark or cottage cheese.

Dairy is an important component in Dr. Budwig's Oil-Protein Diet. Because good substitutes are hard to find, it is worthwhile for those who are lactose intolerant to try different ways of tolerating dairy.

Some possibilities (in no particular order):
Use raw milk and raw milk products if you can get them.
Use goat's milk instead of cow's milk products.
Take the enzyme Lactase with quark or cottage cheese.
Try Nancy's Cottage Cheese which is made with lactic cultures.

Make yogurt quark (recipe under "Foods" in the files)

Make kefir quark (straining kefir to get a cream cheese consistency)

Get kefir grains, make kefir, remove grains, and strain through fine muslin cloth.

To learn more, do a Google search for "kefir" it will get you many hits.

FSO2 member Cheryl du Toit says this about kefir in message #29710:

"Kefir cottage cheese (or quark) is most certainly our solution for lactose intolerant people. It works like a charm."

If one does not wish to make kefir, it can be purchased from the health food store in the refrigerated section. Organic Kefir comes in a liquid and the oil may be stirred into the kefir and consumed. It tastes very good. Make sure the oil is totally dissolved into the kefir before consuming. You may want to check with the health food store and see if they have a kefir cheese similar to cottage cheese which should work, as long as the flax oil blends in and does not float back to the top.

In the case of a person with a feeding tube one could mix flax oil into the organic kefir by hand as mentioned above. Then pour into the feeding tube. Again, this can be done using ¼ cup kefir to 1 tablespoon of the flax oil and given through out the day at different times. You may be able to use even a little more oil with the ¼ cup kefir. One may have to play with the mixture to get the desired results. Make sure there is no oil floating on top of the kefir before pouring into the feeding tube.

Dr Budwig noted prior to administering her protocol she had observed blood analysis of seriously ill cancer patients which showed a strange greenish-yellow substance in the place of the healthy red oxygen carrying hemoglobin. She found that their blood, without exception, was deficient in substances called phosphatides and lipoproteins. It has also been found that most people have blood that is 80% deficient in Omega 3. Dr Budwig found that cancer patient’s blood, after three months of using her protocol, returned to bright red and the tumors began disappearing. Weakness and anemia disappeared and the life energy was restored. Symptoms of cancer, liver dysfunction, and diabetes were completely alleviated.

It has been mentioned in several articles that once a chronic or terminal disease has been brought under control or into remission the amount of flax oil may be reduced to (1) tablespoon per hundred lbs. of body weight for maintenance. To prevent reoccurrence of the cancer one should stay on the maintenance dose.

If yogurt is used in place of the cottage cheese it will require 3 times more yogurt to be consumed than cottage cheese as it lacks the protein density of cottage cheese. Even then, this may not be as effective. There is some question, as Dr Budwig never addressed this issue. The yogurt will have to be (live cultures, not the kind in the supermarket). An example of using the yogurt would be ¾ cup of yogurt to 1 tablespoon of flax oil.

The following items listed below should be avoided on this diet.
(The reason one needs to exclude these items from his / her diet is that they interfere with the diet by lowering the voltage field in the cells.)

Sugar
All animal fats
All meats
Margarine
Butter
Salad dressing oils- exception extra virgin olive oil and balsamic vinegar or lemon
Foods high in Preservatives

Dr Budwig Diet Plan

Dr Budwig has a diet plan that is available in her cook book, The Oil Protein Diet Cook Book- It can be purchased from www.amazon.com for around $10.00.

The following is an example of the protocol given in Dr. Budwig's book.

Most people begin gradually adding healthy foods & liquids and eliminating damaging ones. The diet seems simple, but foods are powerful and can damage or heal a person. This protocol has over a 90% success rate, with all kinds of cancer patients, according to Dr. Budwig, and those who studied and reported on her work in Germany over a 50 year period. Many research studies done in the last ten years support the cancer-fighting value of the foods, juices, sun exposure, and relaxation which Dr Budwig recommended. There are many testimonials in the files of the FSO2 group written by members who have regained their health by following this protocol after being diagnosed with cancer-many terminal.

The following are some excerpts from the above message link.

To start the diet, it helps to have 3 appliances. One is a coffee bean grinder to grind the whole brown flaxseeds sold in health food stores or online. In Dr Budwig's protocol she used 2 to 3 tablespoons daily of the ground up flax seed. The flax seeds should be ground and used immediately. They must be consumed within 15 minutes of grinding or considered rancid. They can be used in cereals, oatmeal, shakes etc.

The 2nd appliance is an immersion hand-held mixer, a somewhat stick-shaped mixer, to blend the flaxseed oil [FO] and the cottage cheese [CC] together so that they become one food, making the oil water-soluble and more absorbable to the cells of the body.

The 3rd appliance needed is a vegetable juicer. A masticating-type may give a more healthful juice than a centrifugal type. Purchasing a vegetable juicer is absolutely essential.

Patients with liver, gallbladder or pancreatic cancer, may need to start with a lesser amount of the oil and build up slowly to Dr Budwig's recommended dosage. A transitional diet can be found in the FSO2 files or in Dr Budwig's book.

SUNSHINE - Sun on the skin is very healthful for vitamin D & other benefits but avoid burning. If you feel up to having some
EXERCISE; INDIVIDUALIZE IT ACCORDING TO YOUR STRENGTH NEVER OVER DO IT. Dr. Budwig did not push the idea of exercise, she felt that one needs rest to heal. So, take caution. [For those who can exercise, besides walking, a rebounder (a small, round trampoline) is beneficial for the lymph system, heart & circulation. RELAXATION IN THE SUN IF POSSIBLE to relieve stress is healing - nature, music, chat, laughter.[On days when you cannot be in the sun, high-quality cold-pressed cod liver oil offers vitamin D & other benefits]

DR BUDWIG STRESSED THAT IT IS VERY IMPORTANT TO AVOID UNHEALTHY FOODS & SUBSTANCES such as hydrogenated fats, animal fats, sugar, white flour, preservatives, chemicals and processed foods. Avoid leftovers - food should be prepared fresh and eaten soon after preparation to get the health-giving electrons & enzymes-within 15-20 minutes. At least 3x a day drink a warm liquid, such as green or herbal teas, sweeten only with raw honey. Keep a food diary. Avoid stress and anxiety; take time to relax & enjoy each day. Listen to beautiful music, laugh, do deep breathing, connect with nature, and spend time with people you like. Dr Budwig spoke about the damaging effects of stress.

Also, she did not include supplements or drugs in her protocol. Some supplements, especially high amounts of antioxidants, can interfere with how well the diet works, as can some drugs.

Summary
I described the Budwig protocol in about 9 pages. This is not really enought. To give you a better feeling of the protocol I included long quotations from Cliff Beckwith's website, but the *Oil Protein Cookbook* should also be at hand if you decide to follow this protocol. Trustworthy, information is available from healingcancernaturally.com.

Budwig's history is her best testimony. The opinions of people like Roehm and Willner [highly regarded international cancer experts] confirm this view. Seriously consider the protocol as your first line of defense against cancer. It is an appropriate treatment for terminal patients.

At the end of chapter 12 is a list of Gerson treatments, i.e. coffee enemas, lugol, etc. Consider adding these to the Budwig protocol. Take also note of chapters 8 and 15. I have to add that there are loyal Budwig supporters who will not approve and strongly feel that adding to the protocol undermines its effectiveness. On what basis could additions to her treatment be evaluated?

Budwig was strongly against chemicals – the nearer to nature (unprocessed) the better. www.fosube.com/cancer-program.html recommends to stay away from all products trying to 'kill' cancer, i.e. apricot pips, laetrile, mega doses of vitamin C (smaller amounts – 2 to 3

grams is, in their opinion, in order) and graviola [?], as such products will nullify the Budwig treatment [This seems to be too prescriptive as it may exclude excellent herbs]. Without referring to Budwig, Walter Last advises against all drastic treatments as it create considerable waste products and promote inflammation (chapter 15). If you want to know if X can be combined with Budwig do an internet search, but be very wary of dubious sites.

In the next chapter a diet treatment is described to help patients who have trouble absorbing raw food.

14. The Macrobiotic diet

Like lemmings going over a cliff the
general public lines up for these therapies [chemotherapy and radiation]
and nearly all treated persons proceed to die.
Dr. James Howenstine, MD.

Introduction to the macrobiotic diet
The macrobiotic diet as a cancer treatment was very popular, especially during the 1980's. There is absolute proof of cancer patients who healed as a result of this diet and there are alternative cancer experts who are excited about this diet (www.cancerdecisions.com. Moss Newsletter, 27 Feb 2002). [Books about the diet may be available in your local library, i.e. Michio Kushi's book *The cancer prevention diet*.]

A question that does arise is if a number of cancer sufferers follow this diet how many will heal? A more important question is how does this diet compare with other treatments? It seems that there is not much data available to answer these questions. The unsatisfactory answer that has to be given is that this diet seems to be not on the same level as those previously discussed. While previous diets concentrate on raw food this diet largely consists of cooked food. The conclusion is that only patients who have serious problems absorbing raw food and digest cooked food better, should consider this diet.

An objection to plant proteins is that they are not complete. This is corrected by eating grains and legumes together.

The macrobiotic diet approach is holistic (meaning 'whole' or 'total') in terms of cancer and life and includes the cultivation of a calm, restful outlook with the community and nature.

The macrobiotic diet
The macrobiotic (from the Greek words 'macro' = big and 'bios' = life) diet emphasises coarse grains as a staple diet to which is added vegetables and legumes (all cooked).

Ordinary food (food without animal protein) contains an appreciable amount of protein, but the objection is that it is not a complete protein, i.e. certain building blocks are missing. [This is true, but as soon as a grain is combined w ith a legume and consumed at the same meal (i.e. rice and lentils or wheat and beans) you are dealing with a complete protein which provides the body with all the protein building blocks it needs.]

Highly processed and refined foods are avoided. Do not eat too much food and chew the food thoroughly. It is believed that food and the quality of food has an invigorating influence on health, well-being and happiness.

The idea is to become sensitive to the effect of food on health, rather than following rules. Nevertheless, rules help your intuition to become more sensitive. The body and food must be in balance (not too yin or yang). Food of the nightshade family like tomatoes, potatoes and brinjals are avoided as they are very yin (acidic). To ensure a correct balance in your diet is

not an easy task. Insights may be obtained by reading but it is really necessary to follow a course in the preparation of this food.

The grain part of the diet consist mainly of brown rice (25-30%), vegetables (30-40%), beans, lentils and other legumes (5-10%), miso soup (5%) and other foods (5-10%). To this should be added seeds and nuts, sea grass, herbs and warm drinks, i.e. Bancha tea and grain coffee.

[Many years ago I tried this diet by eating only brown rice and lentils for a week or two (mainly brown rice - add about one-third lentils and you have a complete protein). It is more or less a mono-diet - a diet consisting of only one food - it is not as drastic as a total fast, but the treatment is an excellent body cleaner.]

As this diet is not of major concern it is not discussed in dept. ***Nevertheless, I have to stress that cancer sufferers must change their old eating habits.*** If other diets are not acceptable the macrobiotic diet will bring a relative improvement.

If you require further information about this diet download Ichio and Avelin Kushi's e book *Macrobiotic Dietary Recommendations* at www.goodhealthinfo.net.

Dr Hugh Faulkner
Dr Faulkner was diagnosed with pancreas cancer at the age of 74 (www.vegan.swinternet.co.uk/articles/health/cancerbusiness.htm). He dramatically benefited from the macrobiotic diet. As a physician, he accepted the diagnosis of terminal cancer and booked his place in a hospice. He, nevertheless, talked to Michio Kushi, the head of the macrobiotic organization in the US. When asked if Kushi can cure him the reaction was: "Your body can." Seven years later he was still alive.

Faulkner was lucky to be treated by Kushi. For westerners it is difficult to treat themselves correctly and it is probably better to do another type of treatment.

Summary
The macrobiotic diet has it supporters but should never be the only weapon against cancer. Only people who are not able to follow other diets should, in my opinion, consider this treatment and must combine it with other effective treatments. Even in such cases consider Dr Donald Kelly's advice to a person who could not eat raw vegetables: take vegetables in the form of juices and add enough enzymes to [cooked] meals http://www.fosube.com/uploads/1/4/2/6/1426390/kelley_cancer_scan_--_fin.pdf.

In the next chapter the importance of an alkaline body is discussed.

15. Healing reactions, pH, supplements and other concerns

Melissa read the first, incomplete version of this report and decided to stick with her doctor's treatment. This chapter was written after she passed away and contains information that could be the difference between life and death.

Overview

We have made considerable progress with this study. ***Certain statements can already be made with a high degree of certainty:***

**** To treat cancer successfully the sickness must be attacked simultaneously on six fronts, i.e. diet, detoxification, building the immune system, key enzymes, emotional counseling and natural chemotherapy***

**** A special limiting diet is an essential part of cancer treatment***

**** The cleaning of the digestive system/body is very important. It is managed in a number of ways. Essential aspects are drinking plenty of fluids, a special diet and detoxification***

**** Cancer theories point to various cancer treatments. The utilization of electronic machines and certain supplements are important***

**** Energy levels and emotions tell you whether you are progressing or going backwards. Medical tests are, nevertheless, necessary for objective evaluation***

**** Stay away from traditional cancer treatments, except under special circumstances (this is a drastic statement and if you are unsure you should get certainty on this point, reject my viewpoint or apply natural methods only as an additional method of treatment)***

**** Do not depend on one natural treatment (it could be enough), but rather combine a number of treatments***

Electronic treatments and diets have been discussed. Other treatment options will receive attention. When this chapter is mastered you have enough information to earnestly start with treatment.

In the course of therapy you can expect repeated short but sharp healing reactions. You may develop vomiting, diarrhea, nausea, weakness, fever, indigestion, strong pain, swellings and skin reactions. These reactions are favorable signs and show that the body is finally strong enough to attack the cancer. The symptoms are caused when a shrinking tumor generates more toxins than can be eliminated. If it is necessary to ease the reaction, temporarily stop using digestive enzymes, cesium [or sodium bicarbonate] and other therapies accelerating tumor destruction (www.health-science-spirit.com/cancer2-strategies.html).

REALLY IMPORTANT
The main purpose of allopathic treatments are to destroy the tumor (preferably quickly) ("It is by far the most dangerous part of cancer therapy" - Walter Last). This is (mostly) not our aim. Firstly we want to stop the growth of the tumor and shrink it in a non-drastic way. We also try to stabilize the situation and create unfavorable conditions for the tumor.

Drastic treatments cause large quantities of waste products and inflammation and stimulate tumor growth. "Tumors can only grow by surrounding themselves with an area of inflammation. Therefore, preventing inflammation is one of the most important aspects of cancer therapy" (http://www.health-science-spirit.com/cancer6-remedies.html). Walter Last lists the following ways to treat inflammation: "... alkalizers, aloe vera, bee pollen, bioflavonoids, blue light, cartilage (bovine and shark), chlorophyl (grass juice), dormins (soaked fenugreek), glucosamine, grape seed extract, linseed and fish oils, magnesium chloride, magnet (south-pointing pole), mussel extract (Lyprinol), Phenergan, propolis, rubidium or cesium salts, Schweitzer Formula, tea tree oil and vitamin B2. ... Anti-inflammatory herbs are bromelain, echinacea, ginger, golden seal, licorice, slippery elm and turmeric."

Dr Donald Kelley (the dentist) is a case in point. He was on his way to recovery from cancer as a result of a raw food/vegetarian diet when he really felt ill again. He used pancreatic enzymes and every time he swallowed these pills the pain was bad. It took him a while to realize that the problem was toxins from the disintegrating tumor. With coffee enemas he got rid of the toxins and the pain. [It could also be necessary to slow down the treatment.]

We, preferably, want to change the cancer cells back to ordinary cells and prefer not to destroy them. The correct pH and other conditions unfavorable to the tumor give the body the chance to recuperate. Budwig stresses the fact that healthy cells are the basis for recovery.

We saw in chapter 12 under **Potassium** that the accumulation of sodium chloride and water around a tumor decrease when table salt is eliminated from the diet.

While the tumor is growing take extra zinc in order to create a relative shortage of copper (prevents the formation of new blood vessels and arrest growth). Three zinc pills (30mg x 3) (one per meal) are recommended (make sure that no copper is taken with multivitamins or water) (www.health-science-spirit.com/cancer5-nutrients.html).

pH
After applying the information in this chapter your body will be alkaline and the growth of the tumor will stop. Alkalizing the body means a higher pH reading and reduces the number of microbes. Inflammation is drastically curbed while metastasis and cachexia are prevented (www.health-science-spirit.com/no-one.htm). This is achieved with the diet and sodium bicarbonate mixture.

pH is the name of the test that determines how acidic your body is. The neutral point for pH is 7.0 and a reading of 6.0 is really acidic and a reading of 8.0 very alkaline. One of the characteristics of all cancerous bodies is that they are very acidic, with a pH of maybe between 5 and 6. The reading could be as low as 4.5 in the case of terminal patients (*The*

Calcium Factor: The Scientific Secret of Health and Youth, by Robert R. Barefoot and Carl J. Reich, M.D.).

An average, healthy person tends to be too acidic and the appearance of cancer means that the body steadily becomes more acidic. The acidic environment is ideal for cancer cells to flourish and increase their numbers. At the same time bodily functions suffer as biochemical reactions become slower and the supply of oxygen and food dwindles. Consequently, it is important to take steps to make the body more alkaline.

It is necessary to have a clear understanding of pH readings. The scale stretches from 0 to 14. *It is a logarithmic table.* If your reading was 6.0, yesterday and is 5.0 today it means that your body is now TEN TIMES more acidic (fortunately it is impossible!). The point is, a small change in the reading is significant. [The pH reading of a cancer patient could be 10 to 100 times more acidic than a healthy person.]

Buy litmus paper at the pharmacy (the quality differs and if you are not happy with one brand try another, but it should provide for readings up to 9.0). The pH can be ascertained with urine or saliva. There are various opinions, but I feel that the saliva test is the best, but it should not be done shortly after eating, drinking or the brushing of teeth (the urine test shows you what is happening in the body at that moment, i.e. it is busy to get rid of acid. What we wish to know is the body's pH and I think the saliva test gives a better indication - if you feel like it, do both tests). Keep a daily record of pH scores, say two readings a day, before meals.

Diet

As you are already reading this page it is assumed that chapters 9 to 14 have been studied and that enough fluids are taken.

If it has not yet happened it is necessary to decide on a specific diet and to start with the diet. What follows are a few key points.

The old diet may be the cause of the cancer. A new start must be made by eliminating alcohol, cigarettes, caffeine, meat and all animal products and following the new diet to the letter. Any of the diets discussed will lower the acidity of the body. With the use of the basic recipe (under next heading) the pH should improve and in due course be on the desirable level. Our first objective is to get a more alkaline body and create a less favorable environment for cancer, and secondly to destroy cancer cells (according to Dr Simoncini, the Italian oncologist, cancer is a fungus and can be destroyed with sodium bicarbonate).

The choice of a diet is based on many considerations, including personal reasons. It would be wrong to base your decision only on the fastest way to get a better pH reading. The most alkaline diet described is the one by Robert Young, in chapter 11. If the body is very acidic and the lactic acid in the blood high (severe exhaustion), Young's diet could be considered. On the internet lists are available with foods arranged in terms of acidity.

Under **Basic recipe** we start with one dose a day and increase it in due course. Do not do this without understanding the process. Read the whole chapter before starting the treatment. Only increase the dosage after real progress has been made with the diet.

Basic recipe:
One teaspoon sodium bicarbonate (containing no aluminium) and one teaspoon sweet black strap molasses in a little water. Mix thoroughly, fill the glass with water and drink.

The idea is to move the pH reading up to about 7.5. The cancer will stop growing. When the pH reading is 8.0 or 8.5 (the pH reading should never exceed 8.5) the cancer cells will start dying. This pH should be maintained for a number of days. The idea is to drink the mixture between meals and still have enough acid in the stomach during mealtimes. Taking the mixture first thing in the morning is important (cancer cells yearn for sugar after a night without food) and, therefore, the day is started in this way and breakfast postponed for a while. Follow this procedure for at least two to four days. ***After each dosage take colloidal silver, according to the instructions on the bottle.***

The sodium bicarbonate dosage can now be increased to twice a day (decide how you feel and take things calmly). The second dosage may be taken late in the morning or early in the afternoon, provided it is not near mealtime.

If there is still no indications that the mixture is working two doses should make the difference. Headaches and slight nausea are possible - the body is busy with a cleaning process. The color of faeces may become yellowish. Do not use headache tablets or any pain medication. Drink more water and if necessary a smaller dosage. The pH should, by now, be at least 7.0 with more oxygen available in the body. Tingling may be felt around the lips indicating an increase in oxygen. Oxygen means death to cancer!

Two dosages should, in due course, give a pH reading of 8.0. According to certain sources three dosages a day is OK - rather go slower and only try three doses after three or four weeks.

The main symptom is headaches and you have to accept that. If it is too intense lower the dosage. If you feel weaker you possibly need potassium. Enough potassium in the diet is important, otherwise you have to supplement with potassium pills. Sweat during the night may occur. This is a way the body rids itself from poisons. If headaches become too severe, lower the dosage.

By the end of the second week or during the third week (there are individual differences) the pH should be 8.0 or higher. Keep the pH at 8.0+ for a number of days [According to Dr Mark Sircus the maximum pH is 8.2 – it could be safer to work on a pH of just above 8.0].

Consider evaluating your situation with a cancer test (for many types of cancers there are a specific test or a general test). Continue to control your pH, but be responsible. If you feel unwell (fever) stop taking the mixture - if cancer cells dies too rapidly it could be very dangerous. You have to decide when you should continue with the treatment (ask medical help if you are unsure). With the pH at 8.0 plus for a number of days keep the reading at a high level, but a level that is easily maintainable. Although some sources regard three dosages a day as fine, rather try to stay on two. It is possible that the body could get too alkaline - after

about two weeks stop treatment for a few days. Restart with one dose and from the third day two doses. This cycle may be continued for a long time. Continue checking the pH.

Calcium supplementation is a popular method to increase the pH. Rather avoid calcium - Gerson was absolutely against calcium. The only form of calcium that should be considered is coral calcium, but even then I am hesitant. Don't be impatient. If you have problems getting your pH on the right level it is possible that your diet is not alkaline enough. Eat more of the vegetables Young recommends (chapter 11). A balance must be maintained in the body (Gerson, chapter 12) and drastic measures avoided.

The reader will be aware that the writer often warns you to be careful as the body takes time to adjust to a more alkaline environment. ***Do not combine two alkaline treatments.*** If you prefer to treat your disease less drastically (according to Walter Last's approach, earlier in this chapter) keep the pH reading always below 8.0.

The purpose of the sodium bicarbonate recipe is to reach, within a few weeks, a point where the pH is at the right level. After stabilizing the pH at between 7.0 and 8.0 the next step is to keep it permanently high by just eating correctly.

There is the possibility of a potassium deficiency. The symptoms are weakness, fast uneven heartbeat, sleeping legs, etc. Take potassium tablets as a preventative - 200mg a day - and increase, if necessary. The diet should provide for enough potassium, i.e. almonds, Brazil nuts, avocado's, garlic, unskinned potatoes and bananas (bananas alone, consumed two times a day should provide enough potassium – bananas could mean too much sugar and starch). While sodium bicarbonate is taken potassium is important. When the sodium is no longer taken potassium consumption should still be kept up for a number of months.

Supplements

Potassium and **zinc** pills were already mentioned and the following supplements should be taken on a daily basis, i.e. **selenium** (400mcg) [selenium can be reduced to 200mcg after improvement; a metal taste in the mouth points to over dosage and the dosage should then be lowered] and 4 **Sutherlandia** tablets, spreaded over two or three meals. **Niacin**, 50mg six times a day (in very serious circumstances, every hour 24/7), **pancreas enzymes** and **folic acid**, 5mg. **Milk thistle** and **bromelain** according to the instructions with the capsules. Also, one teaspoon **turmeric** with a little black pepper, dissolved in half a glass of water.

Vitamin C is taken by dissolving 2g in fresh juice and drinking it as spreaded doses, 6 times a day. Start with a smaller dosage and build up to 12g a day over a number of days (read more about vitamin C in chapter 22).

Iodine is important. Read about iodine in chapter 12. The iodine in the blood should be periodically checked.

One of the most important supplements, taken on a daily basis is pancreas enzymes. Donald Kelley stressed that cancer is only a symptom telling you the protein metabolism is in real trouble. In the preface to his book cancer is described as "*a simple deficiency condition*". The

pancreas is not able to supply enzymes to digest large quantities of pasteurized milk, cheese and meat and still have enzymes to fight foreign proteins.

The ideal way to fight cancer is killing the microbes in the cancer cells. That is the purpose of the **colloidal silver**, mentioned under "**Basic recipe**" and the turmeric. Buy **Co Q10** for the same purpose. Two natural remedies with the same effect are ***methylselenocysteine* and *ellagic acid***. The first is in garlic and broccoli and ellagic acid is in pomegranates. Try to eat/drink quite a lot of these. We all know how *capsicum* in warm peppers and cayenne pepper burn our mouths. It also destroys microbes. Eat **warm peppers** (the strongest is Habanero) as often as possible and drink a daily glass of water (or even twice daily), in which a flat teaspoon of **cayenne pepper** is dissolved.

DMSO en MSM

DMSO (Dimethyl sulfoxide) is a clear organic sulfur fluid made from wood, with the remarkable characteristic that it targets cancer. The amount of chemo normally required decreases by 90% when DMSO and chemo are combined as a cancer treatment. This type of cancer treatment is prohibited, as it will drastically lower the earnings of oncologists. A disadvantage of DMSO is that it causes body odors. Normally it is applied to (clean!) skin and any substance mixed with DMSO will be absorbed.

We leave DMSO and look at its nephew, MSM (Methylsulfonylmethane). MSM does not cause body odors and is utilized to (1) transport oxygen, (2) remove lactic acid from the blood (breaking the cachexia cycle), (3) lessens pain, (4) destroy microbes in the bloodstream, (5) take substances that destroy cancer into the cancer cells, i.e. colloidal silver ('opens' cells, enabling MSM and other anti-cancer substances to destroy microbes), (6) lessens inflammation and swelling and (7) improves blood flow. If electronic machines are employed to destroy microbes in cancer cells (8) MSM will make the procedure more effective – as a bonus it may improve weight problems (www.cancertutor.com/faq/faq_MSM.html).

MSM is safe to use if the person is not allergic. Drink a teaspoon of the prepared MSM and if there is no skin rash use a spoonful two hours later. If nothing happens you are not allergic.

MSM may be swallowed as tablets, but it may contain undesirable substances. Rather buy the cheaper crystals or powder. Put one liter water, containing no chlorine, in a glass jar and add 6 spoonfuls of MSM powder. Screw the lid on and shake until there is no sediment left. The MSM water is now ready for use (store in a cool dark place). MSM must not be used with blood thinning medications. MSM may make prescribed medicines more effective. Check with your pharmacist if you are taking such medicines. Do not use while you are receiving chemo. The stomach must get used to MSM and it is necessary to build up to the correct dose.

Our aim is 20gm per day (30 spoons of the described liquid). If the liquid is taken 3 times a day start with one spoon, then two and three spoons with the third dose. The second day the number of spoons are 2, 4 and 6. The third day 4, 8 and 12. On the fourth day 10 spoons, three times. Continue with this dose. A higher dosage (even much higher) can be considered if there is still problems with the control of lactic acid.

If taking the liquid by mouth is a problem (the taste or stomach reaction) the MSM may be absorbed through the skin. Put 5 spoons MSM (20gm) powder in a bottle with a little water and shake. If there is still sediment add a little more water and shake again - the idea is to have a mixture with maximum concentration and no sediment. Naked in the shower pour a little liquid in the one hand and rub it over all parts of the body (if you work carefully and rather slowly the floor of the shower should stay more or less dry!). It does not take that long to absorb 10gm (half the mixture) and the process can be repeated later. If the patient is immobile the MSM may be applied while in bed - the front of the patient should be dry before the process is repeated on the back.

After the MSM take the colloidal silver, according to the instructions on the bottle. Results should be felt in due course. If there is no reaction or the reaction is too slow the dose may be moderately increased or MSM combined with vitamin C or LIPH - the procedure is described in www.cancertutor.com.

Breathing
The importance of breathing has been stressed. Bodily activity helps breathing, the lymph and blood circulation.

Most people breathe poorly, shallow and too fast, with the result that far less than the optimum volume of oxygen enter the body. Even when breathing correctly it tends to get shallow in stressful situations. Cancer sufferers should, with deep breathing, get more oxygen in their bodies. This could be done with conscious breathing, by breathing into the abdomen as deeply as possible. Be aware of the expulsion of the air through the nose, trying to expel all the air. Do this exercise until you are tired and repeat a number of times during the day. Be always aware of your breathing, reminding yourself periodically. You may feel light in the head but your body will soon adapt to the new oxygen/carbon dioxide ratio. Try this method also when you feel stressed or can't sleep.

Recovery is a gradual process. Even when breathing is effective it takes time for the blood and cells to normalize - carrying and absorbing more oxygen. The pH and many other factors play a role. Only when the pH reading is higher will cells release toxins in the blood. Cancer treatment must be holistically viewed and approached.

Muscle testing
This is a simple method and is usefully applied to evaluate supplements and the types of food and the amounts that should be taken. Don't sneer, give it a chance.

Stretch one arm horizontally and ask someone to press your arm down, while you try to keep it steady. This will show you the strength of your arm. With a food that you do not like in the one hand, ask a friend to press the other stretched arm down. Your arm will be really weak. Repeat the process with food or medication that you like. Your arm will be unbelievably strong.

In my opinion muscle testing is useful. If you are still doubtful let a friend put different items in your hand (say, bottles with tablets), while you do not know what is in your hand. You will be surprised how strong or weak your muscles respond to different products. Not only your

reaction to a specific item, but quantities may be tested in this way, i.e. should I eat one or two apples? Of course good judgment is always important.

Summary
You have learned how to obtain an alkaline body with a special diet and the sodium bicarbonate recipe. Supplements, MSM, breathing and muscle testing also received attention.

In the next chapter vitamin B17 is evaluated.

16. Vitamine B17 (*Laetrile)*

In primary cancer, with only a few exceptions, the tumor is neither health-endangering nor life-threatening. I am going to repeat that statement. In primary cancer, with few exceptions, the tumor is neither health-endangering nor life-threatening. What is health-endangering and life-threatening is the spread of that disease through the rest of the body.
Philip E. Binzel, Jr., M.D.

An important clue proving that there is no sincere interest in curing cancer is provided by the fact that only .5% (one half of one percent) of the dollars spent on cancer research is spent on research directed at stopping the spread of cancer (metastases). When a cancer fails to spread the patient can live many comfortable years in an uneventful manner.
Dr. James Howenstine, MD.

Introduction

Vitamin B17 (also called *laetrile* or *amygdalin*) could be a primary treatment or an additional method. As an additional treatment B17 is utilized to stop the spreading of cancer. This could be of cardinal importance as primary cancer is normally not the cause death, but the spreading of the disease. Ernst H. Krokowski stressed this point:

> It should be noted, first of all, that the clinical course of a cancerous disease is generally not determined by the primary tumor but almost always by the presence, number and localization of metastases. The primary tumor causes death in exceptional cases only, such as, for instance, due to vascular erosion, obstruction or perforation of the esophagus, etc. On the other hand, there is a firm relationship between the frequency of metastasis formation and the survival rate (www.health-science-spirit.com/Krokowski.pdf).

B17. Is it effective?

Even if we look even superficially at the literature it is clear that there are differences of opinion on B17. There are people who really believe in B17 but others who have earnest doubts. One reason is that if only B17 (i.e. apricot kernels) is taken it often does not help - the body has to be prepared before B17 is effective.

The clinical course of a cancerous disease is generally not determined by the primary tumor but almost always by the presence, number and localization of metastases.

To quote Dr. Harold W. Manner: "Initially laetrile was looked upon as useless, which it is when used in isolation. However in Metabolic Therapy, it works with enzymes, vitamins and the immune system to destroy the already weakened cancer." (*THE ULTIMATE GUIDE TO VITAMIN B-17 METABOLIC THERAPY.* Published by Worldwithoutcancer.org.uk).

Dr Robert E Willner (*The Cancer Solution*) points out that B17 is a natural substance and that 'medicines' from our environment are always the most effective. If a general organic substance is essential for the metabolism it is classified as a vitamin. It should, therefore, be recognized as a vitamin. Vitamin shortages cause sickness and there is reason to believe that a shortage, in this case, causes cancer.

History
The FDA calls laetrile a 'new drug', a ridiculous label, as the Chinese used it 3 500 years ago for the treatment of tumors. It is found in many foods. In its pure form it was made by the Russians in 1830 and was successfully tried in 1845 on cancer.

Dr. Sugiura from Sloan-Kettering showed in 1975 that B17 stopped the spreading of cancer. In spite of the fact that he was their senior scientist and behaved absolutely correctly he was sacked and it was claimed that an unnamed scientist provided evidence that B17 was useless. The cancer establishment was very worried and even committed fraud to keep the facts about B17 away from the public [Read about Dr Ralph W Moss and his history if you wish to know more].

> "The threat to the cancer business from effective therapies was taken very seriously from the beginning. By the 1940's the Syndicate had 300,000 [could it be 30 000?] names on it's 'quack' files. Vitamin B-17, being a unique threat due to it's simplicity, attracted more concentrated attacks than all other treatments put together, fraudulent test reports, hired banner-carrying pickets outside clinics, rigged juries, newspaper character assassinations. Dismissal of heretic employees, etc. The FDC orchestrating the onslaught sent out 10,000 posters and hundreds of thousand leaflets warning about the dangers of the toxicity of the non-toxic substance."

(www.thebestwebsite.org/spirituality/death-by-doctoring-installment-number-three)

For a long time it was kept secret but it is now known that president Reagan was treated with laetrile for his colon cancer (http://products.mercola.com/cut-poison-burn-dvd/).

Apricot kernels
The most cost effective form of B17 is apricot kernels. It contains a hydrogen cyanide compound, is water soluble and non-toxic. Yes, cyanide is a poison, but B17 is not - just as table salt is not poisonous although it contains natrium. B17 contains the cyanide radical (CN-). It is in blackberries, blueberries, strawberries and other fruits like apricots, peaches, apples, grape pips, bean sprouts, lima beans and macadamia nuts. The story about the extreme poisonousness of B17 is a fable of the FDA ***(1500 foods contain B17!!!)*** (Dr P E Binzel, *Alive and well*).

Success rate?
Cancer is successfully treated with B17. Proof is the fact that the OASIS of Hope Hospital (previously the Centro Medico y Hospital Del Mar at Playas de Tijuana, B.C.N. Mexico) treated more than 100 000 patients since 1963 (*THE ULTIMATE GUIDE TO VITAMIN B-17 METABOLIC THERAPY.* Published by Worldwithoutcancer.org.uk, p 4).

In contrast to the OASIS hospital the usual way to utilize laetrile is to prevent spreading of cancer. The next quotation summarizes this viewpoint:

> Although Laetrile can suppress the spread of cancer and is a good preventative, it is often ineffective on tumors. The reason for this lack of success on tumors may be due to the fact that tumors are beyond the size that Laetrile can deal with. Still it is used by many aware cancer patients to prevent the spread of their cancer. Cancer is spread by small groups of cells moving to another part of the body. Laetrile can be effective against these small groups of cells (//trophoblast-theory-of-cancer.com/).

Treatment
B17 is administered in three ways, i.e. as apricot kernels and as laetrile, available in two forms, i.e. tablets and ampules. Before starting with B17 or laetrile the body must be able to utilize it. For 10 to 14 days zinc and vitamin C is taken. Start with vitamin C by taking 1g per day and increase by 1g every third day till 6g is taken. It is presumed that B17 is not so well absorbed when vitamin A is present, consequently A is omitted on days that laetrile is injected - on these days it is not necessary to take C by mouth (Dr P E Binzel, *Alive and well*).

According to Binzel B17, as tablets, is taken at bedtime, on an empty stomach. There should not be any enzymes from fruits or vegetables in the stomach as this will weaken the effect of the medication. Patients who have objections to chewing kernels will find *laetrile* pills possibly more acceptable. A by-product of *nitrilosides* (i.e. laetrile) is *thiocyanate*, which can be measured in the blood. Patients doing best had readings between 1.2 and 2.5 Mg/DL.

If treatment mainly consists of taking apricot kernels start with 2 kernels 3 times a day. Every day this figure is increased by one, i.e. on the first day 6 kernels, second day 9 kernels, third day 12 kernels, etc. until more than 30 kernels are consumed. If negative reactions should develop lessen the intake slightly for a few days and resume the pattern. In due course the optimum dose will be known.

Binzel's diet for cancer patients consist of no animals or animal products. Other foods need to be raw. In his e book he gives a detailed description - chapter 11 (Philip E. Binzel, Jr., M.D. *ALIVE AND WELL*).

Dr Donald Kelly viewed B17 positively: "If you have enough money and want to take laetrile it's alright. There is nothing wrong with it. It is bad-mouthed by the medical profession because they don't have financial control over it."
(http://www.fosube.com/uploads/1/4/2/6/1426390/kelley_cancer_scan_--_fin.pdf).

According to healingcancernaturally.com ***vitamin C should not be taken in mega doses with B17*** and B17 should not be taken when the patient has a fever.

Summary
There are people who triumphed over cancer by just eating apricot kernels. It is impossible to estimate the success rate. If B17 is combined with Binzel's diet or another restrictive diet there is a reasonable to good chance of success. If this method is the primary treatment read the Binzel e book. Laetrile should be injected when starting the treatment (for ordering laetrile, consult the internet).

As a secondary treatment option (combined with other treatments) B17 combats cancer and is especially important to prevent the spreading of the disease. B17 should be seriously considered as a secondary treatment.

In the next chapter the oleander treatment is described.

17. Oleander

"Your breast cancer was NOT
caused by having too many breasts. Cutting one off
will NOT cure the problem."
Dr Lorraine Day

An interesting treatment, but if you are not interested this chapter may be skipped.

Introduction and oleander's history
Oleander is a poisonous plant (possibly, very poisonous) and should only be handled or used as a treatment after studying the subject.

In Turkey, a physician, Huseyin Ziya Ozel, became interested in oleander (Ceylon rose or in the bible Desert rose) as a treatment against cancer. This was during the 1960's and his interest could be based on folk tales. He started treating his dog with oleander (www.tbyil.com/oleander1.htm) and continued with experiments on other animals. In Turkey he was only allowed to try untested methods if normal treatments did not work. Consequently, he could only work with terminal cancer patients in the Mugla State Hospital, where he was stationed. In total, he treated thousands of patients with many types of cancers. He put his success rate at more than 70%.

In a submission to the Fourth Balkan Medical Symposium in Ankara, on 20 September 1973, Ozel reported on his first patients. Interest was low but in due course note was taken of his views. His successes were so dramatic that he was accused of quackery(!), but the inquiry that followed provided proof that his claims were justified.

At present a wide range of cancers are successfully treated: ***pancreas cancer, melanomas, cancer of the esophagus, brain tumors*** in adults and children (***oleander is not affected by the brain barrier***) (www.tbyil.com/autophagy.htm). ***Ovarian cancer*** should be added to this list, as it is difficult to treat with other methods. The reported success rate for all kinds of cancers is put at more than 90% (www.tbyil.com/Mysteries_Oleander.htm).

The oleander plant
We all know this plant with its long, green leaves and bright flowers but also heard that it is very poisonous. This plant was used as a medicine 3 500 years ago in Mesopotamia and thereafter by other nations. Soldiers from Mesopotamia and the Roman legions believed in oleander as a remedy after intoxication. Galen described it as poisonous when taken by mouth, but suitable for external application [a little theory: cancer may be treated with poison, if the cancer is more sensitive to the poison than the body].

Oleander is a remedy against cancer, aids and other diseases.

At present medication from this plant is used quite frequently as a remedy against cancer, aids and other diseases. The original patented medicine of Dr Ozel has not been approved by the FDA and the possibility that it will be approved is slim, in spite of positive evaluations.

According to Annie Appleseed (www.annieappleseedproject.org/anpat51.html):

> ANVIRZELTM, in both in vitro and in vivo experience(!) has demonstrated a very high order of efficacy against a broad spectrum of cell proliferative disease (cancer), viral disease, and autoimmune/ flammatory disease.

The only freely available form of this product is supplements - it can also be made at home. Dr Marc Swanepoel (PhD in naturopathy), introduced oleander to many people. His supplement, *Sutherlandia OPC* is popular and 10 000 bottles a month are sold. 'OPC' stands for Oleander PC. The contents consists of 80% Oleander and 20% Sutherlandia (the well-known South African indigenous plant which stimulates the immune system, improves appetite and is a traditional cancer remedy). The supplement may be ordered through the internet.

[The *name Sutherlandia OPC* could cause confusion. In previous chapters reference is made to Sutherlandia - pure Sutherlandia - and it should not be confused with Sutherlandia OPC, which contains only 20% Sutherlandia and should actually have 'Oleander' in its name.]

Results obtained with treatment

A short summary of expected results:

* The creation of new blood vessels (*angiogenesis*) are suppressed
* The NF-kB-factor (the way cancer cells guard against attacks) is suppressed
* Apoptosis of cancer cells - cancer cells are destroyed
* Immune activity is strongly stimulated (www.tbyil.com/autophagy.htm).

More than 500 cancer fighting substances have been identified in oleander.

To paraphrase a researcher of the M D Anderson Cancer Center in Houston:

> We do not know how it happens but we do know that it gives results and that only cancer cells are attacked and that their increase is stopped (www.tbyil.com/Mysteries_Oleander.htm).

Heart problems

A person with heart problems or high blood pressure should consider another type of treatment or should be under the direct supervision of a physician (preferably holistically orientated).

How to make oleander soup (www.tbyil.com/oleandersoup.htm)

The oleander plant is poisonous. Nevertheless, it is not necessary to be worried about the medication. Oleander may be bought as a liquid or as a pill, but could also be made in the kitchen. Correctly made, homemade oleander is safe to use as there is no known serious reactions or side effects to the correctly made and taken remedy. The most common side effects are loose stools, slight fever and slight nausea, that soon disappears, when the body has adapted to the remedy.

Equipment needed for homemade oleander

Rubber gloves, garden scissors, a plastic bag, large pot (not aluminium) with a lid for cooking, colander, large coffee filters or paper towels, steel pinchers, glass- or plastic bottles and vodka.

Method
Put on the rubber gloves and cut small, young branches - branches with leaves should be shorter than the diameter of the pot. Be careful to ensure that the skin does not come in contact with juice from the cut branches. When enough material is collected rinses it under a tap and put it into the pot. Cover the leaves with water - do not overfill. In the beginning of the cooking process be careful and prevent boiling over. It should boil for about four hours - check the water level periodically - the leaves should be covered. (The gloves are kept on as long as uncooked branches are handled.)

Use the steel pinchers to remove the branches from the pot. About 60 to 70% of the original liquid should still be in the pot. Cook slowly for another 2 or 3 hours. The liquid should now be the thickness of chicken soup. Keep the lid on the pot and let cool completely - about 2 hours. Pour clean concentrate in receptacles. Put four layers of coffee filters in the colander and filter the remaining concentrate (paper towels if no coffee filters are available). A little sediment on the bottom of the pot is thrown away. Repeat filtration process to assure that there is no plant material in the liquid (this is possibly the reason for side effects).

The liquid is mixed 50/50 with 80 proof Vodka. Pour in empty water bottles and put it in the fridge. Avoid sunlight on bottles. Concentrated organic flavors could be added to improve the taste, i.e. grape juice, but the concentrate must be sugar free.

Dosage
Start with a quarter or ½ teaspoon once or twice a day after a meal. Increase the dosage by taking the medicine three times a day. The amount of fluid is also increased every 4 or 5 days. The full dose is one teaspoon three times a day. Keep the liquid in the mouth before swallowing in order to absorb enzymes. The dosage must be within your 'comfort zone' and will be determined in due course. Remember, the treatment is long term - do not try to reach the full dose quickly.

Possible non-serious side effects were mentioned. It should clear in a few weeks. A little more than the minimum dose will not be a problem but may worsen the loose stomach. Many oleander users use Immodium to control diarrhea. Thorough filtering should prevent problems (www.tbyil.com/oleandersoup.htm).

After conquering the cancer medication should continue, but no longer three teaspoons a day - only three teaspoons spreaded over a week (i.e., on Monday, Wednesday and Friday).

Summary
As results with this treatment do not show early it may be unwise to use this method as the primary treatment for an aggressive cancer. Oleander may be combined with a cancer diet (i.e., chapters 12 or 13) and combined with another treatment. Also take note of chapters 8 and 15. If a patient has really serious financial problems oleander may be his/her only option.

Pancreas cancer and fast growing/terminal cancers is our next subject.

18. Pancreas cancer

All health care practitioners who have developed a cure for cancer from Dr. Coley's toxins in 1900 through Dr. Stanislaw Burzinsky's antineoplaston currently have been greeted with vicious opposition continuing harassment from lawsuits threatening loss of medical licensure. ***There have been at least a dozen safe cures for cancer down through the past century*** *of health care that have come and gone without the general public's awareness that they even existed. The cancer industry is so powerful that television, newspapers, and medical journals subsidized by revenue from pharmaceutical advertisements are generally unwilling to admit that these cures have ever existed. Often fabricated articles are published disparaging the safety and effectiveness of the cure thus frightening the general public away from some natural therapy that could make them well.*

Dr James Howenstine, MD.

Reading this chapter is optional. You only need to take note if the subject concerns you.

Pancreas cancer should receive immediate attention as it is mostly discovered at a late stage, spreads quickly and easily gets out of hand.

Diagnosis

Often there are no symptoms or later symptoms are multifold and not specific. Consequently, this cancer is normally diagnosed at a late stage. General symptoms are:

* Pain in the upper part of the stomach which typically stretch to the back.
* Loss of appetite and/or nausea and vomiting.
* Significant weight loss.
* Painless jaundice (yellow skin and eyes, dark urine). In about 60% of cases there is a blocked bile duct at the head of the pancreas, where the bile flows through the pancreas.
* Blood clots form spontaneously in the portal veins or other locations.
* Diabetes or higher blood sugar levels that starts months or years before the diagnosis of pancreas cancer. Diabetes in an older person is possibly a warning sign of this cancer (//en.wikipedia.org/wiki/Pancreas_cancer).

Risk factors

Risk factors are age, smoking, overweight, diabetes and a diet of few vegetables and fruit, much red meat and soda drinks.

Reuters Health reported on 30th April 2002 that patients who were operated for peptic ulcers had double the chance of developing pancreas cancer (research by Dr Johan Offerhause and colleagues, University of Amsterdam). After 35 years the chance is three times better. What seems to be happening here is that if a part of the stomach is removed a friendlier environment (less acid) is created for cancer causing bacteria. The analysis was in respect of 2 633 patients, where 39 died of pancreas cancer. People with previous peptic ulcer operations should be more careful about symptoms and, if necessary, should consult with their doctor (Journal of Clinical Pathology 2002; 55:340-345).

Prevention
According to the American Cancer Society there is no fixed preventive rules, except that smoking is responsible for 20-30% of cases (*Can Cancer of the Pancreas Be Prevented?* American Cancer Society). They recommend a healthy weight, more fruit, vegetables and whole grains and less red meat.

Vitamin D lowers the risk of pancreas cancer with 50%, but more research is necessary [if you are in the sun for 30 minutes a day - without sunscreens - supplementing with vitamin D is probably not necessary].

A number of studies point to the importance of B vitamins in our food (Schernhammer E, Wolpin B, Rifai N, et al. (June 2007). *Plasma folate, vitamin B6, vitamin B12, and homocysteine and pancreatic cancer risk in four large cohorts.* Cancer Research 67 (11): 5553–60.)

Operation
Most patients can not be operated on. Treatment depends on how far the cancer has developed. The Whipple procedure is the most common operation on the head of the pancreas. The head of the pancreas and the bend of the duodenum are removed together and a new routes established for food and bile. It represents radical surgery and is only performed if the patient is strong enough and the cancer has not spread.

If the cancer is in the tail of the pancreas it is called a distal pancreatectomy. Operations are also done if an obstruction occurs or the cancer enters the small intestines or colon. In this way the quality of the patient's life is increased, but it does not change the development of the disease.

Chemo, following a Whipple procedure can increase life expectancy by 10 to 20% according to Oettle et al. (JAMA 2007, Neoptolemos et al. NEJM 2004, Oettle et al. ASCO proc 2007). The Americans are still arguing about radiation but the Europeans are against radiation as there is no proof that it increases the lives of patients.

Patients who do not undergo the Whipple procedure are also treated with chemo but ***the increase in life expectancy is only a few weeks.***

There is no proof that radiation increases lifespan.

Average life expectancy after diagnosis is 3 to 6 months and the 5 year survival rate less than 5% (www.who.int/tobacco/research/cancer/en/).

The Ukrain treatment seems to be the only medical treatment that provides some hope [natural treatment should give better results]. The treatment is not generally available (www.ukrain-drug.net/index.htm).

Successful treatment of pancreas cancer
Gerson
In chapter 12 references are made to his speech in 1956. He was asked about his housekeeper who had inoperable pancreas cancer. She was seen in 1946, drinking carrot juice. The

question was: What happened to her? Gerson's answer: "She is living and in good condition now, 10 years later."

Kelley
Dr William Donald Kelley was a dentist and was diagnosed with pancreas cancer in 1963. He was 37 years old. The cancer had spread to his lungs with a large tumor on his right hip. His liver was three times the normal size. It was estimated that he had only 4 to 8 weeks left to live (//educate-yourself.org/cn/drkellytributeandobit14apr05.shtm).

Kelley cured himself and thousands of patients (with many types of cancer). Consequently, he was prosecuted and landed in jail. His treatment included pancreas enzymes, coffee enemas and a diet, based on the patient's metabolic type. His book may be downloaded at www.whale.to/cancer/k/Contents.html. A possible objection to his treatment is that the patient has to ascertain his/her metabolic type and eat accordingly [if you are positive about this type of diet investigates the matter].

In 1981, a medical student, Nicholas Gonzalez, under the leadership of Dr Good, president of the Sloan-Kettering Institute, evaluated Kelley's work. There were records of 22 pancreas patients. Ten of these patients visited Kelley only once and decided against his treatment. Their average survival time was 61 days. Seven people followed Kelley's treatment only partially (i.e. they stopped treatment as a result of family or doctor negativity). Their average survival time was 300 days. The last group did the full Kelley treatment. There were five of them and their average survival time was eight and a half years!

Binzel
Philip E. Binzel, Jr., M.D was a physician who treated quite a number of cancer patients with a special diet and laetrile (vit. B17). He tells of a 59 year old woman with pancreatic cancer. A tube was inserted to take the bile out of her body and she received chemo for two months, but then stopped as she felt really sick. At this stage she was told that she only had six months to live.

Binzel put her on a diet. Two years later her tumor was much smaller. Eighteen years after starting with the treatment she wrote to Binzel that she felt well and likes to eat out. At that time she was 77 years old (Philip E. Binzel, Jr., M.D. ALIVE AND WELL. Chapter 12).

Conclusions
In terms of the information at my disposal I believe that Budwig's protocol, if strictly followed, could lead to success. Enemas must be taken (Gerson, chapter 12). Pancreas enzymes are important. Enzymes may be supplemented by eating pawpaws and pineapples or drinking the fresh juice. More treatments should be added like sodium bicarbonate (chapter 15) and electronic machines.

Summary
Budwig's protocol seems to be the appropriate way to treat pancreas cancer. Her treatment could be used for any cancer, but she is known for successfully treating aggressive and terminal cancers.

A chapter is dedicated to pancreas cancer. A number of other cancers are discussed in the following chapter.

19. A number of other cancers

The massive medical centers are impressive monuments to modern technology. They excel in diagnostic ability. But once having accomplished that goal, ***these great edifices become tombs for the medically maimed. With great authority and pomposity, they assume a deified presence and solemnly direct the course of your life on a hopeless path towards death.*** *You sign legal documents absolving them of their arrogant ignorance and intended crimes. Your questions are taken as an affront to their lofty position and an insult to their supreme intelligence, for they truly believe that no other answer exists but what they have to offer. They brand as heretics and venomously denounce their own colleagues who have dared question their rituals. They excommunicate those who seek a rational and non-destructive path to salvation.*

Robert E Willner M.D., PhD.

The reading of this chapter is optional if you are not interested in the cancers discussed, although the author feels it is better to take note of everything to broaden your vision.

In this chapter aspects of certain cancers will be discussed. The rest of the report should also be studied. [Only a few aspects of a small number of specific cancers can be investigated. Do your own research on the internet: type, as search terms, 'alternative' plus the name of a specific cancer.]

A quote from Dr Lorraine Day:

> "... all cancers are virtually the same. Cancer is Cancer! It doesn't matter what organ or body area it is in. Oh, I know, the doctors will tell you that each cancer is very different from all the others. But, ..."(drday.com).

It is good to be reminded that 'cancer is cancer' but there are also differences between cancers. We will look at a number of cancers and start with breast cancer.

Breast cancer

It is possible that breast cancer receives more attention than any other cancer. I will try to keep it short.

The following quote appeared earlier in this report, but coming from a previous breast cancer patient and surgeon, Dr Day, it is repeated:

> "Breast cancer, and ALL other types of cancer as well as ALL other types of disease, are CAUSED by the way we live and the way we eat. The ONLY way to CURE a disease is to find out WHAT CAUSED it and then STOP doing those things, and START doing the things that will rebuild your immune system.
>
> Your breast cancer didn't just "fall out of the sky" nor did it "just happen." You GAVE yourself breast cancer, just as I GAVE myself breast cancer. We didn't do it on purpose, we just didn't realize that what we were doing was causing it.

> If you have your breast cut off, and you still continue living and eating the way you have done all along - which CAUSED your breast cancer in the first place - then you will be likely to develop breast cancer in the other breast, or develop cancer somewhere else in your body. So cutting off parts of your body is NOT the answer." (www.goodnewsaboutgod.com/studies/medical/questions.htm).

Hopefully you received a clear message that FOOD and lifestyle is the (probable) cause of cancer. This means that you have to be continuously aware of what goes into your mouth and that your special cancer diet is now the most important thing in your life. Nevertheless, it comes as a shock when Dr Robert O. Young in *26 Ways To Prevent and/or Reverse An Acidic Cancerous Condition*(//shop.snyderhealth.com/article_info.php?articles_id=60) tells us that the main causes of cancer are dairy products and bread – totally eliminate them from your diet!

Dr Goffman has a different view. The cause of 75% of breast cancers is radiation, mostly from a medical source (John W. Goffman, M.D., Ph.D., *Committee for Nuclear Responsibility, in Preventing Breast Cancer: The Story of a Major, Proven, Preventable Cause of This Disease*, 1995. www.healingcancernaturally.com/alternative-cancer-treatment.html). [At present it is probably impossible to give an exact figure (percentage) for a specific cause of breast cancer. That medical radiation is a (important) cause cannot be disputed.]

Mammograms = radiation! It is a big industry. After a study *The Journal of the American Medical Association* stated on 26th May 1993 that false positives stretched from 20% to 63%. In chapter 2 it was shown that regular mammograms cannot be justified. As radiation is a cause of breast cancers and may even be the major cause, the scale at which these procedures are undertaken must be seriously questioned.

A well known argument is that mammograms lead to earlier detection. When cancer is detected by x-rays in the lung, mammograms in the breast or with colonoscopy in the colon it has been in the body for six to eight years and it had enough time to spread (*USE OF CESIUM CHLORIDE TO CURE MALIGNANCIES* by Dr James Howenstine, MD. Www.newswithviews.com/Howenstine/james14.htm).

As long ago as 1976 the American Cancer Society and the National Cancer Institute decide to stop regular mammograms for women younger than 50, as a result of 'detrimental' results [i.e. mammograms cause cancer].

Mammograms are a cause of cancer.

Nevertheless, Dr. Julian Whitaker in his health letter in 1993, mentioned that the number of mammogram clinics increased threefold since 1986. Large sums of money is invested in these clinics and to assure continuing big profits scare tactics are used, in order to let them start early with these regular tests - billions of dollars are at stake, with a higher death rate of 36% for women under 50 (according to a Canadian study). In this way breast cancer is not prevented, on the contrary, ***the pressure on breasts can increase the possibility of metastasis with as much as 80%*** (www.healingcancernaturally.com/quotes-on-mammograms-and-mammography.html).

Thermograms are the safe alternative for mammograms and provide better information (Bill Henderson: CANCER-FREE Newsletter 31/10/2011).

To make it clear: to do a mammogram once or twice in a lifetime for diagnostic purposes is one thing, but regular mammograms are totally unacceptable. Every test means a 5% bigger chance of getting breast cancer.

Many sources confirm the relationship between root canals, mercury fillings and other teeth/jaw problems and breast cancer. Breast cancer will not disappear before these problems have not been rectified. There are dentists who specialize in these matters.

The **Photon Genius** (and its little brother the Photon Genie) are characterized as electro-medicine. The person treated is practically surrounded by the machine, which sends out strong infrared waves. According to www.cancertutor.com/Other/Breast_Cancer.html:

> "The importance of this protocol cannot be underestimated for a breast cancer patient. This device pumps the lymph system and may help stop the spread of microbes from the mouth to the breast(s)."

Look on the internet to see whether this treatment is available in your area.
The important work of the lymph may be improved by jumping on a rebounder (trampoline) [Seriously consider buying one. A rebounder is not expensive].

Vitamin C provides considerable protection against breast cancer. Gladys Block, PhD, University of California, Berkeley, compared 90 studies and her conclusion was:

> "There is overwhelming evidence of the protective effect of vitamin C and other antioxidants against cancer of the breast."

(www.access2wealth. Com/health/reportSave%20a%20Woman's%20Life.htm)

Vitamin C is not only important for the prevention of breast cancer but should be an additional treatment measure (see chapter 22).

A number of decades ago whether to wear a bra or no bra was quite a discussion point. A bra with metal in it should not even be considered. The most important aspect of a bra is that it should be comfortable and never too small. You should be able to put two fingers between the shoulder strap and the shoulder and between the lower strap and the skin. The free flow of the lymph is the important factor.

Singer & Grismaijer, in their book *Dressed to Kill: The Link Between Breast Cancer and Bras* stress the importance of not wearing a bra during the night. The less a bra is worn the better the chance of not developing breast cancer. According to their figures there is a 75% chance of developing breast cancer if a bra is worn 24 hours a day. If the time period is less than 12 hours the figure is only 00.66% (1 in 152). For no bra, 00.60%. To summarize: wear a comfortable bra with no metal and do not keep it on for more than 12 hours.

According to www.healingcancernaturally.com/causes-of-cancer.html it is possible to have attractive and healthy breasts, without wearing a bra, provided that a good diet is followed and that the internal detoxification is good.

There is no preferable treatment for breast cancer - any of the described treatments should be successful. If breast cancer or any cancer gets out of hand, consider the Budwig treatment (chapter 13), with the additional suggestions.

Breast cancer and homeopathy
Homeopathy is discussed in chapter 22. As homeopathy cannot do damage the following information is provided, although only the Anderson Cancer Centre tested this treatment. Extremely diluted homeopathic 'carsinosin, phytolacca, conium and thuja' destroyed cancer breast cancer cells in laboratory tests without doing any damage (www.naturalsolutionsmag.com/article-display/15702/subTopicID/30/Homeopathy-Blasts-Breast-Cancer-Cells). [If this information is used it should be as an additional treatment and support for a primary treatment.]

Brain cancer
Brain cancer is regarded as a difficult problem and with conventional treatment the prospects are bleak.

> "Orthodox treatment for brain cancer, especially children's, is absolutely appalling. Chemotherapy and radiation treatment cause horrific side-effects and permanent retardation. Very few survive for five years with this treatment. Their quality of life is ghastly, constantly sick from the chemotherapy/radiation treatments, their immune system wrecked by this barbaric treatment." (www.cancerinform.org/kids1.html)

> ***"As a rough estimate, neurosurgeons do well to cure one in every 1,000-brain cancer patients they operate on.*** Radiation therapy slows the growth of adult tumors, gaining perhaps one month of life, and may result in a cure of only one in 500-1,000 patients. Similarly, chemotherapy, despite 30 years of clinical trials, has not resulted in the development of a single drug or drug combination that elicits more than an occasional transient response in primary brain tumors." (Dr. Robert Burdick, oncologist and professor at the University of Washington Medical School).

Especially during recuperation edema could be a problem.

This does not mean that physicians have no role in the treatment of brain cancer. On the contrary, they are needed to manage and treat possible swelling of the brain. Cancertutor.com is usually very negative about allopathic treatment, but insists:

> "Let medical doctors make decisions about relieving the swelling or pressure. This will generally include steroids and in some cases even radiation. ***Do NOT depend on ANY alternative cancer treatments to work fast enough to deal with swelling or pressure inside the skull.*** It is necessary to deal with swelling, inflammation or pressure before dealing with the cancer."

As a rough estimate, neurosurgeons do well to cure one in every 1,000-brain cancer patients they operate on.

The purpose of radiation is to lessen dangerous pressure on the brain - not to treat the cancer:

> "... using radiation to treat cancer is almost guaranteed to be useless." (www.cancertutor.com/Other/Brain_Cancer.html).

Many medications (including chemotherapy) are not able to reach the brain as the blood-brain barrier prevents the entrance of many substances from entering the brain. [New types of chemotherapy are able to cross this barrier, but it makes no sense to let chemo into the sensitive brain, when chemo's effect on the rest of the body is highly dubious.]

Especially during the rehabilitation period the possibility of edema is high. Pressure on the brain could cause a coma. According to Dr Hamer coffee, tea, glucose, vitamin C, Coca Cola and ice packs will help. In more difficult cases cortisone ("in the compatible retard form") is necessary as a symptomatic treatment - it is not meant as a medication against cancer. In serious cases fluid intake must be lowered, the head kept high, avoid direct sunlight and, if possible, do not lie on the part which is swollen (www.healingcancernaturally.com/hamer6.html).

Cancertutor feels strongly that medication to control a sudden swelling should always be available. Whereas inflammation and swelling must be prevented the appropriate treatment is the Budwig protocol.

Webster Kehr recommends that DMSO with *colloidal silver* should be combined with the Budwig Protocol in order to control swelling. Refer to www.new-cancer-treatments.org/Cancer/DMSO_CS.html for more information.

Brain cancer may also be treated with oleander (see chapter 17).

Lung cancer
In chapter 2 evidence was given of how seriously patients are affected with radiation. The possibility of death was 173% higher than average (Brown, Barry W et al. JNCI 1993; 85 (12): 979-987).

Radiation is standard treatment in about 50% of lung cancer cases, notwithstanding the fact that the possibility of death is considerably increased, especially for patients on early treatment (www.healingcancernaturally.com).

As lung cancer is one of the more dangerous cancers, it is necessary to strictly apply a natural treatment and to combine a number of treatments. Budwig's protocol combined with other treatments should be considered (see chapter 13).

Lymphomas
Non-Hodgkins Lymphoma is a lymph cancer that is quite often successfully treated with chemo. It is one of the few cancers that react positively to chemo. If this cancer is treated by an oncologist, his/her treatment could be combined with cesium chloride, as the treatments works synenergistically (www.cancertutor.com/Other/Lymphoma.html). Read **The Cesium chloride protocol**, chapter 22. Other lymph cancers may also be treated in this way.

If the lymphoma assumes serious proportions, i.e. at the diaphragm or where lymph glands press against the bronchial tube, chemotherapy is necessary to lessen the size of the lymph glands. Larry will be able to advise on this - see chapter 22.

The lymph system does not have a pump like the heart. To increase the flow of the lymph do daily exercises on a rebounder (trampoline).

Melanoma
Melanoma and Squamous Cell Carcinoma (SCC)) do not spread in the same way as other cancer cells. There are microbes in all cancer cells, but while growth normally happens through division another mechanism is here at work.

Microbes from the cancer cells are spreaded through the blood. They reach cells in other parts of the body and spread the cancer by entering these cells. Spreading could be very fast. It is necessary to pay attention to all microbes in the body: spreading must be stopped and the primary cancer has to be treated. Microbes in the body should be destroyed, at least every 12 hours (www.cancertutor.com/Other/Melanoma.html). It can be done in various ways, i.e. MMS (Miracle Mineral Supplement), colloidal silver, the Bob Beck blood purifier and oleander.

The oleander treatment is described in chapter 17. Treatment is mostly with the Sutherlandia OPC supplement. Unfortunately the name is confusing - there is only 20% Sutherlandia in the mixture and 80% oleander.

The Bob Beck blood purifier is an uncomplicated, small machine that may be bought or built (Google) and destroys microbes in the blood. Colloidal silver is a rather well known product and is taken by mouth. Buy a fresh, quality product.

Cancertutor recommends Miracle Mineral Supplement (MMS). It is not expensive and also known as 'stabilized oxygen' or 'sodium chlorite'. Use 15 drops twice a day. Another, more effective, MMS is the activated form: Again, 15 drops twice a day, but 75 drops activator are added (fresh lemon juice or activator supplied with the MMS) (the product is now called '*chlorine dioxide'* (CD)). The mixture (CD) cannot be kept and must be prepared every time. In both cases do not start with the full dose but gradually build up to 15 drops.

A number of melanoma patients were cured by just taking CD. CD destroys all microbes, but also boosts the immune system. The immune system is then able to safely destroy cancer cells. Cancertutor recommends ordering 5 bottles MMS (25 bottles activator is included) [Transport costs is also a factor and it could make sense to buy the activator (citric acid) locally.]

Some treatments may be combined, i.e. *Sutherlandia OPC* and colloidal silver, provided that treatment is not started at the same time - wait one or two weeks.

Turmeric should be taken on a daily basis - a flat teaspoon in a small glass of water - it may cause apoptosis in melanomas [Always add a little black pepper to turmeric for better absorption].

This explanation was about preventing the spreading of microbes. The primary cancer also needs treatment, i.e. with the Budwig protocol.

Till recently the treatment options with these cancers were limited. With present knowledge victory is almost certain. Cancertutor strongly believes:

> ***It cannot be emphasized enough that there is no reason any cancer patient should die from either of these types of cancer. The theory of how to treat these cancers is well understood and there are several excellent options to finish off this kind of cancer.***

In cases where the melanoma or SCC is in the alimentary canal (somewhere between the throat and the rectum) vitamin C and sodium bicarbonate treatments should be added, two times a day for no longer than three months. If, at the same time, a treatment is followed where chlorine dioxide is employed, it will neutralize the treatments. These treatments should not be done on the same days.

Prostate cancer

In chapter 2 Don Benjamin's evaluation of traditional treatment is discussed. From his report it is clear that attempts to justify allopathic treatments are mostly based on false assumptions. On the basis of Holmberg et al.'s research it was argued that surgical measures (removal of the prostate) lead to a 50% drop in mortality. Research by Labrie F et al.'s even leads to claims that the "Watchful Waiting"-group's results are 69% better than the control group.

However, if the two groups, i.e. 'Radical Prostatectomy' and 'Watchful Waiting for prostate cancer') are properly analyzed there is no significant differences between the two groups. Black W, Haggerstrom, D and Welch, HG confirmed this view.

As explained in chapter 6 apoptosis (death of cancer cells) happens if selenium is available. Brazil nuts, broccoli and garlic provide selenium. Selenium is also available as tablets (400mcg a day) [Selenium is important for all cancer patients for DNA repair, protection of genes, elimination of free radicals, suppression of tumor growth and activation of white blood cells].
President Reagan's prostate cancer was not treated with chemo. He relied on Carnivora (www.mnwelldir.org/docs/cancer1/altthrpy.htm).

Gerson's reference to prostate cancer

In his speech (chapter 12) Gerson tells of a patient with prostate cancer that spreaded to his bladder and pelvis bones. He healed completely, as a result of his wife's dedication. Within weeks there was no sign of cancer in the bladder, but considerable time is needed to get cancer out of the pelvis bones.

Prostate cancer is normally not aggressive. There are at least 30 types - most of them slow growing - at least one is very aggressive.

Serious criticism on the way that physicians view prostate cancer is periodically expressed. According to the Lancet of 13 February 1993 early control often leads to unnecessary treatment: 33% of autopsies show prostate cancer while the percentage of deaths is 1%. After the age of 75 half the men have prostate cancer but only 2% die from this disease. In most cases the immune system is able to keep things under control. ***Your immune system is of***

utmost importance and to dismantle it, at this critical stage, with chemo and radiation is folly.

Most cancers are only detected with autopsies, in other words, there were no symptoms. In the words of Tim O'Shea in his book *TO THE CANCER PATIENT*:

> "For example 30 - 40 times as many cases of thyroid, pancreatic, and prostate cancer are found in autopsy than ever presented to the doctor."

Even the Americans, in a study of 223 patients reported in JAMA (1992), came to the conclusion that no treatment is better than standard chemo, radiation and surgery (Johansson).

Tomatoes are consumed by prostate cancer sufferers as it contains lycopene and has a positive effect. Lycopene is considerably increased when tomatoes are cooked. Cook the tomatoes with onions and garlic (without salt) and use as a sauce over food. The sauce can be stored in the fridge for one or two days. Do not buy tomato sauce products in the shop.

Prostate cancer patients intake of iron are considerably lower than the average intake according to Nutr. Cancer 87;9: 123-128. Copper and iron are two minerals promoting cancer and must not be supplemented. Zinc excretes copper and there are authors who strongly feel that cancer patients should use chelation therapy to rid themselves of accumulated minerals.

Dr Robert O. Young in *Preventing and Reversing Prostate Cancer* makes a strong case for drinking pure pomegranate concentrate to control prostate cancer. Drink it daily with your other supplements (//shop.snyderhealth.com/article_info.php?articles_id=45).

There is no preferential treatment for prostate cancer - any of the described treatments should be successful. If prostate cancer or any cancer gets out of hand, consider the Budwig treatment (chapter 13), with the additional suggestions.

Summary
Breast cancer, brain cancer, lung cancer, lymph cancer, melanomas and prostate cancer were discussed and are not summarized.

It is often asked whether medical and natural treatments should be combined. This is our next subject.

20. Combining medical- and natural treatments

"... it is not just about money, it is about strongly held beliefs, beliefs that have meshed with the personality of virtually everyone in the cancer treatment industry, especially the physicians. In short, these beliefs are that cancer can only be treated with therapies that mutilate, poison, or burn the patient, in the hope that they "kill" the cancer.....Therefore, each patient who is miraculously cured by Burzynski's nontoxic therapy is not viewed as a breakthrough, or even as something good, but rather as a dangerous messenger of heresy, a terrible threat to their beliefs."
Julian Whitaker MD

The question whether medical and natural treatments may be combined is a regularly point of discussion. There will always be people who want to sit on two chairs. Certain background information has to be considered before looking deeper into the matter.

Anti-oxidants and oncologists
There were/are oncologists who prohibit the use of anti-oxidants (i.e. vitamins), while they treat patients. This leads back to the research, since 1994, at the Laval University in Quebec, about the use of synthetic anti-oxidants during chemotherapy and radiation. Their first report only appeared in 2005 (Head researcher: Isabelle Bairati, MD, PhD).

The results may be described as 'mixed'. The use of synthetic beta carotene and synthetic alpha-tocopherol (vitamin E) during treatment reduced serious side-effects to 38%, but tumor control reduced by 29% for the vitamin E group and 56% for the group that took both anti-oxidants. This was ammunition for medical practitioners who were against supplements.

In 2008 the Laval team came to a shocking conclusion. After further examination of the results it was clear that the harmful effects were confined to only a small group, i.e. smokers, who were still smoking. In all other groups there were no disadvantages. Participants with the highest intake of beta carotene had a 39% reduction in serious, detrimental symptoms and lower figures for the participants who took alpha tocopherol (but not statistically significant). The outstanding fact was that ***there was a 33% lowering in the reappearance rate of cancer in the case of beta carotene supplementation.*** If the beta carotene is taken in the form of food there is a win-win situation. In terms of food and beta carotene we immediately think 'carrots'. Do not forget about other orange and yellow fruit and vegetables, like sweet potatoes, mango's and cantaloupe. Beta carotene is not the only carotene, there are others (with names according to the Latin alphabet), and also natural food pigmentations, like chlorophyll.

Two earlier studies called ATBC and CARET in the 1990's were comparable with the above named study. There were 18% and 28% more lung cancer cases and 8% and 17% more deaths in participants who took beta carotene and vitamin A. No positive results were seen for supplements. The problem with all three investigations was not the supplements but participants who smoked.

To summarize: Smokers should never take synthetic or other isolated vitamins and should only use food as a vitamin source. For other patients there are no strong indications that they should not take vitamins. ***Taking beta carotene and vitamin E (natural) are very important for patients undergoing radiation*** [Whether it makes sense to undergo radiation is another question].

As it is easy and inexpensive to take large quantities of carrot juice there is no reason to buy beta carotene pills. By adding other vegetables and fruit a broad spectrum of anti-oxidants are taken. Carrots should be thoroughly washed before juicing. If the doctor is worried about bacterial infections in the case of patients with weakened immune systems, carrots may be steamed for 5 minutes (the beta carotene will now be considerably more than with raw carrots. This is one of the few cases where cooked vegetables are better than the raw product) (Ralph Moss Newsletter, 6/7/2008.) [All enzymes have been destroyed.]

Conventional and natural treatments

The above reports show clearly that, from the perspective of the oncologist, there is no reason why these treatments cannot be combined. There will always be people who started with conventional treatment and wish to continue, while also taking anti-oxidants and other non-medical therapies. This book clearly shows that cancer can be cured with natural methods. Everyone has to make his/her own decision, but continuing with conventional treatment will further compromise the immune system. For those people who continue sitting on two chairs www.cancertutor.com has the following advice:

> ***If you are still on chemotherapy and/or radiation and want to combine orthodox medicine and alternative medicine, there are several alternative cancer treatments which are very good at dealing with the effects of orthodox cancer treatments: cesium chloride, aloe arborescens, oleander and Protandim.***

Summary and conclusions

From previous chapters it is clear that cancer can be effectively treated by natural methods. Medical treatment is then unnecessary, only medical control.

Anti-oxidants, chemo and radiation may be combined (smokers being the exception), but people who are unwilling to make a choice should be aware that traditional treatment will drastically affect their immunity.

What should a patient do when he/she seems to be cured from cancer? The question is discussed in the next chapter.

21. Remission and regression

I had a brain cancer specialist sit in my living room and tell me that he would never take radiation if he had a brain tumor. And I asked him, 'but, do you send people for radiation?' and he said, of course. 'I'd be drummed out of the hospital if I didn't.
Ralph Moss

Definitions
Remission means cancer is under control and the patient no longer has cancer symptoms.

Medical practitioners believe that there is never certainty about permanent recovery from cancer and do not use the word 'cure', but prefer the term 'remission'. If cancer reappears it is called 'regression'. The regression rate of certain cancers, after conventional treatment, is near 100%.

Seen from the natural perspective recovery from cancer is mostly regarded as permanent, i.e. 'remission' is not a factor, provided that lifestyle and diet changes are permanent.

While medical practitioners tend to tell patients that they can continue with their old life (they do not think in terms of causes) and should only remember about regular checkups, the alternative view differs. The sickness was caused by a wrong lifestyle and the old diet and lifestyle must never be resumed. The diet may be followed less strictly, but caution is important.

Regression
Remission, after conventional treatment, means a reasonable big chance of regression, as the immune system is weak, possibly non-existing and it takes considerable time to recover. Chemotherapy, radiation and surgery are not able to destroy all cancer cells and it is possible that the body will not be able to control an increasing number of new cancer cells. The cancer was, probably caused by an immune system that could not kill cancer cells faster than they are produced. It is necessary to start with a gentle, natural treatment.

MDR cells
MDR cells (Multiple Drug-Resistant cancer cells) are another problem. They are cells immune to chemo and could possibly start multiplying at this stage. The combination of a weak immune system, remaining cancer cells, MDR cells and a weak defense system make regression a possibility.

Pawpaw, with its family members, and the supplement Protocel are the only ways to destroy MDR cells [pawpaw is more effective than its family members, i.e. Graviola] (//alternativecancer.us/pawpaw.htm).

At this stage the patient under conventional treatment may be informed that chemo has to be taken permanently (chemo cannot destroy all cancer cells or restore the immune system).

Medical tests

Tests of the blood or urine (general tests and specific tests for specific types of cancers) can do no harm. Periodic tests with electronic machines, like the QX Scio, are valuable as tendencies towards certain sicknesses can be established long before symptoms appear. Problems with the diet, i.e. foods that do not agree with the patient could be identified.

Supplements
Another question is about supplements and herbs that were taken during the sickness. Is it necessary to continue? A definite answer is not possible, but generally speaking, continue with the most important supplements at a lower dosage.

Treatment after remission
As most cancer patients had conventional treatment, remission is now looked at from this angle.

We have a patient in remission, with an adversely affected immune system whose stomach and intestinal cells have been destroyed over a long period (chemotherapy targets all fast growing cells). The stomach and intestines probably have problems absorbing certain types of food. Healthy cells have been damaged by chemo, radiation and cancer (cancer takes the food of healthy cells and harms them with lactic acid).

After cancer the immune system needs rebuilding.

The building of the immune system is now the prime consideration. Will natural treatment after long conventional treatment be able to repair the immune system? It depends on the type of previous treatment and the extent of the damage and may take time.

Diet
An important question is how long should be continued with the cancer diet? It is not inappropriate to let Dr Max Gerson answer this question. (The question put to him was whether it will benefit the patient to continue with the Gerson (vegetarian) diet for the rest of his life):

> That depends on how far the liver can be restored. If it can be restored entirely, after say 1½ years, we tell the patients only to avoid fats [About fats Gerson's final view was that all fats must be avoided, except flaxseed oil as the only fat/oil in the diet] and salt. Otherwise they are free. Many of them lead normal lives. But I'd like to say that about 75% like to stay more or less on the diet, and some even convince the other members of their families to stay on it with them. For instance, we have a photograph here in Escondido of Mr. Walter Wagg. He had a 100% incurable disease, progressive muscular dystrophy. He had been in the best clinics and could get no help. I cured him. Then his wife wanted to have another baby and they were able to have one. Later he came to where I was spending my vacation and showed me his wife and the baby. He told me that the whole family sticks to the diet and said he would stay with it as long as he lived since he is in such fine condition.

Intensity of treatment
The patient in remission must follow a natural treatment for at least two years. The treatment will not be as intense as before remission. The purpose of the diet and supplements are to build immunity, to destroy microbes in the blood and to build body cells and the liver (also protection of the liver). An alkaline diet could be of considerable help. There are many

supplements that build the immune system. Sutherlandia, olive leaf extract, Maitake- and Shitake mushrooms, Beta Sitosterol and IP6 are possible choices.

Bob Beck
To make sure that microbes in the bloodstream are killed the Bob Beck 'Blood Purifier' is a good choice. It is not expensive and may be bought or built (Google).

Ionized water (water with ozone) is another option. It supplies oxygen to the blood (weakens cancer cells) and destroys microbes and chemicals in the blood. As ozone containing water must be drunk just after it is made, you need to buy the apparatus - enough ozone must be produced. [Water suppliers often mention that their water is free of bacteria as it is treated with ozone. This is probably correct but does not help the patient who wishes to take ozone, as ozone in water is soon destroyed.]

Colloidal silver is taken on a regular basis to kill microbes and viruses in the body. Buy a fresh product with small particles from a reputable source.

B17 could also be taken by way of apricot kernels, apple- and pear pips and eating millet bread. Pancreas enzymes are important, i.e. to remove the protein layer around cancer cells, in order to let the immune system ‘see’ and destroy them. Milk thistle capsules strengthen the liver.

For the recovery and renewal of cells after chemo and radiation there is a natural stem cell product, i.e. LifeStem. It may help with the faster repair of the digestive system.

With the writing of this chapter valuable information was obtained from:
www.new.cancer.treatments.org/articles/remission.html.

Summary
Remission is good news. Treatment may be eased but do not go back to the previous lifestyle. In the next chapter a variety of matters will be discussed.

22. Pain and additional cancer treatments

Establishment medicine, with little or no evidence to support their barbaric use of these highly toxic drugs, continues to make fortunes while their patients spend their last days vomiting, debilitated, baldheaded and ***without dignity.*** *While patients suffer from "cutting edge" therapy, the physician places his head comfortably on his pillow at night, content that he has served humanity with the best "anyone" has to offer.*
Dr Robert E Willner M.D., PhD.

Arrogance kills curiosity. Mina Bissell

Pain and cancer treatments, not yet covered, will receive attention.

How should you react if you are on a certain treatment and wondering if further measures should be taken? Firstly, concentrate on the chosen treatment, unless there are strong negative factors indicating that you are on the wrong tract.

When considering an additional treatment the first question is whether it will not work against the primary treatment. If you are, for example, on a certain diet, electronic treatment should not interfere with the diet. Self study may be necessary when you consider additional treatments. Be very careful when the source of the information will profit financially from your decision. Their story may be true, but should be checked against financially uninvolved sources.

There are blogs that could give you a lot of help and support - try to find a good website concentrating on your specific cancer. If you have pain or other problems that you cannot solve, consider treatment with an electronic device like the QX Scio. It may give you answers and show the need for certain diet changes.

As already mentioned there are hundreds of ways to treat cancer. We will discuss a few more possibilities, but will first consider pain.

Pain
Cancer patients often have problems with pain. Healing pains should not be confused with ordinary pain and are discussed under the next heading.

As was explained in chapter 12, poisons in the body are an important cause of pain. A cleaning process could be the main treatment method for pain. Gerson stressed this point and his coffee enemas were not only successful in alleviating pain but saved many dying patients. Like poisons in the body, inflammation causes pain (for the treatment of inflammation refer to chapter 15, under the heading **REALLY IMPORTANT**). If these two problems are conquered the pain situation will probably change. MSM is taken for various reasons and also as a pain remedy as it destroys lactic acid. Garlic and vitamin C are utilized as medications by cancer patients and it may also reduce pain.

Later in this chapter **the cesium chloride protocol** is discussed. Cesium chloride alkalizes cancer cells and pain quickly vanishes. It also happens when the body is alkalized with other minerals, i.e. sodium bicarbonate (chapter 15).

Walter Last uses blue cellophane paper against pain - two layers over the liver and stomach or any painful area (also lessens inflammation and stop division of cancer cells). The cellophane is exposed to a strong light (do not look at blue light as it could lead to depression). He also recommends DLPA (d, l phenylalanine) for persistent pain, 2 tablets three times per day - when the pain eases, reduce intake. For short-term or occasional pain try homeopathic Hypericum 30 C. Put several drops in a glass of water and take a sip every 5-30 minutes - keep it in the mouth. Hypericum cream may be rubbed onto painful areas (www.health-science-spirit.com/cancer6-remedies.html).

Healingcancernaturally (www.healingcancernaturally.com/budwigcompatiblepainmanagement.html) goes deep into the natural treatment of pain under headings like Budwig's flax seed oil mixture, Eldi oils, KOMBUCHA, FLOR-ESSENCE/ESSIAC, ALOE, MAITAKE, DL-PHENYLALANINE, LOBELIA tincture, SINUSBUSTER, B17 and EFT (the most important remedies are in capital letters).

Over the counter pain remedies should be avoided. Morphine or medications containing morphine are doctor's last answer to pain. As explained in the next section the implications are serious. A safe method that is effective are bean bags heated in the microwave. The warm bag is placed on the painful area, but not directly on the skin. Most patients feel positive about this simple method.

Healing pains

We regard pain as a warning signal, but pain has many causes. There are also healing pains. Pain could occur frequently during the healing phase. Pain has a biological purpose - in these circumstances it is to force the patient to rest, in order to optimize healing. In the case of bone cancer the enlargement of the *periosteum* (bone membrane) during recovery causes severe pain. The membrane around the liver is also painful when it expands (recovering from hepatitis), while similar pain occurs in the pleura (lung) and peritonium (abdomen) during recovery. [N.B. Clearly differentiate between normal pain and healing pain. In this paragraph and the next only pain that is part of the healing process is considered.]

There is a real danger that with pain, sometimes only slight pain, morphine or morphine based products are used. Even one injection could be fatal, according to Hamer, when the patient is in a deep condition of *vagotonia* (over activity of the vagus nerve) - the 10th cranium nerve. It changes all brain patterns in a destructive way and takes over the morals of the patient. The intestines are paralyzed, digestion of food stops and the will to live vanishes. The patient is not aware that he/she is slowly killed, although already in the recovery phase and that health would have returned within weeks, in terms of the natural road the body is following (www.healingcancernaturally.com/hamer6.html).

Vitamin C

This report often refers to vitamin C, i.e. in connection with skin cancer, in the last part of chapter 3. As the pharmaceutical industry created confusion around this vitamin - a really important secondary treatment method - it is necessary to discuss vitamin C in some detail. Medical antagonism against C is possibly based on its low price. I acknowledge valuable information obtained from the book by Pelton Ross and Lee Overholzer *Alternatives in cancer therapy*, chapter 6.

We all know that a shortage of vitamin C causes scurvy. ***The impression is sometimes created that as long as you do not have scurvy you could forget about vitamin C. Nothing could be further from the truth.*** Scurvy is not the first sign of vitamin deficiency but the final collapse of the body. There is a very large gap between scurvy and full health, according to Albert Szent-Gyorgi, who received the Nobel Prize in 1937 for the discovery of vitamin C (www.Meditopia/chap4-4.htm#f19s).

Dr Ewan Cameron and twice Nobel laureate, Dr Linus Pauling, came to the conclusion, in 1970, that regular high doses of vitamin C helps the prevention of cancer and is an effective treatment. ***In contrast with chemo high doses of vitamin C only targets the cancer cells and do not damage normal cells.*** C is an anti-oxidant in terms of ordinary cells. Near cancer cells it is an oxidant that creates free radicals that destroy cancer cells. Cameron and Pauling regarded the patient's resistance against cancer as an important factor and C as a safe way to improve natural resistance. Patients who take C have a better appetite, feel better and have less pain. The immune system is improved. Vitamin C helps with the encapsulation of the tumor, lessens spreading and weight loss, with better general health and constipation. The transport of oxygen by the blood improves and some cancer cells may start to respirate normally (become normal cells) (www.krysalis.net/cancer5.htm).

In 1991 Cameron published a protocol, explaining the use of vitamin C in the treatment of cancer. He stresses that the treatment was tested for years in clinical situations and is safe and effective. At the start of the treatment vitamin C is injected and later given through the mouth [to start treatment with vitamin C through the mouth is in order - in fact it may be the better option - see *The Real Story of Vitamin C and Cancer* by Steve Hickey PhD and Hilary Roberts PhD in *Journal of Orthomolecular Medicine* vol. 23, p. 133]. Do not stop suddenly with the treatment - do it gradually. Vitamin C is an additional treatment method and does not replace other treatments, whether conventional or alternative.

The toxicity of vitamin C (ascorbic acid) is extremely low. If gas or inflatedness is a problem it is recommended that you try calcium ascorbate [the writer has serious doubts about calcium as a cancer treatment. Rather lower the dose – if you really have to add calcium use coral calcium].

Cases where patients get sick as a result of cancer cells dying too rapidly is really exceptional. It requires immediate medical attention [The task of the Cancer Chemotherapy National Service Center is finding new cancer-killing substances. They refused to test vitamin C, as it is too non-toxic to fit into their plan! (www.Meditopia/chap4-4.htm)].

Cameron rejected allegations by doctors that vitamin C causes kidney problems. This was never a problem with any of his more than 1 000 patients.

Vitamin C could be the primary treatment against cancer.
A few paragraphs back I referred to an article by Hickey and Roberts. Both these authors believe in vitamin C as a primary treatment. Even if it does not cure cancer it will buy many years. If you are unsuccessful with your present treatment and consider this treatment get hold of their book *The Cancer Breakthrough*, 2007, Lulu press.

The effect of C on the body is strengthened by ALA (alpha-lipoic acid), selenium, vitamin K3 and other supplements [The strengthening of C with supplements justifies further study. Selenium should be taken by all cancer patients. Also think in terms of better diet rather than supplements, i.e. enough green vegetables to supplement vitamin K. Liver-, lung-, bladder cancer and leukemia are specifically mentioned (www.lef.org/magazine/mag2010/nov2010_The-Remarkable-Anticancer-Properties-of-Vitamin-K_01.htm)].

Dosage
Start with 1g vitamin C taken with water or juice. The dosage is increased every day (higher doses spreaded, say 3 times a day) with one or two grams till the stomach gets loose - lower the dosage slightly until the stomach is normal (stomach no longer loose but excretions still soft). This dose is indefinitely continued. A healthy person may have a loose stomach with about 2g, but for a cancer sufferer the optimum dosage is considerable higher. The cheapest form of vitamin C is ascorbic acid in powder form. When the patient reacts positively to treatment a stage will be reached where C has to be gradually lowered.

Action of C
The 'cement' between cells and collagen protects cells to a certain extent against neighboring cancer cells. However, cancer cells excrete enzymes which weaken the cement and collagen and promote infiltration. Vitamin C works against these enzymes and helps with the strengthening of collagen. ***A characteristic of cancer patients are their low levels of vitamin C.***

NK (natural killer) cells are the most important cells in the immune system. They are only able to function when sufficient vitamin C is available.

Cameron and Pauling's research showed that patients taking C live two times longer than controls, with considerable higher quality of life. Pauling was willing to act as an adviser with the follow-up studies of Moertel, but was ignored and with three, highly doubtful studies, Moertel furnished 'proof' that vitamin C was of no value. The research was designed to fail as a cheap substance like C would adversely affects the Cancer Industry. The research of Morishige and Murate in Japan confirmed Cameron and Pauling's results and the patients receiving C lived nearly five times longer than the control group.

Cancer patients should consider vitamin C, in mega doses as a treatment. There are treatments that should not be combined with mega doses of C, i.e. B17. Learn more about vitamin C and download the book of Dr Irwin Stone *The Healing Factor. Vitamin C Against Disease* (www.vitamincfoundation.org/stone).

DMSO and vitamin C neutralize each other and should not be taken together.

Coley's toxins

Ralph Moss's summary:

> RM Coleys toxins are bacteria that force the body to fever and kill them and the cancer as well. Tumour s are very poorly vascularised, so you disrupt their ability to get nutrients and to get rid of wastes by raising the body temperature..this is really an effective treatment and its an OUTRAGEOUS crime of the century that we at MSK were able to cure cancer a 100 years ago that they can't cure today. This is a fraud being perpetrated on the public (Ralph Moss on Laura Lee radio show, 1994).

Coley's Toxins may be characterized as the first modern cancer treatment (1893). Ralph W Moss (*The Cancer Industry*) writes 10 or 11 pages about this subject. It is clear that "extraneous social and political factors" affect the history of cancer. [The knowledge that 'untested methods' more or less never receive the serious attention of cancer organizations is really disconcerting. If cure was their priority there will permanently be many scientists investigating 'untested methods'.]

Coley's Toxins were in due course put on the list of forbidden treatments but later scrapped, without comment [If you know this industry it is not surprising, rather typical]. Dr William B Coley's method can be described as a 'mixed bacterial injection'.

It was late in the 19th century. The young Dr Coley, trained at Harvard Medical College, had a young patient with early bone cancer. He amputated her arm with the expectation that she would survive, but she died shortly after the operation. Coley was no longer prepared to accept that surgery is the answer for cancer. In a New York hospital he went through the records of all bone cancer patients. He saw the records of a patient for whom the doctors had no hope, but he recuperated. The reason was that he had a serious bacterial infection (*erysipelas*). The bacterium *Streptococcus pyogenes* often cause a deadly infection (days before antibiotics) that leads to a high fever and cold fever. The patient overcame the infection and his tumors grew smaller and smaller and in due course he was without cancer - doctors call this 'spontaneous remission' - it is then not necessary to give reasons for the recovery!

Coley treated more patients with bacterial infections, but with one patient he was not able to induce *erysipelas*te. He heard about very virulent strep bacteria from Dr Robert Koch and he gave it to the patient. The patient became seriously ill and recuperated. The tumors in his throat and neck grew smaller and disappeared. Between 1891 and 1893 Coley treated 17 advanced cases. ***His results were often better than results obtained in our day.*** Giant cell tumor of the bone was as high as 87% and breast cancer also very high. Otherwise the results were favorable like less or no pain, better appetite and restoration of bone building.

For a number of reasons the treatment did not became popular (i.e. interest in radium and doctors' belief that cancer is incurable - the viewpoint early in the 20th century). The treatment stimulated the immune system. People are still treated in this way in Germany and China. In China the institution practicing this treatment is known as 'Coley's hospital'.

Results according to Moss:

> I've such good reports about Coley's toxins: w/Hodgkins (67% 5-yr survival), w/giant-cell bone cancer (79% 5-yr survival for patients w/inoperable tumors; 87% 5-yr survival for patients w/operable tumors), breast cancer (65% 5-yr survival for patients w/inoperable tumors; 13 out of 13 patients w/operable tumors survived 5 yrs), inoperable ovarian cancer (67% 5-yr survival), inoperable melanoma (67% 5-yr survival) (Moss, 1992, p. 408; Diamond et al., 1997, pp. 880-882; www.sph.uth.tmc.edu/utcam/summary/coley_sum.htm).

We have seen that a serious bacterial infection (with fever) activates the immune system and this treatment. at a reasonable price, is available in China. About the toxins, I quote Moss:

> "This is not generally available (Coley's toxins) though I do know of ways to get it in different forms."

Walter Last points out that there may be bouts of high fever during (recovery) reactions. "This is an efficient method of killing microbes and cancer cells. Generally keep the temperature up, with cancer it does not go too high" (www.health-science-spirit.com/cancer2-strategies.html).

Dichloroacetic acid (DCA)

Considerable excitement was created when the University of Alberta came with the first news about DCA in 2007. It seemed to be an inexpensive and effective treatment for cancer with few side effects. DCA is a chemical compound that does not exist in nature. It is produced with the reduction of chloride containing trichloroacidic acid. The high disintegrating action of the acid is the reason why its only therapeutic application is as a salt.

Cancer cells distinguish themselves from normal cells by the fact that they do not die and multiplies at a considerable scale. DCA lets the cancer cells die. The cancer cells consumption of sugar change and they starve. DCA also lead to a lower production of lactic acid in the mitochondria.

The Medicor Cancer Centres in Canada (www.medicorcancer.com/dca-data.html) provides information of about 347 cancer patients who were treated with DCA. With the information available their results look good, but the best results were obtained when DCA was combined with other treatments. At this stage it does not seems to be a home treatment.

Homeopathy

Homeopathy is the placing of small amounts of medicine in the body. The remedy is similar to the problem the patient has. It is a popular and inexpensive form of treatment and may be compared to inoculation. You either believe in homeopathy or you regard it as imagination. I think that if the right treatment is used for the right ailment dramatic results are possible.

Two new homeopathic remedies against cancer are *Nucleic acids 2LC1 and 2LCL1*. There are many studies showing favorable results with homeopathy, according to www.cancure.org/choice_of_therapies_continued.htm. If the reader is interested contact a homeopath or/and do self study. In contrast with many other methods you do not have the problem of one remedy working against the other.

Homeopathic remedies are sometimes made from deadly minerals and other substances. This is one of its benefits, making dangerous substances safe, i.e. platinum. Mistletoe is poisonous but in its homeopathic form is a safe cancer remedy and improves the immunity. Weleda sells it as *Iscador*. Another well known firm Heel produces *Viscum compositum*. It is injected twice a week and alternated with *Echinacea compositum*.

Heilmittel GmbH, another German producer with a range called Abnoba, produce various variations of mistletoe. If mistletoe grows on malus it is a breast cancer remedy, if it grows on hawthorn it is a remedy for male genital cancers and if it grows on oak a remedy for cancers of the alimentary canal (www.alternative-doctor.com/cancer/ca_advanced.htm#UKRAIN).

Homeopathic medicines should not be quickly swallowed. Do not use it just before or after brushing teeth or drinking coffee. Preferably take it on an empty stomach and keep the drops in your mouth for a while in order to absorb the maximum amount through the mucous membranes, before swallowing.

There are many reports describing the successful treatment of cancer with homeopathic remedies.

Colloidal silver
It is a liquid and taken by many people as an alternative treatment to kill microbes and viruses [before antibiotics it was a standard medical treatment]. Buy a fresh, quality product with small particles.

Dr Bjorn Nordstrom of the Karolinska Institute in Sweden recommends colloidal silver. According to Nordstrom he gets quick remission with patients who were regarded as terminal. Dr Robert Becker sees a link between sickness and low levels of silver as the result is a badly functioning immune system. He established that silver works on the full spectrum of pathogens, without any side effects on the body. It is a growth stimulant of injured tissue. Pathogens with resistance against antibiotics are destroyed with colloidal silver.

This product should be taken daily as an additional medication.

Epsom salts.
Elsewhere, mention is made of Epsom salts for detoxification (Addendum 1). The salts may also be applied to the skin. Put 250g Epsom salts in your bath and fill it with warm water. Relax for an hour in the water. It helps to get rid of poisons through the skin, especially during a “healing crisis”. If the skin is rubbed with a soft brush before bathing the effect is reinforced.

Gerson said long ago, that rubbing the skin of a patient is pleasant and advantageous (***he was strongly against massage***).

Kelley’s book suggests rubbing the patient every fourth night (twice a week?) from head to toes with a 50/50 mixture of olive and castor oil [many sources sing the praise of castor oil for external application], followed by a hot bath to let the oil penetrate the skin. The patient is

then wrapped in warm blankets and put in bed for an hour under heavy blankets, to sweat out poisons, followed by a shower. This is done for three months [probably the body will be free of poisons after three months].

Incidentally, Germany has a long history of water therapy and the advantages of these treatments should not be underestimated. Sometimes heat is applied as cancer cells are more sensitive to heat than normal cells.

Salvestrol

Salvestrol Q40 is a new cancer treatment developed by the Leicester School of Pharmacy. It destroys cancer in the laboratory and is a type of phytoalexin - a chemical plants produce to ward off attackers like insects and fungi. The P450 CYP1B1 enzyme concentrated in cancer cells change Salvestrol to a toxic substance which destroys cancer (www.eboards4all.com/735587/messages/8062.html). Salvestrol is produced by plants subjected to high infections. Modern poisonous sprays on plants mean lower levels of Salvestrol in our foods. There is considerable Salvestrol in the skins of tangerines, but also in broccoli and Brussels sprouts. Salvestrol specifically attacks cancer cells and is only toxic for cancer cells (like B17).

The question was raised if our tendency to no longer eat the skins of fruit does not play a role in the higher percentages of people who succumbed to cancer. Salvestrol is seen as a treatment for especially cancers of the breast, lung, prostate and ovaries. Tangerines contain much more antioxidants and flavenoids than fruit juices. Salvestrol is good for the lowering of cholesterol, heart problems, bloatedness, nausea and overweight. It also helps for nervousness, depression, emotional stress and sleeping problems. Not only is the nervous system calmed but also the digestive system.

Tangerine skins may be used for different digestive problems by adding the skins to soup, salads and other foods and as a tea. More than in the case of other foods it is important to obtain organic tangerines (poison sprayed tangerines may contain little Salvesterol).

If organic tangerines are available they may be frozen and grated over food.
Salvestrol, as a supplement, is in my opinion one of the better treatment options that should be tested by cancer patients with hormonal or lung cancers. Salvestrol definitely kills cancer cells in the laboratory. At this stage it is too early for more definite claims.

With cesium the patient's pain soon disappears.

The cesium chloride protocol

This is an alkaline treatment and highly praised by natural practitioners.

The research by Dr E. Sartori in 1981 was an eye opener. Fifty terminally ill patients were treated of whom 47 already had maximum treatment in terms of operations, radiation and courses of chemotherapy. Three were already in a coma.

Cesium chloride was given at a rate of 6 to 9 grams a day. The patients were also given supplements and put on a diet. Half of these patients recuperated. Thirteen died during the

first two weeks of the treatment, but postmortems showed that their tumors had shrunken. The pain of patients stopped within one to three days.

The most remarkable case was a lady with breast cancer, already in a coma. She received her feeding through a tube - 10 grams cesium chloride, three times a day. After five days she walked out of the hospital, with nobody aware of the condition of her hip. She fell, broke her neck and died. With the postmortem it was realized that her hip was replaced with cancer tissues, i.e. there was no longer a hip bone. Very little cancer tissues were left after only a few days of treatment.

Dr James Howenstine regards this method as the best treatment for patients who are given only a short time to live - there is a reasonable chance of recovery (USE OF CESIUM CHLORIDE TO CURE MALIGNANCIES by Dr James Howenstine, MD. www.newswithviews.com/Howenstine/james14.htm).

Dr Hans A. Nieper, M.D., (1928-1998), was a famous cancer specialist who used this method. He treated many prominent people, including a U.S. President.

The man who has done the basic research on cesium chloride was Dr A Keith Brewer. Sartori took matters further. Brewer stressed the importance of potassium while the cesium treatment takes place. Enough vitamins A and C should also be taken. A could be in the form of carrot juice and C as powder or pills. Zinc and selenium are also needed.

Brewer believes that it is the acid toxins and not the tumor that are the cause of death. Another important remark: ***"I am convinced that it is food that causes cancer, but it is the food we don't eat and not the food we do eat."*** (The high pH therapy for cancer tests on mice and humans. PHARMACOL BIOCHEM BEHAV 21: Suppl. 1, 1-5. 1984).

Evaluation

The cesium chloride protocol is regarded as one of the most successful cancer treatments, even with fast growing and far advanced cancers (www.cancertutor.com/Cancer/Alkaline.html). It is an ionic cesium chloride liquid, with atoms small enough to enter cells. Only sick cells are penetrated - the cesium chloride does not enter other cells. The acid condition of cancer cells is specifically addressed.

Swelling and inflammation are possible when the immune system attacks cancer cells and they start dying. There are experts who give advice on how to adjust dosages in order to keep matters under control.

Cancertutor is of the opinion that the best cesium chloride with the best expert advice should be bought. Larry of 'Essense of Life' is recommended. He does not charge for his telephonic advice provided the chemicals are bought through him. Actually it is a safe and easy treatment, according to Cancertutor.

Enough potassium and magnesium must be available during treatment. The stomach lining has to be protected.

Action
This substance makes the cancer cells extremely alkaline (the pH of only the cancer cells climb to 8.0 or higher), limits the intake of glucose in the cancer cells, neutralize lactose (the cause of the multiplication) and stops the fermentation process, further curtailing glucose absorption. Dr Johannes Kuhl confirms that "toxic lactic acid buildup in the cells" 'whip' them "into unrestrained multiplication" (www.healingcancernaturally.com/dr-kuhl-lactic-acid-treatment.html).

Cesium chloride indirectly destroys cancer cells and immediately stops metastasis. Pain stops normally within 24 to 48 hours and the tumor may start shrinking within weeks.

The cancer cells are not killed by the cesium chloride but enable the immune system to do the job. If this chemical kills microbes in the cancer cells (it is very alkaline) the cells revert to normal cells - the ideal way to treat cancer as less waste products need to be excreted.

The percentage cells that become normal as a result of microbe destruction is not known, but the protocol is effective.

Application
The cesium chloride dose varies from one gram three times a day to nine grams three times a day. A patient who is still able to eat could possibly start with the minimum dosage [if results are important increase the dosage to six grams a day, after a few days]. If there is no real improvement after 4 to 6 weeks the dosage should be increased (dr James Howenstine, MD. www.newswithviews.com/Howenstine/james14.htm).

If you are interested in this treatment carefully read the following report: (www.cancertutor.com/Cancer/Alkaline.html) and call Larry (leave a message if he is not there). Place your order after thoroughly discussing the matter. The minimum monthly cost will be 166.90 dollars. The cesium part of the treatment should only last for a few months.

Never combine two alkaline treatments, i.e. cesium chloride and sodium bicarbonate. The question may arise which alkaline treatment is the best? Sodium bicarbonate is the cheapest and easier one. Cesium is more expensive and may require medical supervision.

Summary
A number of matters were discussed, i.e. pain, healing pains, vitamin C, Coley's toxins, DCA, homeopathy, colloidal silver, Epsom salts, Salvestrol and cesium chloride and are not summarized.

The last chapter is a summary of the report and some last words.

23. Summary and last words

As a final note: for those of you who continue to believe
the big lie that the harsh and ineffective options offered by mainstream
medicine are superior to nature, I ask:
When did God become a quack?
Tony Isaacs

Congratulations! This is the last chapter. For me it was a longer and more exhausting journey than for you! If you were not just reading but concentrating, your knowledge should now be on the same level as mine. If your study was to develop a strategy against cancer you should now have a broad strategy. If the sickness is already in your body you are now in a position to tackle the problem. It is necessary to summarize the report.

Do not deduce that I can heal cancer with more than 90% certainty. To put it straight: I am not a qualified healer and do not make personal claims. If I should make even very modest claims I am on the wrong side of the law (people with money and influence made laws that favor their point of view). The law favor allopathic medicine and they are allowed to make optimistic claims. I like to be open and honest but dare not say that I am able to heal a certain cancer with say 80% certainty, as I may be prosecuted. However, people who followed a natural treatment have the right to speak and write about their experiences. Contact them, if you know such people.

As shown in chapter 2 the benefits of conventional cancer treatment is very limited. This is the reason why I concentrated on the natural.

Even at this stage you should not accept everything I write - remember the level of our knowledge is now the same - your opinion is important and your situation may justify deviations.

You should know your body and be sensitive about changes (Do you feel better today than last week?). Start a list with your blood pressure, pulse rate and temperature at the top and record these values every morning. Add values (0-9) for pain, energy, appearance in the mirror, color of tongue, urine, excretions, etc. In the longer run tendencies/problems will be shown. Think in terms of a rather long list, providing for the emotional and physical.

Unfortunately cancer is not a simple problem and more complicated than we would like it to be. The narrative is still incomplete. ***Nevertheless, we know enough to treat cancer effectively and successfully in a very large percentage of cases.***

It is clear that there are serious doubts about the allopathic treatment of cancer. The limited cases where traditional treatments are successful are described in chapter 2. If traditional treatment is started early and remission reached before the body is seriously compromised, the oncologist and patient have reason to rejoice in their victory. The costs, risk and misery that is part of this victory is of such a nature that, in my opinion, it can only be justified in a small minority of cases. Natural treatments are available.

Whether you decide on allopathic or natural treatment, any one of these choices will ask much from you. If you are not prepared to take full control of your life and body (natural treatment) you have two options, i.e. to do nothing or to put your life in the hands of an oncologist.

The decision about the type of treatment must be made by the patient and not by the oncologist or family. In this report it is stated that your chance of recuperation is 3% with traditional treatments, while it could be 90% or better with alternative treatments. The upsetting part is that if your chance is 3% there is a possibility of recovery (although small), but even in the 90% group there is the possibility of succumbing to cancer. Presumably the final decision will not depend on a percentage but a feeling: "I believe in treatment by doctors, although I have some doubts." or "I prefer natural treatments, although I have some doubts." Whether your choice is allopathic or natural the result could be (big) sacrifices and adaptations.

In chapters 3 (Basic premises) and 4 (Psychological and emotional considerations) it was shown that a man or a woman is not just a body - your viewpoint and insights are important - if you have not yet done it, you have to make a U-turn and it will require changes. If you do not turn around natural treatment may not give long term results.

Still chapter 3: The characteristics of cancer are the reason for following a limiting diet, which is, often able to cure cancer. Also remember about bodily activity, exposure to the sun and relaxation. How the patient reacts and feels are important, but progress must also be objectively evaluated with medical tests. Treatment methods are categorized in six groups, i.e. detoxification, food, building the immune system, key enzymes, emotional counseling and natural chemotherapy. It is of utmost importance to simultaneously attend to all these matters.

Diet

Seven cancer diets (treatments) are discussed in detail, i.e. (1) a basic natural therapy, (2) vegetable- and fruit juice diets, (3) the grape diet, (4) the Gerson therapy, (5) Dr Johanna Budwig's protocol and (6) the macrobiotic diet. In chapter 16 (B17) the diet of (7) Philip E. Binzel is discussed - a wide choice [the vegetable diet is actually two diets, a vegetable diet and an alkaline vegetable diet].

What is your reaction? It reminds us of Gerson (chapter 12) who declared (paraphrase): "Cancer does not require a specific treatment." Like other destructive diseases it may be successfully treated in various ways. If you have an 'ordinary' cancer it can be treated with any method described from chapter 10, onwards. With 'serious' cancers the options are (for safety's sake) more limited. I am inclined to put Budwig or the alkaline vegetable diet first, but there are more choices.

Diet is not the only concern. Remember the words of Basil Schakleton (chapter 11):

> ***Moderacy, rest, fresh wholesome foods, regular exercise and plenty fresh air are necessary to maintain wholeness, but the principle need is for a wholesome, anger-free mind which is controlled by a spirit constantly in communion with God.*** [He should have added sunshine!]

Cardinal important aspects of diet

(1) The lady in Paris (chapter 12) who's cancer resumed every time she ate eggs, meat or oil. ***Gerson demonstrated that no animal protein or animal product or oil should be consumed*** (with one exception) - this leaves you without essential oils. Should a patient go through the intense phase of their treatment without essential oils? [The answer is probably "No".] The Budwig mixture alone (without the rest of her treatment) is extremely important. With a cancer patient there is only one way to provide for essential oils, i.e. Budwig's flax seed oil and cottage cheese mixture - it may be combined with any treatment and will make a difference.

(2) Supplements. This is a difficult one - what MUST be taken and what is optional or will harm or even sabotage a good treatment? A final answer is not possible. Caution is the watchword. If you can believe some people fantastic things happen when loads of supplements are taken. Anything in abundance in the body places additional stress on a sick patient. [What I write about supplements are sometimes an opinion as all the facts are not always available.]

There are people who insist that all food must be organic – this is the ideal situation, if it is available and affordable. Otherwise, try at least to buy organic carrots and other organic foods that are available.

Hoover (chapter 10) and Budwig are both against supplements and Gerson seriously warned against them. It is as if one can still feel his consternation about 25 patients who died of "a little something" (chapter 12). Since Gerson's death, more than 50 years ago, there were many developments but he was, at that time, certain that patients "get really damaged" by vitamin A, E, B and B6. It is safer to take your vitamins and other nutrients as food and to avoid synthetic vitamins and other foodstuffs. Give serious consideration to the warnings of these experts.

If you drink lots of carrot juice it is not necessary to take vitamin A, and D is not needed if you get enough sunshine (without sun filters on the skin). Your diet should be loaded with natural vitamins. Interestingly, Gerson mentions vitamin B3 positively. My opinion is that B3 widens the arteries and this leads to more oxygen near the tumors. Consider B3 - see chapter 12 - Gerson's dosage is six (spreaded) 50mg tablets a day for six months.

If I have to make a list of essential supplements, zinc, selenium, Sutherlandia and bromelain will be on the list [Sometimes one has the fear that you eat the right foods to provide enough, i.e. selenium, but the soil in the area where these foods are produced may lack the mineral and you buy another pill - it is, however, easy to go overboard].

Milk thistle and pancreas enzymes should be added to the list [enzymes should not be eaten with food - take them on an empty stomach (www.alternative-doctor.com/cancer/enzymes.htm#bromelain and papain).] Vitamin C is also important. I am a fan of Linus Pauling and will swallow C without fear (refer to chapter 22 for info on C).

Further, supplements to strengthen the immunity - you may have a favorite - I favor 4 Sutherlandia tablets a day and as an alternative olive leaf extract [According to the instructions on the box Sutherlandia is taken as one pill twice a day. I have increased this to 4 tablets a day (2x2 chapter 1). Since then I have heard about cancer patients taking 2 pills with every meal (2x3 = 6). According to www.sutherlandia.org this dosage can be taken on a longterm basis. Sutherlandia definitely have positive results on the immune system. The only negative remark about Sutherlandia I have heard was from ladies who felt that this herb improved their appetite - a plus point for cancer patients.]

Supplements for the immune system are normally not taken for long periods. In the case of an immune crisis (like cancer) a longer period is in order and supplements may be alternated, i.e. Sutherlandia and Echinacea. Dr Richard Shulze recommends taking Echinacea for two weeks, skipping a week and repeating this routine for best results (www.alternative-doctor.com/cancer/herbs.htm).

Vitamin E is a valuable vitamin and many positive things can be said about E. In the case of cancer, rather skip E. I would also stay away from calcium - it has merits, like making the body more alkaline, but Gerson sternly warned against this mineral. [With minerals buy organic and stay away from inorganic - possibly, coral calcium will not cause problems, but there is some doubt.]

Supplements are not all of the same quality. If available buy products produced under good manufacturing practice. Most supplements are not produced in this way and then your only option is to rely on the opinion of a pharmacist who is knowledgeable about natural products.

Vitamin B17 is often taken to prevent metastasis. Turmeric is inexpensive and a valuable supplement. Add a little black pepper to improve absorption. The big problem with supplements is the overwhelming number of choices you have to make.

When taking a new product for the first time starts with one tablet or even half a tablet. Mostly, it is in order to quickly build up to the full dose.

Without intention, the minimum number of supplements and the limiting diet, result in an ***affordable treatment***. The main drawback of natural therapy could be the ***self discipline*** it forces on a patient. In the long run it will be a wonderful bonus.

Cancer theories
In chapter 4 the importance of pawpaw and pineapples were stressed. To these should be added a number of supplements, depending on the type of cancer.

Destroying microbes/viruses
This received attention in chapter 7. Destroying them can be an important part of the treatment. If you do not buy your own equipment ask for a special tariff as treatment may last for months.

The importance of an alkaline body was discussed in chapter 15. It may be the most important chapter in the report, but these insights came too late for Melissa.

In conclusion
It was my intention to write 'quite a comprehensive report'. However, it was impossible to cover nearly everything. Sometimes I mentioned possibilities without going into detail. People following a cancer treatment or studying the subject is encouraged to do further research. Only a few examples: Cansema, water-, heat treatments and visualizing. Certain discussed treatments should be further explored.

If you think my story is too good to be true, think again, as it is based on the work of a number of scientists who, with real dedication, spent their long lives in such a way that they earned international respect: scientific, intellectual and spiritual giants like
Otto Warburg, Linus Pauling, Max Gerson, Johanna Budwig and Robert Willner.

The negative materialistic situation in the medical industry has a long history. Warburg died in 1970 and commented:

> "… we have the knowledge to prevent and cure cancer, we simply don't want to know the truth -- if only because the truth interferes with certain money-making, policy-influencing agendas." (Greg Caton in Meditopia/chap 1).

I am a lifelong librarian and student. Knowledge is there to be communicated and utilized and I believe this report to be a contribution in that direction. The disturbing part is it represents existing knowledge people are not aware of. The result is unnecessary suffering and death on a larger scale than all the wars ever fought. If you are convinced please spread the news. My e book may be given away, without asking anything in return, provided it is not changed in any way.

Addenda

The detail in the report may be annoying to some readers. On the other hand details are necessary when you want to implement a treatment plan. To help readers addenda were created. If the addenda refer you to additional information in the report the search facility of your reader program (i.e. Adobe Acrobat) should enable you to quickly find the information.

Addendum 1 describes a minimum treatment for “ordinary cancers” and Addendum 2 expands on the description in 1. [Remember that Addenda 1 and 2 form a unit. The divisions were only created to make the text more readable.] After chapters 1 to 4 and the addenda have been studied (actually an easy task) treatment can begin, but the rest of the report should also be read.

Addendum 3 consists of two lists. A list of comprehensive treatments for people suffering from a 'serious cancer' or who want to treat an 'ordinary cancer' comprehensively and a list of secondary treatments.

Addendum 4 is about terminal patients. With traditional therapies a point is reached where the treatment is stopped. Natural treatment is different and treatment should continue.

It is possible that you may feel that the instructions are sometimes arbitrary. The idea was to provide a starting point for a treatment and the reader should, in due course, be able to improve on the proposed treatment. The conditions under which this report is furnished is set out in chapter 1 and also applies to the addenda. It should not be regarded as George Bekker’s treatments. My background does not allow me to treat patients medically. Almost the whole report is a literature study and the addenda are summaries of the report. Anyone who really studied the report should be able to do the same. The addenda are for people who do not have the energy or time to compile their own lists.

The report probably reached you as a file copied from the internet. It would be a good idea to print the report (on one side of the page) and bind it. This is your working document and highlights and notes can be added.

As stated elsewhere the report and addenda are not complete, in the sense that it is absolutely impossible to cover all effective natural treatments in one document.

Addendum1
Starting with the treatment

Cancer is so difficult to cure because it is so profitable to treat.
Walter Last

This description is based on the report and summarizes how an 'ordinary cancer' should be treated.

1. Approach
I have cancer and will look it squarely in the eyes. I will not evade this fact and will use the word 'cancer' sometimes, even if it does not come easily. I will not always call cancer "my sickness" or some other euphemism. I know cancer is not a terrible monster and if necessary I'll again read about this on page 76.

I believe that cancer can be cured and that I am going to be healthy again. If necessary I will read on page 13 that the probability of recovery is more than 90%.

I know that my approach to life and state of mind are of cardinal importance. I have made a U-turn and if I feel depressed I'll read chapter 3, page 34 again (**Emotional issues** and the next heading: **Essential**). Then I'll read the whole chapter 4 to consider my psychological and emotional disposition.

2. Fluids
I stopped with my old drinking habits (!).
I drink eight glasses or cups/mugs fluids per day (warm or cold). If I feel warm I drink cold fluids (room temperature) and if I feel nauseous warm liquid. If I still feel nauseous I brew a tea from ginger roots (one or two slices fresh ginger root with hot water).

I start my day by drinking a glass of lemon juice (after squeezing the liquid of half a lemon in a glass of water). In this way I take in liquid, vitamins and minerals and my body is less acidic.

I don't drink tap water - only 'good water', as described on page 79. If I get bored with drinking water I add a few drops of fresh lemon juice (never from a bottle).

It is not necessary to stick to cold liquids. At any time I may drink as much Rooibos tea, or other herb tea, as I like, but no coffee or other warm beverages. The tea has nothing added to it (no milk or sugar or sweetener) (It will take some effort to drink tea without milk or sugar but Rooibos is not bitter and I will get used to it). Black and green tea contains caffeine and I'll rather not drink it, but if I get bored with Rooibos I drink tea made from ginger, peppermint or other tea that does not contain caffeine.

There is a big bonus. Every day I drink a glass of dry red (or white) wine (if there is no alcohol problem). It makes me restful (No other alcohol is allowed).

3. Food
I eat no animal or animal products. No form of meat, fish, eggs, milk, cheese, etc (cottage cheese is the only exception, if I follow the Budwig protocol or use her flaxseed/ cottage cheese combination)**.**

Although I am following a strict diet, I do not pity myself as I am aware of the fact that the restrictions I put on myself is small in comparison to the restrictions I place on my cancer. My desire for meat is much lower as a result of my sickness and I know that my new lifestyle makes a huge difference. It is a challenge and an adventure. I do not only save animal lives, but most important, my own.

I eat as much fresh vegetables and fruit as is available and is surprised about how good I feel. I will specifically try to eat a lot of pawpaws and pineapples. If the volume is more than I can eat comfortably, I will juice them, in order to take in more (within reasonable limits). However, with the pawpaw I will start slowly.

I start my day with lemon juice, followed later with vegetables (page 106). Carrots are the main ingredient, but a small red beet is also included. I drink this juice as soon as it is made. As I need to update myself about certain aspects of the diet I will again read chapters 9, 10 and 11.

Later in the day (early evening) I eat cooked food (without oil or fat - only water may be added). For example, potatoes in the skin and any grain with any legume, as I know that this gives me protein with all the necessary building blocks that my body needs (i.e., lentils and brown rice, any kind of beans with rice or wheat or corn) [It is not necessary to eat a large bowl of cooked food, as I have already eaten much fresh vegetables and fruit. I limit the amount of starch I eat]. I do not add salt to my food or if I really feel the need only a minimum unrefined, coarse sea salt. I use onions and garlic and cayenne pepper (as much as I can handle) as flavorings - also fresh or dried herbs. [Once or twice a day I drink a glass of water mixed with a flat teaspoonful cayenne pepper]. Budwig's flax seed/cottage cheese mixture (chapter 13) could also be added to any food, but is added after the cooking process - it must not be warmed.

My days of swiftly gulping my food are a thing of the past. I masticate my food slowly and properly, even if the food is soft, as saliva is essential for proper digestion.

I concentrate on eating fresh vegetables and fruit, especially vegetables. Avocado's are important but I may also consume almonds and Brazil nuts (raw and without salt). I munch it really fine as I want to absorb as much of the nuts as possible.

Food plays a big role in cancer and is an important weapon against cancer. To understand the absolute important role of diet read chapter 9.

4. Activity
If I am not very sick, I'll take a walk in the morning and evening - not slowly, but my breath does not race and I am still able to talk. The distance depends on how I feel. I am sensitive to

the messages my body give me. If my body tells me to take things calmly, I listen, as I know that rest and restfulness are important aspects of healing.

5. Supplements
I know there are thousands of supplements but I will take the following every day:

* zinc (30mgx3 – one tablet per meal)
* selenium (400 mcg - spreaded) and
* bromelain, according to the instructions on the box
* Sutherlandia, 2 capsules twice a day (if I later feel to make the treatment more intensive I will take 6 tablets a day (3x2)
* vitamin C. I start with 2 grams a day (spreaded) and build up to 10 or more grams (see chapter 22).

If anyone recommends that I should buy other supplements or try a 'magic bullet', I'll ask him/her to read the whole report, before discussing the matter with me (this is one way to get rid of a meddlesome character).

Turmeric is important. I will daily take a teaspoon of turmeric, put it in half a glass of water, add a pinch of black pepper, for better absorption, and drink the mixture. This yellow fluid means I have taken in quite a number of anti-oxidants, inflammation has been curtailed and the growth of new blood veins to supply the cancer with blood has been limited.

I am regular with the motions of my bowels - normally twice or three times a day. I must never be constipated. For this purpose I buy aloe crystals (cheap) or Epsom salts. A clean digestive system is absolutely important and if there is any doubt I read about constipation in the report.

6. Herbs
I will study chapter 8 and add to my diet all the herbs I was not aware of. Flor-Essence is the most important and I will start using it.

7. Sun
I try to be in the sun every day for about 30 minutes (not when the sun is very hot). Exposure to the sun may be combined with walking. I wear no sun protection and no spectacles when I am in the sun.

Addendum 2
Additions to the basic treatment

The reader would not believe how poor many people are after orthodox medicine gets done with them.
www.cancertutor.com

Addendum 1 describes a basic treatment. In this addendum we add a number of items. Hopefully you will implement most of these suggestions in order to achieve further improvement.

1. More activity

If you have applied all the suggestions in the previous addendum you are taking a **walk** once or twice every day. You can steadily increase the distance you are walking, if you feel like it, always within your ability.

We start the day with **stretching exercises** - it only takes a few minutes. The largest muscles are stretched and relaxed. If you don't know how search the internet for exercises that you like. These exercises will let you feel better and your blood will flow faster in order to get oxygen through your whole body and to remove toxins more effectively.

Get a small **rebounder** (trampoline) and jump on it every day, if you feel up to it. If you do it before a window with bars you can stabilize yourself by gripping on the bars. This is good exercising for everyone, but especially for patients with lymph- or breast cancer.

2. Food

Grow sprouted seeds to supplement your diet. Buy a set of five specially made small plastic bowls for this purpose. Very important enzymes and other nutrients are obtained by consuming sprouts. For example broccoli sprouts contain 10 to 100 times more *sulphoraphane* (neutralize carcinogens) than ordinary broccoli. Read more about sprouts on page 99.

3. Chapter 15

This is an important chapter. When you have mastered your new diet read chapter 15 and change your acidic body to alkaline.

4. More supplements

The most important supplements are listed in the previous addendum and to these should now be added the ones listed in chapter 15.

If the problem is breast cancer or other woman's cancers make sure enough carrot juice is taken on a daily basis - the body will then be able to produce enough vitamin A.

In the case of cancers in the abdomen swallow the maximum dose green tea capsules a day.

Vitamin B17 (*laetrile*) is known for its ability to kill cancer cells and to prevent the spreading of cancer. Apricot kernels contain laetrile. Start by chewing three pips a day and increase the dosage daily with 3 pips, until a total of at least 30 pips are reached. [The pips may also be grinded in a small electric coffee mill for immediate consumption]. The idea is not to reach 30 quickly and if you feel that you are negatively affected lower the dose slightly and stabilize on the lower figure for a short time. In due course you will know your optimum dose and you stay on this dose until you are totally healed.

Laetrile is also available as tablets. Read about this in chapter 16. [If you feel really negative about laetrile treatment after a fair trial, try something else, i.e. oleander.]

[A large dose of laetrile and a small dose of vitamin C is in order (or vice versa), but not large doses of both.]

Aloe Vera is another herb to consider, i.e. it is a cleaner, kills cancer cells, fight infections and balance the immune system (*immuno modulator*).

5. Chemicals
In our modern world we are constantly exposed to chemicals. Chemicals could be the cause of many cancers. Patients should try to avoid chemicals, especially in their food. Buy raw, unprocessed ingredients. No sauces and other additives should be added to food (except herbs, onions, garlic and the Budwig oil/cottage cheese combination).

No poison should be used in the home and garden and ordinary toilet soap, tooth paste and shampoo must be replaced with products from the health shop. Cosmetics from the supermarket are out - only products from the health shop is acceptable. Read or reread chapter 7.

6. Further treatment
You are now accustomed to a special diet and intensify the treatment by reading and fully implementing chapter 15.

7. Bob Beck
If you are prepared for the additional costs or feel that your progress is to slow, consider Bob Beck's two electronic gadgets (important) – refer to chapter 6.

8, 9 and 10!
Create for yourself a calm and restful life style and read the full report (making notes)**.** Apply what you have learned and success will follow.

Addendum 3
Comprehensive treatments

The physical part of the human being obviously requires physical building blocks. Those building blocks are nutrients, plant-based chemicals, minerals, proteins and water. They are not statin drugs, blood pressure meds, chemotherapy and radiation. The mechanistic model of medicine is an utter failure for human civilization. It has been a huge success in generating profits for drug companies and hospitals, however, which is exactly why this failed system is so desperately defended by those who profit from it.

Mike Adams

'Comprehensive treatments' refer to treatments that can be applied to the most dangerous cancers ('serious cancers'), i.e. cancers of the pancreas, brain, liver and lungs. It includes all cancers in an advanced or terminal stage.

With this report we are, in terms of **primary treatments**, confined to methods that were described in detail, specifically the vegetable diet, the Gerson's therapy, the Budwig protocol, the cesium chloride treatment, oleander therapy and B17 (as described by Bizel). [The Basic Natural Therapy (BNT) was also described in detail, but it is only a treatment for 'ordinary cancers'.]

The chosen method must be implemented intensively and completely (no deviations or short cuts) and additional treatments added.

Considerable attention has been given to the Gerson therapy. It is a proven and effective therapy. Gerson's method has given results over many decades and deserves consideration. The Budwig protocol is described in detail. It should be combined with the Gerson strategies, as described at the end of chapter 12. Read chapters 8 and 15 and integrate this information into the Budwig treatment.

The oleander therapy was also covered. It is important to combine the treatment with a strict diet and to add treatments like B17 and Bob Beck's two electronic gadgets [As results from the oleander treatment does not show early and it is safer to use it only as a secondary treatment].

The B17 treatment is another possibility if it is combined with an intensive diet (preferably with coffee enemas) and other treatments, i.e. sodium bicarbonate and Bob Beck's electronic gadgets.

The Bill Henderson Protocol is another primary treatment, but is not listed here as the report does not contain enough information about his treatment. Order his book if you want to follow his protocol.

Keep in mind that after deciding on a primary treatment most of the other primary treatments may be applied as secondary treatments.

The following methods are considered as **secondary treatments**: the Bob Beck 'Blood Purifier', MMS (Miracle Mineral Supplement), Essiac herbs, the Photon Genius, the Rife machine, psychotherapy and other psychological treatments, the Qx Scio machine, water therapy, homeopathy, colloidal silver, ionized water (water with ozone) and mega doses of vitamin C. The first two items are sometimes described as primary treatments. The reason for classifying them as secondary is that they can be combined with primary treatments.

The practical treatment of 'serious cancers' has to be studied (especially chapters 12 and 13). At first treatment is done in terms of the addenda, but the ideal is an own treatment. Quickly apply addenda 1 and 2. The main difference between treatments of 'ordinary' and 'serious' cancers is an intensive diet, i.e. the alkaline vegetable treatment, the Budwig protocol or the Gerson therapy. It has to be instigated and applied 100% correctly within a week or two.

The coffee enemas should be done 4 or 5 times a day and in due course 3 or 2 times a day, until there is no poison in the body.

Addendum 4

Terminal patients

" 'The secret of all wisdom is science in harmony with the ways of nature.'

... It is high time for us to finally start thinking, and acting, like responsible beings."

Dr Johanna Budwig

There is much information about terminal patients in this report and what follows is written on the assumption that the report has been studied and that the patient is carefully monitored in terms of treatment and supplements taken.

With cancer a stage is reached where people begin to think it is too late to save the patient and that medication should be stopped. This is mostly true for allopathic treatment. With natural treatment you have a radical different situation as treatment leads to a patient who is more comfortable with less pain (i.e. treatment makes the body more alkaline and lowers lactic acid).

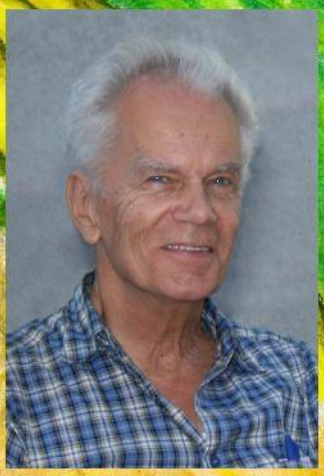
The modern natural treatment of cancer already has quite a long history. If you go through the report it is clear from Gerson's and Budwig's histories that both often saved terminal patients from sure death – chapters 12 and 13.

Possibly the most upsetting thing for carers are when the patient can't eat and deteriorates daily. Near the beginning of chapter 13 is described how Budwig helped patients whose basic functions stopped, i.e. they were not able to urinate or bring out mucus after coughing. She activated their failing bodily functions with an enema, containing the 500cc flax seed oil and cottage cheese mixture. This could be crucial! Gerson emphasized another crucial aspect, i.e. detoxification with coffee enemas.

It is known that flax seed oil and cottage cheese mixture can be absorbed through the colon if taking in food through the mouth is a problem. This method could also be utilized with other food. After cleaning the colon with a coffee or water enema, enemas consisting of carrot juice or a combination of vegetable juices is taken in (and kept in). Grass juice is another possibility.

Enough 'good' water and a special limiting diet were emphazised in this report. With a terminal patient vegetable juices will be the main component of the diet, preferably made with the right apparatus. It is important to get the pH reading speedily up to 7.0+. Read chapter 15 about pH and the necessary supplements. Start with the minimum amount and try to biuld up quickly to the optimum amount. MSM (chapter 15) is really important (only if no chemo is taken!) to reduce the lactic acid. Take it through the skin. Vitamin C should also be considered – chapter 22.

To quickly get hold of the right electronic apparatus could be a problem, but try to obtain the Bob Beck blood purifier. Other electronic apparatus could also be considered.



George Bekker was born near Cape Town, within sight of Table Mountain. He went to school in the picturesque Hex River Valley and studied at the Universities of South-Africa, Stellenbosch and Cape Town. He was employed in various capacities at the University of Western Cape.

He is married to Wilna and they have three daughters and two grand children (one daughter, Melissa, died of cancer). He is still a (full time) student, living at the sea, not far from Cape Town.