



Cancer Prevention And Treatment

Cancer is feared universally, and regardless of one’s knowledge about the disease, even a discussion about cancer strikes a small cord of apprehension. Based on the statistics, it’s no wonder.

Current statistics from the American Cancer Society

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suggest that approximately one half of all men and about one-third of all women will experience some form of cancer during their life. It is the 2nd leading cause of death (excluding iatrogenic causes from the medical profession and the pharmaceutical companies) just behind cardiovascular (heart) disease!

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Did you know that cancer was a relatively rare way to die 100 years ago compared to today’s standards? The cancer rate in the year 1900 was one person in 30. But by the year 2000, the rate was up to one out of every three people. Along with heart disease and iatrogenic causes of death, these rare conditions only started to plague our country when we lost sight of disease prevention and the medical

industry started creating new fangled ways to “treat” disease. This is what is known as “allopathic” medicine.

Certainly we are thankful for local urgent care facilities and emergency rooms. But the use of chronic medications instead of living a lifestyle of health has shot through the roof! And Americans are clamoring for a way out of this mode of healthcare— as evidenced by actuarial statistics proving that out-of-pocket expenditures for “alternative” therapies have now outpaced conventional medicine expenditures.

Well, I emphasize that unless we change the way we eat, our level of physical activity, what we are exposing ourselves to from other environmental toxins and the way we think and feel toward ourselves and others, we will continue to get sicker! And cancer is nothing more than the outcropping of what we do to ourselves in almost all cases.

T. Colin Campbell and his research group found by

studying 650,000 Chinese that genetics for cancer and heart disease only accounted for about 3% of the cases. Diet and lifestyle accounted for most of the remainder!¹

According to a consensus report from the four main government organizations (the American Cancer Society, the National Cancer Institute, the Centers for Disease Control and Prevention, and the National Institute on Aging), the rate of new cancer cases fell in the United States between 1993 and 1999. Their Annual Report to the Nation on the Status of Cancer, 1993-1999 was published in the May 2002 issue of *Cancer*. Even though portray that we are winning the war on cancer, the fact is that the drugs and surgery that are primarily used has lessened the accelerating rate, not lowered the number of new cases. Their report states, “the actual number of cancer cases and deaths were up because the age-standardized incidence rate (expressed in new cases per 100,000 people per year) is holding steady.” When they report that the total cases are decreasing each year, then we can say we are winning the war. To do that we must address underlying causes of cancer.

To me this report also means that we keep people alive longer once they get cancer. This translates into a miserable course for the cancer patient who goes through conventional medicine treatments in most cases.

What is Cancer?

Normal cells of any given organ tissue grow and die at a consistent rate. Cells that make aberrant RNA and DNA are controlled and destroyed by the immune system, at the point before a cell line can be made. When the body’s control mechanisms cannot correct aberrations, then a new line of cells develop. These cells, like the clone army in *Star Wars*, grow to a powerful force that can overcome the host that made it. They are a new organism, now the enemy to the surrounding healthy cells that are loyal to and respond to the original commands. This now “evil” clone army destroys the DNA of the original cell, becoming cancerous cells.

Growth can be slow or rapid. The nature of the cancer cells could be benign (not dangerous) or malignant (dangerous to the body). Ultimately, the cancer cells use the blood, lymphatic, or even the spinal fluid transport mechanisms to metastasize (spread) throughout the body. Although there are approximately 100 forms of cancer, the general categories of cancer are:

- Carcinoma—cancer that affects the skin, membranes, glands, and internal organs.
- Leukemia—cancer of the blood and blood forming systems.
- Sarcoma—cancer that affects muscles, connective tissues, and bones.

- Lymphoma—cancer that attacks the lymphatic system.

Cancer can strike just about every organ and tissue of the body. Common ones, like breast and colorectal cancers, have been the focus of detection methods in conventional care, which will be discussed. Other common cancers, such as lung cancer, have no current detection methods used for screening, and therefore primary prevention is the only way to reduce its incidence in the general population. Let me explain more why using only detection medicine to deal with cancer of any kind really is shaky ground. First, let me share some history of mammograms and why relying on them is dangerous.

Screening Mammograms: Big Dollar Industry Has No Proven Benefit!

Did you know that screening mammograms (X-rays of the compressed female breast) are the current recommendation for breast cancer detection and “should be” performed for women ages 40 to 49 every two years, and then yearly thereafter? Not only is this taught from medical school up, but it is in the school systems as well as the medical insurance industry.

Mammography is a huge business in America—\$4 billion a year annually! The sick thing about this is that there is no science to back up its current recommendation. The reason it remains the “standard of care” is the following:

In 1992 a large Canadian study on screening mammography showed that it does not prolong life for women in any age group diagnosed with breast cancer. The study then came to our National Cancer Institute (NCI) in Bethesda, Maryland. Along with six other studies, the evidence was reviewed and the NCI agreed that screening mammograms have no substantial reason to be promoted, and they altered their recommendation.

Then in 1993 the National Cancer Advisory Board (comprised of lay people, appointed by the U.S. President) told the NCI to defer from altering the guidelines (because of pressure by big radiology groups and mammogram manufacturing companies). The NCI initially refused, stating essentially that, “science is science,” but the new director caved in and maintained the recommendation. However, just after the 1997 NIH consensus conference showed again that the data gave no reason for the universal screening mammography recommendations, an edict from the Senate (once again being pressured by the lay advisory board) mandated they reverse their decision to alter the screening mammogram recommendations.³

What has resulted is a lot of business for those that stand to benefit, and for women, an excuse not to look at their own health for prevention. Worse, mammography causes breast cancer in one of every 10,000 women who get one.

While Computed Tomography (CT), Positron Emission Tomography (PET) and Magnetic Resonance Imaging (MRI), Breast Thermography, Ultrasound, and cancer marker blood tests are all quite useful for detecting and monitoring known cancer, like mammograms, they are not the answer to reducing death from cancer.

Another interesting point about conventional approaches to breast cancer treatment is that surgery, radiation, chemotherapy, and hormonal therapies (reviewed and published in *Lancet* over 11 years ago) have not shown to change survival rates from breast cancer since the 1920s. This means that the overall lifespan in breast cancer patients has not changed, despite the high tech interventions in over 80 years! The only way to increase the length of life is by primary prevention, which I will cover in this report.

What About Colon Cancer Screening?

The benefit of screening for colorectal cancer is somewhat better than that of mammography. This is only because, if and when, non-cancerous polyps are found by colonoscopy and then removed, it translates into fewer deaths from colorectal cancer. Colonoscopy, therefore, has replaced fecal occult blood testing and sigmoidoscopy because it has data behind it to show a decreased incidence of colorectal cancer deaths

in patients who under go colonoscopic adenoma (benign polyp) removal.⁴

For the average risk person, colonoscopy should be the first screening method, followed by sigmoidoscopy every five years thereafter if nothing is found. If something is found on the initial colonoscopy, then you should follow the table on page 4, which reviews the frequency of colonoscopy, depending on the clinical findings and family history.⁵

Remember that even screening is far from protective and that each of us lowers our risk through preventive measures I discuss in this report. Please don't rely on colonoscopy to keep you from getting colorectal cancer.

How to Cancer-Proof Your Body? The Powerful Gerson Diet

Because I spent several months working with a German physician this last year, I found out that in her country, it is standard of care to recommend the Gerson Diet and associated therapy to cancer patients. Max Gerson, M.D. (1881-1959) originally developed the holistic “Gerson Diet” to cure not only his own debilitating migraine headaches, but he later discovered that it was also effective against skin tuberculosis, diabetes, and a host of other chronic, degenerative diseases, including the toughest of all, cancer. The Gerson Diet

Guidelines for Surveillance of Colorectal Cancer and Polyps

Moderate Risk	Recommendation	Interval
Polyp and no family history of colorectal cancer	Colonoscopy	5 years after polyp removal
<ul style="list-style-type: none"> • More than 2 polyps or • A polyp over 1 cm or • Polyps that are villous or • Polyps that have high grade cancerous changes, or • Polyps with a family history of colorectal cancer 	Colonoscopy	3 years after polyp removal
Personal history of colorectal cancer	Colonoscopy	3 yrs. after surgery
First degree relative with colorectal cancer	Colonoscopy	Every 3 to 5 years beginning age 40, or 10 years younger than the youngest cancer in first degree relative
High Risk	Recommendation	Interval
Family history of FAP or HNPCC	Colonoscopy and refer to specialty center for genetic counseling	Every 1 to 2 years starting as early as puberty, depending on diagnosis
Inflammatory bowel disease	Colonoscopy with biopsy for dysplasia	8 years after the start of pancolitis/12-15 years after the start of L-sided colitis
FAP = familial adenomatous polyposis; HNPCC = hereditary nonpolyposis colorectal cancer		

became standard for over 500 hospitals in Europe in the mid-1900s. Among others, Dr. Albert Schweitzer (Nobel prize laureate) who was healed through using this therapy, called Gerson, “the most eminent medical genius ever.”

Dr. Gerson authored books

and dozens of articles in the world’s medical literature, including his landmark book, *A Cancer Therapy: Results of 50 Cases*.⁶ Thanks to Dr. Gerson’s, daughter, Charlotte Gerson, the Gerson Institute was founded in San Diego, CA in 1977 to provide literature, media, and

training on the Gerson Diet.

The Gerson diet is a low-fat, low-animal protein, high-complex carbohydrate dietary regimen from whole foods, which particularly emphasizes organic fruits, vegetables, and whole grains. It also aims to achieve a high potassium, low sodium diet.

The program is designed to:

- Detoxify waste and metabolic byproducts, which impede healthy metabolism and the natural healing process.

- Infuse high-density nutrients.

An overview of the components of the Gerson regimen is to daily:

- Consume more than a dozen glasses of freshly-juiced vegetable and fruit juices, most being carrot juice.

- Reduce sodium and increase potassium in the diet, including the use of potassium supplementation.

- Drink vegetable soup daily.

- Self-perform coffee enemas every three to four hours in order to stimulate the liver, the body's main detoxification organs (bowel and liver).

- Use iodine supplements to feed the thyroid's metabolic effect.

It is noteworthy to point out that of the few long-term clinical studies⁷ to evaluate the effects of Gerson's Diet and supplement program found that patients:

- Were in better general condition.

- Had fewer complications.

- Had improved tolerance of radiotherapy and chemotherapy.

- Prevented or significantly delayed physical wasting away (cachexia).

- Demanded less painkillers and psychotropic drugs.

- Had slowly progressing liver metastases.

And according to *Lancet*:⁸

- Patients rated high for confidence, mood, and a sense of well-being, which was a significant factor in both physical and the spiritual healing (this is huge in cancer).

- Patients reported a significant amount of control over their health.

- Patients scored low for pain, despite their extensive metastatic disease.

- Definite cancer regression was documented in a few patients.

The Macrobiotic Diet

The Macrobiotic Diet⁹ is about achieving a balance between yin at one extreme and yang at the other in every aspect of one's life. As pertaining to food, this means a high fiber, low fat, low animal protein diet and recognizing that sweet foods, alcohol, and drugs are extremely "yin," while meat, cheese, dairy and eggs are extremely "yang." This leaves the center of the continuum, out of which the macrobiotic diet is selected: Grains, vegetables, fruits, and sea vegetables.

Michio Kushi, the leading advocate of the macrobiotic diet, has published more about the philosophy and clinical use in cancer and other degenerative disease treatment than is summarized here.¹⁰ I must admit, it sounds much like the Gerson Diet, except a bit more balanced in moderation.

I agree with Sandra Goodman, Ph.D. in her book entitled, *Nutrition and Cancer: State of*

the Art. She points out the main functions of the macrobiotic diet, which are:

- To eliminate toxins accumulated through eating excess sweet, greasy, animal, dairy, and alcohol, and restore health by eating a balanced, centered diet.

- To eat foods appropriate for any particular geographic area and climate. In other words, diets for those living in temperate climates wouldn't include tropical foods, and those living in cold climates wouldn't eat a primarily raw diet.

The Macrobiotic Diet also emphasizes the following foods:

- Whole grains (50%-60%)—brown rice, barley, millet, oats, corn, rye, wheat, and buckwheat.

- Vegetables (25%-30%)—a wide variety of locally, organically-grown vegetables. These are yellow, orange and green vegetables, usually steamed, with their abundance of beta-carotene, calcium, selenium, and other micronutrients. In addition, cabbages and cruciferous vegetables which contain the anti-cancer compounds indole glycosinate and include kale, greens, broccoli, cauliflower, squash, carrots, and many more. Sea vegetables have been shown to possess significant anti-cancer properties. Also use soy products and fermented soy products, containing phytate, protease inhibitors and isoflavones (antioxidants), inhibitors of oncogenes

(cancer-promoting genes).

- A variety (5%-10 %) of beans, including tofu, tempeh and natto, and sea vegetables.
- Soups (5%), especially miso soup.
- Fish, seafood, seasonal fruits, condiments, and seasonings are only supplements to the main diet.
- The consumption of a variety of green tea, containing a potent anti-cancer compound EGCG.¹¹
- Avoidance of red meat, a known promoter of colon cancer. A paper in the *Journal of Epidemiology* compared colorectal cancer rates in men who eat red meat (beef) five or more times weekly to those who eat it twice or less monthly. The meat eaters (five or more times weekly) had 4.57 times as much colorectal cancer as those who ate it twice or less monthly. This supports new and undisputable data that consuming over 10% animal protein in the diet correlates with increasing cancer incidence, while cancer is rare in those who consume less than 10%.¹²

Introducing the 90-Day to True Health™ Diet

The best nutritional course, therefore, stems from the two diets mentioned above, with the emphasis on making it something that a person can really do. This is where it gets confusing—how to put together a diet that is appetizing, meal after meal, day-

after-day, in your own kitchen, and from a program that you actually plan and afford! That is why I have taken on the task of developing a step-by-step 90-day course to guide my patients and readers into such eating habits. This is something that just does not occur overnight—especially if you are not dying (quickly) of cancer! Therefore, let me outline some steps to eating this healthy way and then go over some therapies that could be used for prevention.

Cancer Proof Basics

Before I begin, allow me to outline what it means to cancer-proof yourself. Your physical body is far more sophisticated than any machine made by man. It must be cleansed, disease processes reversed, and tissues healed. And it is the “cleanse” process that begins the entire process. The cleanse shifts your food cravings for refined, processed and chemicalized foods to that of whole natural foods. It allows the dumping of metabolic processes that are intrinsic to any chronic disease. It sets the stage for mind, body, and spirit healing that must occur. Then, by consuming whole foods such as the diet regimens discussed below, the body develops normal metabolic and hormonal function, optimum immune function, and really the best method to sustain a healthy lifestyle I have ever seen.

Please remember to always use organic whole foods to give your cells what they assimilate

the best. Get rid of chemicals in foods that your body has to deal with, as it deciphers what is nutrition and what is toxicity. You know what these are—all foods that have been altered in some way for better taste and appearance, longer lasting shelf life, or ease of packaging.

The Cleanse Basics

The idea of a cleanse may sound repulsive and really way out there for some of you. However, when you consider how much the body eliminates through the bowels, kidneys, skin, lungs, and lymph, you will begin to appreciate the necessity health measure we call a cleanse.

This may be in the form of a short water fast, juice fast, liquitarian diet cleanse, vegetarian diet plan, Native American sweat lodge experience or even far-infrared sauna work! Either way, when our bodies clean out the chemicals that we absorb from our food and environment, amazing reversals of “dis-ease” occur. There is no question that cleansing the physical body is just as important as cleansing emotional baggage!

As difficult as it may sound, water and juice fasts are the gold standard for cleansing. This is something many people think is very difficult to do, and it can be difficult if you don’t have prior instruction. “How can I fast for a whole day?” they say. First let me tell you that going from eating predominantly processed foods to fasting a whole day is very difficult! What I am proposing

instead is to take fasting at the level your body is ready for.

So, for first timers, I recommend a **two-day pre-cleanse** consisting of replacing all meats, whole grain breads, pastas, dairy (milk, cheeses and yogurt), processed foods, hydrogenated oils and trans fatty acids, and refined carbohydrates (white bread and refined sugar) with the following plan:

- Capra Mineral Whey™ before meals (this is goat whey which is high in absorbable minerals).
- Fresh fruit and nut smoothie, as much as you want for meal desserts.
- Meals consisting of steamed and raw vegetables of all colors and types and as much raw fruit as you choose.
- Herbal laxative or another favorite herbal drink best finishes off your meals.
- Replace juices from bottles, cans or jugs with fresh-juiced vegetables or fruits made from a juicer.
- Drink plenty of water.
- Snack or graze on raw unsalted nuts, raw vegetables, fruits, and seeds.
- At bedtime drink the herbal drink to fill you up so you can go to bed happy.

Water Fasting

This is only for the experienced faster. Going up to three days with only water is done all the time, but is best tolerated by those who have prepared their body by eating whole foods for

several months, while cutting out the processed foods. These people have pretty much reversed the fast or sweet food craving effect and have the ability to water fast without getting sick or seriously ill. Water fasting is the fastest, natural way to reverse any chronic health condition due to the profound effect it has on releasing inflammatory chemicals that underlie the disease process! As long as you know to use Capra Mineral Whey™ or other mineral replenishments, the body will use its own stored energy for nutrition and really dump through the digestive tract (diarrhea), skin (sweating), kidney (diuresis), and lung (ketosis breath).

Juice Fasting

Going three days on only juice is much less difficult than water fasting alone for most people. This is done by pre-cleansing first as explained above, followed by three days in which you:

- Eliminate all solid foods as in the “pre-cleanse” (including fruits and veggies).
- Replace vegetarian meals with vegetable broths using natural herb and vegetable bullion.

And then start juicing. (A juicer is really important to do this correctly.) Fresh vegetable juice made with the juicer should serve as the main course for mornings, thus guaranteeing the most nutrient dense foods first. Drink at least six ounces for each meal, and more depending on your current illness. This should

be enough for you to feel well fed. I recommend the following juicing combinations:

- 1 stalk of celery, 1 apple, 1 cucumber, and a bunch of kale.
 - 1 cucumber, 3 stalks celery, 1 apple, and a bunch of kale.
 - 1 stalk of celery, 1 apple, wheat grass, and a bunch of kale.
- Carrots also act as a sweetener to the juiced mixture. They are a high glycemic and high nutrient vegetable. Carrot combos are best using carrots with one or more other vegetables as follows:
- Carrot, beet, green pepper, cucumber, and parsley.
 - Carrot, apple, alfalfa sprouts, watermelon rind, and ginger (whole root).
 - Carrot, spinach, carrot tops, and aloe vera (plant).
 - Carrot, cabbage, and parsley.
 - Carrot and sweet potato (raw).
 - Carrot, sunflower sprouts... and more!

Here are some additional recommendations:

- Consume liquid nutrition throughout the day rather than at breakfast, lunch, and dinner.
- Chew on the right things, such as freshly squeezed frozen orange, pineapple, apple, and other juices (not from concentrate) or even grapes.
- Plan to experience the cleansing symptoms of sweating, increased urination, diarrhea or no bowel movement, and mild weakness. If you experience faintness, shortness of breath, excessive headache, vomiting or other extreme symptoms, please

consult a trusted healthcare professional who understands liquid cleansing.

Then follow with eating foods that promote a clean and efficient metabolic system, including:

Vegetables: All raw, fresh, juiced, or frozen if you must. Undercook slightly if possible.

Beans: All beans cooked without animal fat.

Beverages: Herbal drinks (“teas”), fresh-juiced vegetable and fruit, cereal grain beverages (often sold as coffee substitutes), Capra Mineral Whey™, purified mineral water, and natural lemonade (fresh squeezed lemon with some Grade B maple syrup in 16 ounces of water).

Dairy products: Raw goat milk, cheese, or whey, or organically-fed raw cow’s milk in limited amounts.

Eggs: Boiled or poached (limit of four weekly). Frying increases the heat and free radical damage.

Fish: All freshwater white fish, salmon, and water-packed tuna, broiled or baked. Use less than 10% per total meal, such as in soups or on top of large mega-salads. Obtain your fish from mercury-free waters, rather than from fish farms if at all possible.

Fruits: All fresh, frozen, stewed, juiced, or dried without sweeteners.

Grains: All whole grains and products containing whole grains: Cereals, whole-grain crackers, cream of wheat or rye

cereal, buckwheat, millet, oats, brown rice, and wild rice.

Choose breads, muffins, and cakes on a limited basis!

Nuts: All fresh raw nuts and seeds. Eat peanuts in moderation.

Oils (fats) in limited amounts: Oils are best from the whole foods themselves. Mist on oils after frying food in water. I recommend all cold-pressed oils that are high in omega-3 monounsaturated oils, such as olive, flax, evening primrose, black cumin seed, hemp seed, borage seed, and grape seed. Even coconut and macadamia nut oils are high in omega-3.

Seasonings: Garlic, onions, cayenne, all herbs, dried vegetables, apple cider vinegar, and seaweed. Other plant seasonings are basil, oregano, cilantro, and pepper.

Soups: Homemade (salt-and-fat-free) bean, lentil, pea, vegetable, barley, brown rice, and onion.

Sprouts and seeds: Raw sprouts (broccoli, wheatgrass and alfalfa) and seeds (sunflower and pumpkin). These may be slightly roasted in your oven if desired.

Sweets: Small amounts of raw honey, pure maple syrup, stevia, unsulfured blackstrap molasses, agave nectar, turbinado, or fruit extract. Please do not use artificial sweeteners.

Optimal nutritional *support* foods are also recommended such as green drinks, fresh-juiced vegetables and nutritional supplements such as medicinal

mushrooms and powerful antioxidants.

Your goal is to get the antioxidant vitamins, minerals, healthy fats, and enzymes from foods, which are in their natural state. Why their natural state? Because this is the way the body recognizes and utilizes them! Even the medical literature confirms this: Supplements alone have never been shown to have a substantial effect on health. But healthy foods with supplementation definitely make a big difference!

Cancer Prevention Via Exercise

Exercise always provides an indirect health benefit even if it only improves your ability to eat nutritiously and heal toxic emotions.

Pick an exercise that allows a feeling of gratitude to accompany it. For example, competitive sports do not allow this type of inner healing. Rather, activities such as Chi Gong, Tai Chi, Yoga, or walking with music, promote peaceful and energetic cleansing while meditative breathing is done.

Only mild to moderate exercise is needed, three times a week, to be beneficial. About 20 to 25 minutes of jogging daily or 40 to 50 minutes of brisk walking is sufficient for most people. There are also many variations that range from swimming, skiing, rowing, cycling, yoga classes, and Pilates to a myriad of exercise devices and individual sports.

They can all be used. Just remember that your target heart rate is 70% of 220 minus your age. For example, if you are 60 years old, then 220 minus 60 equals 160. So, 160 times 0.70 is 112 beats per second.

Complementary & Alternative Medicine Therapies for the Prevention of Cancer

There are various ways to classify the Complementary and Alternative Medicine (CAM) therapies used for cancer prevention and treatment. If you are unfamiliar with any of these terms, keep reading and it will become clearer. And if you haven't been diagnosed with cancer, but are serious about preventing it (and at the same time preventing a whole host of other physical ailments not yet manifested) then learn and begin as many of these therapies and techniques that you can. Remember to follow up with a CAM-trained physician of your choice, who can perform the appropriate screening tests for your age and condition. The following are naturopathic medicine treatments, nutritional therapy, mind-body medicine, and spiritual counseling that I have used with my patients in addition to the nutritional plan above.

Elimination. Intestinal function must be optimal (at least two bowel movements daily) to properly eliminate metabolic toxic waste products. Some great techniques to assist the

organs of elimination (skin, intestines, lungs, lymphatics and kidneys) are as follows:

■ **Bowel and liver cleanse products:** These are the most important organs of elimination. I recommend botanicals that create bowel movements at least twice daily. This may require a more powerful bowel detoxifying and liver cleansing combination for the first two to three weeks, with products such as cascara sagrada bark, senna leaf, slippery elm bark and milk thistle extract, cayenne, ginger, garlic, barberry bark, and licorice root.

■ **Skin:** I recommend any one of the following techniques:

Sweating in a sauna twice a week. Do this as part of your exercises at the gym. Start with 15 minutes. Advance as tolerated to an hour. Drink plenty of mineralized water or Capra Mineral Whey™ before and after as needed to feel strong.

Sweating with the olive oil-castor oil (50:50 mixtures) technique. This is applied to your skin like sunscreen just before taking a 15-minute hot bath. It causes sweating to continue after the bath when you lay in bed between cotton towels under generous bed covers for an additional 30 minutes or more.

Alkaline baths. Pour 1/4 cup of baking soda with 1/4 cup of Epsom salt into

your bathwater and soak 20 minutes twice a week.

■ **Lungs:** Slow deep nose breathing (10 minutes daily) lowers carbonic acid plus energetically reduces stress. Don't hyperventilate. Consider making this part of your meditation therapy.

■ **Lymphatic System:** I recommend any one of the following techniques to be done daily:

Rebound on a mini tramp for five minutes twice daily to encourage lymphatic flow, an essential part of the immune system.

Brush all extremity surfaces seven times toward the heart with a soft, bristle paintbrush daily. Lymphatic drainage is a technique some massage or cranio-sacral therapists perform.

Shake and bounce technique is a five minute daily exercise to stimulate lymph flow and increase the chi energy. Stand with knees slightly bent; bounce up and down while allowing your arms to be floppy and your hands to shake randomly. Do not lift your heels off the ground. During the bouncing and the shaking, allow your head to gently nod in flexion, while breathing in for five seconds, then extension, while breathing slowly out for five seconds. After the first minute, allow yourself to groan some on exhalation (without drawing too much attention to yourself!). When

you stop, notice the energy flowing in your body. Work up to three minutes twice daily.

Digestive Enzymes, Proteolytic Enzymes, Probiotics, and Betaine HCL.

These enhance digestion, absorption, and utilization at the cell level. Use digestive enzymes and betaine HCL for the initial several months of any new dietary program. When combined with fresh juicing (use a green drink as a poor alternative) and whole foods, these digestive supplements are the basics for anyone aiming to reverse chronic illness.

Also, probiotics (L-acidophilus and L-bifidus) maximize the integrity of the intestinal lining and these healthy bacteria also secrete their own digestive enzymes.

And very importantly, natto-kinase is a powerful natural enzyme that digests the protein coat of diseased tissue and other fibrin clot material and helps the immune system control infection and inflammation. It is taken between meals. The desired effect is to contain tumors in one area so that the immune system can destroy them.

Mind/Emotion/Spirit Vitality. Emotions have a powerful effect on the immune system and other body functions. Certain emotions hinder the immune system (fear, depression, anxiety, and anger). When these emotions are cleared, only then can the body return to normal function.

You can address emotions and stress levels by using massage therapy techniques that cause emotional clearing (Shiatsu, for example), hypnotherapy, guided imagery, music therapy, or any other spiritual attunement therapy. Bach Flower Essence “rescue remedies” can be quite powerful in overt extreme mood swings.

There are many other ways to reconnect with your feelings. Some people learn to meditate with beautiful soft instrumental or vocal music that creates a loving vibrational frequency to fill the soul. By focusing the center of awareness into your heart space and not in your head, you are filled with pronounced peace and gratitude despite the drama of the world around you.

Oral Chelation. Nearly everyone over the age of 40 benefits from oral chelation, which acts to open the small vessels for improved oxygenation and normal function. Cancer thrives in oxygen-deprived (anaerobic) tissues.

Vitamins, Antioxidants, and Healthy Fats in High Amounts. Preventing and fighting cancer takes significant amounts of additional firepower beyond what can be ingested in food:

■ High dose vitamin C (2,000 to 10,000 mg daily) is the most universally used and accepted anti-cancer therapy among CAM-trained medical doctors who treat patients with cancer. Vitamin C has over 3,000 scientific studies indicating its benefits in

medicine.

- Vitamin A and beta-carotene (50,000 IU daily) are critical to eye and retina function, protect the mucous membranes of the mouth, nose, throat and lungs, and enhance the immune system to reduce infection and cancer.
- Vitamin E (800 IU daily) has a particular antioxidant role with respect to cell membranes.
- Selenium, a potent antioxidant, is an integral part of the body’s natural antioxidant, glutathione. Selenium assists in heavy metal detoxification, protection from environmental and chemical sensitivities, and enhances the body’s anti-bacterial and antiviral defenses.
- Essential fatty acids (3,000 to 9,000 mg daily as a supplement) are essential because the body cannot manufacture them. They must be ingested. These include omega-6 linoleic acid and its derivative, gamma-linolenic acid (present in Evening Primrose Oil) and the omega-3 alpha linolenic acid family (present in fish and linseed oils). The omega-3 oils are the anti-inflammatory, anti-cancer, anti-clotting and immune-enhancing oils. The omega-6 oils promote inflammation and leukotriene synthesis. The oils with the highest omega-3/omega-6 ratios (around 1:1 down to 1:3) are pure olive oil, macadamia nut, fish (borage and cod liver) and primrose oils.

While flax oil is good for health, its omega-3/omega-6 ratio is down around 1:10. As always, it is best to get these healthy oils in whole foods.

- **Drink natural tea:** Both green and many other natural teas have been accepted as sources of antioxidants and therefore useful in cancer prevention.
- **Cat's claw.** Though you should not use it during pregnancy, Cat's claw (25 mg up to 800 mg) enhances the immune system via synthesis of white blood cells and enhanced function of the T helper lymphocytes required to battle cancerous cells.
- **Turmeric.** From the India-friendly spice of turmeric comes the extract called *Curcuma longa*. This product has been found to inhibit the rapid cell division characteristic of cancer cells. It is also known for its antioxidant capabilities and inhibition of carcinogenesis at all steps of cancer formation.
- **Noni fruit juice** (Polynesia) and the xango fruit juice (Asia) have been gaining attention because of their delivery of unusual "xanthone" antioxidants.
- **Rosemary**, as one of the common kitchen herbs, has powerful antioxidant, anti-inflammatory and carcinogen-blocking abilities.
- **Ojibwa herbal tea**, a Native

American composition of sheep sorrel, burdock root, slippery elm bark, and turkey rhubarb, is known as a strong cancer-fighting supplement.

- **Tsi-Ahga**, a different Native American cancer-fighting herb, is a Sacramental Medicine containing 3-beta-D-glucans that modulate T-cells, macrophages and neutrophils (white blood cells), when ingested. It is reported that the number and viability of these particular cells is increased by as much as 4,000% within 20 hours after taking Tsi-Ahga!

Coenzyme Q10 works to support the strength of the immune system while improving cellular oxygenation. By helping to strengthen the natural defense mechanism of the body against dangerous substances, CoQ10 should be a daily requirement for cancer-proofing yourself. A 100 mg daily supplement is a powerful tool to keep DNA repair mechanisms working so that oxidative cellular damage is slowed way down.

Graviola or Paw Paw: Paw Paw is known to block ATP production and thus reduce the voltage of the cancer cell to the point that it falls apart (apoptosis or programmed cell death). Because Paw Paw and graviola are cousins, I assume this is the mechanism of action for graviola as well. They are also known to build the immune system.

Modified Citrus Pectin (MCP) binds to cancer cells inhibiting

their ability to aggregate and metastasize.

Summary

While nothing in health is 100% certain, I am confident that these comprehensive instructions for cancer prevention gives you far more confidence than any other conventional approach after diagnosis. While there are an increasingly number of natural medicinals being touted as having effective anticancer properties, these are not enough without cleansing and following a whole food regimen along the lines of the Gerson or the Macrobiotic diets.

Remember, cancer only occurs where the metabolic dysfunction of a cell can occur. Why not learn to live and enjoy life to 120 years old or more and never see cancer or any chronic degenerative disease?

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