A MEDICAL TREASURY

The Forbidden Truth About Cancer

Dangerous lies… hidden causes… and natural cures the $200 billion cancer industry doesn't want you to know.

Plus, how to make your body virtually immune to cancer— safely, naturally and inexpensively.

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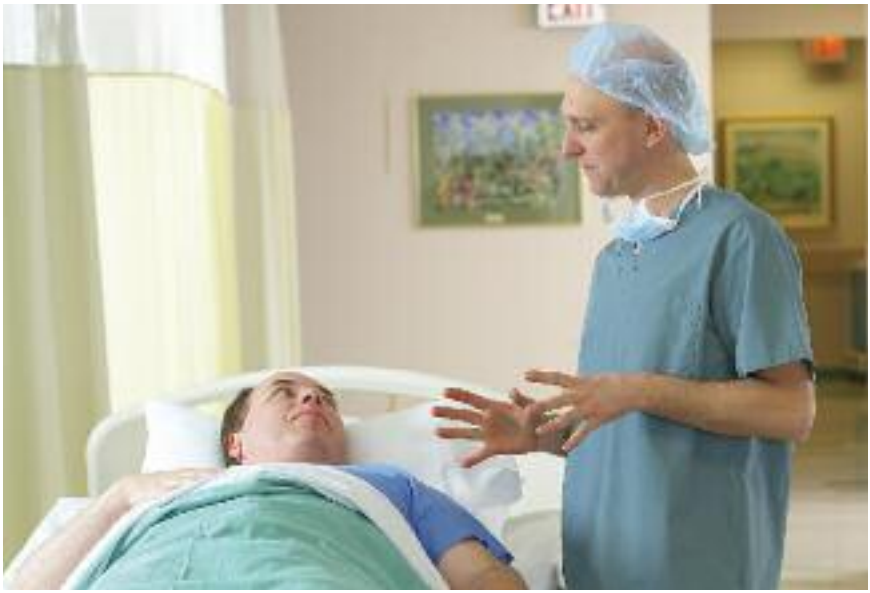
Introduction

Donny wasn't like the "average guy" who refuses to visit the doctor. As an active 55-year old, he made it his business to get an annual physical. And he was always happy when his doctors gave him a clean bill of health.

But during one of his check-ups, a dermatologist found a suspicious sore on Donny's head. The doctor decided to take a closer look—and discovered a tumor.

It was a type of skin cancer called "squamous cell carcinoma." Doctors successfully removed the growth—but it came back twice after the initial surgery. Donny's doctors



found that the abnormal cells had spread throughout Donny's scalp and had even invaded some nerve cells.

His treatment team decided to use radiation therapy to zap the cancer cells on his scalp. The treatment was successful, although he lost some hair in the process. But Donny said being a "bald eagle" is a small price to pay for preserving his life.

Donny was fortunate. His doctors caught the cancer early enough to prevent further health damage. Unfortunately, many other folks are not as fortunate…

According to the American Cancer Society[1], about 1.5 million Americans were expected to be diagnosed with cancer in 2008. What's worse, nearly 570,000 people—that's about 1,500 each day—are expected to die from the disease.

This silent menace is second only to heart disease for the number of lives it takes!

Anyone can get cancer—at any age. But you should know that your risk of being diagnosed increases as you age. About 77% of all cancers are diagnosed in people aged 55 and older.

Don't think of this as an unavoidable death sentence! Cancer may be caused by a number of factors—many of which can be controlled and even eliminated!

The main things you need to know are: 1) How to avoid cancer if possible, and 2) what to do about it or, just as important, what not to do if you are diagnosed with this horrible disease. Sorting out the best treatment can be challenging—especially considering the amount of misinformation available!

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1 Cancer Facts and Figures 2008. American Cancer Society. Retrieved from http://www.cancer.org/downloads/STT/2008CAFFfinalsecured.pdf

This book is designed to cut through the technical medical jargon to give you straight talk about causes and types of cancer. And you'll also be able to compare conventional treatments with some natural and alternative treatment options.

Best of all—you'll be better informed about ALL of your choices for dealing with abnormal cell growth and cancer!

CHAPTER 1

Cancer Defined

The first step in waging a successful battle is to know your enemy. This is equally true when it comes to diseases that can destroy your health.

So what is cancer? In the book *Human Anatomy and Physiology,* Elaine Marieb, R.N., Ph.D. says the word cancer is from the Latin word for "crab." This word describes the activity of abnormal cells that multiply wildly and invade their surroundings rather than pushing them aside as they grow.

The abnormal cells are sometimes called **neoplasms—**a word that literally means "new growth." But most folks are familiar with describing these growths as tumors.

There are two types of tumors that can invade your body:

Benign—these compact growths tend to grow slowly and are usually confined to a local area; benign tumors seldom kill their hosts if they're removed before they compress any vital organs.

Malignant—these cells multiply rapidly and may become killers; these invasive cells can break away from the parent or primary mass, enter the blood stream or lymphatic system, and travel to other parts of your body. This process is called **metastasis** (meh-TAS-tah-sis).

So how can perfectly normal cells begin to grow out of control? The American Cancer Society says cancerous cell growth can be the result of:

External factors—tobacco, radiation, chemicals, and infections

Internal factors—including inherited mutations, hormones, immune system deficiencies, and mutations resulting from metabolism

Although the US medical establishment reluctantly acknowledges the risks—some of their highly recommended "therapies" fall right into the category of *external factors* that contribute to cancerous cell growth! Here's just one example…

The Hidden Dangers of a Hormone Imbalance

The Birmingham News reported in July 2002 that government scientists abruptly ended the nation's biggest study of a type of hormone replacement therapy. Why?

They concluded that long-term use of estrogen and progestin hormone replacement therapy (HRT)—commonly prescribed to menopausal women—*significantly* increase women's risk of breast cancer, heart disease, and strokes!

Remember, this stunning revelation came after more than 50 years of HRT prescriptions had been doled out to unsuspecting women!

Despite the fact that the *Journal of the American Medical Association* and other medical institutions admit that HRT grossly increases the risk of many types of cancers and heart attacks, leading gynecologists around the country are still prescribing synthetic estrogen. And many have said that they will continue to recommend HRT!

These well-meaning doctors think they are helping you combat health problems that can result from having too much estrogen in your body—a condition known as

estrogen dominance. Scientists have proven that estrogen dominance can destroy your good health—and shorten your life span by years.

As you age, estrogen and testosterone can easily get out of balance.

Industrial pollution—including pesticides, plastics, car exhaust, soaps, carpeting, and even furniture—contributes to rising estrogen levels. Over time, environmental exposure and diet leads to estrogen dominance.

This can cause debilitating health problems such as fluid retention, headaches, weight gain, brittle bones, fatigue, and even a low sex drive. And this is not just a "woman's thing."

As men get older, testosterone production declines. Rising estrogen levels from weight gain and environmental pollutants, plus the loss of testosterone, put you at risk for prostate problems, heart problems, and other serious health concerns.

The best way to correct estrogen dominance is to supply your body with the raw material it needs to manufacture progesterone for proper hormonal balance. Natural progesterone also helps protect you from estrogen-linked cell damage.

The closest conventional medicine gets to natural progesterone is the synthetic progestin. But only *natural* progesterone offsets estrogen dominance, which accounts for 80% of breast cancers.

The cancer-protection effect of natural progesterone is a medical miracle that doesn't require doctors. But this health-saving remedy carries no pharmaceutical profit because it can't be patented. Unfortunately, this means only a few women ever discover the marvelous wonders of natural progesterone!

In short, a leading contributor to the cancer crisis is synthetic estrogen dominance. The answer lies in adopting a balanced nutrition plan and including natural progesterone for males and females at all ages.

If HRT were the ONLY approved "medicine" to cause cancer—we might have a much easier battle to fight. But there's another more widely used chemical that can be just as dangerous to your health. And it's quite likely that you use it EVERY DAY! What is it?

The "Rat Poison" in Your Medicine Cabinet!

The headline above may sound shocking—but it's also TRUE! The health industry claims that fluoride prevents 1.5 cavities in each person using it. But you might not know that for 150 years, fluoride was the most popular rat poison available!

In the 1980s, several studies linked fluoride to a rare form of bone cancer—also known as osteosarcoma. The US Congress then directed The National Toxicology Program (NTP) to do a definitive study of fluoride, which was completed in 1990.

Dr. William Marcus, a senior EPA scientist in the Office of Drinking Water, appeared on the television program *60 Minutes* to report that the study found incidences of cancer. But the study results were downgraded and ignored. Here's what happened…

Researchers studied four groups of male and female rats. The only difference in the groups was the amount of

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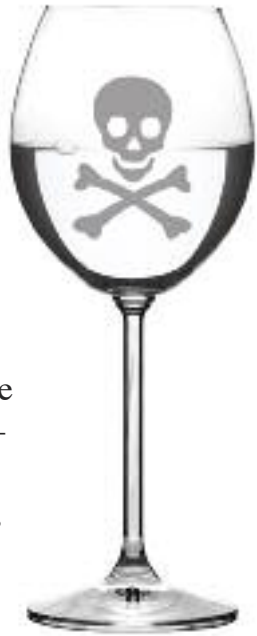
2 National Toxicology Program. December 1990. Toxicology and Carcinogenesis Studies of Sodium Fluoride(CAS No. 7681-49-4) in F344/N Rats and B6C3F1 Mice (Drinking Water Studies). Retrieved from http://ntp.niehs.nih.gov/index.cfm?objectid=0709411C-E355-A12E-DBB6666806CB8DB2

sodium fluoride in their water. The sodium fluoride concentrations selected for the two-year rat studies were 0, 25, 100, and 175 parts per million (ppm) in the drinking water[2]. The scientists found the higher doses of fluoride caused bone cancer in the rats!

In an effort to downplay the results of the NTP study, The Public Health Service published a report titled *Review of Fluoride: Benefits and Risks*.[3]

This report acknowledges that osteosarcoma afflicts 5% of males under 20 years old, that there was a 57% increase of osteosarcoma over a 14 year period, (1973—1987), and that the increase was greater in fluoridated than nonfluoridated areas. They conclude that, although the cause of the steep rise is a mystery, the increase of bone cancer was definitely not caused by fluoride.



But study results have produced some HARD evidence that fluoride DOES cause cancer. And apart from cancer, fluoride is toxic in other respects too.

The American Academy of Family Physicians (AAFP) position paper[4] "Fluoridation of Public Water Supplies" provides some shocking numbers. According to the AAFP, "acute toxic effects from fluoride occur at doses of 1 mg to 5 mg per kg. Symptoms of toxicity include nausea, vomiting, diarrhea, sialorrhea (producing excess saliva), and abdominal pain, often accompanied by seizures, cardiac arrhythmias, and coma." So

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3 Public Health Service, Department of Health and Human Services. February 1991. Review of Fluoride: Benefits and Risks. Retrieved from http://health.gov/environment/ReviewofFluoride/default.htm

4 American Academy of Family Physicians. http://www.aafp.org/online/en/home/clinical/clinicalrecs/fluoridation.html

how much fluoride would it take to make you sick?

Optimally fluoridated water contains 1 ppm of fluoride. That's how much they add to city water. One liter (quart) of such water therefore contains 1 mg of fluoride.

A 100 kg (220 lbs) person who drank one liter (quart) of that water would get 1% of the "acute" toxic dose of fluoride. On a hot day, a person could easily drink up to 5% of the acute toxic dose! And it gets even scarier…

Toothpaste is 5,000 times more concentrated in its fluoride content. A regular tube contains enough fluoride to kill the largest person in the world! Children who swallow their toothpaste are the ones most likely to get bone cancer.

Just think what a unique medicine fluoride is:

- It is the only medicine we have no choice of taking.
- It is the only one where the dose is not carefully weighed-out for us.
- It is the only one where lethal amounts are put directly into children's hands.
- It is the only one that comes in bubble gum flavor!

The last two examples focused on substances you put into your body that have been linked to cancer. Here's another interesting look at a possible internal cause for abnormal cell growth…

When Do Heartburn + Acid Indigestion = Cancer?

Heartburn is associated with a stomach acid deficiency, indigestion and chronic illness. It has been recognized that what happens in your intestines can affect other parts of your body as well.

In the book *Heartburn and What to Do About It,* Dr. James F. Balch and Dr. Morton Walker say if you are living with chronic heartburn, your problems may result from a war being waged within your digestive tract: A war between 1) friendly, health-enhancing bacteria and 2) hostile, disease-causing bacteria. To stay healthy, you must keep your intestinal bacteria in balance.

If this bacterial balance is upset, you may suffer from heartburn… smelly gas… painful bloating… or from other embarrassing problems such as constipation or diarrhea.

These discomforts are bad enough. But they may indicate the presence of more serious conditions, such as ulcers… inflammatory bowel diseases… irritable bowel syndrome… or even various parasites.

Plus, a chronic lack of hydrochloric acid can result in stomach cancer, increased risk of G.I. infections, and vitamin B12 deficiency.

Dr. Barry J. Marshall and pathologist J. Robin Warren, M.D., Ph.D., of Australia discovered that the helicobacter pyloria (H. Pyloria) bacterium was responsible for gastritis and ulcers. The discovery of H. pyloria and its link to stomach disorders has revolutionized the treatment of gastric disease.

Many medical professionals believe that people with gastric ulcers run a higher risk of developing stomach cancer. According to Dr. Marshall, about 90% of

patients with gastric cancer had some type of stomach infection during the preceding 20 years.

The overgrowth of disease-producing bacteria influences the development of diseases. Some reasons this occurs may include:

- Lack of stomach acid
- Lack of bulk in the diet causing slow movement of food through the intestines
- Immune deficiency
- Malnutrition
- Sugar consumption

In the book *The Cure For All Cancers,* Hulda Regehr Clark, Ph.D., N.D. identifies another potential cancer trigger. She says, "all cancers are alike. They are all caused by a parasite. A single parasite! It is the human intestinal fluke. And if you kill this parasite, the cancer stops immediately. The tissue becomes normal again. In order to get cancer, you must have this parasite."

How can the human intestinal fluke cause cancer? This parasite typically lives in the intestine where it might do little harm, causing only colitis, Crohn's disease, irritable bowel syndrome, or perhaps nothing at all. But if it invades a different organ like the uterus, kidneys, or liver it does a great deal of harm.

If it establishes itself in the liver it causes cancer! But it only establishes itself in the liver in some people. These people have isopropyl alcohol in their bodies. In fact, ALL cancer patients (100%) have both isopropyl alcohol and the intestinal fluke in their liver!

Dr. Clark recommends two solutions for parasitic infections. One is parasite electrocution with a simple electrical device

called a *zapper*. This device uses a painless electrical charge to blast parasites out of your organs.

The second solution is an herbal combination containing three herbs: Black walnut, cloves, and wormwood (or wormseed). The purpose of these three herbs is to get parasites out of the intestines. The *zapper* is to get the parasites out of the organs such as the liver, heart, lungs, eyes, pancreas, and the brain.

If you start with the assumption that YOU have parasites—you'll likely see the need for taking steps to rid yourself of them. Cleansing yourself every six months is a no risk, low-cost solution.

The discovery of the link between H. pyloria and stomach disorders has revolutionized the treatment of gastric disease. In some studies, complete healing was reported in all gastritis patients upon elimination of the infection. And Dr. Marshall successfully treated many stomach disorders with a bismuth compound and the antibiotic amoxicillin. However, antibiotics are not the ultimate answer.

You should also take steps to rid yourself of bad stomach bacteria. Another excellent defense against intestinal diseases is to consume probiotics. These dietary supplements contain beneficial live bacteria that can help your gut bacteria re-establish themselves.

Natural, unsweetened probiotic yogurt can help restore your intestines to a healthy state. You should also drink plenty of filtered or distilled water. Another healthful drink is green tea, which:

- Provides vitamins, minerals, and amino acids.
- Promotes the growth of good probiotic bacteria.
- Protects your gastrointestinal tract against cancer-causing agents.

- Helps prevent ulcers.

Now that you know about some potential triggers for abnormal cell growth, you should learn about some of the most common ways it can manifest itself.

CHAPTER 2

Recognizing the Five Deadliest Cancers

Cancer is a systemic disease. This means it can invade any part of the systems that keep your body functioning normally. According to the American Cancer Society, the top five deadliest forms of cancer include:

- Lung and bronchus
- Breast
- Prostate
- Colon and rectum
- Pancreatic

Let's review some of the 2008 American Cancer Society facts about these fearsome five killer diseases.

Lung Cancer

Lung cancer is the deadliest of all cancers—and accounts for the most cancer-related deaths in both men and women. The American Cancer Society projected an estimated 161,840 deaths—roughly 29% of all cancer deaths—were expected to occur in 2008.

Since 1987, more women have died each year from lung cancer than from breast cancer. Cigarette smoking is the most important risk factor for lung cancer. Other risk factors include:

- ✔ Exposure to secondhand smoke
- ✔ Radon
- ✔ Asbestos (particularly among smokers)
- ✔ Metals such as chromium, cadmium, and arsenic
- ✔ Some organic chemicals
- ✔ Radiation
- ✔ Air pollution
- ✔ A history of tuberculosis

Symptoms may include persistent cough, sputum streaked with blood, chest pain, voice change, and recurrent pneumonia or bronchitis.

Breast Cancer

Breast cancer is the most frequently diagnosed cancer in women and ranks second only to lung cancer in the number

Cuba Registers the First

The first therapeutic vaccine for treatment of advanced lung cancer has been registered in Cuba, the only one for this type of malignancy world-wide, reported the national news agency, *AIN*. The expert explained to the press that the drug was developed at the Molecular Immunology Center (CIM), one of the flagship institutions within Havana's Scientific Pole.

The drug's positive effects include a decrease or disappearance of shortness of breath, weight gain, better appetite, and controllable pain, allowing patients to

of deaths it causes. Incidents of female breast cancer decreased by 3.5% per year from 2001-2004. This decrease may be linked to the reduced use of hormone replacement therapy following the release of the Women's Health Initiative study results which definitively linked HRT use to increased risk of breast cancer and heart disease.

The earliest sign of breast cancer is often an abnormality detected by a mammogram. This detection may occur before you or your doctor can feel the growth. Larger tumors may become evident as a painless mass.

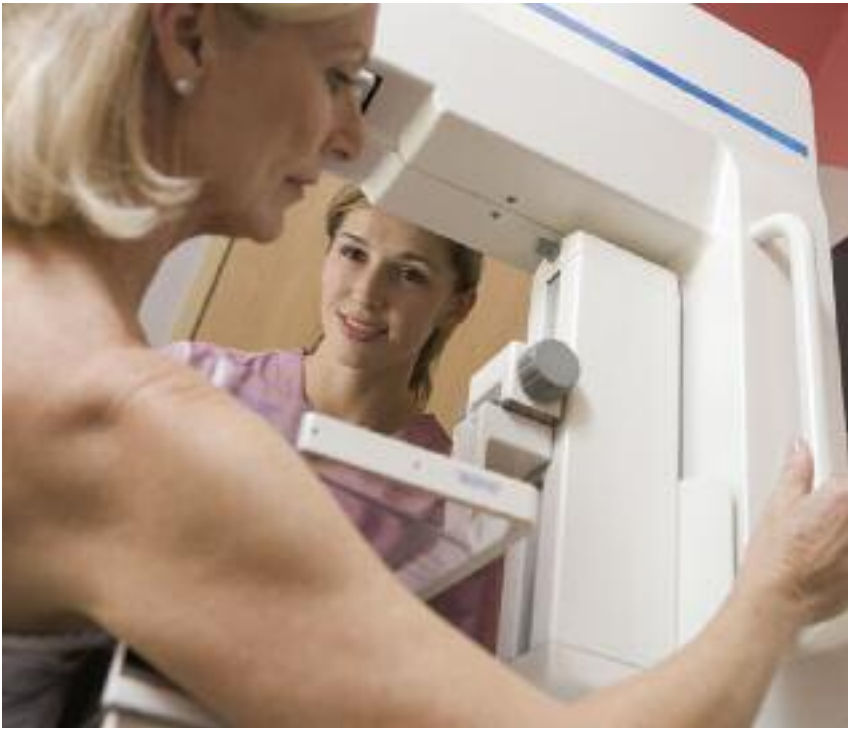
Less common symptoms include persistent changes to the breast, such as thickening, swelling, distortion, tenderness, skin irritation, redness, scaliness, or nipple abnormalities such as ulceration, retraction, or spontaneous discharge.

Lung Cancer Vaccine

participate in social life.

The vaccine is composed of two proteins: One from epidermal growth factor and the other, P-64 K, from cell membranes. Both proteins were produced through DNA recombination methods by the Genetic Engineering and Biotechnology Center.

Cuba began studies of the new vaccine in 1992 which included pre-clinical trials with laboratory animals and, in 1995, conducted the first clinical trial.



Prostate Cancer

Prostate cancer is the most frequently diagnosed cancer in men—and also the leading cause of men's cancer deaths. For 2008, the American Cancer Society estimated 28,660 deaths from prostate cancer.

Early prostate cancer usually has no symptoms. With more advanced disease, people with prostate cancer may experience weak or interrupted urine flow… inability to urinate or difficulty starting or stopping urine flow… pain or burning when urinating… or blood in the urine.

Advanced prostate cancer can spread to the bones, causing pain in the spine, hips, ribs, or other areas.

Age, ethnicity, and family history of the disease are all

risk factors for prostate cancer. About 64% of all prostate cancer cases are diagnosed in men aged 65 and older.

African American men and Jamaican men of African descent have the highest prostate cancer incidence rates in the world. Some international studies suggest that a diet high in saturated fat may also be a risk factor.

The American Cancer Society recommends that men at average risk take a digital rectal exam and the PSA blood test beginning at age 50. The PSA test detects a protein made by the prostate called prostate-specific antigen. Men at high risk of developing prostate cancer—such as African Americans or men with a strong family history should begin screening at age 45.

Colon and Rectum Cancer

Colorectal cancer is the third most common cancer in both men and women. The American Cancer Society said an estimated 108,070 cases of colon and 40,740 cases of rectal cancer were expected to occur in 2008. And worse still, nearly 50,000 people were expected to die from this cancer in 2008.

Early stage colorectal cancer does not usually have symptoms; therefore, screening is necessary to detect colorectal cancer in its early stages. Advanced colorectal cancer may cause rectal bleeding, blood in the stool, a change in bowel habits, and cramping pain in the lower abdomen.

The risk of developing colorectal cancer increases with age; in fact, more than 90% of cases are diagnosed in folks aged 50 and older. Your risks may increase due to certain inherited genetic mutations, a personal or family history of colorectal cancer and/or polyps, or a personal history of chronic inflammatory bowel disease.

The American Cancer Society recommends screening beginning at age 50 for men and women who are at average risk for developing colorectal cancer. Doctors can detect and remove colorectal polyps before they become cancerous. Screening can also help detect cancer at an early stage.

Surgery is the most common treatment for colorectal cancer. Chemotherapy alone, or in combination with radiation is given before or after surgery to most patients whose cancer has penetrated the bowel wall deeply or spread to lymph nodes.

Doctors may also prescribe anticancer drugs in a treatment plan. And some new antibody therapies were recently approved by the US Food and Drug Administration (FDA) to treat colorectal cancer that has spread.

Pancreatic Cancer

Although incidences of pancreatic cancer have been stable in men since 1993 and in women since 1983—the American Cancer Society estimated about 38,000 new cases to occur in the US in 2008. And the group projected that some 34,000 deaths would occur.

Tobacco nearly doubles your risk for pancreatic cancer. Risk also appears to increase with obesity, chronic pancreatitis, diabetes, cirrhosis, and use of smokeless tobacco.

Men have slightly higher pancreatic cancer rates and a family history of pancreatic cancer also increases risk. Countries with folks who eat a high-fat diet tend to have higher rates of pancreatic cancer.

There is no method for early detection of cancer of the pancreas—and it often develops without early symptoms. As the cancer progresses, symptoms may include weight loss…

Abortion and Breast Cancer

A major study linked abortion and breast cancer. *The Meta Analysis,* by Joel Brind, Ph.D., and three other researchers, published in the prestigious *Journal of Epidemiology and Community Health* (a peer-reviewed journal of the British Medical Association) documented 25 studies. The medical analysts found that 21 studies showed increased risk of breast cancer associated with induced abortion, 14 with statistical significance. Spontaneous miscarriages were generally found not to be associated with breast cancer.

The biological basis for an increase in risk of breast cancer from induced abortion lies in the interruption of the natural growth and differentiation of breast cells during pregnancy.

Soon after conception, the elevated level of estrogen produced by the newly pregnant mother generates cell growth in the breasts, including abnormal cells that could become cancerous. In later months, other hormones act to enable breast cells to produce milk after birth and then the cells are no longer prone to becoming cancerous.

Induced abortion interrupts this natural process, leaving the woman with accelerated cell growth in the breast including the cells that may be precancerous—without the protective effect of high progesterone levels that come during the last stages of pregnancy.

The abortion and breast cancer link applies to all induced abortions, whether surgical or chemical.

discomfort in the abdomen… and high blood sugar levels. Tumors that develop near your bile duct may cause a blockage that leads to jaundice. This causes a yellowing of the skin and eyes due to pigment accumulation.

Surgery, radiation therapy, and chemotherapy are common treatment options used to relieve symptoms and boost survival rates.

Now that you know about some of the leading cancer killers—it's time to explore some of the treatment options available to you.

CHAPTER 3

Diagnosing and Treating Cancer

A biopsy is a medical test that removes cells or tissues for examination. Usually a pathologist examines these cell or tissues under a microscope.

The three types of biposies that may be performed are:

Excisional biopsy—removes an entire lump or suspicious area.

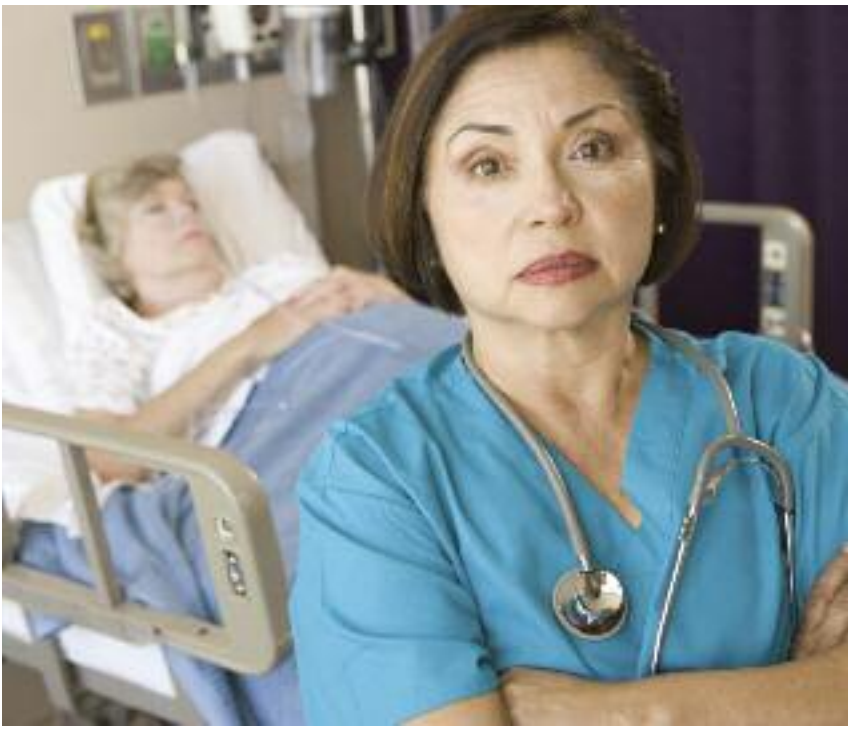
Incisional (core) biopsy—removes a tissue sample while preserving the microscopic cell structure; vaccum assisted biopsy is a version of core biopsy that uses a vacuum technique to help collect the tissue sample.

Needle aspiration biopsy—removes a sample of tissue or fluid with a needle so that cells are removed without preserving the structure of the tissue cells.

Examining a biopsy can determine whether a growth is benign or malignant. It can also help differentiate between different types of cancer. But the question is this: Are biopsies the only way to detect abnormal cell growth?

Avoid Unnecessary Biopsies

Dr. Donald Kelley, a trained dentist, made some serious discoveries in his study and experience with cancer. In his book *One Answer to Cancer,* Dr. Kelley says that cancer



patients are needlessly abused with unnecessary biopsies. He lists eight disadvantages associated with the procedure, including:

- Biopsies are useless for screening large numbers of people.
- The examination tells only the degree of malignancy, but reveals nothing of other tumors or metastases in the body.
- Many biopsies cannot determine whether a tumor is benign or malignant. This may lead to a recommendation for radical surgery when there may be no need for surgery at all.
- A biopsy may require cutting across a malignant

tumor—which tends to speed its growth and help it spread.

- Biopsies cannot measure improvement or growth of tumors as treatment progresses.
- After surgery, a biopsy cannot tell if the total cancer has been removed.
- A biopsy cannot determine when a cancer reoccurs until it is very large.
- A biopsy cannot tell the total amount of malignant tumor present in the body.

Early Cancer Detection—The Self-Test

Dr. Kelley's self-test or "Enzyme Test" is a simple, effective tool that can almost always determine the presence of cancer in the early stages. The most effective range of this test is for cancerous conditions which are from six to 36 months in age—months before a doctor can clinically find them.

The test involves using pancreatin to indicate the presence of cancer. Pancreatin is a mixture of the enzymes of pancreatic juices. As you age, you begin to lose your digestive enzymes.

Indigestion is a signal that the ability to digest protein is breaking down. This should be taken seriously because it is a cancer marker or potential cancer identifier.

Advertisements sponsored by pharmaceutical companies imply that relief from indigestion is all you need. However, frequent indigestion can be a warning sign of a dangerous disease.

You might not realize it—but EVERY life insurance application asks about the history of gastrointestinal problems.

If life insurance underwriters know the meaning of chronic indigestion—it's high time you did too!

So how do you take the Enzyme Test? It's simple! Just take six to eight pancreatin tablets (1,200 mg) after each meal for four weeks. If, during or by the end of this time:

You feel worse—that is, you experience loss of appetite… nausea… headache… or a general sick, listless feeling, you can be assured there is a cancerous condition present in your body.

You feel better—you have more energy and a brighter, happier outlook, you can be assured there is a pre-cancerous condition in your body.

You feel no different—you can be reasonably assured there is not a cancerous condition present.

You should repeat this self-test every six months, as cancer can develop anytime in anyone.

Here's What Urine Can Reveal About Cancerous Growths

Over 50 years ago, a urine test was developed which could easily and effectively determine the presence of malignant tumors. Many doctors in the United States and other countries used them, but they were never universally accepted because:

- They were not under the control or manufacture of a major pharmaceutical company.
- Many doctors did not know how to properly use them.
- They were too effective — 90% to 95% correct.
- These tests were so sensitive they could detect a malignant tumor that was *two weeks old.* The urinalysis test

could measure the results of treatment. And the test was safe and did not spread disease.

What's more, the urinalysis test eliminated any errors due to selection of the wrong tissue, as often occurs in a biopsy. Malignant and benign tumors could not be mistaken for malignant tumors.

AMAS: The Revolutionary Cancer Test

The Anti-Malignant Antibody in Serum (AMAS) test is a remarkable test that can detect and defeat nearly any form of cancer!

Developed by a Boston University doctor, this patented test is unparalleled and has already been tested on 8,000 patients. More than 3,314 double-blind studies have proven a direct correlation between the presence of anti-malign antibody and all types of active, non-terminal cancer.

The test couldn't be any easier than it is! A doctor takes a blood sample and screens it for AMAS. This antibody is manufactured by your own immune system in response to any kind of cancer cell. AMAS is a factor in the blood that goes up regardless of the type of cancer or malignancy. The false positives and negatives in this test are less than 1%.

With the AMAS test, you can reliably determine when cancer is lurking somewhere in your body—and take immediate action! Breast cancer, prostate cancer, lung cancer, colon cancer, you name it… your chances for beating any cancer will skyrocket with this early detection.

The AMAS test is normal (negative) in non-cancerous bodies, terminal cases, and in recovered cases. It is positive in early cancer and detects early cancer 18 months ahead of other cancer tests. The AMAS test will monitor progress in

response to treatment.

Exciting? You bet! If there's any cancer in your family, AMAS should absolutely be part of your regular checkup. Your doctor probably hasn't heard of the AMAS test. It's marketed under the name "Target Reagent."

In short, the AMAS test:

- Detects all types of active, non-terminal cancer, regardless of site or tissue type affected.
- Is 95% to 99% accurate.
- Detects tumors as small as a pencil dot.
- Distinguishes between benign and malignant tumors.
- Can reduce the need for traditional testing methods such as PAP smears, mammograms, PSAs and biopsies.
- Is paid for by Medicare and other insurance companies, CPT (billing) code 86-317.

The specificity and 95% to 99% accuracy of the AMAS test permits confirmation of a diagnosis of cancer while reducing or eliminating the need for other traditional detection tests. These include mammograms, biopsies, x-rays, CT scans, MRIs, and other expensive, uncomfortable procedures. It is easy to see why the medical establishment might want this test to be kept secret!

High-risk individuals are recommended to begin using the AMAS test as early as age 30. High risk means:

- Anyone who has been diagnosed or treated for cancer and is concerned about monitoring for recurrences.
- Anyone coming from a family with a history of cancer.
- Anyone who smokes or smoked cigarettes.
- In addition, research has determined that obesity is a

higher risk factor than a history of cancer in the family.

Now that we've examined some options for diagnosing cancer—let's consider some of the approved "treatments" offered by modern medicine.

The Long Arm of the Medical Monopoly

The medical establishment makes billions—and sadly kills millions—with their government-backed prescription drugs. Unfortunately, the American people are the pawns.

Here's the plan: The pharmaceuticals manufacture drugs, call them medicines, and propagandize the doctors to prescribe them. These unwitting physicians believe this is a normal part of "practicing medicine."

The key to the great deception is patents. Patent protection applies only to drugs (chemicals) that are extracted from natural substances. Patents mean profits.

This is why the medical monopoly has no interest in natural remedies—they cannot be patented! This is why no claims of cure are allowed for any unpatented natural herb or vitamin.

You should always remember this:

Drugs are chemicals that pollute the human body and shorten life.

The patented drug system coupled with enforced silence about the efficacy of natural remedies, effectively denies the public responsibility for their own health. Public health is a patented monopoly in America. Public health is pharmaceutical wealth.

At least 250,000 people die directly from prescription drugs each year, mostly the elderly. If we could follow the trail of the serpent, this would translate into millions who die

because they developed a terminal illness because drugs accumulated in their bodies as toxic poisons and destroyed their immune response.

When it comes to cancer treatment, chemotherapy treatments are tantamount to using medical witchcraft! Doctors resort to harmful radiation and drug cocktails to poison everything—in hopes of killing more cancer cells than normal cells.

Chemotherapy, radiation, and cancer surgery are the only legal medical protocols for cancer. Let's take a closer look at each one…

Chemotherapy—according to the book *Chemotherapy and You*[5], published by the National Cancer Institute, this treatment uses drugs to destroy cancer cells. The drugs may come in the form of pills and topical creams, but are often administered by injections or intravenous hookup.

The National Cancer Institute acknowledges that chemotherapy, "can also harm healthy cells that divide quickly, such as those that line your mouth and intestines or cause your hair to grow." This can produce side effects such as fatigue… nausea… vomiting… decreased blood cell counts… hair loss… and mouth sores.

Radiation—uses ionizing radiation to kill cancer cells and shrink tumors; the purpose of this therapy is to damage as many cancer cells as possible, while limiting harm to nearby healthy tissue. Radiation therapy can be an external beam, which uses a machine outside your body to aim radiation at cancer cells. Or, the therapy can be internal, when radiation is put inside your body, in or near the cancer

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5 National Cancer Institute. Chemotherapy and You. Retrieved from http://www.cancer.gov/cancertopics/chemotherapy-and-you

cells. Many people who receive radiation experience fatigue and dry, itchy, peeling or blistering skin. Other side effects may include diarrhea… hair loss… nausea and vomiting… swelling… and even infertility.

Surgery—cryosurgery (or cryotherapy) is the use of extreme cold produced by liquid nitrogen to freeze and kill abnormal cells; the nitrogen can be used to kill both internal and external tumors. It is often used to treat liver

The Best of the Breast Cancer Treatments?

Tamoxifen is an anti-estrogen drug used to "treat" breast cancer. It is heavily advertised, promoted, and marketed—especially because most doctors believe it is the best treatment available.

However, it has a long list of terrible side effects, including an increased risk of endometrial (uterine) cancer!

Dr. John R. Lee said in his *Medical Letter,* "The breast cancer industry is a billion dollar money-making machine that churns along at the expense of women with this terrible disease, spewing out expensive, ineffective treatments and raising hundreds-of-millions of dollars in research money to fund studies supporting these ineffective treatments. Your best protection against breast cancer is hormone balance and avoiding known carcinogens such as radiation, pesticides, and excess estrogen." He might just as well have added the drug tamoxifen to that list!

and prostate tumors, but can also be used to treat skin cancer as well as cancer of the cervix and retina. When used to treat prostate cancer, cryotherapy can cause incontinence, impotence, and even injury to the rectum. Cryosurgery in the liver may cause damage to the bile ducts and major blood vessels, which can lead to heavy bleeding or infection. When used to treat bone cancer, this treatment can even lead to loss of bone tissue and even bone fractures.

These three options are an invasive assault upon your immune system. And they can seriously impair your ability to recover.

CHAPTER 4

Alternative Cancer Treatments

Oncology has to be the most damnable plot ever against cancer patients. The cash register rings for every new cancer patient. And the insurance companies are main contributors to the pain, suffering, and death.

Just one example was the decision to cut the course of chemotherapy treatments from six months to four months. This meant patients would receive a concentrated six-month dose of chemo drugs in only four months!

The stated reason was to get the patient off chemotherapy two months earlier and back to work. Incredibly, at the same time the cost of the chemo program *doubled,* from $15,000 for six-month treatment to $30,000 for the four-month treatment!

How could anybody fall for this "business deal" that's sure to explode the toxicity of the patient's weakness with a final blow to the immune system. There's nothing in it for the cancer patient but increased suffering and death.

Oncology and chemotherapy does a lot of mischief under the guise of treatment. But since most cancer patients are in an "oncology program," there is something they need to know about cancer cells and chemotherapy.

Sugar is like fertilizer for cancer cells! The reason is that cancer cells have over six times the insulin receptors on their

cell surfaces and more than ten times the insulin-like growth factor receptors as compared to normal cells.

This makes cancer cells over 16 times more hungry for sugar. So what CAN you do to break the sugar-cancer link?

Insulin: The Surprising Chemotherapy Companion

Several years ago, doctors discovered that a simple intravenous push of insulin, given by physicians trained in Insulin Potentiation Therapy (IPT) is one of the best things that can be done for a cancer patient on chemotherapy. Here's why…

When insulin is given in a large quick dose to a cancer cell that's greedy for sugar, it opens the floodgates in the cancer cell's membranes. Because the insulin receptors have been turned on, the cell thinks it's going to enjoy a smorgasbord of sugar and woofs it down.

So the cancer cell is tricked by the insulin into receiving far more chemotherapy than normal. As a result, it works beautifully for people whose cancers have become resistant to chemotherapy.

Because cancer cells are growing and multiplying faster than normal cells, they attract more chemotherapy and especially more with the insulin push (IPT).

But chemotherapy does kill normal cells and many people die from the effects of the chemotherapy instead of the cancer. And chemo can cause other cancers years later.

So, the point is that IPT makes chemo so much more effective that it allows the dose of chemotherapy to be cut tenfold! This allows for a safer dose and lowers the side effects. Ultimately, this lowers the risk of dying from chemotherapy.

Even though this simple technique has saved many lives, it is mostly unknown and unstudied by the majority of oncologists. Could this be because insulin is cheap with low profitability—while chemotherapy drugs are high-priced and far more profitable?

Treat My Prostate with HEAT? You Gotta Be Kidding!

There's a cutting-edge treatment used in Europe to treat prostate cancer. It's called prostate hyperthermia and it uses up to 115 degrees heat to kill cancer cells and to normalize an enlarged prostate.

The treatment is not approved in the US, but many Americans with various types of cancer go to Klinik St. Georg in Bad Aibling, Germany. (www.klinik-st-georg.com) These doctors claim that heat kills cancer cells—while it enhances healthy cells.

The treatment costs about 6,000 Euros, or $7,000 in US currency for prostate therapy. You'll have to consider your budget carefully, as Medicare doesn't pay for treatment outside of the US.

For that matter, Medicare won't pay INSIDE the US for "unapproved" therapies! Just remember—there is far more profit in treating cancer than curing it.

Discover the Healing Power of Ozone!

Cancer cells die when exposed to oxygen. This is the premise behind the use of ozone therapy. In infusion bottle therapy, a medical professional draws a pint of blood from the patient and places it in an infusion bottle.

The ozone is then forced into the bottle and mixed in by

shaking gently, which turns the blood bright cardinal red. This treated blood is then given back to the patient.

According to the Alternative Cancer Treatments Information Center, ozone is an extremely safe medical therapy, free from side effects. In a 1980 study done by the German Medical Society for Ozone Therapy, 644 therapists were polled regarding their 384,775 patients. They administered a total of 5,579,238 ozone treatments to this group.

There were only 40 cases of side effects noted out of this number which represents the incredibly low rate of .000007%—and only four fatalities.

The group says that ozone has proven to be, "the safest medical therapy ever devised." Compared to the number of Americans that die each year from drug reactions and interactions, ozone therapy is amazingly safe."

This treatment has been used successfully in Europe for many years to treat AIDS, cancer, and many terminal diseases. But it is currently illegal in the US and Canada.

For more information, order the excellent documentary "Ozone and the Politics of Medicine." You can order from: Geoffrey Rogers: 301-356 East 6th Ave, Vancouver, British Columbia, Canada, V5T 1K1. You can use your credit card if you call 1-604-873-4626. The price is $29 + $5 shipping and handling.

Using Proteins as Cancer Treatment

Renowned New York University cancer researcher Lawrence Burton, Ph.D., invented an alternative cancer treatment called Immuno-Augmentative Therapy (IAT). The philosophy and foundation of IAT is based upon the premise that many cancers can be controlled by restoring the compe-

tence of a patient's immune system.

Dr. Burton's research led him to isolate certain naturally-occurring proteins found in human blood sera. He discovered that some of these proteins played a beneficial role in controling abnormal cell growth.

Also, the IAT clinic is now treating cancer patients with nutritional therapy using nutrients called phytochemicals found in plants. These cancer-fighting ingredients are found mostly in cruciferous and other green vegetables, such as:

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Kale
- Spinach

In fact, if Americans ate plenty of these raw vegetables daily, we probably wouldn't need a cancer solution!

IAT has many case studies of long-term regression and remission for a multitude of cancer types. Of course, Dr. Burton was never able to satisfy the conditions and demands of the US cancer establishment (National Cancer Institute, American Cancer Society, and the Food and Drug Administration (FDA)). So he continued his work in Freeport, Grand Bahamas Island, until his death in 1993.

Is a Cure for Cancer Just an Injection Away?

Dr. Stanslaw Burzynski in Houston, Texas developed a medication called antineoplastons. The word comes from the root word "neoplasm," which you might remember as the scientific term for a cancer tumor. Antineoplaston means anti-cancer.

Dr. Burzynski developed antineoplastons from human urine. It is injected into the blood with virtually no side effects. He has been *curing* so-called terminal cancer cases with this treatment for several years, always in confrontation with the medical establishment (led, of course, by the FDA). His patients do better if they've never been poisoned with chemo and radiation.

And keep in mind—there are just too many cured people who have supported him to think this could just be a fluke!

CHAPTER 5

Natural Cancer Remedies

Given the poor track record of manufactured medicines at preventing, treating, or curing cancer—you might wonder if there's any hope at beating the disease.

Cancer can manifest in any and several ways, but it is a disorder of cell growth from a default in biochemistry (protein metabolism). One of the best ways to restore whole body health is through your diet.

The proper diet for cancer is fairly simple. But it is extremely effective and could add years to your life! Some basic guidelines are as follows:

- Eliminate all simple carbohydrates.
- Eat as much raw food and juice as possible.
- Do not get on a low-fat diet unless you want bad health. Cook with and eat coconut oil and olive oil, no hydrogenated oils or fats.
- Do not eat or drink anything with fructose corn syrup (or corn syrup). This is synthetic sugar that creates weight and disease—it destroys the pancreas.
- Eliminate trans fatty acids, (used in producing many crackers, cakes, bread, and prepared foods); check labels for the words "hydrogenated" or "partially hydrogenated" and avoid them like the plague.
- Do not use any artificial sweeteners, use only stevia which is a natural sweetener.

Eat wild meat instead of meat pumped up with growth hormones.

Eat whole, live foods to help regenerate life processes.

In addition to adopting a healthier eating plan—you should also consider adding supplements of some of Mother Nature's superstar vitamins and minerals. These nutrients can help you win the battle against abnormal cell growth and other health-threatening diseases.

Does Nature's "Sunshine Vitamin" Kill Cancer Cells?

The Canadian government has done what the US refuses to do. They have adopted a national program of encouraging vitamin D supplementation to protect their citizens' health!

While US cancer groups like the American Cancer Society stubbornly refuse to acknowledge the benefits of vitamin D supplements in cancer prevention…

…The Canadian Cancer Society is launching a program to make sure every Canadian citizen receives a level of vitamin D sufficient to prevent most cancers, including breast cancer!

The latest research shows that vitamin D supplementation produces an astonishing 77% reduction in all cancers in women. This makes it the single most effective medicine for preventing cancer that has ever been discovered by modern medical science!

Vitamin D also provides protection from prostate cancer. In one study involving 1,029 men with prostate cancer, researchers analyzed the mens' blood looking for several factors including levels of vitamin D. They found that the men with the highest levels of vitamin D had significantly lower overall risk (45%) of prostate cancer including aggressive prostate cancer.

The American Cancer Society, however, seems stuck in the nutritional dogma of the 1950s and continues to claim that only drugs, radiation, and surgery can treat cancer, and that nutritional supplements have no role to play whatsoever in cancer prevention.

To highlight the case for boosting intake of this critical nutrient, researchers at the University of California, San Diego conducted a recent review of various clinical studies on vitamin D dosage.

Their conclusions, published in the journal *Nutrition Reviews,* led them to conclude that boosting vitamin D intake might cut colon cancer and breast cancer in North America. But in order to enjoy these curative effects—they recommend a vitamin D dosage far higher than current government recommendations.

Vitamin D is sometimes called the "sunshine vitamin" because ultraviolet sun rays help your skin produce this vital nutrient. However, your body's vitamin D production can be limited by:

- Reduced exposure to sunlight
- Geographic location
- Cloud cover and pollution density
- Sunscreens

Keep in mind that the sun's location during certain times of the year affects the direction and intensity of sun rays. For example, the limited availability of sunlight from November through February in northern areas of the US virtually shuts down your body's vitamin D production factory!

So, sunlight exposure can't always provide the daily amounts of vitamin D your body needs. The GOOD news

is that several food sources provide an alternative source of this vital nutrient. They include:

- Cod liver oil
- Salmon
- Tuna fish
- Eggs
- Beef liver
- Swiss Cheese

Most people just don't get enough vitamin D from food sources. And no wonder; the list of foods that are HIGH in vitamin D tend to be LOW on the list of favorites!

Americans over 50 run an increased risk of developing vitamin D deficiency. That's because most older folks aren't getting what they need from vitamin D fortified foods and sunlight exposure.

As you age, your skin becomes less efficient at vitamin D production and your kidneys are less able to convert vitamin D

to its active hormone form.

The US government recommends that you consume a minimum of 400 International Units (IU) of vitamin D to promote maximum calcium absorption and help maintain bone health. That's just a little more than your body produces in **one minute** of full-body exposure to sunlight!

Most vitamin D experts recommend a minimum of **1000 IU** of vitamin D per day—even MORE if you're over 50. In fact, the University of California researchers suggest a daily dose of **2,000 IU** to prevent cancerous cell growth.

Some doctors warn that because vitamin D is not water soluble, it can be toxic to humans in large doses. But, please don't worry about taking an overdose. The only signs of vitamin D toxicity have appeared in studies where laboratory animals were given truly massive doses—equivalent to a 110-pound adult taking ***176 MILLION*** **International Units in a day.**

But in the United States, if every US citizen began taking a daily dose of 5,000 IUs of vitamin D—a very large segment of the medical industry would be hurt… some anti-cancer drug manufacturers would have to close their doors… thousands of patents would become worthless… and the lucrative consulting contracts between industry and cancer researchers would dry up!

America's abandonment of the world's best natural anti-cancer medicine has nothing at all to do with science, but everything to do with politics and profits. If vitamin D were a cancer drug made by Pfizer, the American Cancer Society would likely be pushing it as the next "miracle" drug—and calling for everyone to be put on the drug!

But since it's a nutrient that cannot be patented, and can

actually be manufactured for free by exposing your skin to natural sunlight, the entire US cancer industry now laughingly pretends that vitamin D supplementation offers no benefits.

Each day that the American Cancer Society, the AMA, the FDA and others in conventional medicine refuse to acknowledge the benefits of vitamin D supplements for preventing cancer, they lose more credibility and slip one step closer towards global humiliation and irrelevance. It is difficult to imagine how anyone from conventional medicine can show up at a health event and say, with a straight face, that they're doing everything they can to fight cancer when in reality they are willfully ignoring a prevention medicine that really works—and that's vitamin D.

It's simple, safe and virtually free, and it has no negative side effects, requires no patent royalties, and is available right now to everyone.

Is the Fountain of Youth Spelled D-H-E-A?

The hormone called DHEA—whose scientific name is *dehydroepianrosterone*—is the most prevalent and one of the most essential hormones in human health. According to Dr. Norman Shealy, every known illness is associated with a magnesium deficiency and low levels of the hormone DHEA.

It is striking that most illnesses are characterized by low levels of both DHEA and magnesium. A connection between these essential chemicals appears to be basic in the understanding of health, wellness, and the restoring and maintaining of youth.

In fact, just a 10% increase in magnesium and DHEA levels is associated with a 48% decrease in death from cardiovascular disease and a 36% decrease in mortality from all causes.

Low levels of DHEA are found in women up to nine years BEFORE development of breast cancer. And men may have low DHEA levels for four or more years prior to development of prostate cancer.

Some of the diseases associated with a DHEA/magnesium deficiency include:

- Anxiety
- Attention Deficit Disorder
- Asthma
- Bronchitis
- Cancer
- Chronic fatigue
- Constipation
- Depression
- Diarrhea

- Fatigue and insomnia
- Hypertension
- Intestinal problems
- Kidney stones
- Muscle cramps
- Osteoporosis
- Seizures
- Strokes
- Vertigo
- And the list goes on and on!

A DHEA/magnesium deficiency is clearly prevalent in the case of an acute heart attack. On average, patients given intravenous magnesium have a 50% greater survival rate.

Raising DHEA levels results in a remarkable increase in perceived physical and psychological well-being—for both men and women. People report increased energy, deeper sleep, improved mood, more relaxed feelings, and an improved ability to deal with stressful situations.

Most critically, DHEA blocks carcinogenesis, retards aging and cardiovascular disease, diabetes, and even obesity. Interestingly, *USA Today,* on 9/5/96, carried a cover story "DHEA: Is This Hormone the Fountain of Youth?" And *The Sciences,* in its September/October 1995 issue, carried an article, "Forever Young." From the book *Holy Water, Sacred Oil, The Fountain of Youth* by C. Norman Shealy, M.D., Ph.D., pp 96-97. DHEA is produced in the adrenal glands in both men and women. Men produce about one-third more than women as they produce DHEA in the testes. Unfortunately, your DHEA levels decline with age. Research suggests that supplements with the

DHEA hormone in our middle age and older years can restore these levels to those you had in younger years. Imagine how this could help improve your quality of life!

Remember that if you increase your DHEA levels, you also boost your body's levels of the critically important mineral magnesium. There is virtually no illness that magnesium cannot help!

Soil throughout the world is deficient in magnesium with the exception of the soil in Egypt. Most foods in America have almost no magnesium. And most seniors may not be absorbing the little that they do get in their food.

Keep in mind that white flour, white sugar, and soft drinks are junk foods that deplete magnesium. And prescription drugs deplete your magnesium levels too. So what's the best way to replace these vital nutrients?

Oral magnesium is potentially laxative and even if not, it requires about a year to raise your levels sufficiently. Intravenous magnesium is the most rapid. For most people, ten shots given over a two week period is sufficient.

Too Much Salt—or Not Enough Potassium?

It's a sure bet that Americans eat too much salt (sodium chloride) because of the junk foods in our Western diet. All prepared foods have major marketing appeal because of their shelf life and appeasement of our salt addiction. Craving salt is an addiction that comes with mass food processing. Concentrated or junk foods are low in potassium and require much salt to make them palatable.

If you eat more or mostly raw fruits, raw vegetables, seeds and nuts, we will have a natural balance between sodium and

potassium, which is critical to good health.

When your cells contain adequate amounts of potassium, and sodium remains in the tissues, you don't develop cancer. Cancer requires an imbalance of sodium and potassium in the cells for fast growth. Poorly digested fats and proteins (lack of hydrochloric acid) added to toxins found in junk foods, drugs, radiation, etc. cannot be assimilated by normal cells.

However, malignant cells attract these toxins. When found in combination with excess sodium, malignant cells can grow and thrive. A cell which has its normal potassium cannot overgrow. Our body needs sodium and poorly digested fats and proteins for cancer to grow. A healthy body gets rid of malignant cells all by itself.

The point is that if normal body function is restored, then all disease is cured. The beginning of all disease is loss of potassium from the cells. Whole raw carrot juice and apple juice restores potassium-sodium balance and restarts a failed immune system. Dr. Max Gerson substantially proved this many years ago by taking terminal cancer patients and restoring their immune functions to good health again.

The late Dr. Gerson believed that potassium supplementation was necessary to re-establish sodium-potassium balance at the cell level. This re-establishment of balance through sodium restriction and potassium supplementation was and is an important part of his protocol for cancer cure, and in fact, all degenerative diseases.

There is some question in the alternative medical literature whether we could even develop cancer with a balance of sodium outside the cell and potassium inside the cell.

The Gerson program, as described in the Gerson Institute

Newsletter, *Healing,* is basic to the cure of any degenerative disease:

- Salt and water management through Na+ restriction and K+ supplementation
- Hyperalimentation of micronutrients through frequent administration of raw fruit and vegetable juices
- Extreme fat restriction
- Temporary protein restriction through a basically vegetarian diet
- Thyroid administration
- Stimulate frequent bile secretion (choleresis) through coffee enemas

And there's another thing you can do to keep your system properly hydrated…

Drink Alkaline Water to Combat Cancerous Cell Growth

A German biochemist, Dr. Otto Warburg, discovered the cause of cancer in 1923, earning him the 1931 Nobel Prize. In his book *The Metabolism of Tumors,* Dr. Warburg demonstrated that the primary cause of cancer is the replacement of oxygen in the respiratory chemistry of normal cells by the fermentation of sugar. The growth of cancer cells is a fermentation process which is initiated only in the relative absence of oxygen. Of course, realkalizing restores the oxygen and stops the fermentation process and the cancer. What

could be simpler and cheaper?

When we drink alkaline water, we are drinking water with excess oxygen, not in the form of O_2, but in the form of OH, which is very stable because it is mated with positively ionized alkaline minerals. The alkaline mineral is used to detoxify poisonous acid compounds.

The cause of all cancer is a lack of oxygen caused by the accumulation of waste. So even if cancer surgery is a success, tumors will reoccur because the acid environment has not been changed. Since healthy cells are alkaline and malignant cells are acidic, drinking alkaline water will not harm healthy cells while it may help destroy malignant cells.

Di-Indole Methane (DIM) and Cancer

In an earlier chapter, you learned about the health dangers of estrogen dominance. If you're over 40, you may be experiencing radical changes in hormone production—most notably a rise in estrogen. Your body needs estrogen, but too much of it zaps your energy, reduces your sex drive, and speeds up the aging process.

Your body naturally produces estrogen. But harmful estrogens, called xenohormones, are found everywhere in the environment. You get most of this bad estrogen from consuming a nutrient-poor diet or by absorbing pollutants. Xenohormones can also be found in pesticides, plastics, industrial waste, car exhaust, meat, soaps, carpeting, and even furniture.

In women, excess estrogen leads to fluid retention… hot flashes… night sweats… increased blood fat levels… anxiety… mood swings… and even food cravings. Women also complain to their doctors about "drying up." Your skin is dry. Your eyes are dry. Sex becomes difficult, painful, and undesirable.

In men, declining testosterone levels cause an overabundance of estrogen. This can lead to increased weight gain around your waistline.

But the good news is… you can boost your energy and help regulate the amount of estrogen in your body with a highly concentrated nutrient that comes from cruciferous vegetables.

And because this remedy is completely natural, you don't need a prescription to use it!

This remarkable phytonutrient, called di-indolyl methane (DIM), can help you get rid of the "bad" estrogen that can deplete your energy. What's more, DIM helps the "good" estrogen protect your heart and brain. With DIM to help you balance your hormones, you'll feel full of energy in no time flat!

DIM causes the "good" estrogen metabolism to dominate, resulting in more desirable action of testosterone and progesterone. Studies have demonstrated that DIM can reduce the incidence of fibrocystic breast disease, cervical cancer, endometriosis, prostate enlargement, and prostate cancer.

DIM may be one of the most protective substances of this new century. Anyone over age 40 and anyone with a family history of breast or uterine problems as well as cancer of the lung, colon, or prostate should add DIM to their daily diet.

And this nutrient could be especially critical for anyone on hormone replacement therapy (HRT) or women experiencing post-menopausal symptoms.

In women, estrogen production drops some at menopause. But women still have significant estrogen production, which produces a serious need to balance this with natural progesterone and DIM.

Iodine and Breast Cancer

There is a proven relationship between iodine deficiency and disorders of the breast, including breast cancer and fibrocystic breast disease. For over 60 years, doctors have been aware that iodine concentrates in and is secreted from the breasts. Adequate iodine levels are necessary for normal breast development.

Roughly two-thirds of American women suffer from fibrocystic breast disease—commonly characterized by a high sensitivity to pain. Iodine has been shown to be extremely effective at treating and preventing fibrocystic breasts. In fact, it has been used as a treatment for breast cysts for over 50 years.

If you're taking thyroid hormones, you have an even greater need for iodine. This nutrient is critical to proper functioning of the thyroid gland. The prostate gland, breasts, and almost all bodily fluids also use iodine.

The opposite occurs in men as estrogen production increases with age as body fat accumulates. This is because the main source of estrogen in men is the conversion of testosterone to estrogen in fat cells.

Rising estrogen levels in men is an accelerator of aging, obesity, heart trouble, prostate enlargement, and cancer. As estrogen goes up, testosterone goes down.

DIM supplements are best taken with food either once or twice a day. You can even experience weight loss through a more active fat metabolism when taking 400 mgs daily. Benefits with weight loss can be seen the first one or

two months, especially in association with carbohydrate restriction.

The dose can be reduced to 200 mgs per day after a few months or satisfactory weight loss. At 400 mgs per day there should be improvement with prostate enlargement. Women may want to take up to 200 mgs per day as a general guideline.

A Healthy pH Balance Helps Stop Body Rot!

When your blood chemistry is out of whack, your body borrows minerals—including calcium, sodium, potassium, and magnesium—from your organs and bones. It needs these minerals to help neutralize and remove the acid from your body.

The results? Severe damage to your organs and cells that exposes you to greater risk of sickness and disease, including:

- Cancerous cell growth
- Immune system deficiency
- Free radical cell damage
- Heart disease
- High blood pressure
- Weak, brittle bones
- Achy joints and muscles
- Low energy and chronic fatigue

If you're experiencing any of these problems—you're about to learn why restoring your body's chemical balance may be the single most important thing you can do to protect your health.

In the book *Human Anatomy and Physiology,* author Elaine

Marieb, R.N., Ph.D. said the term pH—which stands for "the **p**otential of **H**ydrogen"—refers to the amount of hydrogen ions in a substance. More hydrogen ions mean higher acid content.

The pH scale goes from zero to 14 and describes the acid and alkaline balance in body fluids. On the pH scale, 7.0 is neutral; below 7.0 is acid and above 7.0 is alkaline.

Your body is naturally alkaline by design. If you're healthy, your ideal body chemistry falls between 7.35 and 7.45 on the pH scale. However, most folks fall in the range of **6.2 to 6.4!** The one exception to this rule involves your stomach acids.

Your stomach contains hydrochloric acid (HCl) to digest the foods you eat. But as you get older, natural levels of HCl drop. In fact, a study published in the *Journal of American Geriatric Society* reports over 30% of men and women over the age of 60 have **little to no acid secretion!**

When your stomach lacks proper amounts of this helpful acid, the foods you eat will sit and rot in your stomach. This can produce acid reflux... heartburn... constipation... and other uncomfortable digestive problems.

Many people use over-the-counter antacids to combat stomach discomfort. But antacids actually neutralize—and can even WIPE OUT—your essential HCl digestive acids! But there's good news...

After 25 years of studying thousands of people with heartburn and other digestive complaints, noted physician Jonathan Wright concluded, "In nearly all of these folks, symptoms have been relieved and digestion improved when they've taken supplemental hydrochloric acid."

And hundreds of studies—some dating back over 100

years—show that supplementing your stomach's HCl levels can help restore your digestive health quickly and safely. Doing so can help you fight germs and disease too!

Is Cancer Another Fungus Among Us?

Dr. Simoncini, a European doctor specializing in oncology[6], says that conventional oncology produces a 2% or 3% survival rate—which is far less than the medical propaganda claims. In fact, the conventional treatments of surgery, chemotherapy, and radiation can destroy your body's natural immune response. The results? Greater suffering and early death, with far greater suffering.

According to Dr. Simoncini, it is a fungus—not genetics—that is the primary cause of cancer. He says that all conventional cancer therapies are based on a presumption that genetic degeneration causes cells to grow uncontrollably.

He proposes an unbelievably simple treatment for the cancer fungus—namely, bicarbonate of soda!

Every cancer patient and every health care practitioner should know that oral intake of sodium bicarbonate offers an instant and strong shift of blood pH into the alkaline.

The effects of this treatment are so strong that athletes notice the difference in their breathing as more oxygen is carried throughout the system and as more acids are neutralized.

The difference can be stunning for those whose respiration is labored under intense exercise. This indicates that oral use of sodium bicarbonate for cancer treatment should be taken seriously.

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6 Cancer Fungus. Retrieved at http://www.cancerfungus.com/

Sodium bicarbonate, magnesium chloride, and iodine are three substances with positive effects on human physiology that most pharmaceutical drugs cannot match! When used together, this awesome threesome is an inexpensive solution to many of the health problems you may face.

For more information about sodium bicarbonate and cancer treatment, and Dr. Tullio Simoncini, check out www.cancerfungus.com.

Conclusion

The early years of the 21st century have produced some amazing developments in medical research and therapies. But despite advances on many fronts—some of the most effective medical treatments often boil down to age-old remedies.

This book explains several perspectives on common causes for a variety of cancers. You learned about external and internal factors that can cause cancerous cell growth—and the five most common cancers Americans experience.

This book helped you review common diagnosis techniques, as well as three leading conventional cancer treatments. It also presented several alternative diagnostic and treatment options.

You are now equipped to make informed choices if you discover abnormal cell growth in your body. And you also have valuable information about the best foods and nutrients to help you restore optimal body balance.

Implementing some of these strategies can help protect you from becoming one of the millions of folks lumped into annual cancer statistics. And that's a goal worth pursuing EVERY day of the year!

Appendix

Additional References for Di-Indolyl Methane (DIM)

Di-indolyl methane (DIM) is the most active cruciferous substance for promoting beneficial estrogen metabolism in women and men.[1] DIM is found in cruciferous vegetables including broccoli, cauliflower, cabbage, and Brussels sprouts.[2] DIM is formed from its precursor indole, Indole-3-carbinol (I3C), after the enzymatic release of I3C from parent glucosinolates found in all cruciferous vegetables. The supplemental use of DIM began with early experiments which demonstrated that animal diets with added DIM, like diets with added cruciferous vegetables[3], prevented chemically induced cancer.[4] Pure DIM was first used in 1987 as a dietary supplement in animals, shown to be non-toxic, and to prevent breast cancer caused by the carcinogen,

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1 Zeligs MA, Diet and estrogen status: The cruciferous connection. *J of Medicinal Food,* 1998 Nov 2; 1: 67-82.

2 Bradfield CA and Bjeldanes LF, High performance liquid chromatographic analysis of anticarcinogenic indoles in Brassica oleracea. *J Agric. Food Chem.* 1987; 35:46-49.

3 Boyd JN, et al., Modification by beet and cabbage diets of aflatoxin B1 induced rat plasma alpha-fetoprotein elevation, hepatic tumorigenesis, and mutagenicity of urine. *Food Chen Toxicol.* 1982; 20: 47.

4 Wattenberg LW and Loub WD, Inhibition of polycyclic aromatic hydrocarbon-induced neoplasia by naturally occurring indoles. *Cancer Research.* 1978; 38:1410-1413.

dimethylbenz(a)anthracene.[5] Similarly, the initiation pathway to chemically induced colon cancer was inhibited with the DIM precursor, I3C.[6] The mechanisms by which DIM prevents cancer in animals has subsequently been shown to involve a reduction in activity of the estrogen receptor system[7], promotion of beneficial estrogen metabolism[8], and support for selective apoptosis, or "programmed cell death" which removes damaged cells.[9]

A group at the Strang Cancer Prevention Laboratory in New York, headed by H. Leon Bradlow, Ph.D., were the first to establish the link between phytonutrients from cruciferous vegetables and estrogen metabolism. They showed that supplemental use of a single cruciferous phytochemical can act to promote a dramatic and beneficial change in the metabolism of estrogen. This change in metabolism has the power to greatly reduce estrogen exposure as a risk for cancer.

A diet-derived imbalance in estrogen metabolism explains epidemiology showing a high prevalence of estrogen related disease, especially breast cancer, in societies consuming a diet low in total vegetable content. Supplemental use of

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5 McDanell R, et al., Differential induction of mixed-function oxidase (MFO) activity in rat liver and intestine by diets containing processed cabbage: Correlation with cabbage levels of glucosinolates and glucosinolate hydrolysis products. 1987 *Food Chem. Toxicicol.*; 25: 363-368.

6 Guo D, Protection by chorophyllin and indole-3-carbinol against 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (PhIP)-induced DNA adducts and colonic aberrant crypts in the F344 rat. *Carcinogenesis.* 1995; 16: 2931-2937.

7 Chen I, et al., Aryl hydrocarbon receptor-mediated antiestrogenic and antitumorigenic activity of diindolylmethane. *Carcinogenesis.* 1998; 19: 1631-1639.

8 Telang NT, et al., Inhibition of proliferation and modulation of estradiol metabolism: Novel mechanisms for breast cancer prevention by the phytochemical indole-3-carbinol. *Proceedings of the Society for Experimental Biology and Medicine.* 1997; 216: 246-252.

9 Gamet-Payrastre L, et al., Selective cytostatic and cytotoxic effects of glucosinolates hydrolysis products on human colon cancer cells in vitro. *Anti-Cancer Drugs.* 1998; 9: 141-148.

di-indolyl methane (DIM), the most active cruciferous indole, can restore and maintain a favorable balance of estrogen metabolites. Supplementation with DIM provides an innovative approach to reducing the estrogen-related risk of breast cancer. Therefore, DIM supplementation can increase the safety of estrogen replacement therapy in post menopausal women. In addition, aging-related alteration in estrogen metabolism is an under appreciated factor in men's health. DIM use by men promotes the same beneficial estrogen metabolism as seen in women. Improving estrogen balance in men may serve as a basis for enhancing prostate health.

In the US alone, nearly 16,000 new cases of cervical cancer and nearly 5,000 deaths from cervical cancer occur each year, and 600,000 more women are diagnosed with cervical intraepithelial neoplasia (CIN) which is a condition characterized by new growth (neoplasia) in the normal tissue (epithelium) of the cervix.

DIM promotes cervical health in women

A pilot study of 27 women suffering from cervical intraepithelial neoplasia (CIN, class II and III), [abnormal tissue growth] showed that cruciferous phytochemicals promoted significant regression in a double-blind, placebo-controlled pilot

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Bradlow HL, Telang NT, Sepkovic DW, Osborne MP, et al., "Phytochemicals as modulators of cancer risk." *Adv Exp Med Biol.* 1999; 472:207-21.

Bradlow HL, Telang NT, Sepkovic DW, Osborne MP, "2-hydroxyestrone: The 'good' estrogen." *J Endocrinol.* 1996 Sep;150 Suppl:S259-65.

Steinmetz KA, Vegetables, fruit, and cancer prevention: A review. *J American Dietetic Assoc.* 1996; 10: 1027-39.

Farnsworth WE, Roles of estrogen and SHBG in prostate physiology. *The Prostate.* 1996; 28:17-23.

Baker B, "Pilot Study: Cruciferous Veggies May Induce Cervical Dysplasia Regression," *Ob. Gyn. News,* 1999, May 15:13.

study. Women in the treatment groups were treated with either 200 or 400 mg/day of Indole-3-Carbinol (I3C), the immediate precursor to DIM. Cervical biopsies performed before and after 12 weeks of treatment showed that four of the eight patients who took the lower dosage of I3C and four of the nine who took the higher dosage of I3C had complete regression of their lesions. None of the ten patients in the placebo group showed regression of their cervical neoplasia.

Supplemental use of DIM in humans is effective in adjusting estrogen metabolism to favor the production of 2-hydroxy estrogen metabolites.[4] These shifts in estrogen metabolites were significant and showed an approximate 75% increase in production of 2-hydroxyestrone and a 50% decrease in 16-hydroxyestrone. An increased proportion of 2-hydroxy metabolites is correlated to protection from breast cancer.

Many established risk factors for breast cancer including obesity, high fat diets, and diets deficient in omega-3 fatty

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Kabat GC, et al., Urinary estrogen metabolites and breast cancer: A case-control study. *Cancer Epidemiol Biomarkers Prev.* 1997 Jul;6(7):505-9.

Meilahn EN, et al., Do urinary oestrogen metabolites predict breast cancer? Guernsey III cohort follow-up. *British J of Cancer.* 1998; 78: 1250-1255.

Ho GH, et al., Urinary 2/16 alpha-hydroxyestrone ratio: correlation with serum insulin-like growth factor binding protein-3 and a potential biomarker of breast cancer risk. *Ann Acad Med Singapore.* 1998; 27:294-299.

Hershcopf RJ, et al., Obesity, diet, endogenous estrogens, and the risk of hormone-sensitive cancer. *Amer. J. of Clinical Nutrition.* 1987; 45 (Supplement 1): 283-289.

DIM is highly stable, requires no conversion in the stomach, and is the most active cruciferous indole in promoting beneficial estrogen metabolism.

Jellinck PH, et al., Ah receptor binding properties of indole carbinols and induction of hepatic estradiol hydroxylation. *Biochemical Pharmacology.* 1993; 45: 1129-1136.

Plant-derived 3,3'-Diindolymethane Is a Strong Androgen Antagonis in Human Prostate Cancer Cells. Hien T Le, Charlene M Schaldach, Gary L Firestone and Leonard F Bjeldanes. From the Department of Nutritional Sciences and Toxicology and Department of Molecular and Cell Biology, The University of California, Berkeley, CA and Lawrence Livermore National Laboratory, Livermore, CA

acids have also been correlated with low 2-hydroxy estrone production. DIM is unique among all phytonutritionals with regard to its ability to favorably modify estrogen metabolism in the direction of greater 2-hydroxy estrogen production.

Prostate cancer is the second leading cause of cancer deaths in American men. One in ten men in the United States will develop signs of prostate cancer in his life, and more than 100,000 new cases are reported each year.

The incidence of prostate cancer among men in Asia—where consumption of vegetables is higher—is significantly lower than that for men in the United States. However, the risk for Asian immigrants rises to levels comparable to American men the longer they stay in the United States, suggesting that factors such as diet and lifestyle play a role in the development of prostate cancer.

This was confirmed with further tests showing that DIM inhibits the actions of dihydrotestosterone (DHT), the primary androgen involved in prostate cancer. DHT stimulates the expression of prostate specific antigen (PSA), which acts as a growth factor for prostate cancer. When androgen-dependent cells were treated with DIM, the researchers found a drop in the level of PSA.

"There are lots of things that can stop growth, but the fact that DIM decreases the expression of PSA shows that it is functioning at a gene expression level," said Bjeldanes.

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