

Cancer! Why Me?

Life Is Crashing
In On Me!
How Did This
Happen To Me?



Well let's think about it.
You don't "catch" cancer.
Your body "develops" cancer.

Understanding The Process of Developing Cancer

- Through Toxins,
- Nutrition Deficiencies,
- The Mind's Emotional/Mental/Spiritual Problems,
- Electro Magnetism, Stress, Trauma, and Lack of Sleep and Rest

So Why Do You Get Cancer?

Introduction

[Outline](#) or [Table of Contents](#)

So why do you get sick? Is it germs? Is it bacteria? Is it viruses? Is it genetics? Well let's think about it.

You don't *catch* cancer. Your body *develops* cancer.

You don't *catch* diabetes. Your body *develops* diabetes.

You don't *catch* obesity. Your body becomes fat and obese.

You don't *catch* heartburn or acid reflux as it is called today. It's *developed*.

You don't *catch* headaches, you don't *catch* fibromyalgia, you don't *catch* back pain, you don't *catch* arthritis, you don't *catch* PMS, and you don't *catch* impotence.

These are all "medical conditions" that are developed in the body. You don't *catch* them. It is not a germ. It is not a virus. It is not bacteria.

Drugs are not the answer. You don't have a headache because you have an aspirin deficiency. The question is why do human beings have so much illness?

The majority of illness is in fact self-inflicted.

You have to realize that being sick is not normal and it is not the natural state of the body. Your body is not supposed to get sick. Think about this startling fact.

There are only two reasons why a person becomes ill:

1. They "catch" something. This means your body picked up a "germ," generally a virus or bacteria.
2. You "develop" an illness or disease. This means there is some imbalance in the body, something is not working right, and an illness or disease develops. Common diseases in this category include heart disease, cancer, diabetes, acid reflux, arthritis, etc.

Remember, in our search for the ultimate cause of an illness, or the ultimate cure for all illnesses, we must always ask the question "What caused that?" With this in mind, let's start with "catching something."

The reasons you get sick are:

1. You catch something and your body cannot fight it off, therefore you succumb to the "germs."
2. Your body develops something in the genetically weak areas

In both of the above cases the causes are the same.

1. Your immune system is weak
2. Toxins are attacking your body.

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If we keep asking the question, "What caused that?" we can then conclude that all illness comes from one or a combination of four things.

1. You have too many toxins in your body
2. You have nutritional deficiencies
3. You are exposed and negatively affected by electromagnetic chaos
4. You have trapped mental and emotional stress

These are the only four reasons why your immune system could be weak or why genetically weak areas in the body can break down.

Jack LaLane said, "If man made it, you should not eat it".

The challenge: Did you know that nearly all fruits and vegetables have been genetically modified by man to become more disease resistant?

See www.treating-cancer-alternatively.com for more information.

Cancer can be reversed by understanding the causes and then taking the necessary steps to assist our bodies in natural healing. Our bodies are created to heal as we provide the necessary catalysts in food products, air, water, and mental and emotional health.

The purpose of this "So Why Do You Get Cancer" e-book is to discuss and understand:

The causes of cancer and other debilitating diseases are:

1. the toxicity problem,
2. the nutritional deficiency problem, and
3. the mind's emotional/mental/spiritual problem:
 - Electro Magnetism – energy
 - Stress and trauma
 - Lack of sleep and rest

How we can assist our body in healing, with the help of:

1. Dr. Johanna Budwig
2. Dr. Gerson
3. Reducing Stress and trauma
4. Getting plenty of sleep and rest

It is best to work on all these areas at the same time. It can seem a bit overwhelming. However as you begin to understand your body and take control of helping your body to heal you will discover health and vitality.

There is a great deal of satisfaction and feeling of being in control of your health as you begin to take steps in revitalizing and restoring your health.

So Why Do You Get Cancer?

Outline

Section 1: Overview

Section 2: Cancer Causes

Section 3: Overview of Alternative Treatment includes:

**Dr. Johanna Budwig, Germany
Dr. Gerson, United States and Mexico
Reducing Emotional and Mental Stress
Sleep, Rest, and relaxation**

The next 4 sections (4-7) of the e-book will discuss in detail each of the alternative treatments.

You may desire to read each section or skip to the section that will most meet your immediate needs.

Section 4: Dr. Johanna Budwig in-depth research and recipes for Cottage Cheese and Flaxseed Diet

Section 5: Dr. Gerson in-depth research and other protocols

Section 6: Stress reducers

Section 7: Sleep, Rest, and relaxation

Section 8: We each are in control of our health. Take this opportunity to take action and live every day to the fullest.

Section 9: Resources for Services and Products

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So Why Do You Get Cancer?

Section 1: Overview of Cancer and Potential Causes

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Cancer – What causes it? Is there a cure? Alternative care? Health care? Or returning to the common sense of our own body healing abilities?

30 years ago 1 out of 20 were diagnosed with cancer. Now, 1 out of every 2 people will be diagnosed with cancer.

We try to say that it is because our medical field is more advanced and can adequately diagnose the different types of cancer. I do not care what the name of the cancer is – I only know the reality of sickness, pain, and all too often death.

Cancer statistics are stated to represent the number of cancer deaths. What about all those deaths that are caused by the side effects of cancer? This number of deaths would be staggering to our imaginations.

I was diagnosed with a poor prognosis for recovery. SHOCK ripped through our family. I was in my early 50's. I felt like life was just beginning and now I am dying, a painful and expensive death that will financially and emotionally change my family's life.

As I began to do research I discovered that two different doctors – Dr. Budwig in Germany, and Dr. Gerson in the United States presented to the American Medical Association (AMA) a solution – a cure for cancer in the 1950's.

American Medical Association (AMA) turned their backs on both alternatives.

Both treatments were natural – home solutions that did not involve doctors, medications, surgeries, or hospitals.

Shocked! I was and still am. It is heart-wrenching as I watch people race down the pathway of sickness, disease, and cancer not knowing that there is another way to fight and possibly reverse cancer with far less cost, pain, and emotional drain on both the individual and the family.

Every family knows a family member, relative or friend that has died from cancer or is living in pain and misery of cancer or the side affects of cancer treatments (i.e. chemo, radiation, and other drugs).

There are those who are victorious over cancer for 2 – 5 – 10 or more years. They are the fortunate ones. Yet many are suffering physically, emotionally, mentally, and socially, and some are minus body parts and often still live in pain and depression.

Statistics show that cancer deaths have decreased. What the statistics do not portray are those that die of side-effects, complications, and other diseases caused by the chemo and radiation.

Look around and make your own decision.

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Now is the time to begin strengthening your immune system and prevent cancer from ever striking. If you already are diagnosed with cancer, then consider natural alternative options to strengthen your immune system and begin reversing the devastating effects of cancer on your body.

Health and vitality is what we are all looking for. Because of my race against cancer without surgery, chemo, or radiation I spent time searching the web and other sources. I was looking for the best alternatives.

It was tricky wading through all the information and promises from experts in all different fields of health. Everywhere I turned there was someone promising something that would cure cancer and other debilitating diseases? Books, web sites, people, alternative doctors, vitamins, supplements, and the list went on. What was I to do?

I had one chance; after all I was given 6 months to 2.5 years of life. I had no time to waste and I had to make the right decisions.

As we looked at our personal financial portfolio, I realized that we needed economical and effective home remedies. Of course we were going to invest money. However, we wanted our money to be invested in what would be used at home to heal, not running from one alternative/medical doctor to another.

We were always trying the next promise, and paying for all the consulting fees that seemed to have no return, thereby creating more stress and financial ruin for our family.

Have you felt caught in the trap of listening, reading, searching, and running from one type of doctor/professional to another?

Have you had that feeling of confusion, doubt, and fear that was continually overriding each method and or technique?

How much money can you spend?

Is this going to really work?

Hardly giving one treatment a chance, before you are running to the next type of treatment?

Sound familiar? I am sure that many of us have been there.

After researching out some of the best options, alternatives and products and services that fight not only cancer but also many other debilitating diseases, I began my journey of healing.

You will want to choose the best and the most natural and organic treatment that brings healing and restoration to the body.

For me, it has paid off with 7 years of health and vitality. The Drs. gave me anywhere from 6 months to 2.5 years. I give God praise for helping me to make the

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Section 1: Overview of Cancer and Potential Causes

right decisions as people shared the best products and services with me. I desperately needed to get back to the basics, the root of good health.

I

Have you ever asked what am I do? Where am I to turn? Who do I trust? Everybody wants my money. They promise, and promise more.

remember that day like it was yesterday. Saturday, May 17th, 2002 a beautiful warm sunny spring day waits to be enjoyed. Renewal of life was all around us for our pleasure. I had gone in for a mammogram on Friday. They requested to do a biopsy.

The next day, shortly after 10:00 a.m. the phone rings, a surgeon is speaking. He had diagnosed cancer – two types, two locations, aggressive. His recommendation was that I come in the next day and prepare for a total mastectomy on Monday.

I was suddenly living in a nightmare. I was waiting to wake up from a horrible dream. This cannot be true. I am young. It is like cold ice water flowing and never stopping, the shock, the nauseous sick feeling, and your whole life spinning before you.

Many of you know that feeling for yourself – for a loved one! What does one say? What does one do? Where does one turn? Who do you trust? In the process many fall headlong into the medical treatment confused, shocked and out of control.

It is my passion to share the following information with as many people as possible. I desire that you and your family and friends live pain free with health and vitality.

What the medical field and doctors are not telling us!

Does the American Medical Association (AMA) know and yet allow thousands of families to lose a love one every day?

Two different doctors – one in Germany, one in the U.S. presented to the American Medical Association (AMA) a solution – a cure for cancer in the 1950's. Both natural treatments had research and results of the past 40 years showing these treatments as being very effective. The Pharmaceutical companies boycotted both treatments from ever coming to public awareness. Both proven successful natural alternative cancer treatments are buried in the United States and Germany's government archives.

Or is the field so the

Is this all over legislation and the \$\$\$\$?

medical focused on diagnosis

and medical treatment that they have been blinded to alternatives and the importance of our body healing itself?

Cancer treatment can be very simple and very successful once you know how.

I wonder why this simple information has been kept from us. Why? Why would our medical community keep this a secret? Are there other secrets being kept from us?

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Yes, sadly I now acknowledge that there are many health secrets that have been kept from us.

I traveled backwards to find what our ancestors knew and did that has been removed from our way of life.

Again and again I kept searching for the root, the origin of treatments that have been successful and can be accomplished in the confines of our homes.

We need to protect not only the cancer individual, but the entire family.

We need to look and see what we are doing that causes cancer and stop the growth of cancer cells and tumors before they overtake the body.

Growing up on a farm I never saw my dad using various types of poison on our animals and expecting them to live.

Never did I witness my dad putting poisons on our soil and expecting to produce healthy crops for us to eat. He refused to use additional hormones, etc., for our animals for faster productivity. He was appalled at our uncle when it was discovered that he was using hormones and other growth options on the chickens being sold in the marketplace to decrease the growth time.

The response of my uncle and others was – “Who cares? As long as we are earning more money.” What is being done in the growing and processing of our food today? I will be sharing more of this information in the following pages.

What did my Dad do when an animal was sick? He brought the animal in to a safe, warm, and dry place. Blankets were provided. The animals were cared for and loved. The animal was fed special nourishing foods. Many, many times within a few days the animal was up moving about and beginning to regain health and vitality.

Have we overlooked the most simple and natural solutions to our health challenges.

The universal law to regaining health is love, attention, warmth, sleep and nourishing foods.

Studies have been done again and again showing that 70-80% of all health issues are caused by feelings of fear, insecurity, loneliness, rejection, abandonment, anger, bitterness, and unforgiveness. How do you heal these emotions?

That is what I had to learn. I am excited to share some of these answers with you. Many of you will need to discover your own answers as you begin your journey of health and vitality.

This journey began to turn my health and life around. Love, joy and peace now radiate from me instead of all that anger.

Next, I looked at me, my environment, the food I was eating, and what I was doing to my body. Wow! What am I doing to my body?

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I looked at the relationship between my behavior, the environment, and food habits and reviewed studies, common sense, and many documented reports.

You can save many hours and energy by continuing to read and reach down into your very being to know truth. We each do know the truth!

As we learn to take care of our body, our body will take care of us.

We have been blinded by the many pleasures of fast food, junk food, and the sugar and fat of our delicacies. We enjoy our food and show love by serving up more sugar and unhealthy fat to our loved ones.

We listen to the admonitions of doctors and take more and more medications to solve our health challenges. We try and try, but can't stop our poor eating habits and the poor eating habits of the ones we love.

McDonald's is a quick treat time for the kids. Starbucks is a great stress reducer for adults. Find out what sugar is doing to your body and how it is increasing the growth of cancer and the development of many other diseases.

Check out the web-site: [www.treating-cancer-alternatively](http://www.treating-cancer-alternatively.com) for more information. In the next section learn more about the causes of cancer.

Knowledge gives power to our actions.

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Section 2: Cancer Causes

Section 2: Cancer Causes

Remember, in our search for the ultimate cause of all illness and the ultimate cure for all illnesses, we must always ask the question "What caused that? With this in mind, let's start with "catching something."

The reasons you get sick or have cancer are:

1. You catch something and your body cannot fight it off, therefore you succumb to the "germs."
2. Your body develops something in the genetically weak areas.

If we
the

In both of the above cases the causes are the same:

- **Your immune system is weak**
- **Toxins are attacking your body.**

keep asking
question,
"What caused
that..." we can
conclude that

then

all illness comes from one or a combination of three basic things. It is possible to attack all three of these areas with success in reversing cancer and other debilitating diseases.

1. The toxicity problem
2. The nutritional deficiency problem, and
3. The mind's emotional/mental/spiritual problem.
 - Electro-magnetic energy
 - Stress and trauma
 - Lack of sleep and rest

Very few people even consider all the chemicals and toxins that get in through the skin.

Very few people consider the physiological affects of what comes in through the eyes in the form of negative images on television.

Almost no one considers the negative physiological affects that sound vibrations have on the body that come in through the ears.

Very few people consider the toxins that are in the air. We breathe that air and it comes in through the nose. Why are we sick? Why are so many people developing cancer in their bodies?

The answer is, first and foremost, the massive amount of toxins that are getting into your body.

Theses toxins are one of the major reasons why illness is so rampant today. Unless these toxins are addressed, you will continue to get sick, develop cancer and other debilitating diseases. You will be unable to cure yourself permanently of any illness and disease you may have. It is time to think, understand, and act on removing as many toxins from your body as possible.

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It is important to keep as many toxins as possible from entering our body. Secondly, we are to take action to remove as many toxins as possible from our body.

Toxins

A toxin is a poison. It is a substance that if taken in large doses can cause severe illness or death.

The question is "what is causing toxins to be put into our body"? Consider the list below:

- The mouth allows toxins into the body
- Use of prescription and nonprescription drugs
- Chemicals are put into virtually everything we eat without our knowledge.
- The processing of food often involves certain processing techniques that change a natural food into an unnatural toxin.
- Another common food processing technique is irradiation. This is when foods such as fruits, vegetables, grains, meat, poultry and fish are zapped with radioactive beams of energy. This is designed to kill any harmful bacteria, so you won't get violently sick or die when you eat it. Irradiation has now become a world wide law for all fruits, vegetables, meats, dairy, spices and herbs.

Irradiation has been needed because the food processing system is producing food that has a higher chance of having deadly pathogens, therefore causing sickness or death.

Irradiation changes the energetic frequency of the food, giving the food a frequency that is no longer life sustaining, but rather toxic to the body.

This has been shown with [Kirlian photography](#). If you take an apple and take a picture of it with Kirlian photography, you see a very beautiful pattern of energy surrounding the apple. If the apple is zapped with a microwave and a second Kirlian photograph is taken, you see the energy pattern around the apple has radically changed. The pattern is now jagged, rough, and erratic. The energy pattern is more like arsenic, a deadly poison. So, the processing of food changes food from a healthy, natural, life-sustaining fuel, to an unnatural man made toxic poison.

- Water Dehydration

Most people are dehydrated, which causes all types of medical problems including pain, stiffness, arthritis, asthma, allergies, and other medical issues.

Dehydration means the cells just simply don't have enough fluid. It can affect your energy and your sleep.

However the major issue of dehydration is the effect on the ability to get toxins and waste matter out of the body and out of the cells.

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Cells can live forever in a laboratory, so long as the fluid in which the cell is living is constantly cleaned and changed. If you take a cell and basically put it in fluid, the cell excretes waste matter and toxins.

That is why cleansing and getting the toxins out of your system is so important. It is also why putting the least amount of toxins in your body is so important.

Primarily, there are three things that causes toxins in our bodies

1. Chlorinated water. Chlorine in the water that you drink, and shower and bathe in, or swim in causes massive toxins to collect in our bodies.
2. Hydrogenated oils or trans-fats. As you look at virtually 90 percent of the food produced in boxes, if you were to actually read the label you'd see the words "hydrogenated oil" or "partially hydrogenated oil." These are trans-fats. Margarine, for example, is hydrogenated oil.
3. Homogenized dairy products. People say, "Well I drink low fat milk or eat low fat yogurt." The fat has nothing to do with it. It is not the fat that is the problem. Keep in mind that when they make a low fat product, it is not a natural product, it is man-made.

When dairy products are homogenized, they turn the dairy products into a lethal man-made product that causes the creation of toxins throughout our bodies. Homogenized dairy products, whether they are yogurt, milk, or cheese, are all deadly.

It is not the fat that is the problem in dairy, it is the homogenization process.

How toxins get in your body through your skin

The skin is the largest organ in the body.

**Anything put on the skin is absorbed and gets into the body.
Even science admits this to be true.**

Drugs are administered topically on the skin. These drugs wind up in the bloodstream within minutes. Everything you put on your skin gets into your bloodstream.

FDA has determined that many chemicals are for external use only. They are poisonous and cannot be taken internally because they can kill you.

But remember, whatever you put on your skin winds up in your body.

Do you understand the problem here? We put things on our skin such as lotions, moisturizers, sun screens, cosmetics, soap, shampoo etc. Virtually every one of these things contains ingredients that even the FDA says are so poisonous, and so deadly, that they cannot be taken internally.

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If you can't eat it, do not put it on your skin!

Yet, they are allowed to be put on your skin.

Underarm deodorants and antiperspirants contain deadly chemicals that many people believe to be a major cause of breast cancer in women.

We absorb many toxins through our nose

These are primarily the poisons that are in the air.

Where you live and work determines the amount of pollutants in the air. Most major cities contend that the air is filled with poisonous chemicals.

However, there are many toxins in the air that most people are not aware of. Air fresheners are one of the worst. How can they claim that these products "freshen" the air? These products contain deadly, poisonous chemicals.

We breathe every second; therefore we are absorbing toxins every second.

Would you consider opening the can and drinking the air freshener?

Read the label, they even tell you how poisonous the ingredients are!

These products eliminate odors by having you spray a deadly poison in the air. This poison kills all of the receptors in the nose so that you cannot smell the offending odor any more.

Air Fresheners don't eliminate odors; they eliminate your ability to smell them!

Other toxins include mold, dust, pollens, and the fumes emitted from carpeting, glue, paint, mattresses, the soaps used in the cleaning of sheets and clothing, and air conditioning units.

Think about the term "air conditioning." How can chemicals put in the air be called "conditioning" the air? Air conditioning units cool the air, but laden the air with contaminants.

The most important nutrient to the body is oxygen.

A man can live for weeks without food, days without water, but only a few minutes without air. Any aroma that you smell means something is going into your body.

In today's world, the fact is that we are inhaling toxins on a regular basis. It is virtually impossible to eliminate them.

However, it is entirely possible to dramatically reduce the amount of toxins you are inhaling. See [Air Pollution](#).

It is also interesting to note that what you inhale has a very immediate and profound effect on such

Reducing the toxins that you breathe can have a very profound and dramatic impact upon your health.

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things as appetite, digestion, moods, depression, anxiety, irritability, and sleep.

The eyes absorb toxins

Toxins get in through the eyes in a similar fashion to the skin. The eyes also, in addition to the skin, are also the entry point of solar energy from the sun.

The sun is not a toxin, as you are being led to believe. The lack of sun causes deficiencies in the body, leading to imbalances and disease.

The major forms of toxins that come in through the eyes are images that cause bad emotions.

Repeated exposure to negative, ugly, disturbing images causes the body to become acidic.

Today there are more violent images on television, in the movies, in newspapers and magazines, video games, and books than ever before.

Today, people are being exposed to over one thousand times the amount of negative images than they were just twenty years ago; and over ten thousand times the amount of negative images compared to seventy five years ago.

The ears hear toxic sounds

Toxins get into your body through the ears, obviously, by anything you put in your ear, as well as the sounds you hear.

Sounds are vibrations and frequencies.

Certain vibrations and frequencies sustain and cause life to grow.

Certain vibrations and frequencies can cause degeneration and death.

Certain music has been known to cause plants to grow at a faster rate, to be healthier and stronger.

Other music has been shown to make plants wither and die. Think of all the sounds you are being exposed to that may have a negative effect on your physiology:

- The low hum of an air conditioner
- The computer running
- The alarm clock
- Certain kinds of "music"
- The washing machine, dryer, dish washer
- Your car engine
- Honking horns.

If we stop for a moment and really listen to all the noises that surround us, we find the majority are unnatural, man-made frequencies.

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These frequencies go in through the ear causing every cell in the body to be affected.

If the frequency of the sound is not in tune with what nature intended, it can throw off the natural balance of the body. The simplest proof of this theory is how certain music, certain sounds, and certain frequencies, cause a plant to either die or thrive.

Think of the opera singer who hits a high note and shatters a crystal glass. That is how powerful vibrations, sounds, and frequencies can be.

These toxins that come into you are in fact loading your body with toxins.

Sounds can affect the body in such a powerful way that even the U.S. military uses sound as a weapon that induces serious physiological and psychological damage.

These toxins come into the body via the mouth, the nose, the eyes, the ears, and the skin.

Okay, up until this point I've tried to explain in very broad strokes that you are in fact loading your body with toxins.

I could give example, after example, of all the toxins that are in food, the water, and all the things we put on our skin.

I have just touched on how toxins get in through the mouth, the skin, the nose, the eyes and through the ears. I am not trying to tell you every aspect and every way in which toxins get into the body.

The point I am trying to make is to get you to at least consider the fact that you are in fact loading your body with toxins, and they do come in through these various channels.

This is very important. Most people I talk to do not understand or comprehend the amount of toxicity that gets into the body.

Most doctors in the medical field have not considered the vast effects of toxins on our bodies. The medical field and doctors and nurses are trained to treat symptoms and cure diseases with the use of drugs and prescriptions.

When we talk about health, nutrition, disease and illness, most people only think about drugs and surgery.

More "aware" people consider food.

However, when people consider food they only think of calories, fats, carbohydrates, or proteins. Few people ever really talk about the processing of food and the chemicals put in the food.

Many of these things that I am talking about may seem overwhelming and insurmountable in terms of being able to solve or address all these issues.

Please do not be dismayed at this point.

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I am trying to help you to understand in general terms, and become aware of, all the toxins that are coming into your body, and all the various reasons why illness, sickness, and cancer develop in the body.

Our immune system becomes weaker and weaker with age. The absorption and ingesting of toxins, and nutritional deficiencies, along with the lack of rest and sleep contributes to the weakening of our immune system. We are heading in the direction of one or more debilitating diseases, including cancer.

As I mentioned before, once you at least get a general grasp of this concept you will understand better how you can begin to control your health, to reverse cancer, and fight other debilitating diseases.

Electromagnetic Fields or energetic fields

So let me talk about briefly here the very important area of the cause of disease and illness that no one ever talks about. The area is electromagnetic fields around the body.

Sometimes this is called vibration fields, or energetic fields.

Medical science does not accept the notion that there is an electromagnetic field surrounding the body.

We do use electromagnetic energy however, and science does admit that electromagnetic energy exists.

Medical science claims there is no "scientific evidence" which proves that electromagnetic energy has any effect on the health or lack of health in the body.

This is an opportunity to think and consider the potential effects that electromagnetic energy may affect our health.

Everything on the planet is made up of the same thing: atoms. All atoms resonate or vibrate at different frequencies. All atoms are made up of electrons, neutrons, and protons are made up of energy.

Science admits that this energy cannot be seen with the human eye or any accepted scientific equipment.

Yet, we see the effects of this "energy" all around us. Science cannot see or explain how magnets work. However, you can easily see the effects of the magnetic field.

Think about it. A satellite in the sky beams down electromagnetic energy twenty-four hours a day, seven days a week, and this energy is invisible and cannot be detected.

Yet this energy has the ability to pass through almost any material, and contains so much information that a "receiver" converts it into the music of an orchestra or images on a TV screen. Is it possible that this energy is also hitting and passing through our bodies?

Is it possible that this unnatural energy could have a negative impact on our bodies and our health? Something to think about.

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Awareness of electromagnetic energy is relative new. It is really only been around in the last seventy-five years or so. Dr. Johanna Budwig lectured throughout Germany on the electromagnetic energy and its effects on our bodies.

Many of the things listed below have just become an every day occurrence in our homes and our lives.

We do not yet understand the full effects of electromagnetic energy on our bodies.

However, here are a few examples of the sources of unnatural electromagnetic energy that is bombarding our bodies every day:

- **Satellites.** There are dozens of satellites beaming down unnatural electromagnetic energy 24 hours a day, 7 days a week
- **Radar.** Radar stations for national defense and weather emit harmful electromagnetic energy 24 hours a day, 7 days a week.

It is interesting to note that many people believe that when these radar stations are put on maximum power during times of heightened security, a higher percentage of people feel ill, fatigued, and depressed.

There is also the suggestion that those living close to these powerful radar towers have a higher chance of getting cancer, depression, and fatigue.

- **Cell phone towers.** These towers push out powerful energy waves on a consistent basis.
- **Cell phones.** When your cell phone is turned on it produces powerful unnatural electromagnetic energy, as well as drawing in all the cell phone tower energy. If the cell phone is within just a few feet of you, you are being affected.
- **High tension power lines.** These lines produce powerful amounts of negative energy affecting all living things in a large area around them.
- **Electric wiring.** Wiring encompasses our homes, our offices, our cars, any electronic device we carry, and is even buried under side-walks and streets.
- **Computers, televisions and radios.** When these units are turned on, they emit large amounts of negative electromagnetic energy.
- **Fluorescent lights.** It is common knowledge that fluorescent lighting is an unnatural light source and can cause headaches, fatigue, and a weakening of the immune system. These lights also emit large does of negative electromagnetic energy.
- **Microwave ovens.** The microwaves generated in these devices change the electromagnetic structure of whatever is in the oven into an unnatural, negative, life draining product. These devices also can leak the energy,

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adversely affecting those around it. They tend to “cook the cook, as well as the products”.

- **Other people.** Every person emits electromagnetic energy. A person’s thoughts are also electromagnetic energy.

The human body, especially the brain, is actually a very powerful transmitter and receiver of electromagnetic energy.

This is why you feel good around some people and bad around others.

Have you ever noticed that when certain people walk into a room, you can “sense” their presence?

There are methods, which have not been accepted by the scientific community, which show the electromagnetic field around people and things.

These technologies show the positive and negative effects of electromagnetic energy.

Another dynamic relating to electromagnetic energy is ions. There are positive and negative ions.

Positively charged ions have an adverse effect on the body.

Negatively charged ions have a positive, health-enhancing effect on the body.

Running water, such as a stream, or waterfalls, or the crashing waves of an ocean, emits large amounts of life-enhancing negative ions.

The wind blowing through trees also emits these wonderful negative ions. This is why most people feel so much better when they are in these areas.

Conversely, the wind blowing through tall buildings in cities, or an electric dryer, emits harmful positive ions. If you sit in a Laundromat all day, it is very common for you to feel horrible and very fatigued. These harmful positive ions also can suppress your immune system.

This electromagnetic chaos cannot be avoided. However, it can be reduced, and there are simple things you can do to counteract the negative energy you are being exposed to.

The bottom line is that today we are putting more toxins in our body than ever before in history. And the trend is increasing.

As this trend continues, people will continue to increase:

- the number of times they get sick
- the number of diseases they develop that become serious illnesses
- the severity and duration of these illnesses, including cancer.

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What and how toxins come out of the body

Our bodies, in normal function, produce toxins. This is fine, as long as our body's ability to eliminate these toxins is operating normally.

All toxins created by the body or put into the body must be eliminated in order for us to be healthy.

When toxins are allowed to accumulate they cause the immune system to be suppressed, and the body to become acidic. An acidic body allows cancers to form.

Even if you put no toxins into your body, your body would still create waste material and toxins.

Accumulated toxins that have not been flushed out or eliminated allow the body to create an environment where illness and disease can flourish.

Most people today have excess accumulations of toxins and waste material in their bodies.

We basically eliminate toxins through:

- The nose
- The mouth
- The urinary tract
- The colon
- The skin

The nose and mouth eliminate toxins primarily by use of the lungs.

Our urinary tract eliminates toxins primarily through the kidneys and liver.

The colon eliminates toxins primarily through the liver, the stomach and intestines.

The skin eliminates toxins primarily through perspiration.

Individuals are developing cancer and other debilitating diseases at a very rapid rate. The two main reasons for this are:

1. people are putting huge amounts of toxins in their body on a regular basis
2. Their elimination channels are clogged, slow, and sluggish.

When you put toxins into your body, and your body creates toxins at a faster rate than you are eliminating them, you have a build-up and an accumulation of poisons and toxins in the body.

For example, are your nasal and sinus cavities clear and mucus free?

Do you breathe fully and deeply from your diaphragm, allowing your lungs to do their job fully?

Do you regularly breathe aerobically and anaerobically?

Do you sweat on a regular basis?

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Do you drink plenty of water, which allows all elimination channels to work more efficiently?

Do you have three bowel movements per day?

A few common things which slow the elimination process are:

- **Antibiotics.** If you have ever taken antibiotics you have dramatically slowed your elimination potential via the colon.

Antibiotics kill all the bad bacteria and also the friendly bacteria in the intestine and colon. When we destroy the friendly bacteria, this allows unfriendly yeast, most notably Candida, to grow abnormally and infest your digestive system.

This Candida yeast overgrowth slows digestion, increase gas, bloating and constipation, and itself creates an abnormal amount of toxins.

- **Lotions and cream.** Most people put lotions and creams all over their skin clogging the pores and suppressing the natural elimination process through the skin. This would include sunscreens, cosmetics, deodorants, and antiperspirants.
- **Lack of body movement.** Have you ever noticed when you take an animal for a walk, they poop? When you move your body as nature intended, you increase the elimination process.

Since most people sit all day, their elimination cycles are suppressed.

You should have three bowel movements per day.

When you eat food, it goes through the digestion process and ends up in the colon ready for elimination.

The food in the colon begins to putrefy and become toxic.

The longer it stays in the colon, the more toxic it becomes. If left long enough, these toxins begin to enter the bloodstream.

This can turn into a serious medical condition resulting in death. Your body's elimination system must be working at optimal levels if you want to live without illness and disease.

Exercise

In simplistic terms, there are seven kinds of exercise:

1. **Slow rhythmic movement exercise.** This is mainly walking. The body is designed to walk, for long distances, and for long periods of time. The amount of walking in America varies per geographic area.

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New Yorkers tend to walk more than people living in Dallas. When you go to Europe or various other countries, people walk an average of eight to ten miles a day. In America people walk an average of close to one-tenth of a mile a day. People must increase exercise and walking to ensure health.

Walking is probably the most important form of exercise you can do. Often, we rely on driving, which only increases stress.

Now let's think about this for a moment. When you drive a car your stress levels go up dramatically, which means your body becomes acidic. Remember, an acidic body is prone to cancer and other debilitating diseases.

When you go for a walk, not only are you getting the benefits of the exercise of the slow rhythmic movement, your lymph system is getting toxins out of your body.

The body is moving and flowing beautifully, the energy is flowing through the body systems, and you are grounding your feet on the earth, allowing for the earth's magnetic energy to flow through your body, energizing your cells.

Walking also has a profound effect on your state of mind and happiness factor. The lack of walking causes the body's elimination channels to become slow and sluggish.

You are also actually looking out and externalizing through your eyes at far away distance, which increases the electromagnetic energy in your body and makes the body more alkaline and less susceptible to disease.

2. **Stretching.** Your body consists of muscles, tendons, and ligaments. If you live in a natural setting, interacting with nature as we are designed, the natural

activities you would be doing throughout your day would cause the frequent stretching of your ligaments, muscles and tendons.

Americans are the least flexible people in the world. Lack of flexibility allows for negative energy and toxins to accumulate in various parts of your body, allowing toxicity to build up.

3. **Resistance exercise.** This includes any form of movement where resistance is put against a muscle, and the muscle is required to push or pull against the resistance.

The most common form of resistance training is weight lifting or the use of resistance machines.

This is an unnatural form of exercise.

Weight training can increase the size and strength of muscles, reshaping your body and making you look great. However, it generally works only with the

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muscles that are seen and does not address the majority of muscles that have no aesthetic value. It also does not address the strength of ligaments and tendons.

This can create an imbalance, where some muscles are strong and abnormally large, and other muscles, ligaments and tendons are weak and disproportionate in size.

Weight training does not increase flexibility – it actually reduces flexibility, thus hindering the flow of energy through the body. Nevertheless, doing any form of exercise is better than doing none at all.

4. **Postures.** There are certain exercise regimes where you are put into postures that are held for a period to time. The most commonly known is yoga. Keep in mind there are many forms of yoga.

The benefits of postures are that they seem to help open up the natural energy flows in the body, and stimulate internal organs.

5. **Aerobic exercise.** Aerobic means “with air.” Any form of exercise where you are breathing heavily but can still have a conversation is aerobic exercise.
6. **Anaerobic exercise.** Anaerobic means “without air.” Any form of exercise where you are breathing so hard you can barely talk is anaerobic.

Aerobic exercise stimulates blood flow throughout the body, oxygenates the body and speeds the elimination of toxins.

The benefits are, generally, a tremendous stimulation of your entire system because in effect, you are putting the survival of every cell in your body at risk because of the lack of oxygen.

This is very helpful in “reprogramming the body” and allowing the body to increase its elimination of toxins and stop any cellular activity that was abnormal.

7. **Cellular exercise.** At this time there is only one form of exercise that actually affects, in a positive way, every cell in the body simultaneously. Jumping on a mini-trampoline, also known as a rebounder, has been shown to stimulate and strengthen every cell in the body.

A [chi machine](#) will also stimulate and strengthen every cell in the body. A chi machine is a great choice for individuals who may have a difficult time with balance and stance required for a rebounder or mini-trampoline.

This unique form of exercise dramatically increases the movement through the lymph system, stimulates every cell’s elimination of toxins, and increases the strength and vitality of every cell in the body.

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The Major Benefits of Exercise Include:

- **Increase oxygen to the cells.** Oxygen is needed for life. Most people are deficient in the amount of oxygen they have throughout their bodies.

Viruses and cancer, for example, cannot exist in an oxygen rich environment.

An oxygen rich body is an alkaline body. An alkaline body is a body where disease and illness cannot exist.

- **Movement of lymph fluid.** The lymphatic system is an important element in the elimination process.

Most Americans have a lymphatic system that is dangerously clogged and sluggish.

Moving the body as it was intended increases the movement of lymph fluid through the body, assisting with the elimination of toxins.

- **Cell stimulation.** Every cell in the body produces toxic waste.

Every cell in the body needs stimulation in order that the toxic waste is eliminated.

Every cell in the body needs stimulation to remain healthy and thrive in a normal way.

Cells begin to act in an abnormal way, when the cell does not eliminate the toxic waste it produces and does not receive stimulation.

Cells could degenerate and die or begin to grow abnormally in an "out of control" manner, causing tumors, cancer, or the degeneration of vital organs in the body.

- **Opening of energy channels.** Energy flows through our body. Just like blood flows through the veins, electromagnetic energy flows through channels in our body.

When these channels are blocked or congested, energy does not flow efficiently. This energy gives life and vitality to the cells. Without this energy the cells do not receive what is needed. This process may cause abnormalities, suppression of the immune system, and turn the body acidic, making it susceptible to illness and cancer.

Exercise helps to keep these channels open.

- **Releasing of tension and stress.** Stress is the silent killer.

Stress can be defined many ways.

In simplistic terms, stress is holding on to negative energy.

When negative energy is being held, it can lodge itself into various parts of the body.

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This can cause muscles to be tight and the body to come acidic.

Exercise breaks up this stress and tension, and can allow the toxins of stress and tension to leave the body.

Water

Water makes up 60% of our body mass. Have you been reading the devastating health hazards of our water?

Are you aware that numerous products and medicines have been created that may improve our quality of life, but that these compounds and their breakdown products make their way into the environment?

Concern has been raised that toxicity and carcinogenicity is a disruption of our metabolic systems.

There are 50,000 chemicals in commerce today. The library of one pharmaceutical company, list 1.5 million chemical formulations that are in our environment.

Concern has already been raised in observation of feminization of fish, and the antibiotic resistant bacteria in the environment.

Are you aware that in fact, according to a recent report by the National Resources Defense Council, a disturbing proportion of the bottled water brands tested "contained significant contamination?"

Our water and air is a necessity of our life. What is happening? How can we protect ourselves, our families, our loved ones?

Of 103 brands of bottled water surveyed, 22 percent contained chemical contaminants that, if consumed over a long period of time, "could cause cancer or other health problems.

USGS Fact sheet FS-027-02, published an article depicting "Pharmaceuticals, Hormones, and Other Organic Wastewater Contaminants in U.S. Streams". How serious is the health of our waters.

We believed that well water was safe.

We believed that we lived in an area that was not affected by pollutions.

Have you ever studied the underground streams?

Do you really know where your water comes from? I didn't. All I knew was that the water tasted good. Is that enough? The answer is NO!

Many people drink tap water that is chlorinated and treated for safety of bacteria and viruses.

What are the affects of all those chemicals that we are ingesting?

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What can we do now, today to protect our families? Some have turned to water filtrations.

Reverse Osmosis (RO) is one of the favorites. I discovered that yes, the water is safe from all bacteria and virus, however, the process also strips the water of all organic minerals which are a must for our bodies.

Homes that have used RO for many years are now struggling with osteoporosis, weakness of bones, fatigue and other debilitating diseases.

It has been said "either you have a water filtration system, or you are the filter".

You are what you Drink!

Our body needs the organic minerals in the water. How can I choose wisely as to the water purification system that is will help my body fight the bacteria, etc. Keep reading to find out more information in chapter 9.

We all know water is essential to live. But most of us are not aware of the crucial role water plays in virtually every organ and function of our bodies.

Water does more than sustain life. It can actually improve our health, our fitness, and even our appearance.

Both the blood and the lymph require pure water to assist them in their functions.

All the minerals in the human body – and the body is composed of minerals – are the same as the minerals of which the earth is composed.

The body is composed of tiny microscopic cells made up of live mineral atoms. The kind, quality and variety of the mineral elements vary with each group of cells, in accordance with the functions and activities called for to carry on the cells allotted tasks.

These cells must be furnished the mineral nourishment they need, in order to accomplish their work.

Just look at dry skin to get an idea of what's going on when it's too dry inside of you.

Where you see shriveled skin, there are shriveled cells. It is like parched soil, only in people, it is one step closer to mummification. You cannot see dehydration, but it is crucial you do not ignore it.

According to a survey, the reason most people don't drink as much as they know they ought to, is lack of time or being too busy.

Decide to drink water before every

Functions of water in the human body

- Improves oxygen delivery to the cells
- Transports nutrients
- Enables cellular hydration
- Moistens oxygen for easier breathing
- Cushions bones and joints
- Absorbs shocks to joints and organs
- Regulates body temperature
- Removes wastes
- Flushes toxins
- Prevents tissues from sticking
- Lubricates joints
- Improves cell to cell communications

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meal. Set objectives for yourself such as drinking before you leave the house, and first thing upon your return, or before you start work.

Make a habit of drinking water.

Take water breaks instead of coffee breaks. Fill a glass you can finish, or gauge yourself by the number of water bottles you drink during the day.

Remember that perspiration is a must.

Sweat cleans the lymphatic system and bloodstream. It is one of the best detoxification avenues available to us.

Exercise to the point of perspiration or enjoy an infrared sauna.

Do sweat and do drink plenty of healthy, pure water afterwards to replace the loss of fluids.

Checklist for good hydration

- _____ Drink ½ ounce of water for every pound you weigh. A 150# person drinks 75 ounces, or approximately 2.5 quarts.
- _____ Drink one glass of water every hour is a good rule of thumb.
- _____ Avoid diuretic beverages that flush water out of your body, such as caffeinated coffee, tea, soda pop, alcohol or beer.
- _____ Drink more water and fresh juices to maintain hydration during illness and upon recovering. Illness robs your body of water.
- _____ Start your day with 2-4 glasses of water to flush your digestive tract and rehydrate your system from the overnight fast.
- _____ Get in the habit of carrying a water bottle with you or keep one in the car or on your desk. Convenience helps. Stuff it in your shoulder bag or waist back water bottle pocket.
- _____ Increase your drinking when you increase your mental activity level: your stress level; and your exercise level.
- _____ Drink the purest water available.
- _____ Perspire, and drink plenty of water before and after exercise.

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Sodium and Potassium

Sodium is arguably the most important mineral in the body. The extra cellular fluid is a saline solution. Salt is necessary to maintain normal osmotic pressure for the transport of nutrients and waste to and from the cells. It also facilitates hydroelectric activity from cell to cell.

Salt retains water and is a buffer against dehydration. Sodium also enables ATP generation. ATP supplies energy to cells and muscles.

Athletes, who push their bodies longer than five hours, especially in hot weather, run the risk of using up their sodium and their water before anything else.

“Chronic cellular dehydration of the body is the primary etiology of painful, degenerative diseases.”

-F. Batmanghelidj, MD

Potassium is mostly present in intracellular fluid. Its main role is the regulation of total body water and stabilizing muscle contractions. This is the key mineral that is lost through sweat and urine.

It is imperative that we learn to maintain the right balance of sodium and potassium in our bodies. Too much sodium may cause the cancer tumor to increase in growth.

Proper hydration can reverse and improve a wide range of health problems. Doctors are well aware that dehydration, second only to oxygen deprivation, robs life fastest.

Good hydration is at the foundation of good health.

Drink up now, it is your life.

Mild dehydration – not enough to kill – is both the result and the hidden cause of many illnesses. The inverse is also true.

See the table below for signs and effects of dehydration.

Early Signs of Dehydration	Mature Signals of Dehydration	Signs of Emergency Dehydration
Fatigue	Heartburn	Asthma and allergies
Anxiety	Joint and back pain	Old Age Diabetes
Irritability	Migraine Headaches	Hypertension
Depression	Fibromyalgia	AutoImmune Diseases, Lupus, Psoriasis, etc.
Cravings	Constipation/Colitis	
Headache	Angina Pain	
Cramps		

From Dr. Batmanghelidj’s perspective, most so-called incurable diseases are nothing more than disease labels given to various stages of drought.

Americans diligently check the fluids in their cars, but neglect the fluids in their bodies. In a car, oil prevents metal from rubbing up against metal.

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In the body, water keeps cartilage robust and joints floating. Once dehydration sets in, cartilage thins and fails to buffer the joints and bone rubs against bone causing arthritic pain.

But doctors are not taught to check the water and salt levels. Instead they treat the complaint with pain killers that mask the body's alert signals.

Pain killers treat the effect, not the cause, and eventually surgeons shave off some bone to create more float in the joint or replace the joint all together.

Taking a pain killer in this instance is like cutting the wires to stop the oil light in your car from flashing.

Air

We cannot live longer than 3-5 minutes without air. Yet what are we breathing into our bodies? Pollution is everywhere. In this country we are continually spraying chemicals and other contaminants on our lawns.

We have so well insulated our homes to conserve energy both in the winter and summer that there is more air pollution inside our homes than outside.

Air pollution does contribute to cancer.

Many believe the air pollution that causes cancer is only found only out of doors.

Our immune system is seriously jeopardized by both outdoor and indoor air.

Toxins caused by indoor pollution are often even more dangerous to your health than what you inhale outside.

Treating cancer alternatively seeks to help you to understand the detriments of air pollution.

It is important to determine what each of us can do to be responsible for eliminating the air pollution in our environment.

Our immune system will become strengthened and be able to fight the mutation of cancer cells as we minimize the air pollution and toxins that we ingest through our skin, our nose, and our mouth.

If too little outdoor air enters a home, pollutants can accumulate to levels that can pose health and comfort problems.

With the advancement of technology in air conditioners and furnaces, we have trapped the movement of air in our homes.

Many homes and office buildings are built with special mechanical means of ventilation.

We are no longer ingesting fresh air into our body.

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Our homes are designed and constructed to minimize the amount of outdoor air that can "leak" into and out of the home. These homes may have higher pollutant levels than other homes.

Added to these phenomena are all the schools, work offices, condos, nursing homes, and even hospitals where there is only internal air being circulated. Air pollutants are on the increase with no way of escaping. We are seldom breathing fresh air.

However, because some weather conditions can drastically reduce the amount of outdoor air that enters a home, pollutants can build up even in homes that are normally considered "leaky".

When a building's indoor air pollution level rises to a high level, you are more likely to become ill with "sick building syndrome". Sick building syndrome is defined as "the occurrence of excessive work, or school, related illness among workers or students in buildings of recent construction."

When such a residue of pesticides builds up in your body's immune system, you can begin to experience the following symptoms or diseases:

- Possibly hormone-sensitive cancer such as breast and prostate cancer
- Memory loss
- Depression
- Anxiety
- Psychosis
- Other forms of mental illness
- Parkinson's and other forms of neurological degeneration

It is indoor air pollution that is the largest contributor to cancer and other debilitating diseases.

It is also indoor air pollution that we are able to change and will have the biggest impact on cancer reversal.

[Treating cancer alternatively](#) will share a quick overview of different types of air pollution and toxins and its affect on our bodies and immune system.

- Outside Air Pollution
- Indoor Air Pollution
- Are you breathing in Bacteria, Mold and Yeast and other Toxins?
- Pesticide Pollution
- Smoking and Secondhand Smoke

Outside Air Pollution

Air pollution creates toxins in our immune system. An overload of toxins causes the mutation of cells which in turns contributes to cancer.

Air pollution is everywhere. Sixty-four pesticides have been listed as potentially cancer-causing compounds according to the Environmental Protection Agency (EPA).

You can live for weeks without food and days without water, but only minutes without air. The air you are inhaling contains smog, chemicals, carbon

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monoxide, heavy metals and other air pollutants.

Air pollution then passes into your nose, into your lungs and on through your bloodstream.

Remember that cancer is mutated cells that the immune system, when weakened or over loaded, cannot control. These mutated cells collect in various tissues and organs of the body and in time cancer develops.

With each breath, toxic chemicals are actually being pumped by the heart to every cell in your body via the bloodstream.

Air pollution is in all industrial plants, incinerators and hazardous waste sites that release volatile organic chemicals. These volatile organic chemicals may include benzene, formaldehyde, vinyl chloride, toluene, carbon tetrachloride and other volatile organic chemicals. Many of these chemicals can cause cancer.

In treating cancer alternatively, I did not have the time or energy to fight the laws and regulations of air pollution in our environment caused by technology, transportation and industrialization.

I needed to remove as many toxins caused by air pollution as possibly in my own personal environment. In considering health for our family, and the reversal of my cancer, I became responsible for the options that were available as my choices to do right now.

Another investment consideration became a triple carbon air filtration system for our home. For more information see Section 9: the listing of resources that I used on a consistent basis.

Indoor Air Pollution

If you think that air pollution is only found out of doors, you are wrong. Indoor air pollution is often even more dangerous to your health than what you inhale outside.

Most people spend about 90 percent of their time inside homes, office buildings, restaurants, factories and school buildings.

In these places indoor toxins, chemicals, and bacteria, become trapped and re-circulated due to the mechanical means of moving and exchanging air.

Today's buildings are much more airtight and well insulated than they were years ago, making them vaults for germs, bacteria and chemical toxins. If you travel with your job or business, you could be even worse off. Sealed-tight airplanes can seal in toxins, germs, bacteria and pollutants collected from people around the globe.

Think you are safer because your office building is new? I hate to have to be the one to inform you, but you couldn't be more wrong.

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Volatile organic compounds such as benzene, styrene, carbon tetrachloride and other chemicals are as much as one hundred times greater in new buildings compared to the levels found outdoors.

New buildings are the worst for indoor air pollution. Building materials emit gasses into the air through a process known as "out-gassing." New carpets and furniture release formaldehyde and other toxins.

Paints release solvents such as toluene and formaldehyde, and furniture made from pressed wood releases formaldehyde into the air as well.

Out-gassing may also occur from fabrics, couches, curtains, carpet padding, glues and more.

The many chemicals released through out-gassing from carpets, paints and glues can become so strong that those who work in these buildings can get very ill.

When a building's indoor air pollution level rises, you are more likely to become ill with "sick building syndrome". Your immune system is not able to cope with all of these additional toxins that enter your body both through the skin and the lungs.

Sick building syndrome is defined as "the occurrence of excessive work- or school-related illness among workers or students in buildings of recent construction." With time, however, these toxic levels gradually decrease.

The effects of the toxins may still be hidden in the fatty tissues of your body.

[Treating cancer alternatively](#) encourages each of us to look at our environment and determine the risk factors and the actions we need to take individually to protect our immune system and health.

Treating cancer alternatively becomes a time of not blaming but of assessing and making personal choices.

Remember that treating cancer alternatively allows us to take control of our health and to make personal decisions that will ultimately strengthen our immune system.

As our immune system becomes stronger, the mutated cancer cells will be destroyed. Our bodies are created to heal and fight toxins, illnesses, and diseases including cancer and other debilitating diseases.

High amounts of volatile organic compounds can also be found in offices. These compounds are emitted from copying machines, laser printers, computers and other office equipment.

At work:

- have you been experiencing headaches that get more severe?
- are your eyes itchy, red and watery?
- What about a sore throat, dizziness, nausea and problems concentrating?

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These are just a few of the many symptoms associated with "sick building syndrome".

Other symptoms of "sick building syndrome" include:

- nasal congestion,
- shortness of breath,
- problems with memory and concentration,
- fatigue and itching.

In addition, carpet glues, as well as particleboards, which are also made from glues and chemicals that contain formaldehyde, commonly cause both fatigue and headaches.

Air purification systems are becoming an investment to good health that is essential in all of our homes. We chose the Amway Global Atmosphere Air Purifier that has the seals of excellence and features the Clarus filtration system to remove greater than 99.9% of the airborne particles in a single pass through the system. Atmosphere Air Purifier filter technology ensures a more comfortable and better-quality living environment for you and your family.

Are you breathing in Bacteria, Mold and Yeast and other Toxins?

Airborne toxins, mold, bacteria and the poisons given off by yeast can also cause sickness.

Many people remember the mysterious deaths in 1976 of 182 Legionnaires who were staying at a Philadelphia hotel while attending a conference. It was later determined that this group of people contracted pneumonia from legionella bacteria that had contaminated the hotel's air condition system. This event is virtually unheard of or mentioned.

Nevertheless, many, if not most, air conditioning units and heating systems contain some amount of mold. Significant amounts are frequently found in them, and the spores from that mold can travel throughout a building.

Mold grows wherever dampness is found, which make air conditioning units incubators for it.

Damp homes not only breed mold, but they also breed dust mites.

Dust mites are the most common airborne allergy.

Most of the time our immune system is able to destroy toxins and molds as they enter our body however our immune system can become stressed.

Pesticide Air Pollution

Dangerous indoor air pollution is also created with the every-day increasing use of pesticides, which can be found in some really surprising products.

Believe it or not, pesticides can be found in

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- disposable diapers,
- shampoos,
- air fresheners,
- mattresses and
- carpets.

You are being exposed to pesticides every day. You may even have your home sprayed regularly with pesticides to control bugs.

The most common pesticides in use today are a variety called organophosphates. This group includes diazinon.

Pesticides are easily absorbed into your body.

- Through contact with your skin,
- By breathing them into your lungs and
- By ingesting them through your mouth and nose.

Even though your immune system is designed to eliminate such dangerous poisons, the sheer amount of them that you encounter daily is far more than your body was ever designed to deal with.

Therefore, pesticides, their metabolites and other dangerous toxins eventually build up in your body over time. And the greater the buildup, the more difficult it becomes for your body to eliminate them.

Smoking and Secondhand Smoke

Another powerful offender of indoor air pollution is cigarette smoke. The smoke from a burning cigarette, as it sits lit in an ashtray, contains a higher toxic concentration of gasses than what the smoker actually inhales.

Secondhand cigarette smoke contains cadmium, cyanide, lead, arsenic, tars, radioactive material, dioxin (which is a toxic pesticide), carbon monoxide, hydrogen cyanide, nitrogen oxides, nicotine, sulfur oxides and about four thousand other chemicals.

Secondhand cigarette smoke contributes to indoor air pollution.

It was very interesting that as I began to use the infra-red sauna, I could smell cigarette smoke from the sweat and removal of toxins from my skin.

I never smoked, however I grew up with a smoker in our family. I could even recognize the brand of cigarette.

Many people may smoke outside; however, secondhand cigarette toxins come back into the home on clothing, hair, and skin of the smoker.

Nicotine in the cigarette smoke is the main cause for the cigarette addiction. However, nicotine also constricts blood vessels and stimulates the cardiovascular system and the nervous system.

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One of the main dangers involved with cigarette smoke is caused by the cancer-causing substances and toxins found in the tars in smoke.

Indoor air pollution is serious and each of us is able to take steps to control the breathing of pure quality air in our homes.

To reduce indoor air pollution, air cleaner manufactures typically rely on one of two technologies for removing odors:

- **Activated carbon.** Odor-generating particulates are trapped by tiny pores in a carbon filter. Filters must be replaced periodically, but can last a long time depending on the amount and type of carbon used.
- **Ozone generator.** Neutralizes air-borne odors by creating fairly high levels of ozone. Very effective at odor removal and requires no filters. The major disadvantage? Ozone itself is a significant air contaminant that can lead to irritation and health problems.

The Amway Global [Atmosphere Air Purifier](#) is one of the best choices for pure breathing air. It is a mechanical filtration for particulate removal and carbon filters for odor reduction. This combination provides the best balance of high performance over time, low maintenance and efficient operations.

We needed to eliminate as much indoor air pollution possible to give our immune system the ability to tackle the cancer cells. We selected the Atmosphere Air Purifier.

In treating cancer alternatively, each of us must look at all aspects of our environment and decide what our options are in assisting our body to return to maximum health.

Air pollution, especially indoor air pollution is important to consider and take control in eliminating as much as possible. An air filtration system is not only important in reversing cancer, but also in the health of the entire family.

What Causes Indoor Air Problems?

Indoor pollution sources that release gases or particles into the air are the primary cause of indoor air quality problems in homes. Inadequate ventilation can increase indoor pollutant levels by not bringing in enough outdoor air to dilute emissions from indoor sources and by not carrying indoor air pollutants out of the home. High temperature and humidity levels can also increase concentrations of some pollutants.

Pollutant Sources

There are many sources of indoor air pollution in any home. These include:

- combustion sources such as oil, gas, kerosene, coal, wood, and tobacco products
- building materials and furnishings

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- asbestos-containing insulation
- wet or damp carpet
- cabinetry or furniture made of certain pressed wood products
- products for household cleaning and maintenance, personal care, or hobbies
- central heating and cooling systems and humidification devices
- outdoor sources such as radon, pesticides, and outdoor air pollution.

The relative importance of any single source depends on how much of a given pollutant it emits and how hazardous those emissions are. In some cases, factors such as how old the source is and whether it is properly maintained are significant.

For example, an improperly adjusted gas stove can emit significantly more carbon monoxide than one that is properly adjusted.

Some sources, such as building materials, furnishings, and household products like air fresheners, release pollutants more or less continuously.

Other sources, related to activities carried out in the home, release pollutants intermittently. These include:

- smoking
- the use of unvented or malfunctioning stoves
- furnaces, or space heaters
- the use of solvents in cleaning and hobby activities
- the use of paint strippers and paints in redecorating activities
- the use of cleaning products and pesticides in house-keeping.

High pollutant concentrations can remain in the air for long periods after some of these activities.

Indoor Air Pollution and Health

Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later.

Immediate effects

Immediate effects may show up after a single exposure, or repeated exposures. These include:

- irritation of the eyes, nose, and throat,
- headaches,
- dizziness, and
- fatigue.

Such immediate effects are usually short-term and treatable.

Sometimes the treatment is simply eliminating the person's exposure to the source of the pollution, if it can be identified.

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Symptoms of some diseases, including asthma, hypersensitivity, pneumonitis, and humidifier fever, may also show up soon after exposure to some indoor air pollutants.

The likelihood of immediate reactions to indoor air pollutants depends on several factors. Age and pre-existing medical conditions are two important influences.

In other cases, whether a person reacts to a pollutant depends on individual sensitivity, which varies tremendously from person to person. Some people can become sensitized to biological pollutants after repeated exposures, and it appears that some people can become sensitized to chemical pollutants as well.

Certain immediate effects are similar to those from colds or other viral diseases, so it is often difficult to determine if the symptoms are a result of exposure to indoor air pollution.

For this reason, it is important to pay attention to the time and place symptoms occur. If the symptoms fade or go away when a person is away from home, for example, an effort should be made to identify indoor air sources that may be possible causes.

Some effects may be made worse by an inadequate supply of outdoor air or from the heating, cooling, or humidity conditions prevalent in the home.

Long-term effects

Other health effects may show up either years after exposure has occurred, or only after long or repeated periods of exposure. These effects, which include some respiratory diseases, heart disease, and cancer, can be severely debilitating or fatal. It is prudent to try to improve the indoor air quality in your home even if symptoms are not noticeable.

While pollutants commonly found in indoor air are responsible for many harmful effects, there is considerable uncertainty about what concentrations or periods of exposure are necessary to produce specific health problems. People also react very differently to exposure to indoor air pollutants.

Further research is needed to better understand which health effects occur after exposure to the average pollutant concentrations found in homes, and which occurs from the higher concentrations that occur for short periods of time.

For now, I knew that I needed to personally take the necessary steps for myself and my family and purchase an Amway Global [Atmosphere Air Purifier](#) for our home. In fact, as time passed I purchased one for each level of our home. I especially had the first one in our bedroom as that is where I spent the most concentrated hours of the day.

Nutritional Deficiencies

Nutritional deficiencies are wide and varied. There have been countless studies done by the government and individuals. The purpose of this section is to give an overview

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of some of the issues and ask that you think through the possibilities of the issues using your own knowledge and common sense.

Medical science has failed in the curing and prevention of illness, sickness, and disease. Consider the following startling bits of data:

- More people get colds and flues than ever before. Swine flu is considered the next pandemic plague.
- More people have multiple sclerosis, lupus, muscular dystrophy, asthma, migraine headaches, joint, neck, and back pain.
- More people have acid reflux, ulcers, and stomach problems.
- More women have menopause problems.
- More women have more frequent PMS and more severe PMS.
- More people get cancer.
- More people have diabetes.
- More people have heart disease.
- More kids have attention deficit disorder and hyperactivity.
- More people have chronic fatigue.
- More people have insomnia.
- More people have bad skin, acne, and dandruff.
- More people suffer from depression, stress, and anxiety.
- More men and women suffer from sexual dysfunction and infertility.
- More people suffer from allergies, arthritis, constipation, fibromyalgia, cold sores, and herpetic breakouts.
- More men suffer from prostate problems.
- More women suffer from yeast infections.

Yet surprisingly enough....

- There are more people going to visit doctors.
- There are more people getting diagnostic testing, such as blood tests and X-rays.
- More people are taking nonprescription and prescription drugs.

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- Not only are more people taking drugs, but each person is taking more drugs.
- There are more surgeries performed.

Let's look at the "Diet Industry"

- More people are on diets.
- More people take more diet products.
- More people exercise.
- Yet more people are fat. Over 68 percent of the people living in America are overweight. It's been increasing virtually every single year. Not only are more people fatter than ever before, more people are dangerously obese.

What does this tell us? More people are getting medical treatment, taking more drugs, having more diagnostic testing and having more surgeries than ever before in history.

Yet more people are getting sick than ever before in history.

The reason more and more things are becoming diseases, is that once it is classified as a disease, legally there can be no natural remedy that can cure or prevent it.

People are turning to the "purple pill" for a solution instead of looking at their own body and the potential nutritional deficiencies we are facing on a daily basis.

Consider some of the potential causes of nutritional deficiencies in our diet.

Immune System

The American Cancer Society Cancer Book reads "Only when the immune system is incapable of destroying these malignant cells will cancer develop" (page X!X 1986 edition).

Nothing causes cancer. However, an inefficient immune system or lymphatic system allows cancer to develop.

Cancer is not a disease. It is a symptom of an inefficient immune system, and a signal to you to detoxify your body and build your immune system through nourishment.

Treating cancer alternatively discusses in detail alternative, natural defense treatment options that you are able to do in the confines of your own home. Take action now, for indeed we are in control of our health.

In most cases, the immune system does a great job of keeping people healthy and preventing infections. But sometimes problems with the immune system can lead to cancer, illness and many other infections.

The immune system, which is made up of special cells, proteins, tissues, and organs, defends people against germs and microorganisms every day.

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A reversal for cancer is to make sure the immune system or lymphatic system is strong and active, and it will send internal “missiles” to kill off any and all cancer cells through detoxification. No wonder it has taken medical scientists so long to discover the cancer virus. There isn’t one!

The breakthrough in cancer will come in the strengthening of the immune system.

Cancer signals a breakdown of the immune system. To fight it let us strengthen the immune system, not destroy it even more with chemo, radiation and surgery.

Rather than cut and mutilate the body, let’s arm the lymphatic system and increase their production through proper nourishment. There is so much we can do working within our natural defense system, rather than wreaking havoc on it from outside.

What is the immune system?

The immune system is a network of cells, tissues, and organs that work together to defend the body against attacks by “foreign” invaders.

These are primarily microbes—tiny organisms such as bacteria, parasites, and fungi that can cause infections. Viruses also cause infections, but are too primitive to be classified as living organisms.

The human body provides an ideal environment for many microbes. It is the immune system’s job to keep them out or, failing that, to seek out and destroy them.

When the immune system hits the wrong target, however, it can unleash a torrent of disorders, including allergic diseases, arthritis, and a form of diabetes. If the immune system is crippled, other kinds of diseases result, including cancer.

The purpose of treating cancer alternatively is to strengthen the immune system, thereby beginning to reverse the development of cancer.

The immune system is amazingly complex. It can recognize and remember millions of different enemies, and it can produce secretions (release of fluids) and cells to match up with and wipe out nearly all of them.

The secret to its success is an elaborate and dynamic communications network. Millions and millions of cells, organized into sets and subsets, gather like clouds of bees swarming around a hive and pass information back and forth in response to an infection.

Once immune cells receive the alarm, they become activated and begin to produce powerful chemicals. These substances allow the cells to regulate their own growth and behavior, enlist other immune cells, and direct the new recruits to trouble spots.

Although scientists have learned much about the immune system, they continue to study how the body launches attacks that destroy invading microbes, infected cells, and tumors while ignoring healthy tissues.

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New technologies for identifying individual immune cells are now allowing scientists to determine quickly which targets are triggering an immune response. Improvements in microscopy are permitting the first-ever observations of living B cells, T cells, and other cells as they interact within lymph nodes and other body tissues.

In addition, scientists are rapidly unraveling the genetic blueprints that direct the human immune response, as well as those that dictate the biology of bacteria, viruses, and parasites. The combination of new technology and expanded genetic information will no doubt reveal even more about how the body protects itself from disease.

Yet at the same time have you noticed that medical authorities have decided that various key parts of the body's lymphatic system are not really necessary and they often cut them out? This includes;

- the tonsils and adenoids,
- the lymph nodes,
- the appendix and
- the spleen.

Say good-bye to your immune system. A bit scary, isn't it.

By the way, before scientists can conduct experiments on mice to find new ways of externally poisoning the mouse's mutated (cancerous) cells, they must first breed a strain of mice which has no immune system.

We can not have the body's natural defense system messing up our experiments and healing itself naturally! Amazing how scientists seem to want to ignore what the body can do for itself and turn to chemicals and other pharmaceuticals to do what a strengthened immune system could do for itself.

Dr. Max Gerson puts it this way. "Cancer is an extraordinary symptom when the underlying cause is to be found in the poisoning of the liver."

He continues:

"after more than 25 years of cancer work I can draw the following conclusions:

1. Cancer is not a local but a general disease, caused chiefly by the poisoning of food stuffs prepared by modern farming and the food industry. Medicine must be able to adapt its therapeutic methods to the damages of the processes of our modern civilization.
2. A method is created to detoxify the body, kill the tumor masses and to absorb and eliminate them. This is the restoration of the healing power of the immune system.

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3. A natural alternative way has been found to restore the liver and the immune system if not too far destroyed and repair the destruction caused by the tumor masses.”

I want to say it over and over again. The bottom line is that degenerative diseases including cancer and the ageing process itself can be slowed, halted, and even reversed by doing three simple things:

1. detoxifying the body;
2. strengthening the immune system; and
3. nourishing your cells.

This is true because the growth of mutated cells causes degenerative disease including cancer and the aging process.

A strong lymphatic system or immune system eats up and destroys mutated cells before they can multiply into cancer growths, diseases and aging symptoms.

Healthy nourishment provides you with a healthy immune system and a healthy body.

Therefore, everything heals by doing at least one of three things;

1. It detoxifies the body
2. It builds the immune system
3. It nourishes the body.

Be constantly aware of how you are doing these things.

Things that detoxify the body:

- Eating a wide variety of primarily organic fruits and vegetables
- Breathing pure air
- Drinking lots of pure water
- Drinking fresh organic juice
- Excreting waste from the intestines quickly
- Using herbs wisely
- Taking organic whole food vitamins and minerals supplements
- Removing toxic chemicals from surfaces which one touches
- Taking antioxidants
- Fasting
- Prayer for healing

Things with strengthen the immune system:

- Eating a wide variety of primarily organic fruits and vegetables
- Prayer for healing
- Being healed of past emotional traumas
- Living in a spirit of faith, hope and love
- Exercising
- Taking organic whole food vitamins and minerals supplements
- Using herbs wisely

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- Pycnogenol
- Co-enzyme Q10

Things which Nourish the cells:

- Eating a wide variety of primarily organic fruits and vegetables
- Breathing pure air
- Taking organic whole food vitamins and minerals supplements
- Drinking lots of pure water
- Taking Co-enzyme Q10

Dr. Max Gerson lists six steps in the development of cancer and or degenerative diseases in general.

See the table below to describe the difference between a healthy immune system versus and unhealthy immune system.

Healthy Immune System	Unhealthy Immune System (Cancer)
Maintenance of the normal metabolism, its regulations and products of hormones, enzymes, co-enzymes, etc. absorption and elimination power	Slow intoxication and alteration of the whole body, especially the liver.
Maintaining the prevalence of the potassium (K) group in vital organs and Na-group (sodium) mainly outside in the fluids and some tissues.	Invasion of the Na-group (sodium), loss of K-group (potassium), followed by tissue edema.
Keeping the positive electrical potentials of the cells high as the basis for energy and function, simultaneously as a defense against invasion of the Na-group and the formation of edema.	Lower electrical potentials in vital organs, or edema, accumulation of poisons, loss of tension, tonus, reduced re-activation and oxidation power, differentiation of some cells.
Maintenance of circulation, tonus, storage capacity, reserves	Cancer starts --- general poisoning increases, vital functions and energies decrease – cancer increases.
Re-activation power of vital substances, especially enzymes	Further destruction of the metabolism and liver parenchyma – cancer rules – is acting, spreading.
Defense and healing power	Loss of last defense – hepatic coma – death.

Most people would agree it is wise to provide our bodies with the [purest water](#), [purest air](#) and [purest food](#) we possibly can.

I believe our bodies will operate best in a healthy environment. Obviously, the more air, food, and water we consume which is contaminated with pollutants, the more our bodies must struggle to

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cleanse our mutated cells which become damaged by these pollutants.

When we take in a heavy load of toxins through food, water and air, we put an excessive cleansing responsibility on our body's immune system. Our immune system is responsible to keep our insides free of damaged and mutated cancer cells before they begin multiplying.

The immune system can become overwhelmed, allowing cancer or other degenerative diseases to develop. Or, our immune system can break down, and environmental sickness can be the result.

It is pretty well accepted in America that the toxic chemicals in cigarette smoke pollute our bodies with chemical poisons and cause them to break down with cancer. It is for the same reason that we also avoid many other toxic chemicals.

Therefore, anything we can do to reduce the load of toxins we take into our bodies will ultimately improve our health.

What the Immune System Does

The immune system is the body's defense against infectious organisms and other invaders.

Through a series of steps called the **immune response**, the immune system attacks organisms and substances that invade our systems and cause disease.

The immune system is made up of a network of cells, tissues, and organs that work together to protect the body.

The cells that are part of this defense system are white blood cells, or **leukocytes**. They come in two basic types (more on these below), which combine to seek out and destroy the organisms or substances that cause disease.

Leukocytes are produced or stored in many locations throughout the body, including the thymus, spleen, and bone marrow. For this reason, they are called the **lymphoid** organs.

There are also clumps of lymphoid tissue throughout the body, primarily in the form of lymph nodes that house the leukocytes.

The leukocytes circulate through the body between the organs and nodes by means of the **lymphatic vessels**.

Leukocytes can also circulate through the blood vessels. In this way, the immune system works in a coordinated manner to monitor the body for germs or substances that might cause problems.

The two basic types of leukocytes are:

1. **phagocytes**, cells that chew up invading organisms

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2. **Lymphocytes**, cells that allow the body to remember and recognize previous invaders and help the body destroy them.

A number of different cells are considered phagocytes. The most common type is the

The organs of your immune system are positioned throughout your body.

neutrophil, which primarily fights bacteria. If doctors are worried about a bacterial infection, they might order a blood test to see if a patient has an increased number of neutrophils triggered by the infection.

Other types of phagocytes have their own jobs to make sure that the body responds appropriately to a specific type of invader.

They are called lymphoid organs because they are home to lymphocytes--the white blood cells that are key operatives of the immune system. Within these organs, the lymphocytes grow, develop, and are deployed.

Bone marrow, the soft tissue in the hollow center of bones, is the ultimate source of all blood cells, including the immune cells.

The *thymus* is an organ that lies behind the breastbone; lymphocytes known as *T lymphocytes*, or just *T cells*, mature there.

The *spleen* is a flattened organ at the upper left of the abdomen. Like the lymph nodes, the spleen contains specialized compartments where immune cells gather and confront antigens.

In addition to these organs, clumps of lymphoid tissue are found in many parts of the body, especially in the linings of the digestive tract and the airways and lungs--gateways to the body. These tissues include the *tonsils*, *adenoids*, and *appendix*.

The organs of your immune system are connected with one another and with other organs of the body by a network of lymphatic vessels.

Lymphocytes can travel throughout the body using the *blood vessels*. The cells can also travel through a system of *lymphatic vessels* that closely parallels the body's veins and arteries.

Cells and fluids are exchanged between blood and lymphatic vessels, enabling the lymphatic system to monitor the body for invading microbes.

The lymphatic vessels carry *lymph*, a clear fluid that bathes the body's tissues.

There are two kinds of lymphocytes:

- **B lymphocytes**
- **T lymphocytes.**

Lymphocytes start out in the bone marrow and either stays there and mature into B cells, or they leave for the thymus gland, where they mature into T cells.

B lymphocytes and T lymphocytes have separate jobs to do:

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- B lymphocytes are like the body's military intelligence system, seeking out their targets and sending defenses to lock onto them.
- T cells are like the soldiers, destroying the invaders that the intelligence system has identified. Here's how it works.
 - **Antigens** are foreign substances that invade the body. When an antigen is detected, several types of cells work together to recognize and respond to it. These cells trigger the B lymphocytes to produce antibodies, specialized proteins that lock onto specific antigens. Antibodies and antigens fit together like a key and a lock.
 - Once the B lymphocytes have produced antibodies, these antibodies continue to exist in a person's body, so that if the same antigen is presented to the immune system again, the antibodies are already there to do their job.
 - That's why if someone gets sick with a certain disease, like chickenpox, that person typically doesn't get sick from it again.
 - This is also why we use immunizations to prevent getting certain diseases. The immunization introduces the body to the antigen in a way that doesn't make a person sick, but it does allow the body to produce antibodies that will then protect that person from future attack by the germ or substance that produces that particular disease.

Although antibodies can recognize an antigen and lock onto it, they are not capable of destroying it without help. That is the job of the T cells.

The T cells are part of the system that destroys antigens that have been tagged by antibodies or cells that have been infected or somehow changed. (There are actually T cells that are called "killer cells.") T cells are also involved in helping signal other cells (like phagocytes) to do their jobs.

Antibodies can also neutralize toxins (poisonous or damaging substances) produced by different organisms. Lastly, antibodies can activate a group of proteins called **complement** that are also part of the immune system. Complement assists in killing bacteria, viruses, or infected cells.

All of these specialized cells and parts of the immune system offer the body protection against disease including cancer. This protection is called immunity.

Things That Can Go Wrong With the Immune System

Disorders of the immune system can be broken down into four main categories:

1. immunodeficiency disorders (primary or acquired)
2. autoimmune disorders (in which the body's own immune system attacks its own tissue as foreign matter)

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3. allergic disorders (in which the immune system overreacts in response to an antigen)
4. cancers of the immune system

I want to say it over and over again. The bottom line is that degenerative diseases including cancer and the ageing process itself can be slowed, halted, and even reversed by doing three simple things:

- detoxifying the body
- strengthening the immune system; and
- nourishing your cells.

Strengthening the immune system involves

- Eating a wide variety of primarily organic fruits and vegetables
- Organic juicing
- Detoxing
- Prayer for healing
- Being healed of past emotional traumas
- Reducing stress
- Rest
- Living in a spirit of faith, hope and love
- Exercising
- Taking organic whole food vitamins and minerals supplements
- Using herb wisely
- Pycnogenol
- Co-enzyme Q10

Begin taking steps to strengthen your immune system and you will discover that your body will begin a wonderful process of restoration.

Environment – Our Soil

We are slowly starving ourselves by the foods we are eating.

We are over fed and undernourished. Why?

"Our physical well-being is more directly dependent upon minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates we consume." (An excerpt from Senate Document 264).

And yes, we have to eat more to get the same nutritional value of our ancestors.

You see, even back as far as 1936 our scientists and our government has known that we are simply not getting the nutritional value that we need from the foods that our farmers are

The simple answer is...We simply do not, and more importantly, can not get what we need for optimal health in the foods that we eat unless it is organic.

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growing.

The foods that we consume in our homes are missing the essential nutrients that our bodies so desperately need. Our farmlands, back in 1936, were severely lacking in mineral content and it has gotten progressively worse.

"We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is of importance for normal function of some special structure in the body.

Disorder and disease result from any vitamin deficiency. It is not commonly realized, however, that vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless." (An excerpt from Senate Document 264).

This why I had to change water purifications systems to a high quality carbon filter with an ultraviolet light to kill 99.99% of viruses, bacteria and microorganisms, but allowed the organic minerals to pass through the filter for drink. See the [eSpring water system](#) listed in the last chapter. I realized that I had chosen the Reverse Osmosis water system which is excellent, but it strips the water of its necessary minerals for good health.

In 1936 Senate Document 264 announced that our farm soils are severely depleted of minerals. The grains, fruits and vegetables growing in these depleted soils are deficient. If the essential nutrients aren't in the soils, the roots of the plants can't absorb them into the plants and we cannot benefit from them when we eat.

What's frightening is that since this was made public, nothing substantial has been done about it. In 1993, the World Health Organization said in a report that our soil is now totally barren, 95% depleted of the basic survival nutrients we need.

The state of our soil should come as no surprise to us.

With four to five crop rotations each year on single plot of land, intense farming practices have depleted vital nutrients from the soil and are simply not there to be absorbed by the plants grown to feed our population.

What is alarming is that these deficiencies are showing up in our bodies. More and more diseases are becoming a part of our lives and the root of the problem is not being addressed.

U.S. Senate Document 264 and the 1992 *Earth Summit Report* support these findings and suggest that 99 percent of Americans are mineral deficient. Both reports further explain that a deficiency in nutrients can cause us suffering, and may even shorten our lives.

The 1992 Earth Summit Report* indicates that the mineral content of the world's farm and range land soil has decreased dramatically.

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Percentage of Mineral Depletion From Soil During The Past 100 Years, By Continent

North America	85% **
South America	76%
Asia	76%
Africa	74%
Europe	72%
Australia	55%

** Some US farms are 100% depleted and some are 60% depleted, the average is 85% depletion as compared to 100 years ago. This is worse than in any other country in the world because of the extended use of fertilizers and "maximum yield" mass farming methods.

Only now are we beginning to fully understand how the use of chemical fertilizers, pesticides and waste contaminants have fed the world, while creating a national nutrition crisis. It's literally enough to make you sick!

According to research in animal husbandry and from The National Science Foundation, animals require at least: 45 minerals, 12 essential amino acids, 16 vitamins, 3 essential fatty acids.

According to Gary Price Todd, MD, the human body requires at least 60 minerals for optimal health and basically the same other essentials as animals. But, only 8 minerals are available in any kind of quantity in most of the food we eat today.

We know plants can make vitamins, amino acids and varying amounts of fatty acids, if they are healthy from being grown in soils containing abundant minerals. If the soil lacks minerals, the plant is stunted because a plant can not make minerals.

Why are farmers and corporations not adding more minerals?

Because it's too expensive for farmers and corporations with vested interests in the current system to fix the problem until the demand for fully nutritious food is higher.

The demand won't increase until more people know about the result of vitamin and mineral deficiencies of our land and our food.

This is now beginning to happen all over the world as people are willing to pay higher prices and demand quality organic food.

As people are facing the surmountable evidence of sickness and disease, we as individuals are looking for answers.

We are no longer depending on our government and medical practices. People are demanding high quality, healthy organic foods and are willing to pay the price.

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I was willing to pay for health. I needed to be educated on the importance of high quality healthy organic foods. My life depended on it.

In our family we have struggled with sickness and disease for many years. We have incurred large hospital and doctor bills. It did not take us long to figure out that although we had good insurance, we had huge personal bills. (100% on part, 80% on part, 50% on part, and deductibles). We had pain, suffering, lack of income and financial devastation.

I can say that we are now both in excellent health. Seven years after my cancer diagnosis, at the last check-up my doctor as a side comment stated that I am healthier than I was 15 years ago.

We are willing to pay the price for health through high quality, healthy organic food. Are you?

I asked if he could state that I was "cured" of cancer. His answer, "Absolutely not, you did not chose to go the medical route, therefore you will not be classified as cured by the medical field".

Halleluiah, neither of us is on any medications. All health challenges have ceased as our health has returned.

Lack of proper nutrition in our diet is no secret and is certainly nothing new.

To learn more about the extent of the depleting of our soils find public record of the condition of our soil and its effects on the American public as discussed in the 66751014th Congress 2nd Session in 1936.

In addition to causing mineral depletion fertilizers also weaken the crop which in turns makes the soil more subject to insects.

This in turn forces the farmers to use toxic chemicals to kill the insects. Dr Jerome Weisner, Science Counselor to John F. Kennedy stated way back in 1963 that:

"The use of pesticides is more dangerous than atomic fallout."

Rachel Carson in her incisive work of 1962, 'Silent Spring', says "We are rightly appalled by the genetic effects of radiation...How then, could we be indifferent to the same effect from farm chemicals used freely in the environment."

This takes me back to the fundamental revelation truth shared elsewhere. I knew that as a farmer's daughter, we chose not to participate in the same means of fertilizers and chemicals.

The initial investment was greater than other farmers; however the crops were high quality and we were healthy. We as a family of nine did not suffer with colds, flues, or viruses that passed through the community. I now am beginning to understand the value of keeping our soil healthy and eating organic vegetables.

On top of everything the farmer is encouraged to spray their vegetables with wax in order to provide a nicer look and increase sales and profits.

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Even when the soil is burnt out, farmers can still grow good looking fruits and vegetables by using high doses of fertilizer.

The fruit and vegetables will have good caloric content but very little in the form of real nutrition. We think, as we are purchasing a head of broccoli or a bag of apples that we are giving our body's nutritious food. We are wrong!

When consuming mass produced (non organic) food one is definitely in risk of eating more toxic chemicals, not to mention genetically engineered food that looks fresh for suspiciously long time, but has questionable effects on your physiology.

Food Irradiation

Now we have added yet a new process to our food production in the form of irradiation.

A new government law, world wide, food "Irradiation" is affecting the entire world of fresh food. The end result will be cancer, sickness, disease, and slow starvation of our bodies.

What is food irradiation and how does it affect our health?

"Irradiation" of our foods is potentially devastating to our health by eliminating living enzymes, vitamins and nutrients. It prevents restoring and healing the body of cancer and other diseases.

Our bodies are created to heal themselves. It is our responsibility to give ourselves the necessary healthy food to assist our bodily systems to function properly, and gives us a long and healthy life.

The large majority of disease and affliction including cancer is caused by a lack of necessary living enzymes, vitamins, minerals, supplements, and also the trace elements needed by our body to fight and survive.

Irradiation of food is more economical in guarding our food processes than improving and supervising sanitary practices in the growing and processing of food.

United Nations Food and Agricultural Organization (FAO) and United States Department of Agriculture (USDA) has approved Food irradiation as a process of protecting us from unsafe sanitary practices and controlling the food supply by killing and destroying all living parts of the food.

Sounds great at first thought, but consider the long term effects of our body being slowly starved to the point of exhaustion, fatigue, sickness, and disease. The body is unable to fight for health.

How long can our bodies survive on "synthetic" chemicals and food substances?

How much food irradiation can our body tissue store, before there are major body breakdowns?

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We are sacrificing our health and the health of our family in lieu of practicing safe food growth and processing. How devastating!

Listed below are some of the positive benefits of irradiation of foods. However, as you view the list, consider the underlying opposite effect stated.

Microorganisms can no longer proliferate and continue their malignant or pathogen activities. (Remember, both necessary and malignant microorganisms – all are killed).

Spoilage-causing micro-organisms cannot continue their activities. (Because spoilage can be stopped, we are more likely to eat spoiled foods)

Insects do not survive or become incapable of proliferation. (If there is not enough food values, nutrients, etc. for insects to survive, is there any food value left for human survival?)

Plants cannot continue the natural ripening or aging process. (Most of the food supplementation of vitamins, minerals, and trace elements are formulated during the last stages of natural ripening and aging process. It is NOW being halted.)

Irradiation of our foods will potentially

- be used to mask spoiled food, discourage strict adherence to Good Manufacturing Practices,
- preferentially kill 'good' bacteria, encourage growth of 'bad' bacteria, devitalize and denature irradiated food, (destroy enzymes and vitamins)
- impair the flavor,
- not destroy bacterial toxins already present,
- cause chemical changes which are harmful to the consumer,
- and, on top of all, is unnecessary in today's food system.

Why would anyone consider eating foods that have undergone irradiation?

Considering the above listed qualities and you will see that the health of everyone will be greatly affected over time?

In [treating cancer alternatively](http://www.treating-cancer-alternatively.com), the focus is on restoring or maintaining health.

The body needs living enzymes and vitamins attained from the fruits, vegetables and other living food that we eat. These necessary food elements come during the final stages of natural ripening.

Keep in mind that all the living enzymes, as well as many other vitamins and nutrients and trace supplements, are devitalized, if not destroyed, by the food irradiation processes.

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It is important to again focus on the fact that much of what our body needs from the foods that we eat is gained during the natural ripening process of our food.

Irradiation causes chemical changes that will drastically affect the health of our body systems. The body is created to eat whole natural foods, ripened in the natural environment of sunlight and air. Not chemicals!

But food irradiation prevents natural ripening.

Think about the effects that irradiation will have on our immune system, and other organs of our bodies, especially with the passing of time.

Each time we alter our food in any way, we will bring devastation to our body.

So it will be with the irradiation of our foods.

Food irradiation is currently permitted by over 40 countries, and volumes of food are estimated to exceed 500,000 metric tons annually world wide. This volume will increase in the coming months and years.

What foods will be irradiated? All fruits, vegetables, dairy products, meats, and eggs, along with other living foods, are by law to be irradiated.

Because of the 'Single Market' of the European Commission (EC), any food--even if irradiated--must be allowed to be marketed in any other Member State. The USDA has agreed to the same guidelines. Even if a general ban of food irradiation prevails in a country, irradiated food can be sold under the condition that the food has been irradiated legally in the state of origin.

Furthermore, with imports from third world countries, if the irradiation facility had been inspected and licensed, and the treatment is legal within the country or state of origin of the food, it can be sold anywhere in the world.

Irradiation does not need to be stated on food packaging labels. Many people are consuming irradiated foods without their awareness.

To read more technical information and studies on food irradiation **check out www.treating-cancer-alternatively.com.**

We cannot change the irradiation of foods on the market; however we can change our living and shopping habits.

Organic grown foods are yet safe from the irradiation process, because of their high standards of growth and processing of food for organic certification.

Organic farms and foods do not yet come under the guidelines of food irradiation.

The selection of **non-irradiation food sources** will be important in healing the body.

The health conscious person will turn to organically produced, and organically processed, foods.

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Organic farms and stores are re-emerging. Many are taking steps to become a part of an organic farming co-op, market, or store to ensure good health for themselves and their families.

Organic food has a high spoilage rate as its freshness is only a few days. Because of this, organic food will come at a higher cost. The variety of foods will be more limited, as we will focus on the fresh organic foods of the season of growth.

It is also important to consider additional supplementation of organic whole food supplements from companies that have practiced good soil management, and [Good Management Practices](#).

If you are looking for a great source of supplementation that is organic, whole food, with phytonutrients, check out www.nutriline.com and learn more about their farming and processing practices.

If you choose to purchase the Nutrilite supplements and other products, you can support the Treating-Cancer-alternatively website by logging on as a customer/client using the following referral/sponsor information.

IBO: 1668110
Surname: Mickelson

See www.nutriline.com for information on the history, the land, the process of dehydration. and maintenance of the quality of trace minerals and supplementations of the complete whole food.

We have found these supplements to be the leading supplements in the world.

The [Nutrilite](#) supplements have been great for supplementing our juicing program. These supplements are organic whole foods – dehydrated and processed immediately from the fields.

These [supplements](#) also meet my needs when I am unable to [juice](#) the quantity of juice needed to provide my [immune system](#) with the optimal supply of vitamins, minerals, enzymes, and trace elements not yet discovered.

It is our immune system that destroys the cancer cells and heals other infections, diseases, and infirmities.

Summary Thought:

Start building your immune system with organic natural foods.

Especially the dark greens and dark colors of fruits and vegetables.

Our immune system is built up and strengthened with a wide variety of organic foods, especially the dark green and dark colored fruits and vegetables.

Organic food is obviously a healthier choice, because you get more minerals and less toxic chemicals into your system while eating organic food.

We must be proactive and supply our bodies with the nutrients that we desperately need.

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The solution is high quality, organic foods for beneficial nourishment and from whole food supplementation as needed. These choices become our responsibility.

Supplements: What to look for?

Remember, if you choose a supplementation; be sure to take it through the dissolvability test. I found out that one of the organic supplements that were highly recommended to me took 24+ hours to dissolve. By that time it was already through my system and useless.

See the test for dissolvability of supplements in chapter 9.

Liquid supplementation has become very popular. Please keep in mind that every time the bottle is opened, the air destroys the enzymes and some of the supplementation attributes that are affected by the air. After a few times the quality of the supplementation may be drastically reduced.

**Take care of your body,
and your body will take
care of you.**

What our earth creates under near optimal or even reduced soil integrity is far superior to what man can produce. We have yet to discover all the trace minerals and vitamins and catalyst and how everything works together.

Perhaps the best summary is by Dr. William A. Albrecht, Chairman of the Department of Soils at the University of Missouri, who said:

"A declining soil fertility, due to a lack of organic material, major elements, and trace minerals, is responsible for poor crops and in turn for pathological conditions in animals fed deficient foods from such soils, and that mankind is no exception."

Dr Albrecht goes further to unequivocally lay the blame:

"NPK (Nitrogen, Phosphorus, and Potassium) formulas, as legislated and enforced by State Departments of Agriculture, causes

- *malnutrition,*
- *attack by insects, bacteria and fungi,*
- *weed takeover,*
- *crop loss in dry weather, and*
- *general loss of mental acuity in the population, leading to degenerative metabolic disease and early death."*

Dr. Linus Pauling the two-time Nobel Prize winner states that: "You can trace every sickness, every disease, and every ailment to a mineral deficiency.

"Mineral insufficiency" and "trace elements insufficiency" are more likely to occur than are vitamin insufficiency states. Because of differing geologic conditions, minerals and trace elements may be scarce in the soils of certain regions and rich in those of other regions.

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Sugar

Mass amounts of sugar are being consumed by the individual. The immune system is unable to cope and cancer seems to be an ever-looming fear on the horizon for many people. Is there a connection?

What's harmful about sugar? What a question to ask! I thought EVERYBODY knew that sugar is a major contributor to cancer.

I'm sure we all know some one who has suffered from this terrible disease. And many of us may worry that this life threatening illness just might take over our own bodies.

However, if you take a pro-active approach to your health and life, you can significantly reduce your chances of experiencing cancer which is often a life-style induced disease. Treating cancer alternatively discusses many ways to be pro-active.

Nutritionists and scientists, treat all sugar the same. Sugar is sugar. We need to re-evaluate that belief. Natural sugar in organic food has an enzymatic effect in nutritional well-being. Chemical processed sugars cause nutritional deficiencies.

The natural sugar found in fresh organic foods is different than the chemically processed sugar used in food production.

This raw, unprocessed sugar is created in direct relationship to all the other vitamins, minerals, and supplements of that particular organic food product.

The natural organic sugar found in fresh fruits, vegetables, as well as the sugar from raw sugar cane and sap from different trees can easily be digested by our immune system and is necessary to help aid in the use of vitamins, minerals and other trace supplements.

The body uses this sugar entirely different than the chemically processed refined sugar used in packaged foods.

When sugar is extracted from a food and tested separately it does not have the same enzymatic reactions as when it is consumed as a whole raw organic product.

Our bodies need a wide variety of raw, unprocessed sugar from organic fruits and vegetables and sugar sources such as organic raw honey, sugar cane and other forms of sugar.

There is a major difference between organic raw sugar and chemically processed sugar used in manufacturing of packaged foods.

Processed sugar causes nutritional deficiencies in our immune system.

Treating cancer alternatively teaches us to give our bodies the natural organic raw foods that build our immune systems, thereby destroying cancer cells and healing our bodies of many debilitating diseases.

Chemically processed sugar

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Chemically processed sugar causes irritation and weakening of the immune system and the mucous membranes of the body, and robs teeth, bones and blood of a great percentage of their minerals.

Inflammatory diseases of the breathing and digestive organs result from the use of white and brown chemically processed sugar. Diseases of the throat, nose, chest, and of the skin are frequently due to the use of white and brown sugar.

When the human body is overloaded with such sugar and sugar mixtures, both in solid and in liquid form, nutritional deficiencies causes the vitality of the body cells to be afflicted and the may cause swellings and mucous discharges.

Inflammatory diseases are intensified in direct proportion to the amount of sugar used.

Cancer and diabetes have been traced to the excessive use of sugar, as so has poliomyelitis, and inflammation of the grey matter of the spinal cord, which causes painful crippling of the body.

For most people, this is in the form of white, refined sugar. The sugar industry might try to tell you that sugar is simply a harmless source of carbohydrates. **This is not true!**

One of the biggest contributors to the cancer epidemic is the mass amounts of sugar being consumed regularly by the average individual.

What they don't tell you are that refined sugar:

- disrupts your blood sugar,
- signals your body to store (and hold on to) fat,
- depletes your body of important minerals,
- induces dramatic mood swings,
- makes you tired and irritable, and
- is very "addicting."

When you eat a large quantity of sugar, your pancreas is forced to pump out a large amount of insulin to utilize the sugar as fuel.

However, while consuming a small amount of carbohydrates is normal, and healthy, the large amount that many of us consume generates a huge insulin response that ends up signaling the body to store all incoming carbohydrates as fat. Now, while this does not directly cause cancer, the state of being overweight with high blood sugar can definitely set the stage for this deadly illness.

Sugar turns your body into a nice, suitable breeding ground for cancer by devastating your immune system.

Your body uses vitamin C to fight off illness and to keep you healthy. However, when you consume vast amounts of sugar, the sugar molecules (which are similar to vitamin C in structure) "battle" for entry into your cells.

So, essentially, if you are allowing huge amounts of sugar into your body, more glucose is going into your cells than necessary and less crucial vitamin C.

As a result, your immune system will suffer.

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To be metabolized by the body, sugar will also draw upon your body's vitamin and mineral stores to complete the job. This is because refined sugar has been nutritionally depleted in the refining process.

Therefore, it is really easy to see why excess sugar consumption can lead to vitamin and mineral deficiencies.

So, essentially, it is really relatively simple to understand how a diet high in sugar can contribute to cancer.

In addition, when your body is low in essential vitamins and minerals, the proper metabolization of fatty acids and cholesterol is also impaired leading to a build up of plaque in the arteries, poor circulation, and an overall degradation in one's state of health.

Prevention is a wonderful, empowering way to give you peace of mind in a seemingly volatile and uncontrollable world.

Excess sugar leads to excess, unnecessary fat gain, significantly impairs your immune system, and depletes your body of the necessary vitamins and minerals it requires to function optimally.

And of course, cancer isn't the only illness spurred by large sugar intake. Obesity, heart disease, and less serious ailments like arthritis, fibromyalgia, acne, migraines, the common cold, and more are caused by the large amount of sugar intake.

So, keep your body healthy and happy by starting to reduce the sugar in your diet today.

History of Sugar

Excessive use of refined sugar in the United States has become a serious nutritional problem, especially in the last half century.

One hundred years ago less than one-tenth as much sugar per capita was consumed as food in this country, as compared with today.

During that same century, while the death rate from acute disease dropped considerably, statistics showed alarming increases in many of the degenerative diseases.

These diseases are thought by many scientific investigators to be at least in part the result of excessive use of refined sugar.

While Americans have shown a significant increase in these chronic diseases, other people of the world who have been eating no refined sugar, or white flour, have not.

Refined sugar, however, has a wide field of usefulness in industry. It is one of the cheapest organic chemicals on the market. New industrial uses are being found constantly.

Through research work undertaken at many large universities in the United States and financed from funds contributed by the Sugar Research

Unrefined sugar, especially as it occurs in nature, when eaten in SMALL amounts, seems less objectionable because it is associated with the necessary minerals and some vitamins.

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Foundation, Inc., such industrial uses are multiplied.

Part of its effort, however, is being expended upon trying to further the use of sugar as a food. The foundation claims that because of the end product of sucrose is glucose, which is life's necessity to the body, sucrose must be a good food. NOT SO.

My husband became septic with bacteria throughout his body. He was in intensive care for 22 days. They gave him glucose (sugar water) and every few hours had to treat him with insulin to keep his body in balance.

The definition of a food is, "That which sustains life and promotes growth."

Sugar refined to the state of being a pure chemical or drug, has been fed to rats and found to shorten life and stop growth. Therefore sugar can't be called a food.

During recovery the medical team was convinced that he was diabetic. He was treated with insulin throughout the day and night.

It is amazing how much soda, ice cream, sweets that are served in the hospital.

When he came home his diet changed to drinking fresh juice and eating fresh organic fruits and vegetables. He stopped the intake of processed sugars, his body rebalanced and he no longer needed insulin.

Another problem is corn syrup which is considered a vegetable by the food industry, but a sugar by the body.

Like alcohol, sugar furnishes calories to the body along with detrimental substances that use up the nutrients needed for body sustenance.

A drug is defined as "any substance used as a chemical ingredient in the arts." Pharmacists agree that sugar meets the requirements of this definition.

Scientific evidence supports the following concepts:

- Sugar is not a food, but a drug.
- How sugar as a refined chemical is now damaging the human body.

Throughout the world, wherever unrefined or natural sugars are found, an all-wise Creator has always accompanied them with vitamins and minerals which are of importance to the body in the digestion and metabolism of those sugars. For thousands of years mankind lived without sugar and was in good health.

Modern man came along after thousands of years and managed to refine sugar and corn syrup to an almost pure state. The resulting chemical product, sucrose, now easily available in large quantities at low cost, is playing an important part in our present-day problems of civilization, especially in the cause of cancer and other degenerative diseases.

Sugar eaters crave candy and sweet drinks. Cola drinks are doubly habit-forming because they also contain caffeine, in addition to a large amount of sugar.

Like alcohol, tobacco, tea, coffee, and chocolate, sugar is habit-forming.

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Sugar eating creates deficiencies of nutrients even in people taking “vitamin pills,” because most vitamin tablets or capsules now on the market contain several isolated synthetic vitamins. These chronic deficiencies show their effects in a long list of degenerative conditions and illnesses, many of which have been thought to be practically incurable.

Sugar drinks are replacing milk and water in many of our American diets.

This not only means less calcium for bone growth, but also means reduction of the calcium needed for heart action and the coagulation of the blood. Sugar itself further discourages calcium metabolism. Nervousness results and predisposes poor work habits, actual nervous breakdown, and even mental disease.

Effects Of Sugar In Middle And Old Age.

Sugar eating is a number one predisposing cause of cancer and other debilitating diseases such as arthritis, neuritis, and rheumatism (now know as Fibromyalgia), as well as many of the other chronic diseases, like insanity, and heart disease.

From childhood to old age the chronic complaint of gas in the stomach and bowel has been widespread. One of the causes of this condition is sugar.

Sugar irritates the linings of the stomach and intestine, probably by virtue of its tendency to promote fungal growth and its hypertonic effect on the tender mucous membrane. This results in the failure of the normal digestive process and delayed emptying time of the stomach.

In the meantime, the sugar ferments (yeast fungus) and forms gas which creates pain, and other symptoms of indigestion. This may result in a person being underweight or overweight.

Lowling of the hydrochloric acid content in the stomach is another result of refined sugar eating. Low acidity of the stomach is found to be fairly common, especially in people who have reached middle age.

Sugar and fats in the diet are now not only higher than ever before in the history of the race of man, but fats, sugar, and white flour – a bad combination—are now also used widely in pastries, cookies, main dishes and many other modern recipes.

The amount of sugar intake is thought to be a chief cause of low stomach acidity frequently confused with “sour” stomach and is often even by doctors themselves mistaken for too high acidity.

The result is that the individual is given alkaline or aluminum medications to neutralize acidity while the real trouble is insufficient acid in the stomach plus depleted bicarbonate reserves in the small intestine.

Low stomach acidity with low bicarbonate reserves, resulting at least in part from the use of refined sugar, leads to a long list of other degenerative diseases that are seen

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especially among the middle-aged and elderly people in America, where the people have been called the "sugar gluttons of the world".

Processed sugar intake causes nutritional deficiencies in the body.

Because of low bicarbonate reserves and low stomach acidity caused by the processed sugar, iron is not easily absorbed from one's food. Thus it is difficult for the body to make up for its iron losses. This is manifest in various forms of anemia.

Calcium also is not absorbed with individuals of low acidity of the stomach. Low calcium causes another long list of chronic illnesses, among which are rickets, heart disease, muscular twitching, nervousness, tiredness, and numerous nervous and bone diseases including fractures. Milk cannot be digested in a digest tract hampered by excess sugars. So calcium cannot be utilized.

Another condition of processed sugar, due to this lowered acidity of the stomach and decreased bicarbonate reserve, is poor digestion of proteins. The incompletely digested proteins absorbed into the blood are thought to be an important cause of certain types of allergy.

Processed sugar encourages low stomach acidity which also causes unabsorbed calcium to combine with the fatty acids. This in turn forms calcium soaps which are wastefully excreted in the stool. This fatty stool carries out with it much of the body's valuable fat soluble vitamins such as vitamin A, D, E, and K.

Excess intake of chemically processed sugar causes nutritional deficiencies in our body.

Nutritional deficiencies weaken the immune system. The immune system is what destroys the cancer cells.

Obesity is another unpleasant condition justly earned by "sugar gluttons". Sugar and other refined carbohydrates lead to water-logging of the body tissues.

People who are fat should actually be declared malnourished. This could be seen if their excess toxin and water were removed from the body tissues.

Thiamine (Vitamin B1) deficiencies are found in many sugar eaters. Thiamine deficiencies cause abnormally slow oxidation in body cells, leaving incompletely oxidized toxic products in the blood.

The growth of cancer is accelerated by sugar eating. Cancer in America is also on the increase right now when sugar consumption has greatly increased. This further suggests to some of us a relationship of the two.

Colds, tonsillitis, sinus infections, and other catarrhal diseases are worse in eaters of sugar. When an individual goes on a normal nutritious dietary regime, these infections are much more easily cured.

Tuberculosis and other infections and bacteria strikes harder at the "sugar glutton" when (s)he is exposed to germs. His/her resistance is lowered, and the bacillus grows more rapidly in his/her body. It has long been known that a good nutritious diet goes far in helping the individual recover from this disease.

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People can become allergic to sugar. But usually it is the internal yeast growth and the toxic byproducts from eating excess sugars that cause the allergy. Through sugar eating, the body biochemistry changes so that the adrenal glands are unable to cope satisfactorily with the toxic state. Many allergic persons are greatly benefited when they make no other change except to eliminate sugar from their diets.

Among the conditions included under this heading of sugar allergy are:

- asthmas,
- hay fever,
- eczema,
- hives,
- migraine or nervous headache, and
- various food allergies, which contribute to
 - stomach and bowel disorders,
 - fatigue,
 - mental and
 - behavioral problems.

Heart disease, today's number one killer, is another condition made worse by nutrient deficiencies. Especially bad for the heart is deficiency of Vitamin B1 or thiamine which a person develops from excessive eating of sugar as explained earlier.

Sugar is a dangerous addictive food that we are serving up to our children and loved ones from birth to death. Sugar is used in a variety of forms in hospitals, dental offices, family celebrations, for rewards, gifts and in and all occasions.

We are giving gifts of poison to our loved ones!

Hardening of the arteries and high blood pressure relate to the use of excess sugar in the diet. It also leads to calcium deposits in the vessels.

When sugar is eaten, the blood serum phosphorous drops and continues to drop for several hours.

During this time calcium, apparently being absorbed by the bones, rises in the blood serum to a high level. Thus at a time about six hours after a few ounces of candy or ice cream have been eaten, the serum phosphorous is very low, and the serum calcium is undesirably high. Recovery from this condition takes from hours to days.

This excess calcium in the blood serum of an individual who frequently eat refined sugar, may be an important factor in the cause of the calcification of arteries, as well as other diseases associated with abnormal calcium deposits such as:

- cataracts,
- arthritis,
- kidney stones,
- dental calculus, and even
- formations in the lungs and heart.

Because of sugar's ability to lower physical efficiency, sugar and corn syrup should be avoided by athletes and all those engaged in important physical activities.

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Thus instead of furnishing candy to the servicemen and war workers, they should have been given good nourishing food and should have been discouraged from eating refined sugar foods. What about the Olympics?

Some families are much greater consumers of sugar than others.

While no direct comparison of such families can easily be made, a recently published report shows that something that influences people by families is operating to cause similar diseases to occur in husband and wife after they have lived together many years.

To summarize:

1. Refined sugar and corn syrup is not really needed by the body.
2. Wholesome foods supply ample glucose to satisfy the body needs for the energy in our daily lives. These foods include fresh organic fruits, vegetables, dairy products, meat, fish, eggs, and whole grains, unprocessed.
3. Refined sugar is a drug or chemical which appears to be responsible for many diseases of infancy, childhood, middle and old age.
4. Refined sugar, like alcohol, is habit-forming, and is also in many other ways like alcohol.
5. Even honey, molasses, raw sugar, and dried fruits should be eaten in small quantities and with "prudence."
6. Vitamin and mineral deficiencies result indirectly from the use of refined sugar. These are not satisfactorily replaced by taking vitamin pills.
7. Refined sugar eating often results in the decay of the teeth, diabetes, indigestion, gas, skin diseases, anemia, obesity, infections, colds, and sinusitis. The use of refined sugar is aid to predispose arthritis, tuberculosis, cancer, high blood pressure, allergy, lowered physical efficiency, chronic tiredness, and a long list of other ailments that lead to sickness, misery, and premature death.
8. Refined sugar is difficult to avoid because it is found in a high percentage of our current packaged, canned, and other modern processed foods.

Conclusion:

If one can avoid eating sugar, one can expect more vibrant health, and a longer life with greater freedom from some of the acute and chronic diseases and complaints which many modern doctors are unable to diagnose or to treat successfully.

Salt

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Too much sodium (salt) consumption can be a killer!

We take in an enormous amount of sodium, not necessarily with the foods we prepare ourselves but with those we purchase already packaged, especially those mixed ingredients that people eat in restaurants.

Dining out side the home is an unhealthy way to eat and live. It is an underlying source of degenerative illnesses such as high blood pressure, stroke, and cancer.

Dixon and Webb, in their book titled "**Enzymes**" gave further evidence of the problems caused by sodium/salt penetration. The book confirmed Dr. Gerson's initial findings. These two authors studied how the body builds enzymes, and they reported that, in most cases, potassium behaves like a catalyst – an activating substance – in the formation of enzymes.

Sodium, on the other hand, usually acts as an inhibitor, or blocking substance. Thus, with the penetration of sodium into the cell, and therefore into tissues, the enzyme function is inhibited and the normal tissue activity becomes disturbed or at worst, blocked.

While a minimum of sodium is needed by the body for normal function, this inorganic substance is also considered to be an extra-cellular mineral, since it must remain outside of the body cells in their fluids.

Potassium is the intracellular mineral, since it is needed for metabolism with body cells. When the extra-cellular/intracellular balance is disturbed, health problems start to damage the cells.

In normal vegetarian nutrition, plant material of all kinds contains quite adequate amounts of sodium to satisfy our needs.

The problem is that, in the course of canning, bottling, preserving, freezing, and all other forms of food processing, as well as during the usual procedure of cooking, potassium is depleted and salt is invariably added to foods.

Additions like these constitute an excess. The body is normally able to excrete excess sodium through the kidneys and feces. However when the body becomes overwhelmed daily, year after year, with huge amounts of excess sodium, there comes a point when the body's ability to excrete this excess is reduced or lost.

Then, a persons many enzyme systems, his or her immune system, and eventually the liver, are damaged. The result is symptoms of illness and the creation of disease dysfunction including cancer.

Around every tumor or arthritic joint, in most chronic viral conditions such as genital herpes, and in other long-standing pathologies, the individuals' tissues which have lost potassium do gain sodium and swell with too much water. Today, it has been established in modern medicine, that this is a physiological fact.

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The first thing Dr. Max Gerson did was to eliminate all added salt from the diet. He then added to the salt-free vegetarian diet a freshly pressed glass of organic vegetable juice taken hourly, thirteen times a day.

Dr. Gerson found that the beginning of all chronic disease is marked by the loss of potassium from the cell and the invasion of sodium chloride, the flavoring chemical compound that comprises salt. Salt inhibits enzyme production at the cellular level.

Furthermore, salt promotes excessive cellular mitosis (cell division). In other words, it promotes cancer. Obviously, we must avoid taking in salt, and must obtain the body's need of iodine from other sources.

By restricting sodium and substituting elevated amounts of potassium by providing individuals with a fresh fruit and vegetable diet, Dr. Gerson was able to bring about absorption of cellular edema. The individuals' swellings disappeared by eliminating the tissue damage syndrome that surrounds tumor tissue.

The Gerson therapy creates a physiological situation in which distressed cells slowly return to normal. What brings this about is the un-spiced, low-sodium, high-potassium diet required by the Gerson Therapy.

No matter what is the tissue's origin of dysfunction, the same responses occur in cells throughout any part of the body:

1. the damaged cell loses most of its potassium,
2. the damaged cell accepts an abundance of sodium
3. finally it swells with excessive water to dilute the sodium

Salt is very easily absorbed through the skin and should never be used by a cancer individual. The sodium in salt is an enzyme inhibitor.

Salt, in fact, is needed for fast growth of tumor tissue.

Give the sick cell potassium and reduce the sodium, and the cell gets well.

It is also the basis for the "tissue damage syndrome," when normal cells lose their ability to hold potassium while sodium penetrates their protoplasm, causing edema and loss of function.

This tissue damage caused by sodium is, according to Dr. Max Gerson, the beginning of all chronic disease including cancer.

Naturally, for a cancer individual, bathing in salt water even in the ocean must be avoided at all costs.

Salt and sodium in all forms, including table salt, sea salt, celery salt, vegetable salt, Bragg Liquid aminos, tamari, soy sauce, "light salt," baking soda, sodium-based baking powders, and anything with "sodium" in its name, as well as salt substitutes, are forbidden.

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Skin contact with Epsom salts should be avoided. Combinations of herbs, often sold under names such as "instead of salt" or "salt-free seasoning" may be used in small quantities, if they contain permitted herbs without added salt or salt substitutes.

Stress and Rest

It is time to allow CANCER to be an opportunity to stop and evaluate your mental, emotional and spiritual distress.

Most of us are nearly drowning in stress. We live on the run, tossing down dinner from a "drive-thru" on our way to meetings or our children's activities.

On other days, we wash ashore at the end of the day with barely enough strength to make TV dinners. Or worse yet, we fill up on chips or whatever else we can find on the run.

We wear ourselves out working longer hours, and we enjoy our lives less and less. We exercise very little, if at all, and we keep up our hectic pace through stimulants such as coffee, tea, sodas, and chocolate.

We stress our bodies even more by purchasing more "things," bigger houses and new cars, which means longer work hours to pay for our cravings. Our list of commitments grows while our endurance runs out.

Stressed-out America is on a path to degenerative diseases and premature death including an increase of cancer. Many of us are dying in middle age. But it does not have to be this way. We can choose to relax, slow down, smell the roses and choose a healthy diet.

Most of us have grown up eating the American diet and feeling pretty good about it. But to live healthier, longer lives, we must rethink what we have been taught about food – before it is too late.

How do we change our thinking?

We can start by changing the way of eating. Just why do you eat? Do you eat because something tastes good and your flesh is craving it?

Or do you eat because you are providing your body with fuel to run on? For most Americans, eating has become more of a recreation than a daily necessity based upon nutritional wisdom.

It is very important that a cancer diagnosis doesn't aggravate this state of mind.

It is important to instead develop an inner state and attitude of being hopeful and optimistic.

Perhaps even see this as a fantastic chance to heal your life and body.

A major cause of cancer is mental, emotional & spiritual distress. An example is deep-seated unhappiness.

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Taking the time to reduce stress can be an opportunity to become happier and more fulfilled than ever before.

A cancer scare can give you a really good reason to finally improve your lifestyle.

I have mentioned that:

- toxins in the body are a major cause of disease.
- lack of nutrition is a major cause of disease.
- electromagnetic chaos also has a negative effect on the body and can lead to and cause disease.

It is important to know that "stress" is one of the major forces that can cause illness and disease in the body.

When something stresses us, our body turns from a natural state of alkaline PH to acidic PH.

When it is acidic, disease can grow. Stress suppresses our immune system and makes us weaker and more susceptible to infections, germs, bacteria and viruses.

When our immune system is weak, our body cannot naturally defend against these invaders and we get sick, develop cancer and other debilitating diseases.

So the questions are:

- what are the stressors and
- how can we eliminate them?

The increased production of adrenal hormones is responsible for most of the symptoms associated with stress.

It is also the reason that stress can lead to nutritional deficiencies. Increased adrenaline production causes the body to step up its metabolism of proteins, fats, and carbohydrates to quickly produce energy for the body to use.

It is easy to understand why 1 out of 2 people will have cancer. We are living in a culture that is filled with fear and stress. We do not cope with our fears and stress. We bury them deep inside of us to allow them to fester, multiple and rise up again like a "volcano".

Stress causes the body to:

- excrete amino acids, potassium, and phosphorus;
- to deplete magnesium stored in muscle tissue; and
- To store less calcium.

The body does not absorb ingested nutrients well when under stress.

The result is that, especially prolonged or recurrent stress, the body becomes at once deficient in many nutrients and unable to replace them adequately.

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Many of the disorders including cancer that arise from stress are the result of nutritional deficiencies, especially deficiencies of the B-complex vitamins, which are very important for proper functions of the nervous system, and of certain electrolytes, which are depleted by the body's stress response. Stress also promotes the formation of free radicals that can become oxidized and damage body tissues, especially cell membranes.

Many people attribute their stress-related symptoms to "nerves," and in fact stress usually does affect the parts of the body that are **related to the nervous system first**.

It generally shows up in the **digestive organs**. Symptoms of stress related digestive disorders may be a flare-up of **an ulcer or irritable bowel syndrome**.

If stress that produces such symptoms is not handled properly, then more serious illnesses may result such as cancer and other debilitating diseases.

Stress can be either acute or long-term.

Long-term stress is particularly dangerous. A state of continual stress eventually wears out the body. Because of its effect on immune response, stress increases susceptibility to illness and slows healing.

It is my passion to help myself and each of you to look at ways that you can handle your stress. It is not easy. There are no quick answers.

We will look at several potential things you can do to assist your body in reducing and releasing the stress. Also in assisting your body to build it's immune system again.

Take a look at the following ways of reducing stress.

- Get plenty of exercise. Great recommendation, however I am sick and my body is weakened. There is no energy.
- Learn to relax and get sufficient sleep.

One option is using the Infrared sauna. A half hour in the sauna is equivalent to running 15 minutes.

I can rest and relax in the infrared sauna and release the built up stress. Rest and sleep would come as my body and mind relaxed.

Whenever I sat or lay down I was restless and full of anxieties, fears, and nerves. There was no relaxation or sleep.

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God, and the peace of God which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things: (Phil. 4:6-8 NASB).

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- Prayers and meditations

So the Bible recommends no anxiety but peace, instead. We are to maintain a positive emotional state by pondering positive things, things which are honorable and right, good and lovely.

It is so easy to forget this injunction, to begin meditating on the corruption in government or the corruption in the media, or society, or the corruption in churches, and to move into anger, frustration, despair, cynicism and aggression.

I had a lot to learn and to seek out. I will share more of my journey with you throughout this website. Let it suffice to say I needed to make changes in my meditation and in my talking to myself as well as to others.

The Bible says that we should get together and find ways to stimulate one another to love and good deeds (Heb. 10:24-25). We are not to come together to discuss negative scenarios and how bad things are getting and quote the latest crime, rape and cancer statistics. We are to gather to "stimulate one another to love and good deeds."

- Identify the sources of stress in your life and seek to resolve the issues. Avoid hassles. Identify the things that are making you feel stressed out and either eliminate them from your life or prepare yourself to cope with them.
- Do not repress or deny your emotions. This only compounds stress. Admit your feelings and accept them. Keeping strong feelings bottled up only causes them to resurface later as illness.
- Eat a diet composed of 50 to 75 percent raw foods. Fresh fruits and vegetables not only supply valuable vitamins and minerals, but are rich in compounds called flavonoids, many of which scavenge and neutralize dangerous free radicals.
- Avoid processed foods and all foods that create stress on the system, such as artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, foods containing preservatives or heavy spices, and chips and similar snack foods.
- Eliminate dairy products from your diet for three weeks. Then reintroduce them slowly – and watch for returning symptoms of your "nervous" condition.
- Limit your intake of caffeine. Caffeine contributes to nervousness and can disrupt sleep patterns.

Diagnosed with cancer I had to make some radical changes in my lifestyle. You may have chosen surgery, chemo and/or radiation. I chose to travel the alternative options.

Either way we must reduce the stress in our lives. At the same time we need to build relationships, love bonds, and live a normal life.

Gift giving and sharing with others became life giving for me. I did not feel like thinking or feel like shopping. But I did want to be independent and have fun giving a special gift to those I loved. See Chapter 9 for ideas.

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- Avoid alcohol, tobacco, and mood-altering drugs. While these substances may offer temporary relief from stress, they do nothing to really address the problem and they are harmful to your health. The stress will still be there the next day.
- Extra supplementation is extremely beneficial.
- Kombucha tea filled with amino acids, vitamins, especially the B vitamins and other important living enzymes will be a pleasant experience. Check other areas of the website for more information on Kombucha.

Rest

Kombucha tea may be helpful for people under stress. It is revitalizing and detoxifying, and helps to boost the immune system. When I learned how to make my own Kombucha and drinking the Kombucha I noticed a big change in my emotions, my focus, but most of all in my skin and hair. Even my beautician saw a huge difference and is now drinking it herself.

Without proper rest, the cells are not given the opportunity to recharge and rejuvenate.

There are many factors that will run down the body, and make you feel tired. Stresses to the body can be physical, emotional or chemical. They can be caused from running a marathon, having a hard day with your boss at work, or even eating too much sugar.

When you feel tired or sleepy, that's your intelligent body telling you what it needs. Pushing your limits by taking caffeine or other stimulants can cause the body to ultimately break down.

Tired cells cannot eliminate toxins efficiently. It is also during rest that the most healing takes place.

Lack of sleep increases the likelihood of many different illnesses, because it lowers your immune system, leaving you more susceptible to colds, infections and disease, especially cancer. In fact, sleep deprivation affects the body much like stress, including weight gain, increased cortisol levels, distorted thyroid hormone levels, and elevations in glucose and insulin.

Most people do not get enough rest, and the rest they do get is not full and deep.

Rest is necessary for renewed energy. When we are adequately rested, we concentrate better and improve our efficiency. Resting is definitely not a time waster. It helps us be more focused and effective in what we do.

Sleeping is not a time waster either. When we sleep, the body gets rid of waste products, circulates minerals, vitamins and hormones, and allows the body to naturally defend and repair itself from potential diseases. This becomes a major step in allowing the body to fight the malignant cancer cells.

On average, people need around eight hours sleep a night. If we are regularly short of sleep, then our concentration and our effectiveness suffer and our energy levels decline. We have all seen and experienced this.

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This diminishes our effectiveness in our job, and can therefore increase stress. As our concentration wanders, we start to make mistakes. As our energy declines, we become less proactive in what we do, reducing our control over events. This means that a situation that is already difficult and stressful can become worse, needing even more sacrifice to bring it back under control.

Make sure you get enough sleep. If you have become used to being tired all the time, you will be amazed by how sharp and energetic you will feel once you start sleeping normally.

There are three elements of proper rest:

1. **The time in which you rest.** The most optimum time for the body to rest is when the sun is no longer shining.

Ideally, a person would rest and sleep when the sun goes down and arise when the sun comes up. This is the natural cycle. However, most people's lifestyles do not allow this.

2. **The amount of hours you rest.** Although every person is different, it appears that every person operates better when getting eight hour of sleep.

People operate worse if they receive fewer hours or more hours.

The majority of people sleep less than eight hours. And then they try to catch up by occasionally sleeping more hours.

This practice does not allow optimal recharging and rejuvenation of the cells in your body.

3. **Rest and sleep should be deep.** Most people toss and turn at night.

The ideal situation is that you virtually do not move for the entire sleep time.

A person who snores wakes themselves up an average of 300 times per night. A person who snores never gets into the deepest levels of sleep, and thus their body is never operating at optimal efficiency.

When sleep is full and deep, alpha-brainwave activity can occur, which stimulates the healing process throughout the body.

There is a difference between sleep and rest.

The body can rest without going to sleep. Most people never take a "rest" during the day.

The common pattern of waking up, working all day nonstop, going to bed late, never getting a full deep eight hours of peaceful sleep, results in a body that slowly begins to break down and never has a chance to heal and recharge.

If you were to take a battery powered device and leave it on until the battery died, and compare that to turning the device on for a period of time then off for a period of time, and repeating this process several times, you would find the battery life can be as high as twice as long as nonstop usage.

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The body is very much like a battery. The body operates almost identically, utilizing electric current throughout. It must be given a chance to rest.

If a person did nothing else but develop a schedule of proper rest and sleep, their energy levels would skyrocket and the amount of illness and disease they experience would go down dramatically.

What Are You Thinking – Your Thoughts

Thoughts are things. Your body is in fact a very powerful electromagnetic transmitter and receiver of energy.

Every thought you have can have a powerful impact on the cells in your body.

Science does not believe that thoughts can have any profound effect on your health.

Medical science believes that thoughts could never alone cure or cause disease.

However, it is interesting to point out that medical science cannot dispute the “placebo” effect. The placebo effect is when a person is given a “placebo,” which is in effect nothing, yet their disease is cured.

This occurs because the patient believes that what he is taking will cure the disease. His thoughts, basically, cause the cure.

This happens in as many as 40 percent of the cases. Imagine, up to 40 percent of the time a person with a dreaded disease cures himself with his own thoughts.

Thoughts can heal, but they can also cause sickness and disease.

Stress, which could be defined as negative thoughts, causes the body to become acidic, thus creating the environment for illness and disease.

These negative thoughts can be conscious or unconscious in nature.

Many of these negative thoughts are trapped in stressful or traumatic incidences from our past.

Several prominent doctors have found that the vast majority of people with cancer have an incident in their past that caused tremendous grief.

Individuals who have heart attacks are found to have suppressed anger.

The stress of living in today’s environment is higher than at any time in history.

It is interesting to note the correlation between certain emotions and certain diseases.

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According to several different studies, driving a car, for example, raises stress levels in the body up to 1,000 times normal levels. When a person is driving a car combined with talking on a cell phone, stress levels can go as high as 5,000 times the norm.

Walking, conversely, actually reduces stress. A person walking uses the stress energy within the body in a natural wholesome way.

Stress levels are increased dramatically by:

- Worrying about money,
- arguing with relatives, friends and co workers,
- watching scary gruesome movies and television shows, and
- reading the news.

The good news is this can be reversed.

Doctor Coldwell of Germany has the highest cancer success rate in the country, treating over 35,000 mostly terminal cancer patients.

He uses techniques to reduce stress, (in effect correcting a person's thoughts); he has cured many thousands of people of cancer.

Dr. Norman Cousins', "The Anatomy of an Illness documents" show, by laughing and reducing stress, cancer was put in complete remission without drugs or surgery.

Earl Nightingale discovered what he called "The strangest secret"; you become what you think about.

Negative thoughts and emotions and high levels of stress causes the body to become acidic, leading to illness and disease.

Positive thoughts and low amounts of stress create an alkaline pH in the body, meaning you virtually cannot get sick or develop cancer.

What Are You Speaking

Words have power.

Most people speak words that increase body stress and turn the body's pH from alkaline to acidic.

Words can change the way we think and feel.

Researchers have concluded that speaking the correct form of words and thinking the correct thoughts actually changes a person's DNA.

Thoughts and words contribute dramatically to stress levels.

Of all the things that I've talked about so far relating to the cause of illness and disease please do not overlook the power of how you think and what you say.

Stress absolutely causes illness and disease.

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Reducing stress is one of the most powerful natural cures for virtually every disease in the body.

This is one of the cures that cannot be patented.

Simple stress reducing techniques that are effective and inexpensive absolutely have been proven to be one of the most powerful natural cures of all time.

If you look at people today around the world who have no disease and no illness, there are virtually no common denominators.

- You can't look to a person's genetic disposition.
- You can't look to a person's diet because they vary so greatly.
 - Some of these people smoke,
 - some of them eat meat raw,
 - some to them eat dairy products,
 - some of them are vegetarians,
 - some of them do not exercise, and
 - others simply walk.
- They generally all do sleep very well.

By far the most obvious common denominator is how they think and how they talk:

- They are very positive, optimistic individuals.
- They do not take life very seriously, and they don't worry too much.
- They are optimistic and they are light hearted.
- They greet each day in a spirit of thankfulness.
- Attitude really makes the difference.
- Thoughts do affect the body, and
- Thoughts can dramatically affect your health.

From a biological standpoint, what does this really mean? Think of it this way.

The body has what is known as the immune system. The immune system fights off any imbalance or disease, virus, germs and bacteria.

If the body's immune system is strong and you happen to catch any bacteria or virus, your body fights it off and you never even notice that you were exposed or had that particular virus or bacteria or germ.

When your immune system is very weak, you are susceptible to showing the symptoms of succumbing to that particular virus or bacteria.

The common denominator of the healthiest people is how they think and what they say.

People that are the healthiest are people with very low stress levels.

The mind can cause the immune system to be incredibly strong and actually change the genetic

DNA structure in your body, preventing disease.

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What you think and what you say can actually cure disease.

Conversely, what you think and what you say, can cause "stress," and can cause your immune system to be weakened. This in turn may cause genetic weaknesses in the body to become active causing you to develop illness and disease including cancer and other debilitating diseases.

Stress, negative thoughts, and negative words coming out of your mouth, all are very powerful in turning your body pH either acidic or alkaline.

Remember, if your body's pH is acidic you have an environment where illness and sickness can thrive.

If your body pH is alkaline you virtually can never get sick.

By reducing stress, speaking powerful positive words, and thinking powerful positive thoughts you can turn your body pH to the state of alkalinity. It is possible to reverse – yes, that's right, and cure virtually every disease in the body, all with the power of your mind.

In summary, very general, very simplistic terms are:

The reason why we are sick is because we are putting more toxins and chemicals in our body. Those toxins and chemicals are not coming out of our body because we are not eliminating them like we should.

We are exercising more but we are not walking, and walking is the major form of exercise that gives you the most health benefits.

We are not resting enough, so our body doesn't have a chance to rejuvenate and recharge.

Our thoughts are more negative because of the images we are getting from television, magazines, newspapers and movies.

Think about the kid games that they are playing and how horrific those images are.

The sounds we are hearing are not life enhancing, but are actually having a powerful adverse affect on our physiology – turning our body from alkaline to acidic.

And we are being bombarded by more electronic chaos from cell phones, microwaves, satellite waves, electronic devices, computers, televisions, etc.

We drive more than ever before and, due to that, our stress levels keep going up and up. This causes our body to become more acidic and giving us a whole environment which is conducive to sickness, disease, and other debilitating diseases including cancer.

Our immune systems are being suppressed and we are becoming more susceptible to illness.

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The drugs that we are taking are making our immune system weaker, and are putting so many toxins in our bodies that they are in fact causing many additional illnesses.

You will notice that for every major illness that we face today, those that most people are popping drugs for, are not in fact caused by bacteria or viruses.

We are not catching them. We develop them in our body. They are actually self-inflicted illnesses and debilitating diseases.

If your body's immune system is strong and healthy, when you are exposed to the viruses and bacteria which we all are every single day, your body would simply handle them and you wouldn't even notice them.

If you did have a scratchy throat, if you did have some sniffles or a cough, it would maybe last a few hours or a day at most.

You wouldn't have to take any drug, your body would handle it, and deal with it, and become stronger because of it.

That's the natural way your body reacts. We forget that many of the symptoms we have are actually our body's own defense mechanisms working properly. Too often we take drugs and try to suppress our own defense mechanisms.

A good example is a fever. If you have a fever, the body is raising its temperature to fight off some danger. But what we do is, we take something to reduce our fever, allowing the invaders to take over.

The problem with medical procedures and the problem with drugs and surgery is that they all try to solve or eliminate a symptom.

The question that many asked of me is: "Is there a place for drugs and surgery?"

And the answer is: Absolutely yes! I have to applaud the medical community because they have developed the best methods to date of keeping a person alive in the event of a trauma, accident or emergency situation.

They never ask, "What is the cause?"

If you have a fever, don't say you need to get rid of the fever. Ask yourself what is causing the fever. Keep asking, and keep asking, and keep asking that question.

By eliminating the symptoms, you just suppress the real cause of the problem, thus causing it to get worse. If you are driving your car and your oil light goes on, you would not say "my oil light's on; I need to get my oil light to go off. Oh, I know what I'll do, I'll unscrew the bulb. Ah, now the oil light is no longer illuminated."

You haven't solved the problem, have you? You got rid of a symptom. There is no more illumination of the oil light. But the reason that light went on is still there. You may drive that car for another few weeks before it seizes up on you.

Your body is the same way. If you have a headache, you shouldn't say, "Let me eliminate the pain of the headache." You should ask yourself what's causing your

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body to do that, and find the cause. When you do this, you are addressing the root cause of problems and not just treating symptoms.

Medical science, medical doctors, drugs and surgery only treat symptoms.

If we go with the theory that we always ask, "what is the cause," and not just treat the symptom, then we can use drugs and surgery as they should be used. Here's an example:

I'm walking in my garden and I step on a nail. I rush to the emergency room and say, "Quick, I stepped on a nail. It was a rusty nail. I am bleeding, and I am in pain. Help!"

The doctor says that I may have some infection and gives me some ointment that will kill the bacteria to make sure I don't get an infection.

He gives me some type of drug that will stop the bleeding and sews me up with a surgical procedure to handle the wound. The reason that is acceptable is because the cause of my problem was stepping on a nail. We have addressed the cause. It is not going to repeat itself.

IF we know what the cause is, then we are able to successfully handle the symptoms.

If a person was in a car crash and their kidney was ripped open by the metal of the crushed vehicle, and was rushed to the emergency room. It is not the time to ask: "Hmm, I wonder what caused this? Let's go for the cause." I can tell you what the cause is. The cause is a piece of metal ripped the skin open and punctured the kidney. It is time to use drugs and surgery and save a life. Handle the symptoms. The symptoms are, "The person is bleeding profusely, they are about to die." Handling the symptoms is good in that situation.

But if a person has cancer you don't say: "Hmm, cancer cells ... let me cut them out, let me shoot them full of radiation, let me use some drugs that may kill them.

Ask yourself why cancer is growing in the body.

The answer is: The body is acidic. What is causing the body to be acidic?

- Let's find out what is going into the body,
- what is going out of the body,
- what the person thinks,
- how he is exercising,
- how he is resting and
- what he is saying,

As we strive to turn, and to change the above areas in our lives, often in the majority of cases the cancer goes away.

We reduce stress, we strengthen the immune system, the body will become alkaline, and disease, including cancer, can not exist.

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The conclusion is that people get cancer because:

- We are putting too many toxins in our body and not flushing the toxins out fast enough. Meaning our body is toxic.
- We are not putting enough of the necessary nutrients into our body, and the nutrients that are going in are not being absorbed. This means we are nutritionally deficient.
- We are exposed to and negatively affected by electromagnetic chaos.
- We have trapped mental and emotional stress.

Cancer is due to toxicity and nutritional deficiency.

A weak immune system has allowed cancerous cells to proliferate. The immune system responds to emotional, mental, spiritual and physiological material.

Emotions

We all have stress. We all have more or less the capacity to handle challenges; usually we have glaring areas of weakness as well as some outstanding strengths. Most of us are confident in some things and uncertain in other areas.

We are also spontaneous in some situations and guarded in others. Whenever there is any lack of ease at all, there is blockage and congestion.

Stress

Stress is cumulative, but as the causes of stress are examined and transformed, there is more energy for healing. Doctors, whether surgeons or herbalists, do not take responsibility for stress management, **you are responsible**.

This stress checklist on the website is just that. While not pretending to be complete, it is provided so that if there is any suspicion at all that one is not doing one's utmost to overcome cancer, the points on this list can be examined, one at a time, to see if there are opportunities to improve one's odds.

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Section 9: Resources for Services and Products

Section 9: Resources for Services and Products

Treating Cancer Alternatively web site

www.treating-cancer-alternatively.com – the hows and whys of many in home-treatments. Also check out website's Resources page for the many books, studies and resources for information shared in this e-book. More resources, Ebooks, Articles, and Articles with accompanying worksheets are on the site at the Ebooks & Articles page, and more will be added to the website continually.

Is it possible for cancer to be reversed with holistic, natural or alternative options - without Surgery, Chemo Therapy, Radiation, or Drugs? Cancer is an enemy that strikes with fear, pain, and death.

This website gives information on the causes of cancer. However, more importantly, information is given on many treatment options that can be done in your own home.

You are able to start today in making changes in your life and the lives, of your loved ones, as the procedures and resources are described in such a way that you can begin immediately.

Health, vitality, and energy is yours for the taking. We are in control of our choices. Our choices will change our lives.

Health Choices may seem illusive, but choices give a beautiful life.

Gerson Institute: www.gerson.org

Books:

Gerson Therapy Handbook
The Gerson Therapy: The Amazing Nutritional program For Cancer and Other Illnesses
A Cancer Therapy: Results of 50 cases

Budwig diet:

Books:

Flax Oil as a True Aid Against Arthritis, Heart Infarction, Cancer and Other Diseases
The Oil-Protein Diet Cookbook

Supplements

Use only all organic, whole food supplements. Supplements are to "supplement" a meal of organic vegetables and fruits.

Test for dissolvability of supplements.

Use organic white vinegar as it is most like our stomach acid.

1. Put your supplement(s) in a glass cup, or jar.

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2. Pour in the white vinegar to cover the supplement(s)
3. Set a timer for twenty minutes.
 - a. The faster the supplements dissolve "looking and smelling" like plant life the healthier the supplement.
 - b. Often times, the supplement may be healthy for you, however the casing around the supplement may not dissolve for long periods of time.
4. Repeat for another twenty minutes, until you are satisfied with the differences.

Many people may want to try liquid supplements, believing that they are ensuring dissolvability and use of the supplement by the digestive system.

While this sounds good in theory, remember that every time the bottle is opened, many enzymes and vitamins are lost in the air. With each succeeding time the bottle is opened, the consumer is getting less and less of the food value needed.

It is important to get the full value of the organic, whole food supplement(s). Check out the Manufacturing company's history, land, way of farming and processing carefully before buying.

Gerson Supplements

STATSA, Apartado Postal No. 404, Adman. cie Carreos, Playas de Tijuana, B.C. 22501, Mexico - stat-mx.com

SERVICIOS, Apartado Postal No. 1510, Tijuana, B.C. 22000, Mexico (B-12 injection, Crude Liver Injection, etc.)

VITA, Apartado Postal No. 756, Playas de Rosarito b.C. 22710, Mexico

Nutrilite

NUTRILITE® nutritional supplements can help put you on the path to a full, healthy, active life. They will support your life the way nature intended. And based on 2008 sales, they are the world's leading brand of vitamin, mineral, and dietary supplements.

Organic Farming

NUTRILITE® is the only brand to grow, harvest, and process plants on its own organic farms.

NUTRILITE® has over 6,400 acres of farmland in California, Washington state, Mexico, and Brazil.

The locations of NUTRILITE farms are carefully selected to maximize beneficial geographical features, such as mountain streams and volcanic ash, that contribute to the biodiversity and quality of the land.

So Why Do You Get Cancer?

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By owning and maintaining control over the farms, NUTRILITE can ensure that supplements contain only high-quality ingredients – resulting in better supplements for you.

Wherever they grow the ingredients used in NUTRILITE products, the crops are grown in accordance with nature.

- They have never used synthetic pesticides, herbicides, and fertilizers.
- They replenish the soil, rather than depleting it.
- They use natural, environmentally sustainable, methods to control weeds, insects, and other harmful predators.

Natural Plant Nutrients

You know that eating fruits and vegetables is good for you, but do you really understand why?

Each plant has unique and specific nutrients called antioxidants that support different areas of your body. For example, carrots contain large amounts of beta-carotene, which supports vision health, while red grapes contain resveratrol, which is good for your heart.

By choosing NUTRILITE® supplements, made with whole plant concentrates, you get plant-based nutrition the way nature intended.

It is also important to consider additional supplementation of organic whole food supplements from companies that have practiced good soil management, and Good Management Practices.

If you are looking for a great source of supplementation that is organic, whole food, with phytonutrients, check out www.nutriline.com or go through our [site](#).

If you choose to purchase the Nutrilite supplements and other products, you can support our Treating-Cancer-Alternatively website by logging on as a customer using the following referral information.

IBO: 1668110
Key: MIC

This www.nutriline.com will give you information on the history, the land, the process of dehydration, and the maintenance of the quality of trace minerals and supplementations of the complete whole food.

We have found these supplements to be the leading supplements in the world.

The [Nutrilite](#) supplements have been great for supplementing our juicing program. These supplements are organic whole foods – dehydrated and processed immediately from the fields.

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These [supplements](#) also meet my needs. And they help me when I am unable to [juice](#) the quantity of juice needed to provide my immune system with the optimal supply of vitamins, minerals, enzymes, and trace elements not yet discovered.

Air Purifier

[Atmosphere](#) Air Purifier

It's a breath of fresh air in air purification technology.

The ATMOSPHERE Air Purifier delivers superb performance – protecting the air that you and your family breathe, and providing your home with a comfortable, clean, fresh, and healthy environment.

180 day Warranty and return policy
Payment Plan is available

Protect the ones you love, by protecting the air they breathe.

According to the Environmental Protection Agency, the air inside your home could be more polluted than the air that's outside. And your home's air can contain contaminants and pollutants that could potentially affect your family's health through respiratory illness, and asthma – a major concern for many families today.

Until now, many of today's leading air cleaners merely freshened or recirculated the same, contaminated air – leaving your home and family unprotected against invisible, airborne intruders that can cause or heighten the severity of existing respiratory conditions.

The ATMOSPHERE Air Purifier brings a breath of fresh air to purification technology. Its innovative purification technology transforms your environment with its superb performance, feature conveniences, and purification power that effectively removes 99.99% of the airborne particulates, down to .01 microns.

This has been verified under the AHAM AC-1 air cleaner performance standard.

Quiet and efficient, the ATMOSPHERE Air Purifier protects the ones you love, by protecting the air they breathe.

What you should know about what's in the air you breathe, plus important facts about the effectiveness of the ATMOSPHERE Air Purifier:

- The average person breathes approximately 3,400 gallons of air each day. Unfortunately, much of that air is filled with contaminants, pollutants, and impurities you just can't see.

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- According to the Environmental Protection Agency, the air inside your home can be two-to-five times more polluted than the air outside.
- Home interior air can contain a variety of contaminants and pollutants including mold spores, pollen, bacteria, dust mites, asbestos, radon decay products, and other particles and impurities.
- Competitive air purifiers, without filters, are approximately only 43% as effective (single-pass efficiency) as the ATMOSPHERE in removing contaminants from the air.
- It takes almost 16 The Sharper Image® Ionic Breeze® units (15.6 units) to clean the area of one ATMOSPHERE – and with far less effectiveness and efficiency.
- The ATMOSPHERE Air Purifier features an activated carbon filter equal in size to 366 football fields – it effectively reduces smoke, cooking, pet, and other household odors, leaving your home smelling clean and fresh.
- The ATMOSPHERE Air Purifier HEPA (High Efficiency Particulate Air) filter effectively removes 99.99% of the airborne impurities down to sizes as small as .01 microns in the air you breathe.

The ATMOSPHERE Air Purifier is backed by these strong certifications:

AHAM – Certified by the Association of Home Appliance Manufacturers (AHAM) to the ANSI/AHAM AC-1-2002 CADR (Clean Air Delivery Rate) test protocol for the removal of airborne tobacco smoke, dust and pollen. ATMOSPHERE Air Purifier's certified CADR is 250 which is equivalent to 7.1 M3 per minute of purified air and a room size of 390 square feet or 36 square meters.

U.S. EPA's ENERGY STAR® – ATMOSPHERE Air Purifier exceeds the strict energy efficiency guidelines established by the United States Environmental Protection Agency for energy efficiency of room air cleaners

Asthma & allergy friendly certified™ – The ATMOSPHERE Air Purifier is the first air purifier certified by asthma & allergy friendly™ by the Asthma and Allergy Foundation of America and Allergy Standards LTD. Products carrying this certification mark have been scientifically tested and proven more suitable for people with asthma and related allergic sensitivities.

If you choose to purchase the Atmosphere Air Purifier and other products, you can support our Treating-Cancer-Alternatively website by logging on as a customer using the following referral information.

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Water Purifier – [eSpring](#)

The eSpring™ Water Purifier destroys microorganisms with ultraviolet light technology. It also effectively reduces more than 140 other possible health-effect contaminants by trapping them in its patented carbon block filter. No other in-home system does both.

Their team of scientists and engineers, who are experts in water quality technology (and holders of more than 400 durable product patents granted or pending), have been researching water treatment systems since 1984. It is their dedication to research and their commitment to quality that brought the eSpring Water Purifier to reality.

Read more about the advanced technologies behind this innovative system in this section.

Note: The eSpring Water Purifier is designed for use on potable drinking water supplies.

There are many reasons to choose an eSpring™ Water Purifier over any other water treatment system, and after reading through this section you will understand why:

- the certifications it has received,
- the contaminants it removes,
- the technology behind it,
- the way it performs,
- the convenience and peace of mind it offers, and, of course,
- the great-tasting water that comes out of your tap every day!

Why choose an eSpring™ Water Purifier?

The answer is simple: because the eSpring Water Purifier is **the world's best source of water**. You can be confident that the water your family drinks is as clean as it can possibly be, and that it has met the highest standards for clean water quality.

- The eSpring Water Purifier destroys more than 99.99% of waterborne, disease-causing bacteria and viruses in drinking water
- Water from the eSpring Water Purifier is safer than tap water
- It dramatically improves the taste, odor and clarity of water
- Other systems treat drinking water, eSpring purifies it

There are many reasons to choose an eSpring Water Purifier.

In addition to the benefits listed above, the eSpring Water Purifier also:

- reduces potential carcinogens that can be found in drinking water
- is more convenient than bottled water
- has a high flow rate to fill your glass or container quickly
- treats drinking/cooking water for a family of 6 for up to one year
- improves the taste of beverages made with filtered water
- is convenient and easy to operate
- has a smart, sleek, space-saving design
- has convenient and easy replacements
- is less costly than bottled water
- has been certified to reduce more health effect contaminants than any other carbon based system.

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- effectively reduces chlorine
- effectively reduces lead in drinking water
- effectively reduces mercury in drinking water
- effectively reduces waterborne parasites
- effectively reduces radon and radon decay products in drinking water
- does not remove beneficial minerals, such as calcium, magnesium, and fluoride
- uses exclusive patented technology
- is designed, assembled and manufactured in the USA
- comes with a satisfaction guaranteed or your money back

No other Water Purifier compares to the eSpring Water Purifier.

The eSpring Water Purifier is truly the first of its kind in many respects:

- It is the **first** in-home system to combine a patented carbon-block filter with ultraviolet light and an electronic monitoring system
- the **only** system certified to effectively remove lead, THMs and more than 140 contaminants
- the **first** system in the world to meet [NSF International Standards 42, 53 and 55](#) - three internationally recognized water quality standards
- certified by [NSF International](#) for the reduction of **more contaminants than any other UV carbon based system**
- the **first** system to use wireless inductive coupling technology to increase safety and reliability

If you choose to purchase the eSpring Water Purifier and other products, you can support our Treating-Cancer-Alternatively website by logging on as a customer using the following referral information.

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Other Resources:

Walker, N.W., M.D.: ***Water can Undermine Your Health***, you can protect yourself from drinking unsafe water.

Meyerowitz, Steve: ***Water the Ultimate Cure***, Discover why water is the most important ingredient in your diet.

Capps, Charles: ***The Tongue – a Creative Force***, Words are the most powerful things in the universe.

Colbert, Don, M.D.: ***Toxic Relief***, Restore health and energy through fasting and detoxification.

Walker, N.W., M.D.: ***The Natural Way to Vibrant Health***, Following a natural way of life eliminating artificial processed foods

Trudeau, Kevin: ***Natural Cures***, “They” don’t want you to know about

Virkler, Mark and Patti: ***Go Natural!***, Eden’s Health Plan, Live long enough to fulfill your destiny.

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Rogers, Sherry A., M.D.: *Detoxify or Die*, Outlines the scope of chemical pollution.

Numerous other resources and articles have been read and studied over the past years.

With a B.S. and M.S. degree in Nutrition I have always had a love for understanding our bodies and how food and life styles affects us. After developing cancer I took a whole new look at nutrition and lifestyles to understand what we are doing to our bodies.

It is a delight and passion as we share our journey of returning to health and vitality with each of you.

We look forward to walking the journey with each of you through emails, consultations, etc.

Hippocrates, the father of medicine, said,

“Our food should be our medicine and our medicine should be our food.”

In other words, what we eat should be so good for us that it actually heals and restores our bodies.

What a difference from the average American mind-set about eating!

Statistics are now stating that 1 out of 2 people will struggle with cancer in their life time. It is possible to fight cancer without chemo, radiation, or surgery.

I know you are busy. An easy way to keep up with our treating-cancer-alternatively.com website, and learn of latest research and changes, is by subscribing to the monthly free electronic magazine (ezine) called “*Alternatives*”. Click here to subscribe to [Alternatives](#).

You will see our articles are never too long, and usually link you to places where you can get more info, if, and when you are curious.

There are usually free signup bonuses offered. Sign up today and see what is available.

Natural alternative treatments do not cure diseases, like cancer, but THEY CAN HELP THE BODY RESTORE ITSELF.

Enjoy the journey, for it is in the journey that we find life, health and vitality.

*** End of E-book ***