

Cancer!

Road to Recovery

Begin Your
Journey
Of Health And
Vitality



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

Take Control of Your Health

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.

Together We Will Travel the "Road" of
Hope and Promises for a Better Day.

www.treating-cancer-alternatively.com

Alice Mickelson

So Why Do You Get Cancer?

Introduction

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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.

So Why Do You Get Cancer?

Introduction

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 6: Stress Reducers

Section 6: Stress reducers

Stress is a silent killer. Few really understand how destructive it is. Stress invades every system of the body, causing tissue break down by gradually overcoming our powers of resistance.

Some say that stress is caused by life events, usually problems with family, work or finances. "These may be the most obvious stress forces, but they are only the tip of the iceberg".

Our own "self destructive behavior" is the real enemy. Dietary chemical and poisons, our communication style, our own negative personality traits and the way that we manage our daily lives are much more important forces that produce stress.

Almost fifty years ago, Dr. Hans Selye developed his now-famous theory about stress and the mind-body connection.

Dr. Selye suggested that disease is the body's inability to deal with mental, emotional or physical stress.

Dr. Selye spent a lifetime researching stress and wrote 30 books and more than 1,500 articles on stress and related problems, including **Stress without Distress** (1974) and **The Stress of Life** (1956).

Dr. Selye's research is so profound and life-changing that many authorities refer to him as the "Einstein of medicine."

Dr. Selye discovered that individuals experienced physiological and psychological distress when:

- Faced with danger
- Responding to danger or fear
- Reacting to a demand put upon your mind or body
- With prolonged emotional stress that has not been dealt with it in a positive manner.

The body's response to stress is to adapt or react. This has been called "fight or flight syndrome".

Under stress:

- Our muscles contract
- Adrenaline is released into the bloodstream
- Our heart begins to beat faster
- Our blood pressure increases
- We breathe more rapidly, and
- Our metabolism speeds up
- To keep cool, we begin to sweat.

Over time, stress wears down the immune system, and causes us to eventually become sick, possibly develop into cancer.

Our bodies react this way when faced with stressful situations. Our "fight or flight" response is appropriate if we are in danger, are about to compete, or need to react quickly.

The problem arises when tension and energy builds up, and the body does not have time or the opportunity to return to a normal state.

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Section 6: Stress Reducers

Dr. Leonard Coldwell, a naturopathic doctor from Germany, agrees with Dr. Hans Selye that “all illness is caused by a lack of energy”.

Dr. Coldwell believes that “emotional and mental stress is the greatest energy drainer in our lives”.

As you listen, you have the ability to enter a peak mental state where you are relaxed, highly attentive and inwardly focused. In learning to relax, breath deeply, take in fresh air and laugh, your nervous system benefits from getting regenerated and restored to optimum levels. Your body literally becomes an “oxygen factory” as you inhale deeply, and exhale the stress and tension out of your body.

If all of this sounds “too good to be true,” consider what happens to you when your body is relaxed:

- For one thing, your blood pressure and heartbeat is lower
- You breathe more slowly
- Your muscles relax and become less tense
- Your anxiety decreases, and you are able to think clearly and productively.

In this state, your body uses less oxygen and expels less carbon dioxide. Your hormones return to a balanced state of equilibrium. As a result, your internal organs work more effectively. Your circulation improves with more blood reaching the extremities of your body. Your muscles become soft and loose, and you become more aware of your body and feelings. Both your mind and body rests in the process of deep relaxation.

The next time you feel stressed, take time out to relax. By relaxing, you have the opportunity to regain the energy you need to think clearly, and develop new and innovative solutions and better manage your life.

It is important that you again completely understand that from the time you were born you have been flooding your body with poisons and toxins.

We cannot change the past, but we do have control over the future by dealing with stress today.

Conquer stress! Do not endure it!

These poisons and toxins included everything from vaccines, nonprescription and prescription drugs, the air we breathe, water that we shower with, bathe in, swim in, drink, and all the chemicals put in our food supply.

They also include all the toxins from carpeting, paint, cosmetics, makeup, soaps, lotions, and sunscreens.

Toxins even come from things as simple as nonstick cookware. Did you know that if you took a nonstick pan, put it on your stove and turned the heat up, a bird, if it happened to be a few feet from the pan, would die from the toxic fumes that were emanating from the pan?

If you have nonstick cookware, for example, over the years you have been breathing in all of those poison toxins. The bottom line is you have loaded your body with toxins in massive amounts and these toxins do not leave the body fully.

They stay in the fatty tissues; they stay in the organs; they stay in the colon, intestine and throughout your entire body.

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They are causing your illness and disease; they are suppressing your immune system. If you want to prevent disease you must clean those toxins out.

If we know that toxins in our body are the CAUSE of the illnesses and disease that we are suffering from. Then we must realize that if the toxins are cleaned out of your body, IN MOST CASES, most people experience a dramatic reduction, or in some cases a complete elimination, of their symptoms!

Simply cleaning toxins out of your body could be the “natural cure” of your disease.

If you are experiencing symptoms or have illness and disease, it took years and years to develop.

If you clean out all the toxins in your system, it may take several months after that for the body to heal itself. Please give it some time. This is why I again encourage you to be under the care of a fully licensed health-care practitioner.

Use a rebounder (mini trampoline) ten minutes a day.

A rebounder is a mini trampoline. Simply using this device for ten minutes a day can provide more cellular benefit than almost any other form of exercise.

A rebounder stimulates every cell in the body simultaneously. It stimulates the immune system and is effective at cleansing toxins out of the cells. It promotes and stimulates all major organs and glands, strengthens the immune system, and dramatically strengthens and tones the muscles, tendons, and ligaments. A truly spectacular and incredibly quick form of exercise and stress reducer is using the rebounder daily.

Walk one hour a day.

People in America are exercising more than ever before, but the amount of walking has dramatically decreased. People in most foreign countries walk between ten and 100 times more than Americans and are healthier.

The body is designed to walk. Walking outside reduces stress, stimulates the lymphatic system, promotes a thin, lean body, and walking while looking at the world eliminates depression and dramatically reduces stress.

Stretch the muscles and tendons in your body.

If your body is supple and flexible, energy easily flows and blockages do not occur. When energy flows it is hard for illness and disease to take hold and manifest. Throughout the day during my normal activities, I spend a moment to stretch it feels so good.

Practice deep breathing

Your lungs need to be used. Due to stress levels most Americans breathe from high up in their chests.

If you watch a baby breathe naturally you will notice that they breathe fully and deeply. Their stomach and diaphragm expand as well as their entire chest and back.

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Section 6: Stress Reducers

Deep breathing every day stimulates the immune system, increases metabolism, reduces stress, and brings vital oxygen into the body.

Most people are oxygen deficient. Increasing oxygen to the cells can eliminate a multitude of diseases. Cancer, for example, cannot live in an oxygen-rich environment.

Sweat with a regular dry sauna or an infrared sauna (not a wet steam)
Your body is supposed to sweat. It is a very natural way to eliminate toxins. If you don't sweat, toxins build up in the system.

Give yourself a dry brush massage, exfoliating the skin and allowing toxins to come out of the skin at least once a day.

You must stop putting toxins in the body

I just gave you a list of things to do to get toxins out of the body. It is important now to at least reduce the amount of toxins going in the body on an ongoing basis. Here is a list of recommendations that, if you do them, will reduce the amount to toxins you are putting in your body.

Keep in mind that all of the recommendations in this chapter have a profound affect on preventing and curing disease because they are getting right at the cause of the symptoms and disease.

Hope and despair is an ever present vicious thought pattern. Juicing and coffee enemas, etc. will work, but will it work for me?

Treating cancer alternatively is a lot of work and I hate the diet and the coffee enemas.

How do I know it will work for me? I am different. I have pain. I will need to change my lifestyle? Is it worth it? What should I expect?

The decision is yours. The decision was mine. That is the best and worse position to be in.

It is best because I am in control of my decisions and the outcome of my decision.

It is the worst because I can't blame anyone else for how I feel and what I need to do. I am responsible.

Often it seemed that it would be easier if someone told me what I had to do and they became responsible for the decisions that they were making in my behalf.

However in the end I knew that I had the responsibility for my own decisions and the results of those decisions.

A number of people have remarked, within the first two weeks of the Gerson treatment of juicing and detoxing, that they cannot "stand" the diet and wish to discontinue it.

So Why Do You Get Cancer? Section 6: Stress Reducers

They based their opinion on the following occurrences:

- Nausea
- Headaches
- In some cases vomiting
- Spasms in the intestines
- More gas accumulation than usual
- No appetite
- Inability to drink the juices
- Difficulties with coffee enemas.

All of the above are symptoms of what Dr. Gerson call "the reaction period".

These reactions appear with the present treatment after from three to six days, and in more difficult cases after eight to ten days.

It is at this point I found my hope and beliefs dwindled and fell into a heap of despair. There has to be an easier way.

How do I know if this protocol will work for me? Everything feels and taste awful. Is this worth the fight? If this is what I am facing – I quit.

This is where my family or supporters come in and make or break the fight in many families.

Thankfully my husband and other supporters kept encouraging me to move forward and keep fighting. They understood the importance of stimulating and strengthening my immune system while at the same time detoxifying my body.

It is at this point that my family and friends saved my life.

They came alongside of me and encouraged me to continue. They pushed, prodded, encourage, loved, and prayed.

I know of many families where this is the point that it is easy for family members to allow and encourage the loved one to quit and go another route that seems easier.

These "flare ups" recur almost every ten to fourteen days, and later once a month.

Dr. Gerson found that there was no connection with menstruation in women. However, in some cases, there is a return of the menstruation which had already ceased for years. The return occurred after three to four months of the treatment, with intense spastic pain on both sides of the lower abdomen.

The tendency is to run to the doctor to discover the cause. The doctor's tendency is to blame it on the juicing and the coffee enemas. They want to get you started on hormonal medications.

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*What a shock when I was suddenly faced with menstruation at the age of 55-60 years of age. However, I can easily say that all "hot flashes" and other symptoms of menopause ceased.
My body was becoming healthy and able to function properly.*

Eventually I again stopped menstruating with my hormones working correctly giving me more energy as well as physical and emotional health.

As far as the regular "reaction periods" are concerned, Gerson observed that some individuals may vomit some bile with an offensive odor.

Dr. Gerson found this common in his patients. This bile, flowing out of the common duct, causes some spasms in the duodenum or the upper small intestines, and flows over into the stomach, producing

- Nausea
- Bad breath
- Coated tongue
- Reluctance to food
- Reluctance to juices.

At such times individuals need large quantities of peppermint tea, served with some brown sugar and a bit of lemon.

They may drink one to two quarts of this peppermint tea a day. Some individuals consume as much as four quarts in 24 hours.

These masses of peppermint tea wash out the accumulation of bile from their stomach and duodenum. The peppermint tea assists in relieving the individual of stomach spasms and permits them to resume the intake of juices and administration of coffee enemas.

The juices may be mixed with gruel (thin oatmeal). Individuals often refused to eat cooked food, but will eat raw grated apples, mashed bananas, applesauce, etc. Such a "flare up" may last from one to three days.

After a "flare up," individuals often feel greatly relieved,

- normal circulation resumes,
- the yellowish color with an occasional tinge of jaundice, which sometimes is noticed on the sclera of the eyes at these periods, disappears, and
- individuals are able to eat and drink again.

With the present treatment, and with more frequent enemas, the "flare up" period for the most part is reduced to 24 hours, and in rare cases, to two days.

The first "flare up" is the most violent one and is usually accompanied by:

- severe headaches
- weakness of the entire body
- bad mood, and
- feeling of depression.

This is when many want to quit and throw in the towel feeling like it isn't working, or that they are sicker and weaker.

The family often agrees and it takes great self-discipline and belief to get past this time period.

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The individual often wants to remain in bed.

As one decides it is time to return to the traditional medicine or another alternative method it is often suggested to back off or quit the Gerson protocol.

Indeed this is often the time of serious decision making for many people.

Dr. Gerson found that subsequent "flare ups" became less violent and had a shorter duration. "Flare ups" can be made more bearable by more coffee enemas.

Some individuals increase the number of their coffee enemas by themselves, some taking as many as eight to ten or twelve in 24 hours.

There is a feeling of great relief after each coffee enema. Dr. Gerson discovered that some of the individuals:

- suffer outbreaks of perspiration and
- had offensive odor during these periods.

These symptoms persist a little longer than other symptoms. The aromatic acids eliminated during these reactions are so intense they may form chemical compounds with the paint of the walls and ceilings of the bathroom and bedroom. These compounds cannot be removed by soap and water or other cleaning methods. The room often has to be repainted.

At the beginning of the treatment individuals assume that these are allergic reactions and refer to them as such in their reports to physicians.

Some claim that they never could stand orange juice; others say they could never take even a small piece of apple, and still others claim they could never stand tomatoes or peaches, prior to the treatment.

Dr. Gerson discovered that laboratory analysis shows a trace of albumin and a greater amount of sodium in the urine during the reaction periods. He found that the blood count showed:

- a relatively higher number of leukocytes, (up to 12,000 – 18,000) and an increase in lymphocytes if the lymphocyte count was abnormally low before, or
- a light decrease in the lymphocytes if the lymphocyte count was abnormally high before.

The detoxification during the reaction periods gives the individuals a great psychological relief. Generally after a few days the person will lose their fears and depressions, and demand to get out of bed.

Their feelings of well being is supported by conversation with other individuals who report similar favorable effects after these "flare ups."

I was doing the Gerson protocol in my home. It was during this time that I relied on the reading of the Gerson books and other similar books to understand that these "flare ups" are normal and expected.

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I also subscribed to a newsletter of individuals that were following the Gerson Protocol.

I listened to How God heals tapes, healing music and positive thinking.
Dr. Gerson found that clinically, these “flare ups” are favorable reactions and should be regarded as part of the healing process.

I had to choose who I was going to believe and trust.

I chose to trust God and his creation of my body. I understood the ability of my body to restore itself if I gave it plenty of juices and helped my body rid itself of toxins.

So Why Do You Get Cancer?

Section 7: Sleep, Rest, and Relaxation

Section 7: Sleep, Rest, and Relaxation

Millions of people throughout the world do not get enough rest and sleep. In fact, they falsely believe that rest and sleep are a waste of time and energy.

This is the opposite of the truth and may be the most ignored cause of disease next to bad nutrition. The purpose of this section is to discuss the

- great need for sleep,
- the many benefits of sleep,
- the harm that occurs when one does not get enough rest and sleep, and finally,
- how to sleep better.

Let us examine why each person today needs much more rest and sleep than in past generations.

Why Rest And Sleep?

Resting is not just about rebuilding the body.

Much more goes on during rest than physical development. An area that is not often discussed is spiritual development.

By this we mean a specific progression of development of the body, meaning the physical, emotional and other aspects of the whole person.

The spiritual development part, in particular, is of greatest importance today. It is this development that we are most interested in, as without it the human beings of today will not survive the coming generations.

There is so much change taking place so quickly in our world that without much change on the part of the people, there will not be many left to witness a new generation of human awareness. This is not a threat or a terrible happening, it is just the truth.

The spiritual development of our body is called the emotional, mental, and spiritual areas, and are developing quickly in most people due to TV, music, the Internet, and the news media.

All these changes require added rest in order not to upset the metabolism. This added rest and sleep are not always needed during the day, but always at night at the very least.

In the daytime, a short nap is the minimum needed, and often several short naps are best. This way, the changes needed in the body can proceed at a steady pace without upsetting the person.

The problem comes with those who work 9-5 type of jobs or other types of work in which it is difficult to stop your work or activity for a short nap. It is best to develop a schedule where you are able to work or even play in which you can take time in the middle of the day, at the very least, preferably twice a day, for resting.

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Some state laws in America require a 15-minute break in the morning and again in the afternoon. Although this is hardly enough time, it is a start and anyone in such a position should definitely take advantage of this rule.

As a general rule, we are using up our energy and our bodies faster than they are rebuilding. This reverses at night, when our bodies are able to rebuild during rest and sleep.

If we do not allow enough time to rest and sleep, the rebuilding process is impaired until it will eventually cause premature aging, disease and early death.

In short, there is no substitute for sleep. Also, sleep is anything but a waste of time. It is an essential part of each person's daily life that can also be a rich time of not only rejuvenation, but of insights and other healing processes.

During sleep, dreaming and healing occurs. Our body, mind, and emotions all need a time of rest and restoration of cells.

The Best Times To Sleep

Here are guidelines for the best sleeping experience. The hours before midnight are far more valuable for rejuvenation than those after midnight. Some say they are two or three times more useful for healing the body and mind.

The hours after midnight are less conducive because the energy of the earth has shifted and the new day is starting. This brings a crescendo of solar energy that can tend to cause lighter sleep in many people.

When To Go To Sleep. Thus, going to bed early is the first rule of ideal sleep. I recommend going to bed between **eight and nine PM every night**.

While this may seem early, it is the way primitive mankind slept before there was electricity, and it is one of the reasons that primitive peoples often enjoyed and continue to enjoy superb health. It is also the reason these people are more intuitive and aware, as adequate rest and sleep are essential for these subtle mental faculties.

How Long To Sleep. If one goes to bed early, less sleep time is required. **Eight or more hours of actual sleep is usually enough.**

I must qualify this, however, because many people have a 'sleep deficit'. That is, they will require much more rest at first, often for several years or more when they begin to renew their bodies using nutrition, meditation, saunas and other methods recommended in this website.

Thus, many people, especially those who are ill, may require 12 hours daily for two or three years. Most of that can come from resting at night, while napping is also excellent to make up for a sleep deficit.

Sleeping Positions. The best position for sleeping is on your back without a pillow. If you prefer a pillow, it should be soft enough so that your spine remains fairly straight. Also, the pillow should not cut off your air supply in any way.

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Also, the pillow case needs to be cleaned often, as otherwise you will be breathing lots of dust, dust mites and bacteria all night.

Also, avoid sleeping on very soft mattresses that distort your posture if at all possible.

Another topic is crossing of the arms or legs. If possible, sleep with your legs and arms straight and slightly out to the sides.

Many People Are Exhausted. Fatigue is epidemic. Studies by American, British and Australian Traffic Safety Agencies report that 20%-30% of traffic fatalities involve a fatigued driver.

Fatigue may be due to lack of sleep, or to illness, nutritional imbalances or other causes.

If you need coffee, soda pop, chocolate, anger, worry or other stimulants to get you going in the morning or keep going, you are not getting enough sleep.

Prolonged fatigue contributes to nutritional imbalances that may not be so easily undone by just sleeping. However, rest and sleep are still important steps as part of a total program including nutritional balancing and sauna therapy to recover from chronic fatigue syndrome and many other conditions with fatigue as one of the symptoms.

As stated above, all healing requires extra sleep.

During the day, one primarily uses the sympathetic nervous system, associated with spending energy and tearing down the body.

This is balanced by the parasympathetic system, associated with rest, nurturing and regeneration of body tissues. This is equally important and takes place when one is resting. One may call it maintenance time or repair time.

If you skimp on regenerative activity by not sleeping enough, your physical and mental performance suffers, as well as your work and relationships.

Illness develops because there is not enough time to repair damaged tissues in the body. If you have a chronic illness, you definitely need extra rest and sleep.

You may envy those who seem to have lots of energy yet get by on little sleep. Let go of this envy. Those individuals are either:

- *Burning themselves out.* Many of them don't know it, or they know it and don't care, or they care but do not know what to do about it.
- *Using stimulants.* Their energy is false. One of these days it will catch up with them and they will become ill.
- *They are energy stealers.* This is unfortunately common. Many people consciously or unconsciously have learned to drain the energy of others by upsetting them in some way. They may talk too loudly, act intimidating or confusing, or they use some other method to draw energy to themselves.
- Those who are energy stealers will not recognize themselves and probably will not read this. If you feel exhausted around someone, it is important to protect yourself

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by removing yourself or reducing interaction with the energy stealer. Having your energy drained leads to serious illnesses like cancer. This is a challenge for many people.

Cleansing and Rebuilding the Body Require Energy.

Elimination of toxins, an issue for everyone, occurs primarily at night while the body rests. The removal process requires energy and one's energy is finite. If you use most or all of your energy running around all day, you will not detoxify well.

Much Emotional Processing Occurs During Sleep.

Often, during the day, thought processes are not completed due to interruptions or other distractions. The mind completes these processes during sleep. You may notice that problems that seemed difficult are solvable or even solved after a good night's rest. This can be due to increased energy, but is also due to actual problem-solving that goes on during sleep.

Poor Excuses For Not Sleeping

I hear many excuses why more sleep is impossible. Here are some common ones:

- **I don't have time.** If this is really the case, then it is time to restructure your life. Schedule naps, nap with your children after lunch or even after all meals, get help so that you are freed up, take on fewer projects or otherwise restructure.
 - It may mean you become a more relaxed person and your house is not as clean.
 - Perhaps you will not bake as many cakes or volunteer at church. This needs to be acceptable and understood by family members.
 - In our Western culture, to simply put your feet up or lie down and rest in the afternoon is difficult for many people. This is particularly true if you identify yourself with what you *do*, instead of with who you *are*.
 - Resting more, you may feel guilty, lazy or unproductive. In fact, who you are is much more important than what you do.
 - Although perhaps it is not obvious, you affect others much more by whom you are than by what you do. For example, if you work for peace but are full of anxiety and tension inside, you will radiate stress and anxiety, the opposite of peace. If you are good to others, but not good to yourself by resting enough, you radiate non-respectful, although this can be very subtle.

In fact, many people remain busy and active because they are afraid or uncomfortable resting and relaxing. One may busy oneself with the problems of others, because in a resting state, one is faced with one's own life, and one's own concerns.

A key to learning to rest more is to be at peace and fully accepting and loving of yourself. Otherwise, resting more may bring up vague feelings of anxiety or even panicky feelings.

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In order to slow down, know that these feelings may come up and do not let them get in the way of your rest periods. Also, let go of any guilt or feelings of laziness associated with resting and live within your sleep limits.

- **Sleep is a waste of time.** I hope I have demolished this excuse. Sleep is an absolute necessity.
- **I could sleep for days and sleeping more doesn't make me feel better, so why bother.** Most likely your body chemistry is out of balance. Correction usually requires a metabolic health program.

Ninety percent of city dwellers have exhausted adrenal glands and often sluggish thyroid glands, which makes one very tired.

The answer is not to just take hormones, but to begin correcting body chemistry. However, not sleeping will only make the problem worse. Get at least 9-10 hours of sleep.

- **I'll miss my favorite television programs, movies, parties, etc.** It is possible to leave parties earlier, schedule parties and movies earlier and record late television programs.
- **I can't go to sleep earlier. If I do, I'll be up at 3 AM.** This is a common excuse. Many people are stimulated by toxic substances in the body that prevent them from relaxing thoroughly. Blood sugar imbalances may also prevent one from sleeping through the night.
- **I have loads of energy.** Occasionally, this is the case. A few people are healthy enough to get along on less sleep. Most often, however, one is out of touch, stimulated by toxic metals in the body or using stimulants that irritate the nervous system. It only appears one has loads of energy. If this is the case, you will eventually become exhausted. You might as well slow down now, before complete burnout occurs.
- **I just love staying up.** Many people are night owls. They enjoy the peaceful feeling at night when activities slow down. It is a pleasure for many sensitive souls. Sometimes creative work is easier to do at night.

However, depriving yourself of sleep is not the answer. You may need to live in a quieter environment so you can experience peace during the day. Otherwise, arrange your schedule so that if you stay up, you can sleep in the morning or nap so you get enough sleep.

Many people have difficulties sleeping

Sleep problems can be related to diet, lifestyle, the sleeping environment, biochemical imbalances, ones temperament and other factors. Here are suggestions for improving your sleep.

1. **Reduce your salt intake.** Salt, even good quality sea salt such as Himalayan salt or Celtic salt, can be very stimulating. This is why many people love chips, dips and a lot of junk foods such as French fries, pickles, relish, ketchup and more. Also

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remember that salt inhibits your immune system to fight and destroy the cancer tumors.

2. **Eat dinner early.** Eating late may leave undigested food in the stomach that interferes with sleep, especially if the food quantity is excessive or you have gas or other symptoms of indigestion. It is suggested that you do not eat after 7:00 p.m. If you do need a snack, eat a piece of fruit.
3. **Avoid sweets, juices or chocolate.** Sugar upsets body chemistry and may cause one to toss and turn or to get up hungry in the middle of the night. Sugar is poison for your immune system. Sleep and rest is a time of rejuvenation not fighting the effects of sugar. Sugar ferments and may cause cancer cells to multiply.
4. **Avoid stimulants.** Stimulants just whip your body. They always result in more tiredness eventually. These include coffee, tea, caffeinated soft drinks, chocolate and sugar in any form. More subtle stimulants include anger, hatred, resentment, worry and fearfulness. Remember this next time you listen to the news or watch a violent movie. Staying away from stimulants allow you to experience more peace and balance in your body. Remember that often we choose stimulants to keep us awake. Eliminating all stimulants will allow our body to move back into balance. You may find yourself fatigued as your body "crashes" from the lack of stimulants. Then your body will reach a healing balance that will give you health and vitality.
5. **Reduce mental activity in the evening.** If you have trouble sleeping, it is wise to forgo intense intellectual effort at night. Relax; do light reading or other activities that do not over stimulate the mind.

For example, decide that you must turn off the computer at 6 PM and will only read or watch programs that are relaxing or engage in social activities after 6 or 7 PM.

6. **Avoid vigorous exercise in the evening.** Better to exercise in the morning or during the day. In the evening, limit exercise to perhaps a gentle walk, an excellent way to end the day. Walking allows your body to break down the toxins in your system. Walking also releases the pent up emotions and feelings of the day. During the walk, begin to focus on the positive things of the day.
7. **Be sure you are warm enough.** This includes your feet. Wear socks if needed or heat your feet with a heater. A warm bath or sauna before bed is also excellent. Often when your body is fighting cancer and other debilitating diseases, you will find that your extremities are often cold. This is due to poor circulation. Your body is choosing to direct its healing energies to the most important organs of your body.
8. **Make sure your bedroom is dark and quiet.** Install black velour fabric behind curtains or use other methods so your sleeping area is dark. An air purification system is necessary for the bedroom to ensure that you are breathing pure air. Often the quite running of the air system becomes familiar and drowns out other noises.
9. **Let go of physical tension in the body.** One can use natural therapies such as massage and other techniques to reduce tension. At home, one may rub the feet, breathe deeply and do other simple procedures before bed to release tensions.
10. **Let go of fears and worry at bedtime.** Do your best to leave all problems and concerns behind when you go to sleep. A simple affirmation can be helpful,

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particularly if repeated for a while so it becomes part of your lifestyle. It could be something like "This day is complete. I now release all worries and concerns to the Holy Spirit and I rest peacefully. I release this day."

11. **Fresh air is helpful and even essential for excellent sleep.** Be sure the room is not stuffy. Open a window so that fresh air can enter the room. Cool weather also assists sleep for many people.
12. **The type of bed, mattress and pillow can matter a lot.** Many mattresses are available to choose from and it is wise to experiment if sleep is a problem. Old sagging mattresses are often the worst. Some can be corrected with a bed board.

Most cannot, however. Beware of all natural beds with latex. Watch out for toxic mattresses like Tempur-pedic and the copies. These can give off toxic chemicals for months. It is important to eliminate as many toxins as possible. Choosing the correct mattress will take time and researching the materials used in making the mattress to choose the one for you. Do not depend on what the sales rep tells you, look and think through the materials in the mattress.

Silk or plain cotton sheets may be a little better than synthetic sheets. Use a Dacron pillow if you are allergic to feathers and foam rubber. Keep pillows clean, as they can accumulate dust mites, germs and more. Place in the washing machine or replace when dirty.

If traveling, many people sleep better by bringing their own pillow and even their own sheets or sleep pack if you are not sure how clean the sheets will be. Also bring earplugs, which are great all the time if you need them, and an eye covering device to make sure the room is dark enough.

13. **The size and shape of pillows can make a difference.** A pillow should not cause undue strain on the neck. Cervical pillows and other types are worth experimenting with.
14. **Avoid becoming overtired.** When one is overtired, the adrenal glands are over stimulated. One may need to unwind before going to bed in this case.
15. **If possible, sleep later in the morning.** This one may sound unusual. However, the adrenal glands become active about 5 AM. Many people awaken at this time and want to get going. This prevents the adrenals from resting more. It is best to go back to sleep if possible and get up after 7 AM, when the adrenals are less active. One may feel more tired at first, but it will help rest the adrenals. Any step we can take to allow our immune system and internal organs to heal and restore themselves will more effectively fight the mutated cancer cells. We are continually doing everything possible to give our bodies the necessary assistance in fighting and healing.
16. **Sleep away from wifi, cell phones, TV sets, computers and all other sources of EMF (electromagnetic fields).** Keep these away from your sleep area at least 10-20 feet away.

For example, use battery powered clocks near your bed. Turn off electronic equipment and listen carefully as many radios, boom boxes, tape decks and more

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have transformers that stay on even if the device is off. These will disturb sensitive individuals and are not healthful for anyone during sleep.

Wifi should not be near your bed. Move the router, modem and other components to other parts of the house or apartment.

Dr. Chris Idzikowski with the Edinburgh Sleep Centre stated, "What we are seeing is the emergence of "Junk Sleep" – that is sleep that is of neither the length nor quality that it should be in order to feed the brain with the rest it needs to perform properly."

"Junk sleep" is sleep that is interrupted sleep. This often comes from leaving the television, radio, music, and other devices on throughout the night. Individuals fall asleep to the TV. Phones and other noises are continually interrupting the sleep pattern of the individual.

Optimal healing of the internal body comes from a deep restful sleep.

There are many natural sleep remedies. These should not be needed once your health improves. Remedies are just that. They are not a substitute for correcting situations that interfere with your healthful early-to-bed, daily sleeping habits.

These include a cup of strong, freshly brewed **chamomile tea, valerian root, herbal combinations, sleepy time teas** and **homeopathic remedies** that are available at health food stores.

These are excellent because they do not interfere with body chemistry to any significant degree. For this reason, they can be used at any time and for longer periods of time. Herbal formulas

Nutrients. Calcium and Magnesium. Calcium and magnesium are deeply relaxing minerals required to calm the nervous and the muscular systems of the body. They are commonly replaced by toxic metals such as cadmium, lead or mercury as one becomes nutritionally depleted.

The toxic metals have stimulating effects that interfere with sleep. You can take up to 600 mg of chelated calcium and up to 500 or more mg of magnesium with the evening meal. If absolutely needed, more may be taken at bedtime and more in the middle of the night.

During the night, chewing your supplement or taking a liquid calcium/magnesium supplement will be absorbed faster than simply swallowing a tablet to help one go back to sleep. Beware that excessive magnesium is a laxative for some people. Also, too much calcium and magnesium is not helpful for long-term use unless you are guided by a professional.

Hydrotherapy or Infrared sauna. Will relax your muscles and release many of your emotions and other tension. This is a great option if you are experiencing pain and discomfort. The pain will be minimized and your body will become more relaxed. I often would do a short infrared sauna in the middle of the night when I could not sleep due to pain and emotional stress.

Empty the bladder and bowels. This may be obvious, but having a full bladder or being constipated may also interfere with sleep. Doing a coffee enema will release the stored up toxins and allow you to sleep better.

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Rubbing the feet before bedtime.

This is an excellent sleep inducer in many people. It is also called zone therapy or foot reflexology.

In particular, a reflex on the ball of the large toe area, nearer the inside of the toe next to the second toe, appears to be specific for assisting sleep and rest. Foot massage of the whole foot, however, is also excellent as it will calm the nerves and help restore the natural energy flow of the body.

Afternoon naps interfere with nighttime sleeping. This is common. It is due to low vitality in some cases. The person is somewhat delicate and the nap upsets the normal rhythm. Often, as health improves, this problem disappears by itself.

If You Cannot Sleep for One or Several Nights, then by all means nap during the day. During healing reactions, for example, you will have a sleepless night, or perhaps just a night or two of interrupted rest. Just nap the next day. Do not panic! Panic never helps a bit.

Apartments and Condominiums. Dwellings such as apartments and condominiums are hard to insulate as well as houses, though it can be done. If you live in one, try to be sure you are not sleeping against a wall that has a large TV set or even a computer on the other side. This applies to a regular home as well.

Snoring. This can and does interfere with one's sleep, not just your partner's sleep. Snoring occurs usually when the tongue blocks the airway a little. Many methods can help overcome snoring. Nasal strips often work well by opening up the nostrils a bit. Plastic strips are also sold that go inside the nose and may be more comfortable.

Exercises may help snoring and these are available through the internet. It is worth taking care of snoring in some bad cases, as it can lead to or indicate sleep apnea.

Some people do not rest well, though they may sleep. One cause is sleep apnea in which one stops breathing periodically during sleep. The usual cause is the tongue slips back into the throat, blocking the air flow.

The common medical treatment is to wear a face mask connected to a machine that pumps air into the mouth and nose. It is called a continuous positive air pressure machine or CPAP machine.

Some doctors use a splint in the mouth that keeps the tongue positioned correctly. Also, nutritional balancing or even just losing weight may correct the entire condition.

To have good sleep and rest we must learn how to relax. Life has become far too serious.

In summary, sleep and rest is an important part of healing. It is during sleep that the body detoxifies, repairs and regenerates.

Sleep and rest is an important part of healing. During sleep the body repairs and regenerates. A good night's sleep allows our body systems to be strengthened.

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We have looked for relaxation in all kinds of things and activities.

In the process we have forgotten how to laugh for the health of laughing!

The mere anticipation of a good laugh, it seems, can be as healthful as a rib-tickling rollick itself. Researchers led by a team from the College of Medicine at the University of California, Irvine, recently took a look at how the expectation of a funny event affected a person's stress levels and immune system function.

What they found was striking. Several subjects at nearby Loma Linda University were told that they would be viewing a humorous video in three days.

A control group was told nothing. In the days before show time, the participants who were informed in advance showed a 39 percent decrease in cortisol and a 70 percent drop in epinephrine, both stress hormones that can be detrimental to health.

They also saw an 87 percent rise in growth hormone and a 27 percent gain in beta-endorphin. Both these compounds can reduce the effects of stress and strengthen the immune system. The control group saw none of these changes.

"This has profound wellness and disease prevention implications, and may indeed constitute a real 'biology of hope' ", says lead researcher Lee Berk, Dr.PH. (doctorate in public health), an assistant professor of family medicine at the College of Medicine.

It has been shown that children laugh hundreds of times a day, with adults often laughing less than 10 times a day. It is important to make time for Laughter! To move these findings from the laboratory into your life, Berk proposes the following:

Start scheduling good times on your calendar, just like business meetings, or doctor's appointments. What makes you laugh? Feel free to tailor them to your funny bone. Choose humor that is indeed funny. Many have learned to choose humor that is cynical, crude, and negative. This type of humor will create more stress for your body.

Humor and laughter is deep, wholehearted, funny, positive and uplifting to your emotions and feelings.

- **Start a humor library.** Collect great cartoons, silly sayings, or greeting cards that tickle your fancy, and put them on the refrigerator. Encourage your children to help out by adding their own comedy favorites.
- **Put comedy into your commute.** You can do this by listening to humorous books on tape. Some great ones to start with: *The Rest of Us: Dispatches from the Mother Ship*, by Jacquelyn Mitchard, and A Prairie Home Companion Pretty Good Joke Tape, an audiotape filled with segments from the Garrison Keillor radio show of the same name.
- **Develop a finely honed ability to laugh at yourself.** Life is so much more fun when its main character – namely you – isn't too self-serious.

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- **Play more.** Kids and pets are wonderful partners when it comes to playing. Enlist their help.

- **Look for the humor in ordinary, everyday events.** For example, challenge yourself to see how many amusing things you can see on your next walk through the mall or drive home from work.

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Section 8: We each are in control of our health.

Action Steps to take

Take this opportunity to take action and live every day to the fullest.

Alternative Health is more than selecting alternative therapies versus traditional medical therapies. It is taking control of our own health.

When I realized that I was responsible for developing cancer, I then began to have the freedom and responsibility to heal my body.

Control is liberating and freeing.

How does one know the right therapy to use?

Medical as well as alternative choices are based on choosing the trained personnel explain how their therapy will work based on different tests that each modality chooses to use.

Either way, you are choosing a therapy, and you are putting your life into their hands.

As you read on I will propose that you think and listen to the needs of your own body.

I was once told that "You do not know what you do not know". At first this seemed confusing to me. However, as I have worked my way through life threatening cancer diagnosis I have come to realize the truth of this statement.

We were in a financial situation where we had a limited amount of funds to spend.

One of the biggest pulls toward the medical field is:

- Insurance pays
- Family and friends support
- Easier to get community support
- You put your life into the doctors hands
- You can blame, complain about the doctors, medicine, insurance, etc.
- You do not need to think or take responsibility for your cure.

If you choose to take your own path, along with the fear, the pain, the effects of the disease you are now faced with a new set up factors.

- Are you making the right decision
- You are responsible for the cost of any and all therapies
- You may face disapproval of family and friends
- You are fully responsible for outcome
- You have no one to blame but yourself
- Family may attempt to sue the very individuals that are helping you

People will ask me – "How do you decide what is the best?" or "How do you know what to do?" Someone asked me again today.

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These are very fair questions.

My answer is, "I choose to believe that God is my Healer and He is the creator of my body. According to II Corth 6:19 , "Do you not know that your body is the temple of God and has been purchased with a great price".

Scripture tells us that from dust we are created and to dust we will return. He created all things. It only stands to reason that God created the earth with plant life, fruits, and vegetables to sustain us. He created water to come from the rocks and the earth.

The closer I stay to what the origin creation is, the healthier I will be. The more that "man" interferes, the unhealthier I will be.

I made and still make all of my decisions based on the most natural, the most whole, and the closest to God's creation as possible. Man is still learning about our bodies and how our body heals and sustains itself. Scientists and studies are continually coming up with new ideas to emulate what God has created and accomplished.

If God created the earth to give us grains, fruits and vegetables, then I must go back to the most natural form possible. Find farms that rotate their crops.

Find farms that use earth worms, ladybugs, dragon flies and other insects to naturally enrich the soil and protect the soil.

I need to eat natural foods that come from the sea in its most natural form. Not from "farms" that man has created to emulate what God has done only faster and quicker and more controlled.

If God wanted us to eat and use supplements that are created from growth on and in the water under man's conditions, he would have created whole food this way. He did not. This was man's idea.

If God wanted us to drink water without minerals, that have been ionized, oxygenated, etc. etc., He would of created our water so.

Man has learned much and every year brings new discoveries, however no man has yet realized the importance of all the trace elements, much less all the trace elements needed by our body.

We are to eat and use a wide variety of plant life, fruits and vegetables as created naturally – we now call this organically. We are not to each food man has altered, processed, synthesized, and added to according to the latest study.

Muscadine berries, black berries, blue berries, loganberries have been discovered as an awesome antioxidant and healer. Many juices and other products are being promoted with awesome healing attributes.

Absolutely, the berry family, along with all the other fruits and vegetables (natural and organic), must be consumed for optimal health and vitality.

Each product has a special combination of attributes that become a necessity for our body. Remember we must eat a wide variety of fruits and vegetables daily. Each food has a combination of nutrients needed by our body. All too often we get focused on one or two

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items that have many benefits and forget the need for healthy organic variety of all plant life.

So in short, my answer to making our decisions is that I endeavor to think and talk to God about how He created us and the environment around us and go back to as close to the original of our environment as possible.

Is it easy? No! Our grandmothers spent hours in the kitchen preparing food.

Then came the convenience of processed foods, quick foods, fast foods, and ease of preparation. Then came sickness, cancer, heart disease, arthritis, and so many other diseases that the more primitive countries have no awareness. Is there a connection? I believe that the answer is YES!

Is there a correlation? You decide. For me and my family, we choose to Trust God as our Physician and to return to the natural, whole, organic food, and then juicing some of it for a more concentrated efficient way of consuming large amounts of fruits and vegetables.

We chose a water filtration system that left the natural organic minerals in the water. We chose an air filtration system that cleaned the air of pollutants, however did not add to the air other attributes such as ozone, ions, etc.

We chose to optimize our daily intake with supplements that came from whole organic foods that are raised on land that has been cared for over 50 years with earthworms, ladybugs, dragonflies, and other natural means to put the nutrients back into the earth and protect the plant life.

The comment is made that there is not a 100% consistency. Only under scientifically environment can every attribute be controlled as scientists, doctors and others can control. Now we are back to man's intervention and way of ensuring consistency.

In general terms, the way to eradicate any and all illness and disease that you may have, prevent illness and disease from occurring in the future, and slow down or potentially reverse the aging process is to do the following.

1. Eliminate the toxins that have built up in your system. You are loaded with toxins. The only question is, how much.

You must get these toxins out of your body if you want to cure and prevent illness and disease.

Getting the toxins out of your body can immediately increase energy, help you lose weight, eliminate depression and anxiety, and potentially reverse most illnesses and disease.

2. Stop, or at least reduce the toxins entering your body. In today's world it is impossible to totally eliminate toxins from entering your body, but we can dramatically reduce the amount of toxins going in.
3. Make sure our elimination systems are clean and no longer sluggish. This allows the toxins that we do put into our body, and those that develop in our body, to naturally be eliminated quickly and not accumulated.

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4. Make sure we are getting proper amounts of nutrition in the form of vitamins, minerals, enzymes, cofactor, and life-sustaining "energy", and make sure our system can assimilate these vital nutrients.
5. Reduce and/or neutralize the electromagnetic energy that is attacking our body energy fields and cells.
6. Reduce stress.
7. Use our mind and words to create a healthy alkaline body pH, and actually change genetically defective DNA structures into normal healthy DNA structures.

Remember I said you will either catch something and you succumb to it, or you develop something in the body. These two things occur because you have:

- too many toxins in the body,
- nutritional deficiencies,
- exposure to electromagnetic chaos
- stress.

If those are the four causes of virtually all disease, then the way to prevent any of the disease is to make sure that, in effect:

- you don't have any toxins in the body,
- you don't have any nutritional deficiencies,
- you are not exposed to electromagnetic chaos, and
- you have no stress.

Below I have listed other alternatives that you may want to consider in the healing of your body.

Remember you are in control. Often it is good to listen, think and take the best from each of the possibilities listed.

Body

Get all metal out of your dental work.

It is vitally important that you see a holistic dentist. It is important for you to know that so many people suffer horrible debilitating symptoms which are directly caused by the metal that is in their dental work.

Simply doing this step, for many, many people, is the cure for their disease. It can be miraculous.

Stop smoking

Many would have you believe that smoking is an addiction that cannot be reversed without withdrawals and medications.

Smoking allows an incredible amount of toxins to enter your body.

In following the Gerson therapy program, people just stop smoking. Their body needs are being met and the stress is being reduced.

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Diet

See an herbalist.

Like all health-care practitioners, there are individuals who are excellent and whose therapy will give you tremendous, vast, and profound results. Seeing a highly-recommended herbalist allows you to be treated in a natural way where you avoid the dangers of drugs. If you have never had a consultation with an herbalist at least once, you have no idea what you are missing.

When you take recommended herbs in a specific recommend dosage that is customized specifically for you, the physical benefits that you can receive are enormous.

See a homeopathic practitioner.

Homeopathy is a form of medical treatment that gently brings the body into balance and can cure physical problems. A good homeopathic doctor does not treat symptoms, but he treats the whole person.

See a naturopath.

Basically naturopaths are licensed health-care practitioners who use no drugs and no surgery, but rather all natural methods to treat the person as a whole, bringing him back to a state of balance, thus curing you or really allowing your body to cure itself of any and all diseases.

Stop taking nonprescription and prescription drugs.

If you are taking drugs of any kind, do not do this step without consulting your physician.

Remember, drugs are poisons. This includes vaccines. Although opinions vary, many experts believe that vaccines are the number one cause of deaths and disease in children. Vaccines are some of the most toxic things you can put in your body.

Over 250,000 Americans yearly died by taking the dosage of prescription and nonprescription drugs prescribed by their doctors.

It is estimated that millions had to receive medical treatment because of the horrible side effects from taking prescription and nonprescription drugs.

It is also estimated that tens of millions will develop long-term medical conditions because they took nonprescription and prescription drugs. In my opinion, drugs should only be taken in the most severe cases.

If you continue to take nonprescription over the counter drugs and/or prescription drugs on a regular basis you will likely get sick.

These nonprescription and prescription drugs are poisons and toxic and CAUSE illness and disease!

You must stop taking them if you intend on preventing and curing any disease. You cannot cure your disease if you continue to take nonprescription and prescription drugs. Your body

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is busy fighting the toxins and side effects of the medication, instead of healing and restoring your body systems.

You must stop putting toxins in the body. As you consider the list of things to do to get toxins out of the body, you will not be able to do everything. It is important to at least reduce the amount of toxins going in the body on an ongoing basis.

Here is a list of recommendations that, if you do them, will dramatically reduce the amount of toxins you are putting in your body.

Keep in mind that all of the recommendations in this section have a profound affect on preventing and curing disease because they are getting right at the cause of the symptoms and disease. They also have a profound affect at changing your body's pH from acidic to alkaline.

Keep in mind that these are in fact natural alternative cures! Doing these things can in fact cure your illness and disease because doing these recommendations actually stop what is causing your disease.

If you stop doing the thing that is causing your symptoms and disease, then you have in fact "cured" your disease.

Imagine a guy who says, "Every time, I pour gasoline all over my house and light it with a match it burns to the ground. What's the cure?" You would laugh at such a ridiculous statement, but that is in fact what people do every day in relation to their own disease.

They come in and say, "What's the cure for my disease?" not realizing that they are in fact causing the disease by what they put in their body. The toxins that you are putting in your body are giving you the symptoms and disease.

A question that comes up is which one of these alternatives is more important, or will have a more profound affect. The answer is every person is different; however, generally speaking, the more powerful techniques are at the top of the list.

Sometimes just making one change can cause your symptoms to vanish.

You must keep in mind that it has taken you years and years to develop your symptoms and disease. They didn't develop overnight, and if you stop putting toxins into your body, the symptoms will slowly diminish and vanish. Unless, your body is so sick and destroyed that you are at the point of no return to health.

With that in mind, here is a powerful list of things to do and things to not do that will reduce the deadly poisons from going into your body and allow you to prevent and cure illness, disease and cancer.

Do not eat food produced or sold by a publicly traded corporation or is a "brand name" product.

Wow! This is a tough one. If it comes in any mass produced packaging that means it came from a mass production processing plant. If you have ever been in a mass production food processing facility, you would understand what I am talking about.

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Remember that there are over 15,000 chemicals that are routinely put into the food in the processing cycle that do not have to be listed on the label. Even if you read the ingredient list on that package, there is an excellent chance that the food itself has been produced with chemicals and chemicals have been added. So, virtually all food that you buy at the supermarket that comes in a package is loaded with dangerous chemicals.

Secondly, the mass production processing dramatically changes the energetic structure of the food.

Mass produced food in packages is simply unhealthy. Most packaged foods have large amount of sodium or sugar derivatives. Sodium and sugar are both extremely detrimental in the growth of cancer cells. Please do not believe what the fancy packaging say.

The food companies are interested in profits and getting you to buy the food. They are also interested in long shelf life which involves the use of more chemicals.

If you must buy something in a box, jar, can or package, buy something that was produced by hand in a very small facility.

Also look for the words "100% organic" and read the ingredient list. It still may not be great, but at least it's better than buying mass produced, non-organic products.

Do not be deceived by the words "all-natural", "fat-free", "sugar-free", "low-in-carbs", "light", "healthy", etc. The food industry has lobbied congress to allow these words to be put on virtually anything. They are meaningless, deceptive words.

Eat only 100% organic food.

You want to eat food that has not been grown with chemical fertilizers, pesticides, or herbicides. Organic food has no chemical poison residue and has much higher amounts of nutrients.

Do not eat in fast-food restaurants.

Fast food is simply some of the most "nutritionally deficient" and "chemically loaded" food.

If the definition of food was "fuel for the body that also encourages life," fast food could no longer be called food! It should be called "fast, good tasting poison," which is a more accurate description of what it is. Oh, and did I tell you that it is designed:

- to increase your appetite,
- make you physically addicted, and
- purposely constructed to make you obese?

If you eat fifteen meals per week in a fast-food restaurant, you have a 90 percent chance of getting cancer, heart disease, diabetes, acid reflux, obesity, and potentially dozens of other diseases. Avoid fast food at all costs.

Do not eat anything that comes out of a microwave oven.

Throw your microwave away. I believe that when you microwave anything it becomes energetically toxic to the body. Eating microwave food on a regular basis (this includes food

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that is being reheated in the microwave) weakens your immune system and causes depression and anxiety.

Parents who microwave baby formula are poisoning their children unknowingly. The baby formula itself is poison; by microwaving it, it becomes even more toxic.

Eliminate aspartame and monosodium glutamate.

Aspartame goes by NutraSweet. Both aspartame and MSG are classified as excitotoxins. There are three great books on this subject. "*Aspartame, Is it Safe*", was written by a medical doctor. Based on hundreds of case studies the doctor concludes that aspartame is responsible for many distressing medical problems, ranging from headaches and memory loss to hyperactivity in children and seizer disorders.

Next, the book "*Excitotoxins, the Taste That Kills*", also written by a medical doctor, examines how monosodium glutamate, aspartame, and similar substances cause harm to the brain and nervous system, and how these substances can cause Alzheimer's, Lou Gering's disease, depression, MS, and more. Lastly, in "*Bad Taste, The MSG Complex*", again written by a medical doctor, explains how MSG is a major cause of treatable and preventable illnesses such as headaches, asthma, epilepsy, heart irregularations, depression, and attention deficit/hyperactivity disorder (ADHD).

Do not eat artificial sweeteners (including Splenda)

Artificial sweeteners are man-made chemicals. They are poisons and should never be consumed. They cause all kinds of health problems. Use raw organic honey, organic raw evaporated sugarcane juice, or the herb stevia. All are excellent choices for sweeteners.

Remember, science is not better than nature.

Do not drink diet sodas

Diet sodas have been called the "new crack" because they are so addicting.

Diet sodas will actually make you gain weight as well as make you depressed. Because of the artificial sweeteners used, such as aspartame, they are also giving you a variety of medical symptoms.

If you want a soda, ideally, get an organic soda from your health food store. Or if you must indulge, drink a regular soda. If you were to stop drinking all diet sodas and replace them with regular soda, you would in fact lose weight.

The idea that diet sodas have fewer calories, thus are good for weight control is a lie. The exact opposite is true. Remember, all carbonated drinks block calcium absorption. Our bodies need calcium in order to utilize many of the other nutrients.

Do not eat hydrogenated oil.

This is classified as a trans-fat. Hydrogenated oils are man-made products.

They are toxic poisons. More importantly, they attach to the artery walls and cause heart disease. They also attack the liver, spleen, intestine, kidneys, and gallbladder. They cause the internal organs to operate much less efficiently.

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The bad news is that hydrogenated oil is in virtually every product you buy!

The good news is that if you shop at a health food or whole food store, and if you read the labels, you can find many of the products you buy now without hydrogenated oil. This is a good example of how medical science says something is bad, and then later reverses their position.

For years heart patients were told to stay away from butter because it was bad for the heart. Instead, they were told to use margarine.

Unfortunately, most all margarines are 100 percent hydrogenated oil.

Margarines are man-made unnatural products that are deadly poison to the body. Now we hear from the same doctors and medical community that margarine is, in fact, much worse than butter.

Stay away from hydrogenated oils and trans fats at all costs.

Do not eat homogenized and pasteurized dairy products.

All dairy products are not created equal. Today's milk, cheeses and other dairy products are radically different in nutritional value and chemical composition than they were fifty years ago.

American dairy products are also vastly different than dairy products in other countries. Have you ever noticed that butter from France tastes different than the butter from America? Have you noticed that the same kind of cheese tastes different depending on what part of the country or world in which it was produced?

There are vast differences in dairy products due to multiple factors. These differences mean that the dairy products affect the body in vastly different ways.

The body will be affected differently when drinking raw milk versus pasteurized and homogenized milk.

I was able to drink raw milk and was very healthy. When I left the farm for schooling and career I began to drink store milk that had been processed, pasteurized and homogenized. I was bloated, nauseous, and unable to digest the milk. I was diagnosed with lactose intolerant.

Now I have returned to raw milk. I have regained health, vitality and energy. I am not lactose intolerant. My bones and teeth are healthier.

There is a major difference in raw milk filled with nutrients and health giving enzymes:

- that has not been pasteurized or homogenized,
- that came from a cow that was organically raised:
 - was free-roaming,
 - grass fed, and
 - not given antibiotic or growth hormone injections.

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than store milk coming from a genetically modified cow that has been:

- given antibiotic and growth hormone injections,
- never allowed to roam,
- is fed chemically laced growth enhancing feed,
- and has been pasteurized and homogenized.

The problem occurs when studies are conducted and researchers do not use raw organic milk versus the supermarket variety. If they did we would see dramatically different study results.

The bottom line here is the standard supermarket variety of milk and dairy products are very unhealthy.

Homogenization makes the dairy products scar the arteries in your body, and is a leading cause of heart disease.

Organic raw un-pasteurized, un-homogenized milk, cheese and dairy products are incredibly healthy.

Remember, science is not better than nature. When man gets involved and changes things from its natural state to increase profits, the food is no longer "real"; it becomes a man-made look-alike imitation.

Do not eat high fructose corn syrup.

If you look at the ingredients of the product you are buying and see sugar as the number one ingredient, you may be concerned. In order to avoid this, food manufacturers use a variety of sweeteners such as sugar, dextrose, fructose, corn syrup solids, corn syrup, high fructose corn syrup, multidextrin and a variety of others.

If you were to add up all of the sugars, in most cases sugar would be the number one ingredient in most of these kinds of products.

High fructose corn syrup is used primarily for two reasons:

- First, it is very inexpensive.
- Secondly, it makes you fatter than other sweeteners that could be used.

The food industry wants you to be fat. Fat people eat more food, thus increasing sales and profits for the food companies. The food industry has lobbied against the public campaign to "eat less, exercise more" because they do not want people to be encourage to eat less. Doing so would decrease sales and profits.

Eat only organic kosher meat and poultry.

Any meat or poultry that is not organic and kosher is incredibly toxic.

Generally speaking, below are the differences *between conventional animals and organic animals.*

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| Conventional animal | Organic animal |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Genetically modified in breeding, thus becoming an animal that could never occur naturally | Has not been modified by man and is in its most natural state |
| Injected with growth hormones and antibiotics, meaning that the meat we consume is then loaded with these drugs | Is given no drugs, so its meat is drug free |
| Not allow, to roam freely or exercise normally thus creating an incredibly toxic animal that is unnaturally obese and diseased. | Allowed to roam naturally, grows at its normal rate, and is not loaded with toxins or diseased |
| Fed an unnatural diet of chemicals and feed that it would never eat naturally. | Eats grass as it would in nature, and the grass has not been laced with chemical fertilizers, herbicides and pesticides. |
| Slaughtered by being shot in the head. The animal experiences incredible pain and trauma. Adrenaline, which is highly poisonous, permeates the animal's tissue. The blood, which is loaded with toxins, also permeates the tissues. | Killed in the most humane way possible, by slicing its throat. The animal experiences no pain, is immediately drained of all blood, its internal organs are inspected to make sure the animal is 100 percent healthy, and the tissue is salted to draw out any blood and kill any bacteria. |
| Usually aged, which means the animal flesh is hung in a dark room and allowed to rot. A green mold covers the rotting animal flesh. This green toxic mold is bacteria that tenderizes the meat, but also fills the meat with more toxic poisons. | Is not aged. Immediately processed and packaged. |
| Sprayed with dangerous chemicals to kill bacteria. Irradiated wiping out the natural nutrients, bacteria and other life giving substances. | |

Do not eat farm raised fish.

Companies produce farm raised fish to make a profit. Farm raised fish are given unnatural feed and can be highly toxic compared to their natural wild counterparts. Stay away from any fish that has been farmed raised.

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Do not eat pork.

Remember, you are what you eat. Pork is a highly toxic diseased food. A pig eats anything in its path, including its own feces. Whatever it eats turns to meat on its bones in a few hours. All pork products are laced with disease and viruses. It is toxic and unhealthy.

The human body virtually goes into toxic shock by consuming pork.

Massive amounts of blood and energy goes to the stomach and intestines to help breakdown and digest this toxic matter. Pork is never fully digested in the human body. However, the human digestive system works nonstop in overdrive for up to eighteen hours attempting to neutralize and digest pork.

If you did not eat pork for thirty days and then had some, there is an excellent chance you would be violently ill. Eliminating pork or at least reducing it dramatically, can have a profound impact on your health and sense of well-being. Try and see.

Do not eat shellfish.

More people are allergic to shellfish than any other food. More people get sick from eating shellfish than any other food.

More people die from eating shellfish than any other food. Any fish that does not have scales and fins should be avoided.

This includes clams, mussels, shrimp, lobster, crab, squid, eel, catfish, shark, etc.

The fish must have scales and fins. Catfish, for example, has fins but no scales. It is interesting that this is one of the kosher diet laws. Today, we know that fish with scales and fins do not absorb the toxins in the water as readily as sea creatures that do not have both scales and fins.

Do not drink canned or bottled juice.

All canned or bottled juice you buy in the store has been pasteurized causing it to be toxic to the body. The filtering and processing used in the manufacturing of juice increases and concentrates the amount of toxic chemicals in the product.

Drink only fresh juice made with 100-percent organic ingredients. It is best to fresh press squeeze organic fruits and vegetables. It is also best to drink the juice immediately upon pressing the juice to attain the optimal nutrients and enzymes.

Do not take synthetic – man created vitamins

Many companies selling vitamins are only doing so to make money. There are many grades of individual vitamins. Most companies use the cheapest grades available.

These inexpensive “vitamins” in many cases are chemically produced and are not natural. Most vitamin pills have vitamins and minerals in a proportion never found in nature.

It is true that you are most assuredly deficient in vitamins and minerals. The best way to correct this deficiency is by juicing.

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The second best way is to take whole food supplements. These are not vitamin and mineral pills. Whole food supplements simply take organically produced vegetables and fruits and concentrate them into a convenient tablet that you can take.

When you take a whole food supplement you are getting all the vitamins and minerals in the proportion that nature intended.

You are also getting the enzymes and cofactors present in nature. It is interesting to note that many natural plants have up to 30 percent of their composition that defies scientific analysis.

That simply means that when you take a whole food supplement not only are you getting vitamins, minerals, enzymes and cofactors in the precise proportion nature intended, you are also getting all of the things that science has not discovered yet.

For more information on my recommendation, please see Resources in section 9.

Do not eat white processed sugar.

Sugar cane, when grown organically, pressed, and dried, creates pure, unprocessed living sugar.

You can purchase this in health food stores. It is healthy and good for you.

White table sugar, however, is grown with dangerous chemicals, processed, stripped of all its nutritional value and heated, thus destroying any living vitality that it had.

White sugar is a product that has such powerful adverse effects on the body it could be classified as a drug.

Real, unprocessed, raw, evaporated cane juice, which is real sugar, is good for you. White sugar is poison. The chemicals used in the growing of sugar cane are known to cause cancer in sea turtles. Those poisonous chemicals used in the growing process still remain in the product you buy in the store.

Do not eat white processed flour.

White processed flour is similar to white sugar. It comes from grain that has been chemically treated in the growing process, stripped of all its natural fiber and nutrients, and chemically bleached to make it a white.

White flour mixed with water makes paste. You use it to make paper-mache. It turns hard as a rock. That is what happens when you eat it. It is an unnatural product that the body does not know how to digest. It has a little nutritional value, no life force, spikes your insulin, and causes constipation.

Use organic whole grain flour that has been minimally processed, or buy organic grains and grind them yourself.

Eat nothing that says "fat free" on the label.

Food companies want you to buy their products. Whatever the hot button is at the time will determine what their marketing people decide goes on the label. "fat free" does not mean "healthy."

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Most fat free products are simply loaded with unbelievable amounts of sugar and chemicals.

Eat nothing that says "sugar free" on the label.

If it says sugar free on the label there is a good chance the product is laced with artificial sweeteners. Do not buy it.

Eat nothing that says "low carbs" or "net carbs" on the label.

This is the current hot button. The biggest scam going now is the term "net carbs" Manufacturers load up these products with chemicals and artificial sweeteners that they claim have negligible results on insulin levels, so they do not count these real carbohydrates in the net carb number. A product that says it has the net carbs could have as many as forty grams of real carbohydrates. Do not buy these products.

Do not eat most "food bars."

Food bars are man-made products filled with chemicals to provide, first and foremost, good taste. They are highly processed and should be avoided. There are a few all-raw organic food bars. Read the labels and know what you are eating.

Often I will carry some of the healthiest food bars for they are incredibly healthier than fast foods and most restaurant food. Use wisdom and know what is best for your body.

You are in control of what you eat. Make the best choices.

Do not eat or drink most diet or protein shakes

Like food bars, these are produced by companies whose goal is to make them taste great while using the cheapest ingredients possible.

With rare exception they should be avoided. Again read the labels and know what you are taking into your system.

Again, I will carry some of the healthiest protein drinks when I am traveling for they are incredibly healthier than fast foods and most restaurant food. Use wisdom and know what is best for your body.

You are in control of what you eat. Make the best choices.

You must handle and address your nutrition deficiencies.

By now, hopefully you know that you have nutritional deficiencies.

Virtually every single person has nutritional deficiency to varying degrees.

The reason you are nutrient deficient is because the way the food is grown and processed strips much of the nutritional value in the food.

Virtually everything that you buy called "food" has been dramatically depleted of its nutritional value.

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As I mentioned before, researchers have shown that you would have to eat over five times as much food as your grandparents just to receive the same nutritional value.

However, it is worse because we have more toxins in our body; therefore we cannot even absorb the little nutrition we are getting from our food.

Therefore, we are all nutrient deficient. It is also vitally important that you totally understand that many, if not all, diseases are caused or at least in part by nutritional deficiencies.

Scurvy is a horrible debilitating disease. However, researchers have discovered that scurvy is simply caused by a vitamin C deficiency. If you were to eat some oranges, lemons, or limes, then scurvy would be cured. Therefore, an orange, lemon, lime, or even simply vitamin C in a capsule, is in fact the cure for scurvy.

However, the FDA has the law that says only a drug can cure, prevent, or treat a disease. According to the FDA, oranges, lemons and limes, or vitamin C, cannot legally be the cure for scurvy!

The bottom line is you do have nutritional deficiencies and nutritional deficiencies cause illness and disease. If you want to prevent disease and if you want to cure disease you must handle your nutritional deficiencies.

Again I will tell you drugs and surgery are not the answer to prevent and cure disease. Since the lack of drugs and surgery did not cause the disease, how could they cure it? Does that make sense?

So let me give you a list of the items which, if you follow them, will handle your nutritional deficiencies and for many of you will be the all-natural cure that you have been looking for.

Eat more fresh organic fruits and vegetables

You do not have to be a vegetarian to be healthy. I have never seen any real, convincing evidence that vegetarians are healthier or live longer than people who eat animal products.

However, the healthiest people eat a large amount of fresh organic, raw, uncooked fruits and vegetables.

If you were to do just one thing, I would tell you to eat a variety of four pieces of fresh fruit per day and two big raw salads full of a variety of vegetables.

If you changed nothing else in your diet, but just added those two things, many medical conditions would disappear.

Ideally, the fruits and vegetables should be organic and uncooked, but cooked non-organic fruits and vegetables are better than none at all.

Buy a juice machine and use it

Our food supply today is dramatically depleted of vital vitamins and minerals. Organic produce has up to ten times the vitamins and minerals as non-organic, and has none of the poison residues of the chemical fertilizers, pesticides and fungicides.

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Even so, because the soil is so depleted, organic produce still has less nutritional value than the same produce had fifty years ago. You would have to eat ten times the amount of produce today to even come close to the nutritional value of food fifty years ago.

Therefore, it is impossible to get the amount of vitamins, minerals, and enzymes that you need by simply eating food. And remember because of all the drugs and toxins you have ingested, your ability to absorb these nutrients is dramatically reduced.

Even if you ate only raw, uncooked organic fruits, vegetables, nuts and seeds, your body may have major nutritional deficiencies. That is why juicing and supplementation is important.

The best way to correct this problem is to buy a good pressed juice machine and make fresh juice using organic fruits and vegetables.

Drinking three to four glasses of fresh juice gives your body a huge amount of living enzymes, as well as vitamins and minerals in the natural state and in the proportion that nature intended.

Eat raw organic nuts and seeds

Raw means uncooked. Stay away from roasted and salted nuts and seeds.

Ideally, buy them in the shell, where they retain more nutrients. There is tremendous nutrients and enzymes in nuts and seeds. They are great to snack on throughout the day.

Eat an organic apple a day

It is true, an apple a day keeps the doctor away! This is a "natural cure" for dozens of various diseases. It is in fact a super food.

Take all-natural Vitamin E

There are many forms of vitamin E on the market. There are only a few companies that manufacture the full spectrum all-natural Vitamin E.

The fact of the matter is every single person is nutrient deficient. The most important mineral you are deficient in is calcium, which is why I recommend you supplement your diet with calcium.

The most important vitamin you are deficient in, in my opinion, is vitamin E. Taking vitamin E can prevent heart disease, eliminate varicose veins, improve sexual performance, reduce or alleviate depression, and a whole host of other disorders.

Drink the "magic juices"

There are several fruits that are being sold that have absolutely miraculous healing properties in the body. These fruits are from around the world and are very difficult to buy fresh and juice fresh; therefore you must buy them in a bottle.

Unfortunately, because the government requires pasteurization, these juices are in fact pasteurized. Some of them have a natural substance added to help preserve the juice; however, the positive definitely outweighs the negative.

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I encourage you to buy and drink these juices as they have been shown to reverse disease and cancer. The juices are noni, gogi, mangosteen, aloe vera, and acai berry. These juices are also found in other products that are very healthy for you.

These juices are convenient and provide you with super nutrition as well as help detoxify and cleanse the body.

Take a whole food supplement daily.

Whole food supplements are not synthetic vitamins and minerals. They are “concentrated real food”. They contain nutrients, living enzymes, and life force energy in the exact proportion that nature intended.

Remember your body is deficient in nutrients such as vitamins, minerals, enzymes, and various cofactors. This is a fact.

There is no way that you can get all the nutrients you need by eating food. You would have to eat ten to twenty times the amount of food as you are now, and it would all have to be organic, for you to meet your minimum nutritional needs.

Nutritional deficiencies cause disease. Having the proper amount of vitamins, minerals, enzymes, and cofactors allow your body to operate as it was designed and can prevent and cure almost all disease including cancer.

Food supplements are what their name implies; they are to supplement, not replace, juicing and eating a variety of organic fruits and vegetables.

Eat raw organic honey, royal jelly, and bee pollen

Raw organic bee products and honey are super nutritious foods. Royal jelly, for example, has the highest percentage of components that defy chemical analysis. What this means is there are nutrients in royal jelly that have not been discovered by science. This is an important point.

Remember, science is not better than nature.

Many foods contain nutrients that defy chemical analysis.

It does not mean we don't need the nutrients, it just means that science has not yet discovered them.

This is why eating food in its most natural raw state is so important? These foods are some of the most nutritious and healing foods for your body.

Take digestive enzymes

One of the main causes of indigestion, heartburn, gas, bloating, and constipation is a lack of digestive enzymes in your stomach and intestine.

Because of antibiotics, other nonprescription and prescription drugs, chlorinated and fluoride-full water, it has been shown that most people simply do not have enough digestive enzymes in their system, which slows a person's metabolism and blocks the absorption of nutrients.

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Your body's ability to produce digestive enzymes has been dramatically reduced. Therefore, I believe you need to take digestive enzymes for a period of time until your body is cleansed and rejuvenated, so it can produce the correct amount on its own.

Taking digestive enzymes can eliminate acid reflux, heartburn, indigestion, gas, bloating and constipation.

It is interesting to note that the majority of people who start taking digestive enzymes lose between five and ten pounds in the first thirty days.

If you must use salt - use organic sea salt

Salt increases the growth of the cancer cells.

Regular table salt is poison. Sea salt is infinitely better for you. This one small change can also make you lose between five and ten pounds in the first thirty days.

Take an omega-3 supplement

Lack of omega-3s has been specifically linked to a host of illnesses and disease including depression.

Eat organic dark chocolate

If you need chocolate, choose organic dark chocolate as they are filled with real raw organic ingredients.

Eat snacks.

Do not go hungry! What I mean by eat snacks is eating in between meals if you are hungry.

However, my definition of snack and your definition of snack are probably two different things.

My definition of "snacks" is organic apples, pears, or other type of organic fruit, organic raw nuts and seeds organic raw celery, carrots, cucumbers or other vegetables.

Additionally, my idea of a snack is a glass of freshly made organic fruit and/or vegetable juice.

Remember, you are nutritionally deficient.

Virtually every disease has been linked to nutritional deficiencies. Much of the research is conclusive that when nutritional deficiencies are addressed many diseases vanish!

Remember that you do not have cancer or headache because you have a drug deficiency.

You do have cancer, or a headache, because of toxins in your body, or a nutritional deficiency, or mental and emotion stress. Or, you have a combination of these.

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Emotions

You must reduce stress.

Stress is the silent killer. Mental and emotional stress affects every cell in the body. The mind can turn the body's pH from acidic to alkaline in a matter of minutes.

Stress can adversely affect the genetic makeup in your body; the mind can positively or negatively affect DNA. What you say and how you think can give you disease and it can reverse your disease.

If you want to prevent disease, be happy, eliminate depression and fatigue, and "cure" any disease you have. It is important to reduce stress that is in your body.

It is impossible to say "eliminate all stress", but you certainly can reduce stress.

Health care practitioners all over the world have proven over and over again that by simply reducing stress—diseases are cured. Even medical doctors cannot deny the power of the mind in healing the body.

The placebo affect has been proven even in the pharmaceutical industry!

The placebo affect has shown that up to 40 percent of people cure themselves with nothing more than thoughts. That comes directly from the pharmaceutical industry's own literature.

Thoughts and words are natural alternative "cures" that are seldom considered. Earl Nightengale, in the book "**Strangest Secret**", explains the power of thoughts and words on our bodies, our emotions, and our thoughts.

So let me give you a list of what I think are the most powerful ways to reduce stress. Keep in mind that even if you did just one of these things it could be the "cure" for your disease.

Do as many of these as you can, and start doing them as soon as you can, and do them as often as your can!

You need to reduce stress to live a long, happy, healthy, and disease-free life.

Most importantly, if you have illness and disease now, you need to reduce stress if you intend to cure your disease. Cancer is often developed because of unresolved stress in our bodies that dramatically decreases the effectiveness of our immune system.

Listen to de-stressing CDs

If there is one thing that I could recommend to help you eliminate stress it would be to listen to stress reducing CDs.

Stress levels in the body are one of the leading cause of the body becoming acidic which means stress is one of the leading causes of virtually every disease!

Laugh

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Laughing is one of the most powerfully beneficial things you can do. Children laugh, on average, 10,000 times per week. Adults laugh, only an average five times per week. Laughing stimulates the entire immune system, elevates depression and alkalizes the body.

Many of us have heard the story of the cancer person who, given six months to live, used laughter to eliminate his cancer! Laugh every day as often as you can even if you have nothing to laugh about. You will feel better and be healthier.

Smile.

There are more muscles concentrated in your face than in any other part of the body. The physical act of smiling strengthens the immune system and releases endorphins from the brain, making you feel better.

The act of smiling also changes your energetic field, as evidenced by Kirlian photography. Make it a habit to notice if you are smiling or not. Smile for no reason and do it often.

Get and give hugs.

Human contact is necessary for life.

Babies who are given all the nutrition they need but receive no physical contact grew less, cry more, and came down with all types of illness and disease.

In some cases they border on death. Our immune systems are strengthened when we physically hug another human being. Ask yourself how many hugs you gave and got yesterday. You should be hugging every day as often as possible!

I am blessed. I get a lot of hugs daily.

It is a good habit and provides increased health.

Speak powerful words

Words create. What you say is what you get! Most people get hung by their own tongue.

When you say something you energetically put the wheels in motion that will manifest it into reality. Speak positively and use words as a tool to make what you desire come to pass.

Do not use a cell phone and drive at the same time.

Driving is stressful enough. When you are talking on a cell phone and driving simultaneously, the amount of physical stress that your body is experiencing can be as much as ten times greater.

Avoid this at all costs. When driving, it is ideal to be listening to the correct kind of music and relaxing thoughts.

Sleep eight hours.

Ideally, get a full eight hours of solid, deep, restful sleep every night.

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Rest one full day each week. Sleep promotes healing and rejuvenation in the body. Resting throughout the day promotes the optimal rejuvenation of your cells.

Go to bed at approximately 10:00 p.m. and arise at approximately 6:00 a.m. This appears to allow the body to rest the deepest, rejuvenate the most, and gives the person the most energy throughout the day.

Take an afternoon fifteen-minute break.

Most people wake up to an alarm clock, rush to work, stress, worry and work all day, rush to get home, eat a meal, and sit in front of the television; then they go to bed and prepare to repeat the process again the next day.

A fifteen-minute relaxation break, ideally using soft music and positive thoughts allows the body to decompress, unwind, and rejuvenate.

This procedure can increase metabolism, relieve stress, anxiety, tension and depression, allowing you to feel more balanced, and providing increased amounts of physical energy.

Don't read the newspaper.

You can't fill your mind with negative thoughts and believe that your body's pH will stay alkaline. The newspaper is filled with negativity, creating worry and stress.

The news printed is almost always misleading, slanted, or in some cases, completely untrue.

The same goes for much of the news and information on the web.

Don't watch the news.

Watching the news fills your mind with negative pictures. Studies show that a person's pH can go from a healthy alkaline state, to the cancer-prone acidic state after just thirty minutes of watching a news broadcast.

Some people keep the news channel on throughout the day. Sick or weakened people tend to fill their time watching TV and especially the news to give them the feeling of staying connected to the world.

In the process they are weakening their own immune system and turning their system to acidic.

Amazing that we do all the wrong things for our body and expect our body to take care of us.

Have intimacy and sex within marriage.

Intimacy with another person within the right relationships releases hormones that are healing.

Do acts of kindness often.

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Every day make it a habit to be kind to everyone you meet. The act of showing kindness has been shown to stimulate the body's immune system and give us a greater sense of peace and comfort. Remember, what goes around comes around.

Listen to nice music

Certain music has been shown to kill plants and, in humans, dramatically suppress the immune system. Certain music also has been shown to make the body very acidic.

Classical music seems to promote the health and vitality in plants, and seems to encourage the same in humans.

Get out of debt

Stress is the silent killer. Financial pressure causes a massive increase in stress, which leads to disease.

There are several organizations that can assist you in managing reducing, and eliminating your debt. When you free yourself from financial worry you are more likely to be happier and healthier.

Drive less

Driving causes massive amounts of stress. The less you drive, the healthier you could be.

Be thankful

Thoughts are things. Thoughts are powerful. When you wake up in the morning, take a moment and are thankful for the day. Before you eat a meal, take a moment and be thankful for the food. Before you go to bed, reflect and be thankful for the people and experiences you have. Living a life of thankfulness creates happiness and peace, and promotes general health.

Be lighthearted

There are tens of thousands of people around the world who live into their hundreds. Research has been conducted on these centenarians and has found that the major common denominator is they "take life very lightly".

A good motto to live by is "You have to care, but not that much". Instead of being demanding you would be better off if you had mild preferences.

Stay away from psychiatrists and psychologists.

Psychiatrists and psychologists do not help the people they treat. Statistics show that the majority of people who are treated by psychiatrists and psychologists actually get worse!

Psychiatrists almost always prescribe drugs to the patients. These drugs are some of the most dangerous and deadly pharmaceuticals available today.

Did you know that in the last ten years, virtually every violent act committed in schools was perpetrated by a person who either had taken, or was currently taking, a psychiatric drug?

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Finally, the research has become so compelling that there are warnings saying that certain psychiatric drugs actually increase the propensity to commit suicide. This is such an important issue that I encourage you to read "*Psychiatry: The Ultimate Betrayal*".

Do not use an alarm clock.

Most people wake to the sound of a loud alarm clock. This shocks the system and starts the body in a stress mode for the day. It is important to awaken slowly and gently.

There are alarm clocks that wake you with lovely gently tones that start off very low in volume and slowly begin to increase in volume.

There are also clocks that wake you up with a light and gently increase in brightness. This little change in the way you awaken can have profound effects on your emotions and your body's pH.

Use aromatherapy.

Smells have a powerful effect on our body. Certain smells evoke chemical reactions in the body. Essential oils have many health benefits besides giving a wonderfully pleasant aroma.

Write down goals.

Something occurs when you physically write down the things in life you want. This is one of the most powerful secrets used by the super successful people. Having a mission, a purpose, and a reason to get up and live your day to the fullest is powerful in healing your emotions and your health.

Plant a garden

When we work with living things and create things with our hands the effect is very beneficial. Working in a garden provides an outdoor environment, exercise, stress reduction, and many more mental, emotional, and physical benefits.

Cook

When we create something with our hands we benefit emotionally and physically. **When you cook food from scratch you take a much needed mental break, and you can create great tasting, incredibly healthy meals.** I encourage you to be creative in the preparation of fresh organic foods developing the rich natural flavors of the food without the salt, salt substitutes, and many of the salt based seasonings.

It is best to stop eating at 7:00 p.m.

Dance and sing

Dancing and singing are great ways to release stress in the body. They are fun, and have a positive impact on our emotions and our physiology. Dancing and singing brings happiness, joy, and laughter. The results have a positive healing effect on our body systems.

Find your life purpose.

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I put this last, although it should be first. The reason it is last is because it is probably the hardest. Most people go throughout life without ever finding their true life's purpose.

I can tell you from personal experience how stressful life can be when you are going on day after day feeling like you are not doing what you were put on earth to do.

My mission and purpose involves working, teaching, and serving people. For my career I chose teaching. I attained joy, happiness, and self-satisfaction when I was working with people of all ages.

Half way through my career of teaching I switched over to a professional office job. I thought it would be less stressful. It also provided me with a more structured work day, allowing me to enjoy my family.

I excelled in my office job and worked in the Corporate office. After several years I was unhappy, dissatisfied and felt unfulfilled.

I was no longer fulfilling my mission or purpose in life. I felt fatigued, overwhelmed, and had internal stress that I did not understand.

15 years later I was diagnosed with cancer. It was suggested that I return to what my personal mission and purpose in life was. This took time. Our family needed my income, so I turned to using evenings and weekends to teach and serve people. Within a space of 6 months, my health and vitality began to return.

Today, my stress levels are at the lowest level they have ever been in my life, yet the amount of stressors that are in my life are the highest. Why? I am living my life purpose.

Finding your life purpose, can help you be happier and healthier than ever before.

It is hard to do, but I encourage you to consider where you are at and what your purpose is.

Maybe your purpose is to help other people achieve their purpose. Maybe your purpose in life is to make your own home and family happy and healthy. Maybe your purpose in life could be to help support me in my quest of educating people around the world on treating cancer alternatively.

I will gently encourage you to support me by joining my internet community at www.treating-cancer-alternatively.com and becoming a subscriber to our monthly e-zine.

I believe the information on the web site and in the newsletter is incredibly valuable and will be very helpful to you and those you know in many areas of life.

I am thanking you in advance for your support, and I hope the information in this e-book will be the miracle you have been looking for.

The specific dos and don'ts listed are in fact the "natural alternatives" to cancer and all other diseases and sicknesses.

They are simple, they are effective, yet they are very powerful.

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I encourage you to start implementing some of these things immediately.

I receive correspondence weekly. The vast majority of the people writing me are people who have started to implement many of the things I have discussed. They have questions or desire to share their success stories.

The success stories I have seen and am hearing are exciting to hear. The medical community is becoming more interested in what people are doing. Some of these very simple things are diminishing or eliminating their symptoms and their diseases are being cured.

Please write and tell me your story. Tell me how these things are positively affecting your health, your vitality, your energy, and your life.

Tell me how the information in this e-book is making you think differently about the news media on television, or radio or what you read in newspapers and magazine.

The mind and thoughts can have a dramatic effect on the body's chemistry and how all organ and gland functions work.

I read about and found the following experiment very interesting and so I wanted to share it with you.

An experiment was conducted by the military where DNA was placed in chambers so that electrical changes could be measured. The donor of the DNA was placed in a room far way from the chamber where the DNA was.

The donor was subjected to emotional stimulation consisting of video clips which generated different emotions in the donor. Both the donor and his DNA, which was in a different room in the same building, were monitored as the donor exhibited the various emotional peaks and valleys.

To the surprise of the researchers, the DNA exhibited the identical response at the exact same time. There was no lag time, no transmission time.

The DNA peaks and valleys exactly matched the peaks and valleys of the donor in real time. The military wanted to see how far they could separate the donor from his DNA and still get the same affect.

They stopped testing after they separated the DNA from the donor by fifty miles and still had the same exact effect – no lag time, no transmission time. What does this mean? It means that living cells communicate through a previously unrecognized form of energy. This undiscovered energy filter is not affected by time and distance. This is why thoughts and energetic rebalancing materials go beyond the understanding of biology and drugs, and possibly cure and prevent disease.

An experiment was conducted with DNA to determine if thoughts can affect DNA. DNA was placed in a container; it was discovered that the DNA changed its shape according to the feelings, thoughts, and emotions of the researchers.

When the researchers felt gratitude, love, and appreciation, the DNA responded by relaxing and the strands unwound; the length of the DNA became longer.

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When the researchers felt anger, fear frustration, or stress, the DNA responds by tightening up; it became shorter and switches off many of its codes. This could be why people feel totally shut down when they experience stress and negative emotions. The DNA codes were reversed and were switched back on when feelings of love, joy, gratitude, and appreciation were felt by the researchers.

Placebos often cure disease. Well, actually, the placebo does nothing except help the person believe that his disease will be cured, and it is his own mind and belief that cures the disease.

To point this out it shows that placebos are moderately effective when given as a little white table, but more effective when given as a big red capsule, and still almost 100 percent effective when the patient has to roll up his sleeve and get an injection.

In effect as the belief level goes up the power of the mind increases and the body simply heals itself. This shows that the mind causes the body to heal itself.

In research, when a person begins to worry and have stress, the body's pH can go from alkaline to acidic in a matter of minutes. Thoughts can bring on disease faster than any other cause.

Change comes slowly for most of us, unless a traumatic situation forces a sudden turnaround.

When I began my study on diet and nutrition, I remained on the diet I had always eaten, even though everything I was reading proved that it was killing me.

When challenged on my inconsistency, I responded, "I am in the process of building a spiritual conviction concerning food."

And that was true. It takes time to build a spiritual conviction of sufficient depth to call one into a radically different lifestyle of eating. This is especially true in an area in which there is so much we have been taught that we need to unlearn.

It is with reluctance that we accept the possibility that health professionals, who we have trusted, may have limitations in the advice which they offer because of their limited nutritional training and the political climate in which they work.

Therefore, the development of new dietary convictions does not generally happen overnight.

So each of you will establish the pace and degree to which you will choose to change your diet.

I encourage you, for your own health's sake, to move at the fastest pace possible. The best way to speed up the change is to study and then experiment on your own body.

The more I read and studied, the stronger and deeper my spiritual convictions grew, and the more I changed my diet, the better I felt.

Remember, any and every little dietary change in the right direction gives an immediate health benefit to your body. Even one fourth of a dietary change stimulates greatly improved health.

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Environment

Buy and use a shower filter.

You absorb more toxins by taking one shower than by drinking eight glasses of water. Your skin absorbs the water from your shower or bath. A hot shower produces steam and that releases many of the chemicals in the water into poisonous gases. These gases are inhaled or absorbed through the skin. A good shower filter removes most of the toxins in the water. Use one and you'll never have a bad hair day again.

Don't drink tap water

All tap water is poisonous. Virtually all tap water is loaded with contaminants, toxins, poisons, and known cancer causing agents including deadly fluoride and chlorine. Drinking tap water causes illness and disease.

You must drink water. However, the water must be pure.

Use toothpaste with no fluoride.

Pure water has natural organic fluoride in the water. You do not need any additional fluoride. Fluoride is a mineral that is needed by our body. However the chemical fluoride is a toxin that we need to eliminate from our body.

Do not use nonstick cookware.

When nonstick cookware is heated to a high temperature it emits toxic fumes that can kill a small animal such as a bird! These toxic fumes, when inhaled by humans lead to respiratory disease, weakening of the immune system, cancer, depression, asthma, headaches, and a multitude of other health problems.

If you can't eat it, don't put it on your skin

Your skin is the largest organ in the body. Whatever you put on your skin goes into the body. Many of the things we put on our skin from antiperspirants, moisturizing lotions, cosmetics, insect repellents, sunscreens and perfumes are so poisonous that if you put them in your mouth you would die within minutes.

I know for many of you this is unrealistic. Remember that I said that if you can not do something 100 percent, do the best you can.

If you cannot eliminate everything at least reduce the amount of poison you put on your skin.

Get an air purifier.

The air in your house is most assuredly not pure and clean.

You live, work, and sleep in an environment where the air is really unhealthy.

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I recommend an air purifier for your home, your work space and most importantly, your bedroom. Since you are breathing all night long it would be a good idea to be breathing the cleanest, purest air you can.

Your work space is the second most important. There are hundreds of various types of air filters and air purifiers on the market. I believe some are much better than others. Some are so good that they can also eliminate the entire black mold that is causing illness in many homes today.

Use only nontoxic, 100 percent organic, cleaning supplies

Cleaning products used in the home have been proven to be a leading cause of cancer in children. The cleaning products you use do, in fact, suppress the immune system and cause disease. This occurs by inhaling the fumes or through contact with the skin. For more information see resources in Chapter 9.

Do not use sun block

This is one of the greatest frauds in history. The sun does not cause cancer.

Sun block has been shown to cause cancer. The ingredients in sun block are strongly believed to be a contributing cause of skin cancer.

There is no skin cancer in Africa. People stay in the sun all day long with no sunscreen. It is not the pigment in the skin as some suggest. People with African heritage living in America have the highest rate of skin cancer, and they stay in the sun the least.

You don't want to get sunburn, so wear a hat and/or cover your body with light clothing.

The sun is healthy for you and the sun should be on your skin.

Statistics show that the people who use the most amounts of sun block have the highest skin cancer rates. This goes for tanning lotions as well.

Remember, whatever you put on your skin is going in your body.

If you can't eat it, don't put it on your skin.

Do not use antiperspirants or deodorants.

Antiperspirants and deodorants contain deadly poisons, most notably aluminum. These poisons are being put on the skin close to the lymph nodes.

Anything absorbed in the skin from the armpit gets picked up by the lymph system and first travels to the breasts. I believe one of the major causes of breast cancer in women is the use of these poisonous products.

A healthy person should not have an offending odor; however, if you must use an antiperspirant or deodorant there are all-natural products available.

Go to your local health food store and inquire. Don't be misled by the label.

Read the ingredients. If you can not pronounce the words, don't buy it.

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Remember, if you can't eat it, don't put it on your skin.

Stay away from hot tubs, steam rooms and swimming pools.

Swimming pools and hot tubs are filled with water that is flooded to excess with chlorine. Chlorine is a deadly poisonous chemical.

People think swimming in a pool or relaxing in a hot tub is healthy. The exact opposite is true.

It suppresses your immune system, dries your skin, and loads your body with high amounts of chlorine, scarring the arteries and leading to heart disease.

The steam pouring into the steam room is from regular tap water that is loaded with toxic poisons and contaminants. A steam room is, in fact, a poisonous gas chamber and incredibly unhealthy.

Swimming is excellent in the lake. If you have a pool or hot tub, inquire about a filtration system where no chlorine or chemicals are used.

There are systems that employ ozone and oxygen to purify the water. No chlorine or chemicals are put into the pool or hot tub.

If you can't drink the water, don't swim in it. Some people may say you can't drink lake water and that is true. Those waters, however, are living, fully-vitalized natural waters. Chlorinated swimming pools are something not found in nature.

Eliminate air fresheners

Ideally, don't spray anything in the air; don't use solid air fresheners or the plug-in variety. All you are doing is putting toxic chemicals in the air. In bathrooms you may have a can of organic citrus oil, which can be purchased at most health food stores.

Read the labels. Use 100-percent organic essential oils or air purifications systems to eliminate offensive odors.

Remember; if you can't eat it don't spray it in the air.

Eliminate fluorescent lighting

Fluorescent lighting makes you tired and weakens your immune system.

Get rid of all florescent lighting and replace it with full spectrum lighting.

Full spectrum lighting is very similar to natural sunlight, and can have incredible health benefits, the most notable being increased energy and alleviation of depression.

Reduce or eliminate air conditioning.

Most general air conditioning is simply not healthy. Air conditioning units as a general rule make the air unnatural, thus unhealthy.

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Keep in mind that air conditioning did not exist seventy years ago. We think we need air conditioning; certainly, it can make your office and home more tolerable in extremely hot conditions. Use air conditioning less and you will see a decrease in the amount of colds and flues you come down with.

Avoid dry cleaning

The chemicals in dry cleaning are toxic poisons. Putting dry cleaned clothes on your skin increases risk of dozens of diseases.

Buy a good vacuum cleaner with a hepa filter

Doing the above things will reduce the amount of toxins put into your body and they can and do cure disease.

Do not be misled or deceived into thinking things as simple as these are not cures. These things are causing your cancer, illness and disease and elimination them can and does minimize cancer, disease and illnesses.

Get natural sunlight

Go for a walk in the sun! Your body needs sunlight. Do not use sunglasses or sun screens.

The sun enters through the eyes and stimulates energy in the entire body.

Thirty minutes a day, minimum, in the sun promotes incredible health benefits.

Remember, it is the sun that creates growth in plants. The solar energy from the sun can be very alkalizing to the body; it reduces depression and strengthens your immune system.

Do not be misled by the medical establishment. The sun is good for you and it is absolutely needed.

Do not ever stare directly into the sun due to the possibility of eye damage and blindness. It is at your own risk that you would participate in such an activity.

Neutralize electromagnetic chaos

Electromagnetic chaos causes your body to develop disease. We cannot eliminate electromagnetic chaos, but we can reduce our exposure to it, and there are ways to neutralize it.

Reducing, eliminating or neutralizing these powerful negative frequencies can and does result in the "curing" of symptoms and disease.

Neutralize electromagnetic chaos as much as possible.

We are being bombarded by electromagnetic energy from hundreds of sources, including satellites, high tension power lines, computers, cell phones, global positioning systems in our cars, wireless telephones, remote controls, high-definition TVs, etc.

We cannot eliminate the electromagnetic energy around us; we can only do things to neutralize the negative effects.

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Use electronic and wireless devices less. It appears that some of the most negative effects of electromagnetic energy come from wireless devices such as cell phones, laptop computers, as well as high-definition TVs. I know it is impossible to eliminate the use of these devices; however, you should at least be aware of their powerful adverse effects and limit their use as best you can.

Reduce TV time

The television produces unhealthy electromagnetic energy. High definition televisions produce powerful negative electromagnetic energy.

The images on TV are negative and stress invoking. But the number one reason I believe you should avoid television is that virtually two-thirds of all the ads you will see are for drugs.

When you watch TV, you are allowing yourself to be brainwashed into believing drugs are the answer. Do these ads work?

Statistics show that over 90 percent of Americans believe that health is directly related to the amount of drugs you consume.

They believe if a person does not administer drugs to a sick child immediately they are being a bad parent. These ads are so effective that people who have never seen a doctor are now asking their doctor for specific drugs.

Don't think you are immune to the power of these ads. Remember, cigarettes used to be advertised on television. They were proven to be so effective at subconsciously motivating people to buy cigarettes that they were banned. If TV ads were not successful in motivating and encouraging people to buy, advertisers would not spend the millions of dollars to advertise.

Stay away from electric dryers

These devices produce massive amounts of positive ions. Positive ions suppress the immune system, make you fatigued, and can cause depression and anxiety.

Do this experiment: Go to a Laundromat and sit in front of all the tumbler dryers in operation. Notice how you feel after just thirty minutes. Then notice how you feel for the rest of the day.

Compare this to taking a walk on the beach near running water, or through an area with lots of trees.

These conditions produce life-enhancing negative ions. The comparison in how you will feel can be dramatic. The clothes that come out of the tumbler dryer are also charged with these ions that have negative effects on your emotions and physiology.

You will actually feel better if you wear clothes that have been line dried in fresh air.

Add living plants in your home

Real living plants add oxygen to the air, balance the energy in the space, produce life-enhancing negative ions, and are beneficial to the health of human beings.

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Fill your home with living plants and flowers. You will feel the difference the moment you do it.

Wear white.

Colors affect energy. The closer you get to white, the more positive energy you feel. This may not be practical in everyday situations. However, having some white or light colored clothing as your general around the house attire can make you feel much better. Moody, depressed, cynical people wear black.

In Conclusion

We have taken without giving back. We have developed the philosophy of "living fast and dying young".

We have listened and purchased into having our desires now – cheap and quantity - often sacrificing our long term health and well being.

As a result we are facing a painful, agonizing death of our bodies.

As individuals, we are stripping our minds of the Word of God which give basic principles of abundant living and eternal life.

As a result we are struggling with depression, stress, doubt, fear, and uncertainly in many areas of our lives.

Our soil has been stripped of its integrity.

As a result we are challenged with weeds, insects, and other pestilent.

Chemicals, pesticides, fertilizers and other preservatives have been used on our food.

As a result our food is unhealthy before it is even harvested.

We then use sprays, processing, preservatives and additives to ensure better looking and faster product to the market place cost effectively.

We select fresh fruits and vegetables that are sprayed and treated with over 700 different chemicals for freshness and sustainability on our grocery shelves.

We have been convinced and believe that our health will maintain or improve.

As individuals we are stripping our bodies of healthy food, water, and air.

We have turned to processed, chemical filled food. They taste great, store easily, and are convenient to the busy family life.

We turn to synthetics drugs and vitamin and mineral supplements for convenience, cost effectiveness, and belief that we have done our part.

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We are faced with air pollution and poor choices in every aspect of our lives. The air that we breathe is being compromised on a daily basis.

Our waterways are becoming more polluted and dangerous to our health.

As a result we are faced with disease, sickness, and afflictions.

Our liver continues the process of "shutting down".

The blood can no longer be cleansed. It must drop off the "waste" to other organs and parts of our bodies.

The skin is absorbing more toxins and is no longer able to excrete toxins and other waste.

Our digestive system is overworked and is no longer able to digest and absorb the food nutrients needed. One by one different body organs and parts are assaulted and pain and agony becomes a daily part of life.

The last great assault on our bodies is when we allow chemo (variety of strains of poisons) and radiation (burning and searing) to be used on our bodies that are already starved of the basic needs of replenishing and strengthening our immune system.

Our liver, the waste removing organ, is overworked and weak from the assault of daily living. Our liver is now overwhelmed with all the new chemicals and cancer treatment to our body.

This pathway seemingly takes us back to the horrible devastating "**blood letting**" era in the belief that by draining the blood we could give life back to the individual.

I had stopped thinking and/or taking responsibility for our health. Have you?

It is time to acknowledge what we are doing to our own bodies and begin to change our lifestyle and what we are eating and subjecting our body to.

So Why Do You Get Cancer?

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.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

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.

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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.

So Why Do You Get Cancer?

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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.

So Why Do You Get Cancer?

Section 9: Resources for Services and Products

- 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.

IBO: 1668110

Key: MIC

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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 ***