

# So Why Do You Get Cancer?

Cancer Often  
Destroys the  
Body from  
Inside - Out



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.

Understand the causes of cancer  
and see what steps to take in  
restoring and healing your body

## Introduction

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.

The majority of illness is in fact self-inflicted.

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?

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.

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](http://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" 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.

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## Section 1:

### **Overview of Cancer and Potential Causes**

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

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

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

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

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

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

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

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

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

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

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

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

Look around and make your own decision.

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

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

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

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

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

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

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

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

How much money can you spend?

Is this going to really work?

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

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

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

You will want to choose the best and the most natural and organic.

For me, it has paid off with 7 years of health and vitality. The Drs. gave me anywhere from 6 months to 2.5 years. I give God praise for helping me to make the right decisions as people shared the best products and services with me. I desperately needed to get back to the basics, the root of good health.

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

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

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

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

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

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

**What the medical field and doctors are not telling us!**

Does the ...