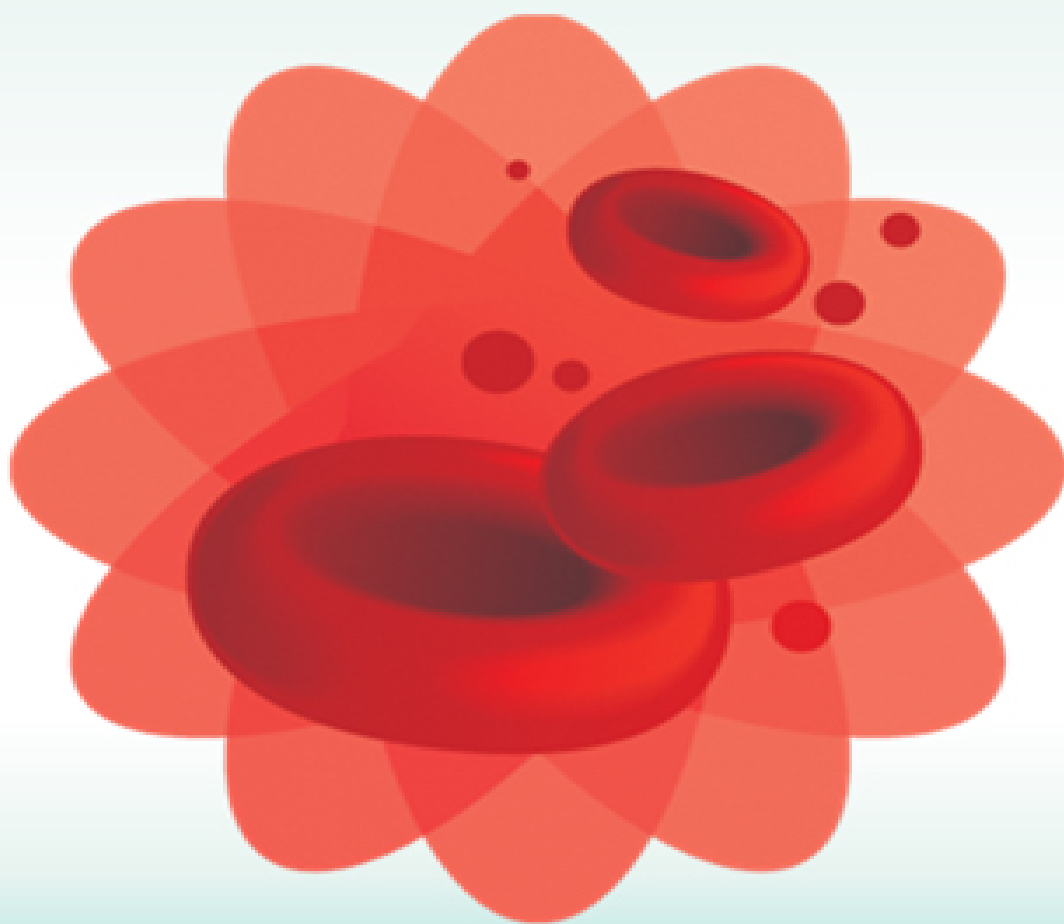


THE ALTERNATIVE — FOR — BEATING CANCER

Top Researched Therapies
From Around The World



Elena Upton, Ph.D.

THE ALTERNATIVE FOR BEATING CANCER

TOP RESEARCHED THERAPIES
FROM AROUND THE WORLD

ELENA UPTON, Ph.D.

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INTRODUCTION

You have to be sick to get cancer. This may sound crazy, but think about it. Why would a perfectly healthy person start to grow tumors? We all have cancer cells floating around in our bodies, but we also have an immune system on guard 24/7 destroying them.

When does the body stop fighting and allow rogue cancer cells to proliferate? When we are sick, too sick for the immune system to continue the fight. Chapter I explains more specifically the difference between normal cells and cancer cells and dives into causes of breakdown. I'm sure you've already guessed that our industrialized lifestyle plays a large role.

Having said that, there is much you can do to prevent this tragedy in your life and much you can do to clean it up if this has already occurred. There is mainstream information and then there is everything else. This book is the *everything else*.

If you think you are doomed, whether through heredity, toxic exposure, emotional trauma or for any other reason, there are many options to turn it around. The first thing is to *want* to turn it around. The easiest way to do this is by being open to new information.

You will not hear what is written in these pages on the 6 o'clock news, or read about it in the local newspaper. You won't hear about it from your insurance mandated medical team either, since their medical training does not include anything beyond chemotherapy and radiation therapies. In fact, *most are forbidden to discuss or utilize any of the methods discussed in this book for fear of losing their license*.

It is a sad time in our evolution to have come so far in our development to be stopped in our tracks when it comes to choices in health care. The truth is, the big guys won. By that I mean the pharmaceutical companies have systematically taken over the entire health care system and all it entails, including government agencies. As a result, any innovation beyond their chemical model, any intellectual property they don't own, or anything they can't patent is just not allowed. That's the way it is folks, plain and simple.

Nearly thirty years ago I was developing health issues and one of my sons was also having some issues with no satisfaction from our doctors. In fact, the suggestions and prescriptions usually exacerbated each situation. At about this time I was fortunate enough to be introduced to Homeopathy. I knew I needed to try something different and the results were nothing less than spectacular. We cleared my son's chronic seasonal bronchitis (never to return), my husband's life-long allergies (now the cat he loved could sleep on his chest) and my health issues were much improved. From that time on I never looked back. I returned to school to obtain a graduate degree in Homeopathy and went on to study with numerous medical doctors from around the world who had stepped outside the box of western chemical based drug therapies and found a better way.

Recently, a young man was brought to me for a consultation by his business partner. He had been diagnosed with 4th stage stomach cancer and given 4-5 months to live. No treatment solutions were offered, no nutritional options, nothing...just, sorry go home to die! He came in with his beautiful wife, who was terrified thinking he would be leaving them and not live to see their daughter grow up.

I made numerous suggestions for dietary changes, recommended specific over-the-counter supplements and led him to one supplement in particular that he ordered on line from Canada (you'll read about this in Chapter VI). Within 6 weeks he went back to his doctors and was re-scanned and re-evaluated. The doctors were shocked to see that his previous 'inoperable' stomach tumor had shrunk by two-thirds the original size. They were now confident they could operate to remove the remaining tumor.

Within eight weeks of his 'natural' treatment he went from *stage 4* cancer to being declared *stage 1* by his doctors. They said to him, "We don't know what you are doing, but whatever it is, keep doing it!"

If you think you can't change your fate, think again. The information is here for you to absorb in any way that works for you. There are many options and many roads to follow within these pages. Take the journey to wellness by making the change now by being informed.

All cancer patients can heal and I can prove it to you. Have you ever experienced a cancer patient whose surgical incision did not heal, or a cut or bruise that did not mend? Of course not! If their incisions can heal and bruises and swelling subsides, then their immune system is still fighting, still functioning to save you in all the ways it knows how.

Imagine what the immune system can do with the correct nutrients, the correct remedies, the correct treatments... heal itself!. Just like my young man who will live to see his daughter grow up to get married and have her own family. You too can change your future to a bright, healthy existence beyond the debilitating diagnosis you may have been given. The only thing standing in your way is fear. Embrace it, move through it and become empowered.

To your health...**The Author**

CHAPTER I

WHAT IS CANCER & WHY DO WE GET IT?

Uncovering the Answer to Optimum Health

The following is a simple definition from the National Institutes for Health (NIH).

“Cancer begins in your cells, which are the building blocks of your body. Normally, your body forms new cells as you need them, replacing old cells that die. Sometimes this process goes wrong. New cells grow even when you don't need them, and old cells don't die when they should. These extra cells can form a mass called a tumor. Tumors can be benign or malignant. Benign tumors aren't cancer while malignant ones are. Cells from malignant tumors can invade nearby tissues. They can also break away and spread to other parts of the body.”

“Cancer is not just one disease but many diseases. There are more than 100 different types of cancer. Most cancers are named for where they start. For example, lung cancer starts in the lung, and breast cancer starts in the breast. The spread of cancer from one part of the body to another is called metastasis.”

Here in lies the primary difference between cancer cells and normal cells...

Normal, healthy cells DIE. They have a natural life-cycle that begins and ends and the process is called *apoptosis*. There is a natural mechanism that signals the cell to die. Cancer cells DO NOT die, instead they continue to replicate. Basically they go wild, like the dough you had rising on the counter and left too long and spilled over onto the counter.

The difference between the normal cell that dies and the cancer cell that does not, is one enzyme (protein) called CYP1B1. We will talk more about this in Chapter VII, for now you get the picture. Cancer cells lose the ability for natural death and become somewhat immortal.

Why does this happen? Now that's a can of worms. We could say poor diet contributes, stress, shock and trauma, heredity, environmental toxins, bad dental work, electromagnetic exposure, chemical drugs, radiation exposure, or any number of other pollutants. However, they all come down to the same issues; poor health is due to:

- Inflammation
- Oxidative Stress
- Hormone Imbalance
- Mineral Imbalance

Of these four issues it is the *oxidative stress*, the natural process of cellular respiration that drives all disease, including cancer. You've probably heard the term free radical. When a free radical looks to attach itself to another atom by stealing an electron it damages the cell it stole from. It's like stealing your energy. The *energy* produced at the cellular level is needed to heal the body.

However, free radicals aren't always bad. Even accelerated healing causes free radicals. Sometimes the immune system will purposely create them to neutralize bacteria or a virus. This is where antioxidants come into play. An antioxidant is any substance that has an excess of electrons so they can donate or be removed without damaging the donor atom.

In other words, if you can control free radical damage you are healthier and age much more slowly at the cellular level. This is why you read and hear so often about antioxidants being an integral part of natural cancer protocols. There are

numerous methods of flooding the body with antioxidants and you will read about them throughout this book.

The next chapter is chock full of detoxification protocols and the proper order of cleansing the cells and interstitial fluids (the solution that bathes and surrounds cells) in the body to scrub away free radicals. When the body is cleansed and fed properly cancer has the ability, and opportunity, to disappear in a natural way.

CHAPTER II

THE ROLE OF DETOXIFICATION

When your car is running poorly the usual fix is an oil change, or replacement of spark plugs, or other solutions for removing the gunk collected over time. Our bodies suffer the same demise. Unfortunately, we pay more attention to cleaning our automobiles, or our home, or our camper and boats than we do our bodies.

In the twenty-first century we are exposed to more toxins than any previous generation. Unfortunately, there is little connection made between an unhealthy environment and an unhealthy body. The western medical model adds to the pollution by putting in chemical compounds, but blind to a method of removing the residual left behind. Pharmaceutical drugs are inorganic substances that the body cannot break down or eliminate fully. (The negative impact is referred to as side-effects.)

The first step in avoiding the dreaded cancer diagnosis is by regular housekeeping. If cancer has already reared its ugly head, the first step again is to *clean house*.

Oxidative stress has been previously mentioned and the importance of eliminating free radicals from the body. Free radicals are responsible for the process referred to as 'rust', so it can be said that having a proliferation of free radicals is like rusting from the inside out. There are a number of different means of accomplishing efficient house cleaning, so let's get to removing the rust.

DETOXING IN THE CORRECT ORDER

Because there is a natural order to healing, cleansing the body also follows a specific order. If you do not follow this

order you could have a reaction, sometimes referred to as a healing crisis or herxheimer (herx) reaction. This happens when the dead debris or toxic sludge builds up faster than the body can filter it through. This is easy to avoid. The following order of organ drainage will accomplish gentle detoxification of the major organs in proper order:

1. **Colon**
2. **Kidney**
3. **Skin**
4. **Lungs**
5. **Liver**
6. **Lymph**

1. Colon Cleanse: if you have never done a colon cleanse, then it will take a month or more for a complete cleanse. (Chronic conditions can take up to three months to cleanse.) This creates a path of least resistance by affecting the other five organ systems, since they all drain into the colon. The colon has very distinctive nerve pathways to the other 5 organ systems. After the initial cleanse a *one week to one month* cleanse is recommended two times per year at the change of seasons, spring and fall. It is important to take a pro-biotic while doing a colon cleanse to replace healthy bacteria.

Most health food stores and natural pharmacies carry various brands of colon cleanse. Your health care practitioner can make recommendations based on your particular needs.

2. Kidney Cleanse: The kidneys release toxins through the urinary tract. They are major drainage portals and need to be kept clean. There are a number of herbal formulas that are effective in cleansing the kidney. A number of *Chinese* herbs are specific to kidney cleansing, as are *Ayurveda* herbs, *Homeopathy* and *Gemmotherapy*. (Consult a

qualified holistic practitioner to find a method suitable for your health needs.) You can also accomplish this task with the foods and teas listed below. If you have been diagnosed with kidney stones, or feel you may have them, be sure to cleanse under the guidance of a professional.

- Cilantro
- Celery
- Chanca Piedra
- Dandelion
- Gravel root
- Juniper berries
- Nettle
- Parsley
- Watercress
- Watermelon

3. Skin Detoxification: The skin is the largest organ made up of protective layers, nerves and glands. Skin protects you from infection, helps to produce Vitamin D when exposed to the sun, interacts with your brain and plays a crucial role in whole body detoxification. Whatever touches the skin touches the liver, then the gallbladder, and then the pancreas. This means there is a direct connection between skin health and the health of the other organs. This is a consideration when buying cosmetics, perfumes, skin creams and lotions and soaps. Also consider where you swim and the water you bath in. The skin is like a sponge and any chemicals placed on the skin are taken into the body and through to the organs.

Dry Skin Brushing

The most efficient means of detoxification of the skin is by using a natural bristle brush (sold specifically for *dry skin*

brushing). This method will help to:

- Increase circulation
- Exfoliate your skin so it 'breaths'
- Stimulates the lymph system
- Helps to diminish cellulite
- Improve digestion
- Help to relieve stress
- Detox faster

Always use brush strokes *towards* the heart. This helps to improve circulation and encourages lymph drainage. The best time is in the morning before a hot shower, bath or going into a sauna. Two times per day is even more helpful if you are actively involved in a detoxification program.

4. Lung Drainage: The most efficient means of detoxification of the lungs is with *deep breathing*. We have unknowingly become a society of shallow breathers. There is actually more fluid in the breath than in the kidneys. There are many herbal formulas available to assist in lung detoxification, especially effective if you have had any type of pulmonary illness. However, remember to just *breathe*.

5. Liver Detoxification: Herbal formulas are very effective for liver drainage and acupuncturists use Chinese herbs. Homeopathy offers a number of remedies that stimulate the liver. Consult a holistic health professional to guide you through any of these methods. If you choose to start a liver flush on your own, you can use the following ingredients.

- Olive oil
- Lemon juice
- Apple cider vinegar or fresh apple juice

Combine 1 tsp. olive oil mixed into ¼ cup lemon juice +apple juice or apple cider vinegar. (This will taste like bile.) Repeat this process every 6 hours for a 24-hour period. The

next two days will bring on a liver flush resulting in substantial evacuation. It will also help to move along the process if you sleep on your right (liver) side.

Add cayenne capsules for increased circulation when you feel your level of health can handle it. Also take the supplement *milk thistle* daily to further protect your liver.

If you have been diagnosed with gall stones, or feel you may have them seek the advice of a professional before doing a liver cleanse on your own.

Lymph Drainage: Lymph drainage can be accomplished through dry skin brushing. Hot baths and showers also stimulate lymph glands to drain, as well as massage therapy. Other choices are herbal drainage and lymph massage from a therapist trained in this specialty. (Can be very effective.)

The first step to proper detoxification is to get things moving! If you suffer from constipation, lymph stagnation, or don't sweat enough this is the area to begin. Using a **castor oil pack** can help to open detoxification pathways and move toxins through quickly. A castor oil pack is placed on the tummy to increase circulation and to promote elimination and healing of the tissues and organs underneath the skin. It is used to:

- Stimulate the liver
- Relieve pain
- Increase lymphatic circulation
- Reduce inflammation
- Improve digestion
- Improve bowel activity

Castor oil packs can be made by soaking a piece of flannel in castor oil and placing it over the skin. The saturated flannel is covered with a sheet of plastic wrap and a hot

water bottle is placed over the plastic, or a heating pad to heat the pack.

While doing a Skin, Kidney and/or Lung detoxification add cayenne pepper to boost circulation. If there is inflammation and/or pain during the process add to your diet any of the following as a tea or in supplement form:

- Ginger root
- Turmeric
- Boswellia

HOMEOPATHY AND DETOXIFICATION

There are numerous homeopathic remedies that are specific to cleansing organ systems.

A qualified practitioner would know if you needed *Chelidonium* or *Carduus marianus* as a liver cleanse; or *Berberis* or *Solidago* as a kidney cleanse; or *Pyrogenium* or *Sulphur* for a blood cleanse. The topic is too vast to cover and too specialized to list. Under RESOURCES you will find a suggestion to help search for Homeopathic professionals.

FOOD AS MEDICINE

A *whole body cleanse* can be accomplished through foods. An easy method is with a juice cleanse. The following are the most efficient *detoxification* foods. Chapter V, The Importance of Diet, covers specific diets for cancer patients.

- Carrot
- Apple
- Beet
- Lemon

Juicing should be done under the guidance of a qualified health practitioner. This is *not fasting*, it is cleansing. Fasting

can be dangerous.

Detox Soup

Bieler's Soup is a welcome addition to any detoxification, especially heavy metals. It is named after the famous Hollywood doctor, Henry Bieler, M.D., who cured his patients with nutrition, rather than pharmaceutical drugs. It is a green soup that infuses the body, (specifically the liver) with rich supplies of potassium, phosphorus and natural sodium. The greatest benefit from this nutritious soup is by having multiple servings per day for a number of days. Here is the recipe:

(Buy Organic whenever possible)

- 1 pound of green beans (cleaned & snapped)
- 4-6 zucchini (chopped in large slices)
- 2-3 stalks of celery
- handful of fresh parsley

Cover ingredients with water in a large pot and bring to a boil. Simmer until tender. Let stand a few minutes, then blend in a blender. This will keep in the refrigerator for a few days. Serve a bowl, warmed, or as a cold drink three times daily.

HYDRATION

Hydration is an important issue for your health and well-being whether you are cleansing or not. In fact, hydration is the key to successful detoxification and healing. It is essential for toxins to be moving out of the cells regularly, especially in our industrialized existence.

The following is a formula sure to keep you hydrated and on the road to health.

- 1 liter of distilled or spring water

- 2 tsp salt
- 3 tsp of dates or erythritol, or a low-glycemic sugar (not agave)
- 3 tsp vegetable glycerin

Drink the mixture daily throughout your cleansing process. (Can sip throughout the day.) Always be sure your water is from a clean source. Distilled is best. The salt is the electrolyte component and should be sea salt. Do not use Himalayan salt! (*Pink Himalayan salt is **rock salt** - not from the sea and has a positive charge, rather than the negative charge your body needs. It also contains an improper balance of minerals.*) The sugar takes the salt into the cells and the glycerin holds the water in the body so it is absorbed into the cells.

Another method of assuring that the water you drink is actually taken up by the cells is with the use of **Willard Water**. Dr. Willard's Water® is not a nutrient, but a vehicle by which nutrients are carried throughout the body's cells, and by which waste is carried away from the cells with water as a means of transportation. It serves as a surfactant and changes the surface tension of water so that it absorbs toxins and carries them through the elimination channels. In other words, it acts like soap. Add a little to all your drinking water daily.

OXYGENATION

Oxygen is the *enemy* to cancer cells. They survive in a low-oxygen environment. All the more reason to oxygenate your body in as many ways as possible. An enzyme you can add to your regimen is *catalase*. Catalase is an enzyme in the liver that breaks down harmful hydrogen peroxide into oxygen and water. (It is also great for your hair!)

Breathe- that's it folks...you only need to remember to *breathe*. I know this might sound crazy, but stress can

interfere with proper breathing and even contribute to forgetting to breathe regularly.

If you would like to improve your breathing in a professional manner that accomplishes improved health for many conditions look into the ***Buteyko Breathing Method***. Their contact information is listed under RESOURCES. It is nothing short of miraculous how this breathing method improves overall wellbeing.

Meditation- simply sitting still and concentrating on breathing a couple of times per day can improve your oxygenation. Meditation need not be complicated or torturous. Start with *five minutes* of closing your eyes and being still, paying attention to your breathing; then ten minutes, then fifteen. Before you know it you will look forward to your quiet time and your body will reward you.

Exercise- If you are not a lover of exercise or do not have the endurance it is important to know that you do not need strenuous exercise for long periods of time. You just need to move! Research has shown that short bursts of exercise a few times per day can be as beneficial as an extended workout. You can choose walking, yoga, stretching or even flexing arms and legs while sitting in place.

It is imperative to get *energy* moving through your spine. Your entire nervous system is bundled in your spine, which sends signals throughout the body. By taking in more oxygen and circulating energy you will notice immediate improvement.

DETOXING WITH A SAUNA

Sweat is a natural occurrence and one of the body's main avenues to remove toxins. Throughout history humans have used sauna therapy as a safe and powerful means of detoxification, from Native American sweat lodges to Finnish wood-fired saunas. Sauna therapy, also known as hyper-

thermic therapy, raises the body's core temperature dramatically increasing blood-flow to the vital organs and skin, unlocking even hard to reach toxins. When sitting quietly in a sauna, sweating passively, profound detoxification begins to occur. The skin, your largest detoxification organ, is activated as a toxin eliminator.

Far Infrared sauna was popular some years ago, but it has since been discovered that Far infrared saunas use heating elements that mainly emit light in the far-infrared range (NIR-C, 3000nm - 1mm). These far infrared heating elements typically emit harmful levels of EMF's.

Near infrared (NIR) lamp saunas, on the other hand, combine the heat therapy of traditional saunas and NIR phototherapy (low level light therapy). Nature has designed us to benefit directly from near infrared light. The cells in our bodies contain tiny photoreceptors called "chromophores" which absorb near infrared light (NIR-A) but not mid or far infrared light (NIR-B or NIR-C).

Near infrared saunas encourage sweating and unlock toxins stored beneath the skin bringing deeper toxins to the skin for elimination. NIR light easily penetrates the skin, boosts circulation and brings more blood and nutrients not only to the skin itself but to deeper tissues as well.

GEMMOTHERAPY-beautifully gentle detoxification...

Gemmotherapy is the use of fresh buds, sprouts, seeds and bark of living plants. The young growths are found to have the highest concentrations of active vegetal tissues that contain drainage properties and have also shown to be regenerative.

The embryonic plant material possesses all the properties and energy of the future plant. They contain all the vitamins, minerals, oligo-elements, and are found to be much richer in nucleic acids and growth hormones than

more mature plant tissue. They also contain other active substances (auxins and gibberellins) which start to disappear in an aging plant. Not to mention they have not absorbed the toxins from the atmosphere as yet.

Gemmotherapy was originally discovered in the 1950's by Dr. Henry Pol of Brussels, who referred to his discovery as "Blastotherapy." His work was brought to the next level by Dr. Max Tetau of France. There is more discussion about Gemmotherapy in Chapter VII, The Role of Nutritional Supplements. Included here are the Gemmo's specific to *detoxification*. A practitioner will combine one or more Gemmo's depending on the level of health and issues of the person.

1. **Colon-** Cowberry and/or Crabapple
2. **Kidney-** Rosemary
3. **Skin-** Cedar of Lebanon
4. **Lungs-** Wayfaring Tree
5. **Liver-** Juniper
6. **Lymph-** Sweet Chestnut

The following are Gemmo's used for other specific detoxification issues:

- Black Currant- detoxifies blood
- Hawthorn- heart support
- Linden Tree- detoxification of nerve cells

(See RESOURCES for purchase options)

HEAVY METAL DETOXIFICATION

Metals have a way of hiding themselves either in pockets within organs, such as the kidneys and bladder, or the pituitary and pineal, or beneath the layer of fungus they encourage and support. The extra layer of candida (fungal infection) acts as a natural protection barrier to the tissues

against the destructive forces of the metals. This is why some experience chronic, systemic candida that does not clear, no matter the treatment.

There are many ways to attack the issue of detoxing heavy metals and the health of the individual must be taken into consideration. There have been cases where heavy metal poisoning cannot be dealt with until overall vitality is improved. If there is a presence of parasites, bacteria and/or virus, these layers may need to be dealt with first. Concentrating on clearing pathogens, supporting the organs, and working to rebuild the immune system in general first makes for a gentler, more efficient heavy metal detoxification.

There are numerous products available for heavy metal detoxification. Many holistic practitioners use the drugs DMPS and DMSA (sulphur derivatives) with success. As a Homeopath my preference has been to find a gentler method.

There are two factors to consider in choosing a means of pulling metals from the body.

- Metals need to be mobilized.
- Metals need to be pulled through the body and excreted as easily and efficiently as possible.

Chlorella is a must to mobilize heavy metals. It can be purchased in tablets or powder form to put in smoothies. It is advisable to add garlic, cilantro (fresh or tincture), and any other flushing agent available, along with your appropriate organ drainage.

There are numerous natural heavy metal detox products sold today. I have worked with many through the years. A product developed by David Minkoff, M.D. is called *METAL-FREE*. It is a peptide which binds to heavy metals at several sites on the metal molecule rather than at one site.

According to Dr. Minkoff, with other chelators a competitive reversible bond is created, allowing the possibility of metal reattachment within the body. This means that when metals are picked up with *METAL-FREE* it will not lose the particle along its' way out of the body.

Metals may be removed in the urine, sweat or fecal matter. Heavier metals, such as lead and mercury, are principally removed through the bowels, while metals such as tin and aluminum are more commonly removed in the urine. He states that the product is orally active as it is absorbed into the mucosa and is assimilated throughout the body, which includes crossing the blood-brain barrier. It is taken orally as a spray.

In my clinic I had great success with this particular chelator, especially with children. I saw fewer reactions, which enabled the individual to stick with the program until urine or hair analysis registered normal range again.

The most common methods of testing for heavy metal toxicity are as mentioned above, urine or hair mineral analysis. Refer to RESOURCES for information regarding access to testing.

Essential Oils and Heavy Metal Detoxification

Essential oils have been shown to work efficiently as part of a heavy metal detox program. The following three are a powerful combination in detoxing heavy metals. Be sure to use pharmaceutical grade oils:

- Yarrow
- Vetiver
- Cypress

Administered topically they are rubbed on the nape of the neck and into the hairline. Start high to mobilize the metals and then taper off. (I.e. 3 drops, 3 times daily for 1 week, 2

drops, 3 times daily for 1 week, then 1 drop, 3 times daily for 1 week. Wait a week or two and repeat treatment.)

Gemmotherapy for Heavy Metal Detoxification

Gemmo's for metals should be combined with liver and kidney formulas. (Juniper & Rosemary)

- Black Poplar- chelates heavy metals
- Grape vine- chelates lead

CHELATION THERAPY

Chelation is a form of detoxification that grabs toxins and pulls them through the body with the use of chemicals and natural compounds. *Vitamin C* Chelation is a popular choice of therapy among alternative medical doctors. Multiple studies have shown this therapy to lengthen survival from cancer, reduce the harmful effects of chemotherapy and ultimately improve quality of life.

Vitamin C is introduced intravenously in large doses. Orally, most people cannot absorb large enough quantities of Vitamin C daily, since most of it is destroyed by stomach acids and large doses can also cause diarrhea. Intravenously the body can take in far greater levels, bypassing the gut for complete absorbability.

The high levels of Vitamin C cause oxidative damage to cancer cells ensuring their demise. Vitamin C administered in this manner shuts down the energy supply of cancer cells with no damage to normal cells. Chelation Therapy is administered by a medical doctor who may add other vitamins and chelation agents to the IV. It is a practice exercised by many alternative and complimentary doctors.

DETOXIFICATION OF PATHOGENS

A pathogen is an infectious agent that causes harm to its host. Once it takes up residence, it is difficult to completely extract unless there is a strong immune reaction. We go through life with numerous pathogens that come and go, many of which linger, only to congregate with other pathogens creating the possibility of a toxic situation for the host.

Most cancer patients have body chemistry that has been disturbed by one or more pathogens and then further compromised by medical intervention. An example would be having had tonsillitis as a child. The tonsillitis is usually caused by the pathogen known as Streptococcus. Anti-biotics are administered to 'kill off' the invader. There is improvement initially, but the tonsillitis returns. Then the tonsils are removed. Some years later sinusitis develops. Anti-biotics are administered. The sinusitis clears initially only to return and is now a chronic situation. The person travels to a foreign country and develops dysentery and is treated with anti-biotics. Shortly thereafter they develop chronic gut issues, including food sensitivities.

Translation...

The strep pathogen did not completely clear initially and was driven deeper into the tonsils. The tonsils were removed, but the buds were left in-tact. The strep still remained in the buds and traveled up into the sinus cavity. The repeated prescribing of anti-biotics has cleared some of the bad bacteria and also has repeatedly taken with it lots of good bacteria. Now the immune system is compromised and working twice as hard without its' team of good-guy buddies. When traveling, parasites were encountered in contaminated food and the lack of gut bacteria couldn't handle the invasion. Now fungus starts to grow uncontrollably because buddy bacteria is pretty sparse and can't defend its territory. This makes for poor digestion, which creates an overall level of poor nutrition for the host.

This means the person is not receiving the nutrition needed from their food, which further compromises the immune system.

I could have used the example of Lyme Disease, or poor dental work, or urinary tract infections (UTI's), but I think you get the picture. There are many ways our health becomes compromised over time. It is the layering of pathogens, then drugs, then procedures, then more drugs, that leads to a sluggish immune system. It becomes deficient because the body chemistry has been changed.

(If You would like to find out more about getting off the treadmill of the western medical model and learn about *alternative therapies* for everyday issues download my eBook, ***Alternative Medicine In Under An Hour.***)

One of the fastest roads back to health is by dismantling and removing pathogens and rebalancing your body chemistry. The following are the major violators:

- Parasites
- Fungus
- Bacteria
- Virus (Herpes, HPV, EBV, etc.)

PARASITES

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. They may be transmitted from animals to humans, from humans to humans, or from humans to animals. Several parasites have emerged as significant causes of food borne and waterborne illness. These organisms live and reproduce within the tissues and organs of infected human and animal hosts, and are often excreted in feces.

For this reason, we cannot talk detoxification without discussing parasites. The great majority of the population is walking around with parasites and this issue is *almost always* over-looked by conventional doctors. Parasites erode the immune system and many cancer patients have been found to be infested. Parasites love the food provided in fungal, viral and/or bacterial environments, so they are easily attracted and set up shop.

How We Get Infected

- Contaminated drinking water
- Skin contact with contaminated water
- Food contaminated with fecal matter
- Arthropods (like a tick)
- Air (Upper respiratory infections from airborne bugs)
- Contaminated people
- Soil
- Pets

Parasites are of different types and range in size from tiny, single-celled, microscopic organisms (protozoa) to larger, multi-cellular worms (helminths) that may be seen without a microscope. Their sizes range from 1 to 2 μm (micrometers) to 2 meters long.

Parasites often times go undiagnosed by traditional labs. Most labs do not specialize in this type of testing and as a result, the level of expertise and diagnostic equipment is not up to the standards of a specialized lab. If you are interested in submitting to a stool test for parasites have your doctor choose a premium lab that does *only* this type of testing.

One such lab is PCI Lab in Arizona developed by Dr. Omar Amin, a world famous Parasitologist. The stool collection kit

calls for 2 separate fecal samples on 2 different days to maximize parasite recovery rate. Collection during a full moon phase brings greater accuracy.

Eliminating Parasites

The following are 2 product suggestions. Many parasite-cleanse products can be harsh, especially if your level of health is compromised. Be sure to consult a practitioner who has experienced various formulas. Here are two my clients have had success with:

- Freedom Cleanse Restore (developed by Dr. Amin)
- HumaWorm

Parasites and Homeopathy

There are a number of Homeopathic remedies that address parasites and worms. The remedies must be continued until all worms are eliminated and symptoms resolve completely. There are many remedies that address worms and parasites and must be prescribed by a professional who can match all symptoms with the correct remedy. The following are some of the major remedies that cover this condition.

- CINA ** (most widely used)
- BARYTA CARBONICUM
- CALCAREA CARBONICUM
- NATRUM PHOSPHORICUM
- SILICEA
- SPIGELLIA
- SULPHUR

FUNGUS

Candida is a fairly common term tossed around to describe a fungal infection. Most fungal infection arises from the use of antibiotics. As described previously, fungus proliferates when there is an insufficient supply of your natural 'good' bacteria to keep it in check. Fungus is also present in infectious quantities when there is heavy metal poisoning. It is attempting to protect you from the damage the metals cause to the cells. If you have chronic candida you may want to test for heavy metals and work on that detox first. Removing the metals will automatically help with lowering the fungal count.

You may also have a systemic fungal infection if you have had a mold exposure. Mold is microscopic organisms that can grow virtually anywhere, both inside buildings and outdoors. Mold colonies can grow inside damp or wet building structures and mold spores are a common component of household and workplace dust.

Health effects from exposure to mold can vary greatly depending on the person and the amount and type of mold present. Most do not realize how dangerous it is to have mold in bathrooms (possibly from an undiscovered leak) or even in the garden bed under your bedroom window. Be diligent in looking for any possible mold lurking in or around your home or work place.

There are numerous websites and books that discuss candida diets and candida cleansing. As a Homeopath I utilize remedies from Europe known as Isopathic or Pleomorphic remedies. If you are working with a holistic practitioner, ask if they have access to these medicines. If not there are many on a candida cleanse. Doubling the dosage suggested on the package during the cleanse is more efficient and for best results, continue for a few months after completing your candida regimen.

BACTERIA

You may have a bacterial strain in your body (or on your skin) left over from a hospital stay like staphylococcus; a previous bout with pneumonia or streptococcus; or from food poisoning such as salmonella, E-coli, listeria or botulinum. Another source is having been bitten by an infected tick and contracting Lyme Disease. This is a bacterial/parasitic infection and needs special attention. (Beware of treating Lyme with harsh anti-biotics.) There are many other effective holistic options that do not further compromise your body chemistry.

Blood tests can reveal specific pathogens. With the use of Homeopathy your specific symptoms and history point to an appropriate remedy. Homeopathy treats infection with a similar infectious remedy. Seek the advice of a qualified Homeopath. Chinese medicine and other holistic modalities also have powerful herbs for eliminating bacteria.

VIRAL INFESTATION

In my experience a person who attracts a virus, usually attracts more than one. This creates a *viral load*. There are many natural supplements that treat virus. **Monolaurin** is one of the more potent anti-virus options on the market today.

Monolaurin works by binding to the lipid-protein envelope of the virus, thereby preventing it from attaching and entering host cells, preventing infection, and replication. Monolaurin also destroys the viral envelope, killing the virus. Monolaurin is the substance from the breast milk that keeps infants from getting infections. Monolaurin is made from the lauric acid in coconuts. It helps treat the common cold, flu, shingles, herpes, Candida, ringworm, Epstein Barr virus,

chronic fatigue syndrome, influenza, RSV, H-Pylori, HIV and Rubella.

It is advised that Monolaurin be taken only when the need arises. However, if you feel you have a viral load try taking for a while to clear the terrain. It has also shown to be anti-bacterial and anti-fungal.

The following is a short list of preferred anti-viral, anti-bacterial & anti-fungal agents:

- Monolaurin
- Clove oil*
- Colloidal silver
- Olive leaf extract
- Elderberry
- Green Tea
- Tea Tree Oil

Homeopathy for Pathogens... there are numerous remedies to clear fungal, viral and bacterial infections. I personally have not used an anti-biotic in nearly thirty years. Consult a homeopathic practitioner for solutions to your specific symptoms.

LET'S TALK WATER...

Distilled water

There is much misinformation written about water. By far, the most erroneous information concerns *distilled* water. Distilled water means all the minerals have been filtered out. Some authors have referred to it as 'dead' or 'empty' water. This is just plain crazy. Filtering all substances from water, including the minerals does not render it dead. The cycle of rain and evaporation on the planet is the process of

distillation. It is a method of cleansing and we couldn't survive without it.

There is NO basis in truth that drinking distilled water affects the mineral balance in your body. In fact, you should be drinking *only* distilled water when you are detoxing. Everything else in your diet, including the herbs and other means of detoxification are chock full of minerals and the distilled water helps to pull toxins much more efficiently.

High pH Water

High pH water is another confusing topic for many. In recent years, expensive water systems that create high pH water, as high as 9.5, have appeared on the market. Have you ever looked at a pH strip? They come with a guide that shows you the 'normal' range of pH. Have you ever seen 9.5 or 10 or 11 in that range? No, of course not, because it is not a normal alkaline range.

The body has a natural circadian rhythm and within that rhythm pH fluctuates throughout the day and night. This fluctuation is based on what you eat, what you drink, and the time of day. As an example, if you drink sugary, fizzy drinks, they are very acid and your pH will plummet. If you eat a big green salad filled with lots of alkaline veggies, your pH will rise to a more normal level (7.3-7.4). (Chronic conditions may interfere with becoming alkaline, even when ingesting healthy foods until the issue is dealt with. (Candida is an example of this.)

Time of day is a huge factor in the fluctuation of pH. During the night, when you are sleeping, your kidneys are filtering toxins. They can only do this in an acid environment. This is why your measured pH in the first urine of the morning registers in the acid range.

If you drink only very high pH water and interfere with this natural rhythm of fluctuating pH the kidneys cannot efficiently do their job.

I have had reports from those who say they felt great on high pH water and that it took their cold away, or short circuited their flu. I can understand this happening, since bugs like a virus, can only survive in an acid environment. The quick shift in raising the pH in the gut was temporarily helpful for killing off the pathogens. But to keep your pH elevated to an abnormal level all the time interferes with your bodies' natural cycle. The 'high' from high pH water does not last.

The Value of Balanced pH; The key to optimum health...

The point of all the dietary suggestions is to efficiently nourish your body. The main goal of all your food choices is to maintain an alkaline pH so that you can accomplish this. I'm sure you've heard the expression 'alkaline pH' tossed around many times, but what does it really mean? pH refers to your potential of hydrogen, a number between 0 and 14 that measures acidity and alkalinity in the body; 7 is neutral. A balanced pH is in the range from 6.75-7.25.

The easiest means of measuring pH is through urine and saliva. This can be done using pH strips that can be purchased in any pharmacy. The key to optimum health is to have *balanced* pH in both the urine and saliva (meaning they maintain approximately the same reading).

Reams proved his theory with a mathematical equation...

Dr. Carey Reams (1903-1985) was a mathematical genius, chemical engineer for the department of US agriculture, and close friend of Albert Einstein. He lived a controversial life, healing people with "irreversible" conditions.

While practicing medicine in Orlando, Florida, Reams opened a health retreat in Georgia and used his accumulated practical experience and research to develop what he termed *The Reams Human Health Equation*. This is a diagnostic and analytical tool based on the testing of urine and saliva. The body fluids were tested with the identical LaMotte soil testing approach that Reams favored when evaluating soil health. The test measured energy loss in his patients, and Reams accurately diagnosed specific diseases based upon small reductions in energy loss, without actually seeing his clients. The test is known as RBTI, *Reams Biological Theory of Ionization*.

Dr. Reams was a master at bringing people back from the brink of death by adjusting and balancing their pH in the urine and saliva, along with diet. There is much written on his techniques and his testing kits are also available on line for purchase. It is advised that his lemon water fast and other protocols be followed under the guidance of a trained professional. (See RESOURCES for further information.)

Things to Avoid During Detoxification:

- **MAO Inhibitors**- MAOIs (monoamine oxidase inhibitors) are a class of medications used to treat depression. They interfere with the enzyme responsible for metabolizing serotonin, epinephrine, dopamine and norepinephrine.
- **Garlic**- acts like an anti-biotic killing intestinal flora
- **Grapefruit juice** (except if it is a heavy metal detoxification) accelerates and amplifies the detoxification in the intestine. Avoid this fruit only if you have an issue with achy joints, since it will exacerbate.

During the detoxification process stay off ALL *sugar*, except in your hydrating water. You will want to preserve your insulin levels by not having a high carbohydrate diet.

If you follow the detoxification process and remove inflammation, other remedies, supplements or therapies will respond much more efficiently.

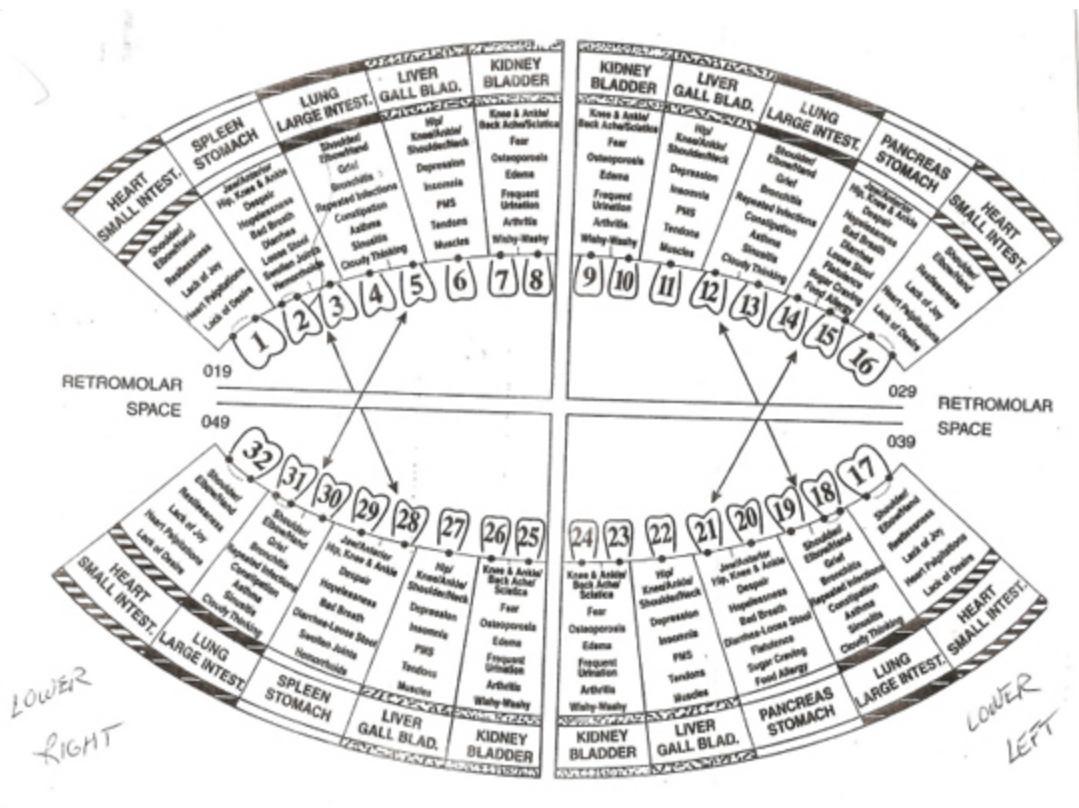
Lifestyle Changes That Enhance Detoxification:

- Avoid toxins (See Chapter IV, Creating A Healthy, Sustainable Environment)
- Make necessary dietary adjustments
- Sweat in a sauna
- Get a massage regularly
- Drink lots of distilled water
- Simple fasting (juicing)
- Get more sleep
- Increase exercise

CHAPTER III

WHAT HAZARDS ARE LURKING IN YOUR MOUTH?

Every tooth in your mouth is connected to an organ. As a result, changes to your teeth has an effect on the corresponding organ. Dentists know this, but it is no longer within the scope of their practice. There was a time when dentists were more like medical doctors and concerned themselves with the general health of the patient. As medicine became more specialized and compartmentalized, dentists were taught, and directed, to only concern themselves with the teeth and gums.



Speaking of gums, the health of a person's gums is also directly related to their general health and is a clue to

illnesses lurking within.

Dangers of Mercury Fillings (Amalgams)

Holistic dentistry has raised just as many eyebrows within the medical dental community as holistic medicine has to conventional doctors. The American Dental Association (ADA) stills holds dear the belief that mercury fillings are not a health hazard. Or maybe it's not a belief, but instead a protective mechanism against the onslaught of lawsuits they would be facing if they admitted the truth. They don't want a repeat of what happened to the tobacco industry when it was finally proven unequivocally that nicotine causes cancer.

It is no secret that Mercury fillings continuously emit mercury vapor, which is absorbed into the body in small amounts. If there was a mercury exposure in a lab the guys in hazmat suits would come in to clean it up (even for a small amount.) Yet it is purported to be safe to have in our mouths?

Leukemia was first discovered within a year of the start of the placement of mercury amalgam as a filling material for teeth. Dr. Hal Huggins (1937-2014), known as a leading pioneer and the "Grandfather" of identifying and treating medical problems caused by toxic dental materials, was first exposed to the mercury issue in regards to leukemia. Dr. Olympio Pinto of Rio de Janeiro told him that his own father, also a dentist, had reversed a case of leukemia in 1929 by removal of mercury containing amalgam fillings. The younger Pinto suggested that Huggins remove amalgams, replace them, take a series of CBC (red and white blood cells) and decide for himself if mercury challenged the immune system. Huggins, as Pinto had done years ago, recognized the changes and stopped using mercury-filled amalgam immediately.

Root Canals

Mercury is only one of the hazards presented by dental procedures. Root canals are a whole other can of worms. New DNA study confirms decades old research that root canals contain toxic bacterium that may be the "root" cause of many diseases.

For years, comedians have poked fun at root canals and the pain associated with the procedure. Little did they know that pain was not the least of the issue. As far back 1908, microbiology researchers from the Mayo Clinic and from the dental association at the time found that bacteria, and their toxins from root canals, could enter the blood stream and travel to any point in the body and generate disease to that tissue or organ. The dental association, concerned about liability issues, insisted that the nerve chamber in the center of the tooth could be effectively sterilized and that the body would accept a root canal tooth as not a "dead tooth", as it was previously called, but a "non-vital" tooth. A new and much more acceptable term for a root canal. (Incidentally, non-vital means dead.)

One of the most decorated dental researchers of all time, Dr. Weston Price, was ridiculed by dental leaders, and, even 60 years after his death, dental leaders still maintain his research is not valid. Why? Fear. Fear that disclosing the truth about the toxicity from root canals would heap tremendous liability upon the dental association, as well as individual dentists. It would also ruin a very lucrative practice in dentistry. The association, even today, as the American Dental Association (ADA) insists that they have proved Mayo and Dr. Price to be wrong. There is no research to support this claim, and none can be produced. Yet dentists are continually threatened with license revocation if they expose the truth about root canals or even suggest they may be dangerous.

Today, there are many diseases termed, "of unknown etiology," which means, "*we have not the first clue where they are coming from.*" Many health oriented dentists and physicians are beginning to recognize that these incurable, non-responsive diseases are showing improvements by techniques involving removal of root canal teeth and fortifying the patient's immune system.

If you are ill and cannot find the source, find a holistic dentist and have him or her take a good look in your mouth. Whether it be properly removing and replacing amalgam (mercury) fillings or checking a root canal for infection, it is an important step toward improving your health.

What Are Spirochetes?

Another area with little attention paid by dentists is gum disease. They are quick to send you off to the periodontist to have your gums deep cleaned or have gum graphs and laser surgery. Meanwhile, the issue usually returns a few years later. The reason is spirochetes.

These long, slender, thin, corkscrew shaped microbes are found in the oral cavity in various numbers and forms. They have been strongly implicated as playing a role in the etiology of periodontal disease.

Periodontal diseases are conditions in which a plaque-induced inflammatory response in the tissues supporting the teeth leads to loss of collagen. Attachment of tooth to bone, loss of bone, and even tooth loss occurs.

If these microorganisms are discovered, irrigation of the tissue with a bactericidal agent should be employed prior to any dental treatment to avoid exposing bacteria into circulating throughout the blood stream. A holistic dentist will swab your gum tissue and remove a piece of tartar to review under a high-powered microscope or a 'dark-field' microscope.

If a proliferation of 'bugs' is found the dentist will disinfect the mouth using a number of options like diluted bleach, chlorohexidine, a specialized tooth, or possibly a gum tonic made from botanical anti-microbials. All of these will kill active pathogenic organisms. A healthier, non-toxic alternative is 'oil pulling.'

Oil pulling is the use of organic coconut oil swished in the mouth for a minimum of ten minutes every day. (Then spit it out.) The method is said to kill pathogens in the mouth. A study from India was recently released testing Streptococcus mutants specifically and the efficacy of coconut oil verses the use of chlorohexidine. The findings were as follows:

Results: Statistically significant reduction in Strep mutants count was seen in both the coconut oil pulling and Chlorhexidine group.

Conclusion: Oil pulling can be explored as a safe and effective alternative to Chlorhexidine.

Clinical Significance: Edible oil-pulling therapy is natural, safe and has no side effects. Hence, it can be considered as a preventive therapy at home to maintain oral hygiene.

Yet again a natural solution exists in place of a toxic chemical. Even though the trial was not specifically for spirochetes, holistic dentists will tell you they see a dramatic reduction of all pathogens in patients using the oil pulling method.

A Nigerian Medical Journal did a study testing oil pulling with coconut oil for the reduction of plaque and gingivitis. Here are the findings:

Results: A statistically significant decrease in the plaque and gingival indices was noticed from day 7 and the scores continued to decrease during the period of study.

Conclusion: Oil pulling using coconut oil could be an effective adjuvant procedure in decreasing plaque formation and plaque induced gingivitis.

All of the issues discussed in this chapter can affect your health. Think of your immune system as a bucket filled with water. If there is one drop too many added to the bucket it spills over. The same occurs with your immune system. You may have poor digestion, herpes, a candida infection and then spirochetes invade because there is an acid environment. It may be the issue that sends your bucket over-flowing and the body crashes leading to a serious diagnosis. *Housecleaning* on a regular basis is the foundation for good health.

DISINFECT WITH OZONE THERAPY

Oxygen/ozone therapy is a term that describes a number of different practices in which oxygen, ozone, or hydrogen peroxide are administered via gas or water to kill disease microorganisms, improve cellular function, and promote the healing of damaged tissues.

The rationale behind bio-oxidative therapies, as they are sometimes known, is the notion that as long as the body's needs for antioxidants are met, the use of certain oxidative substances will stimulate the movement of oxygen atoms from the bloodstream to the cells. With higher levels of oxygen in the tissues, bacteria and viruses are killed along with defective tissue cells. The healthy cells survive and multiply more rapidly. The result is a stronger immune system.

Ozone itself is a form of oxygen, (O₃) produced when ultraviolet light or an electric spark passes through air or oxygen. It is a toxic gas that creates free radicals, the opposite of what antioxidant vitamins do. Oxidation, however, is good when it occurs in harmful foreign

organisms that have invaded the body. Ozone inactivates disease organisms such as bacteria and virus. Ozone therapy can be a powerful disinfectant for pathogens hiding in your mouth.

Do you suffer from Halitosis? (Bad Breath)

You may think your offensive breath is due to the last meal you ate (and it is true occasionally), but mostly it is coming from your gut. If you suffer from poor digestion, parasites and/or other pathogens, or irregular bowels you need more than a breath freshener.

Once you have embarked on a mission to detox your body and improve your diet, you will notice how seldom, if ever, you suffer from bad breath.

CHAPTER IV

CREATING A HEALTHY, SUSTAINABLE ENVIRONMENT

Environmental hazards are everywhere. It is no secret that the chemicals, electromagnetic fields, and other modern day pollutants are studied regularly for links to cancer. We have become so accustomed to certain products and lifestyle choices that many hazards slip by unnoticed. The following are areas to check in your home and work environment to be sure you are not unnecessarily exposed, on a daily basis, to harmful energies and carcinogens.

PAINT

Let's start with something we all use on most surfaces of our homes. We no longer have to be concerned about lead paint, since it was taken off the market years ago. That doesn't mean that all paints are safe either. There are many other chemicals, maybe not as dangerous as lead, but to someone with multiple chemical sensitivities, or to a cancer patient in frail health, that can be just as much of an issue.

When I first starting looking for a 'safe' paint for my clinic twenty years ago I was met with much resistance from painters and challenged by paint store owners. At the time not many where concerned with VOC's or *volatile organic compounds*. They are solvents that get released into the air as the paint dries. VOCs can cause acute symptoms, including headaches and dizziness. The long-term effects are less certain, but according to the U.S. Environmental Protection Agency, some VOCs are suspected carcinogens.

If you are already ill, or not wanting to become ill, why expose yourself to toxins out-gassing from paint? Twenty

years ago it was difficult and expensive to find LOW VOC or NO VOC paint. Today most paint manufacturers offer either or both choices and at reasonable prices. It would seem that if the chemicals weren't a hazard the paint companies would *not* have gone the extra mile to now offer cleaner choices.

WATER FILTERS

All tap water today is treated with numerous chemicals to counteract the toxins found in the water sources. Unfortunately, the chemicals used may not be much safer than the pathogens they were meant to protect us from. For this reason, it is imperative to filter your water.

Whole-house carbon filters can remove most of the harmful chemicals, including chlorine, from all of your household water. This may be the most efficient means of filtration. However, since pipes no longer contain chlorine, to prevent bacteria be sure that water runs through all the pipes in your home on a daily basis.

Whole-house filtration can be expensive and would be limited to those who own their own home. The next best method is a filter on your shower head, a filter ball placed beneath your tub spout, and of course some type of filtration in the kitchen for drinking water and cooking. We have become accustomed to buying drinking water, but it is just as important to cook with clean, chemical-free water.

There are many choices of water filters available for all budgets. They range from individual pitchers with a built-in filter, to elaborate reverse-osmosis units for under the sink. The choices and levels of filtration are too vast to cover in this text, so do your homework before purchasing a water filtration system. Just know that it is one of the most important things you can do for yourself and your family.

If you are fortunate enough to have a well, be sure to test for other issues, such as iron levels.

CREATING A HEALTHY KITCHEN

Chapter VI discusses the importance of eating organic foods, however, there are many more opportunities in the kitchen for improving health. Cleaning products, cooking equipment, dishware, food storage containers, appliances and ventilation. They are also important components that either support our healthy cooking and eating, or greatly compromise our best efforts. By following the guidelines below, you can start to reduce not only your own exposure to toxic heavy metals and chemicals, but also the toxic burden to the earth from the manufacture, use, and disposal of items made from certain materials and products. This includes plastic and conventional cleaning products.

- Use 100% natural cleaning products and avoid toxic chemicals from conventional dish detergents, dishwasher, floor and multi-purpose cleaners. They emit VOCs just as paint does. Chemical based cleaning products contribute to poor indoor air quality and also to "greenhouse gasses" and smog.
- Avoid tableware and food storage containers made with lead glazing or varnish, such as older china, imports from China, handmade dishes and decorative dishware.
- Do not store your food in plastic wraps and containers that contain BPA's. Bisphenol A is a chemical produced in large quantities for use primarily in the production of polycarbonate plastics and epoxy resins. The chemicals from BPA products have been shown to leach into food.
- DO NOT cook with *aluminum* pots. Aluminum is a highly toxic metal and leaches into your food when heated. Aluminum crosses the blood-brain barrier and has been

found in the brains of those with any number of brain disorders, including Alzheimer's.

- DO NOT cook with non-stick pans. Many contain a synthetic polymer called polytetrafluoroethylene (PTFE), also known as Teflon, a DuPont brand trademark. When the pans are over-heated the chemical leaches into food.

CREATING A HEALTHY BATHROOM

- Our bathrooms can be places of health, rest and quiet. They are private rooms where we not only care for, but also pamper ourselves. Yet we often inadvertently compromise our health with conventional linens that many contain formaldehyde, health care and beauty products containing chemicals, and expose ourselves to mold. Here are some easy steps to transform your bathroom into a healthy, non-toxic environment.
- **Linens-** Buy towels made from organic cotton. They usually do not contain synthetic dyes that can rub off onto your skin, flame retardants or formaldehyde.
- Vinyl **shower curtains** can outgas harmful VOC's into the air. A healthy alternative is hemp. It is resistant to fungus and easily washable.
- **Cleaning products-** just as in the kitchen, buy 100% natural cleaning products to avoid chemicals. They are now readily available and less expensive than they once were.
- **Personal body products-** always buy organic, especially essential oils. Conventional methods of extraction can include toxic solvents. Natural products can still contain synthetic ingredients, as well as extractions from plants that are heavily contaminated with bacteria, pesticides, and chemical fertilizers.

- **Perfumes-** read ingredient lists and avoid personal and cleaning products that contain fragrances. Conventional fragrances and perfumes may contain neurotoxic chemicals. They can also introduce VOC's into your indoor air.
- **Synthetic ingredients-** avoid synthetic ingredients in your body products, including those generally regarded as 'food grade' additives such as methyl-paraben. If you don't want it IN your body, don't put it ON your body.
- **Soap-** all your soap products should be classified 'pure soap'. This is the only designation that means a product is naturally antibacterial.
- **Deodorizers-** never use conventional deodorizers or air fresheners that contain synthetic chemicals and fragrances. They may emit high levels of VOC's.

Ventilation, Moisture & Mold

Mold is a health hazard. In bathrooms, mold can be the result of leaky plumbing fixtures or improperly installed or damaged tile in shower and bath enclosures. Wallpaper holds in moisture and prevents walls from properly drying out, especially in the absence of an exhaust fan. Given the right conditions, including temperature, mold will grow on the paper backing of drywall, on paints and finishes, and on and behind grout and tile. Mold can be prevented. Here are some tips:

- Keep tile, grout and fixtures free of soap residue and scale build-up.
- Install an exhaust fan that exhausts to the outside, even if there's a window in the bathroom. Turn it on during a shower or bath and keep it running at least 30 minutes afterward.

- Remove wall-to-wall carpeting and replace it with ceramic tile.
- Remove wallpaper and don't build up too many coats of paint on the walls.
- Fix all leaks immediately, no matter how small.
- Check plumbing for leaks in cabinetry and crawl spaces on a regular basis.
- Replace missing and cracked caulk and grout and repair cracked tile, tubs, shower enclosures and sinks.
- Never use anti-microbial paints and finishes. Not only are they toxic, they also only mask the problem temporarily.

CREATING A HEALTHY BEDROOM

The bedroom is the most important room in the home. While many of us spend up to 90% of our time indoors, about one-third of our lives is spent in the bedroom. Transforming the bedroom into a healthy, environmentally clean and comfortable retreat is one of the most important steps we can take to improve our overall health and well-being. For the healthy person, a healthy bedroom is pure prevention for those of all ages. It is most important for children whose developing bodies are much more vulnerable.

Health Effects

Pollutants in the home, including dust and dust mites, mold, chemicals, electromagnetic fields, lack of fresh air and overheating affect our body's ability to truly rest and heal during sleep. During the night, we shed metabolic waste, detox and regenerate. Unimpeded, this wondrous, complex process promotes better immunity and vigor so that we can better handle pollutants during the day. Because we are physically most vulnerable at night, contaminants

commonly found in bedrooms, such as toxic chemicals, dust mites and low levels of mold in beds and bedding can have serious short and long-term effects.

Start with the Bed

The most important piece of furniture in the home is the bed. For about one-third of our lives our body is in close, direct contact with the materials we sleep in and on. We inhale, at very close range, whatever is in those materials:

- Dust mites and mold in synthetic mattresses that trap moisture.
- Toxic chemicals from fire retardants called semi-volatile organic compounds (particularly those found in poly foams and battings).
- Synthetic chemicals found in glues.
- Fabric treatments such as dyes and pesticide residues found in conventional wool and cotton battings.

The good news is that thanks to a fast-growing, "sustainable lifestyle" industry beautiful, comfortable beds, bedding, linens and textiles made from organic, natural materials are now more readily available.

Electro-Free Sleep

Every day we are surrounded by electromagnetic fields (EMF) from sources often beyond our control. Low-frequency magnetic and electric fields, high frequency radiation from radio waves and microwaves, and artificially induced magnetism bombards our living and working environments. It is possible however to make dramatic improvement in this sea of electric and magnetic fields.

Outside the house, high-voltage transmission lines, low-voltage overhead lines, and underground cables and transformers generate alternating current (AC) magnetic fields. Inside the home, current in the wiring and current-consuming appliances and devices generate AC magnetic

fields. Wiring, plumbing, and other metallic pathways may carry electrical current and radiate magnetic fields. Although the force of magnetic fields does drop off with distance, it may be difficult to block or shield them.

You can easily scan a bedroom for outdoor magnetic-field problems with an inexpensive gauss meter. First turn off the house circuits. If the meter registers a magnetic field above 1 milligauss in the bedroom ask the power company to check outside lines and fix any faulty transformers, grounding problems, or imbalances.

To scan for indoor sources of magnetic fields affecting the bedroom turn on every device in the house. If the magnetic field in the bedroom is more than one milligauss, first unplug everything in the bedroom, then try unplugging and turning off wall switches throughout the rest of the house. If the field remains, ask a specialist to test and isolate the magnetic fields. An EMF-specialized electrician can then determine the sources of the fields, such as the house grounding system, the main service, older-house wiring conditions, shared neutrals, or the current on ground or water pipes.

Don't forget to carry over the above precautions to your work place. We spend half, or more, of our time at work and the same dangers are lurking. Everyone has a right to a healthy work environment.

CHAPTER V

THE IMPORTANCE OF DIET

What is the quickest way to die? Through the starvation of food, water and oxygen. If we have the ultimate, definitive answer to death, then why don't we go right to the kill switch and snuff out cancer cells by starving them?

Cancer cells survive in a low oxygen environment by taking in glucose. It was thought that removing glucose, all sugars, (still a good idea) encourages the death of a cancer cell. In a study funded by the U.S. National Institutes of Health another culprit was discovered. When cancer cells are deficient in glucose, tumors are able to reprogram their metabolism to use glutamine instead. Glutamine is a nonessential amino acid that can be synthesized from glucose. Cancer cells have been shown to be remarkably resourceful by drawing in glucose and amino acids from the environment as building blocks for tumors.

The greatest defense against the proliferation of cancer is by strengthening the immune system. The best place to start (along with detoxification) is with your diet. Most patients diagnosed with cancer are suffering from malnutrition, even though they look and feel well fed. The modern diet has strayed very far from that of our ancestors. I'm sure you are already aware of the dramatic changes in a world of industrialized farming and packaging.

The following list is a general guideline for cancer patients. Buy only ORGANIC if at all possible. Conventionally grown food is contaminated with pesticides, fungicides and chemical fertilizers. GMO foods are genetically modified with DNA from animal sources, among others.

FOODS TO AVOID:

- SUGAR, only stevia and small amounts of xylitol or erythritol (no agave, it is fructose sugar.)
- Dairy, except yogurt (plain) or cottage cheese.
- Gluten (all wheat products).
- GMO Foods (Genetically modified).
- MSG (monosodium glutamate).
- Artificial Sweeteners (aspartame).
- Processed foods (anything from a package, including meats like hotdogs & sausages that contain nitrates).
- Salted, pickled or smoked foods containing preservatives.
- Farmed Fish
- Canned Foods
- Microwave Popcorn
- Vegetable juice (only fresh)
- Fruit juice (only fresh)
- Carbonated Beverages
- Soy (highly processed)
- All preservatives (read labels)
- Hydrogenated Oils & Trans Fats
- Canola Oil

FOODS TO ENJOY:

- Fruit; raspberries, blueberries, pineapple
- Hemp Protein
- Cooked vegetables, especially leafy greens
- Raw Vegetables (only if your digestion can handle them)
- Sprouted Bread (gluten free)
- Animal protein every 3rd day (small portions)
- Cereals; millet, quinoa, buckwheat

Keep grains to a minimum and eliminate if you experience bloating or other reactions.

Many cancer diets call for a plant-based diet only. This *does not* work for everyone. We are all different and there are many who do not do well without small amounts of animal fats and proteins. You must do what works for *you*.

POWER FOODS



- **Amla** (Indian Gooseberry)- repairs oxidative stress, extremely high in Vitamin C, contains minerals, iron and a powerful tool against cancer.
- **Beets**- a blood builder, an antioxidant, anti-inflammatory, and detoxification support.
- **Broccoli**- the only vegetable with high amounts of sulforaphane, a particularly potent compound that boosts the body's protective enzymes and flushes out cancer-causing chemicals.
- **Garlic**- the phytochemicals help fight breast, colon, esophageal, and stomach cancers.
- **Clove**- in studies clove extract halted the activity and growth of colon cancer cells, breast cancer cells, ovarian cancer cells, liver cancer and colon cancer cells.
- **Raspberries**- have a high content of ellagic acid, a powerful antioxidant and a major cancer fighting nutrient.

- **Spinach-** many studies point to the nutrients from spinach to inhibit destruction of DNA, cancer cell growth, and tumor growth.
- **Sprouts-** sprouted food is more easily digested and has higher nutritional qualities when compared to non-sprouted seeds. (i.e., sunflower seeds, alfalfa, etc.)
- **Turmeric-** Studies have shown that curcumin, the active ingredient in turmeric, helps prevent several forms of cancer including breast, lung, stomach, liver, and colon because of its anti-inflammatory and antioxidant properties.
- **Wheat Grass-** has twice the amount of Vitamin A as carrots and is higher in Vitamin C than oranges; contains the full spectrum of B vitamins, as well as calcium, phosphorus, magnesium, sodium and potassium in a balanced ratio. Wheatgrass is a complete source of protein, supplying all of the essential amino acids, and has about 20% of total calories coming from protein. This protein is in the form of poly peptides. Simpler and shorter chains of amino acids that the body uses more efficiently in the blood stream and tissues.

SMOOTHIES

There are numerous choices for healthy smoothies and can fill an entire book, or two. Since many recipes are available free on line, I will start you off with a highly nutritional recipe.

- Water or fresh almond milk (most boxed dairy-free milk contains preservatives)
- Barleans Green Powder or other similar quality product
- Barley Powder

- Spinach
- Add berries, fresh or frozen to taste

HEALING DIET (Special Bonus)

The following diet should be done under the guidance of an integrative medical doctor; a doctor who subscribes to holistic healing methods, including nutrition.

Drink as much water as desired throughout the process (preferably distilled)

WEEK 1

- Oatmeal (no sugars of any kind)
- Brazil Nuts
- Steamed broccoli
- Raw salads

WEEKS 2 & 3

- No solid food- just liquids
- Water + Juices from carrot, apple, red beet and lemon
- Drink at least 1 gallon per day. The body will produce oxalic acid and cancer cells will die.

WEEK 4

Do this for next 2 weeks

- Repeat Week 1 + 12 ounces of juice per day
- Add: Beta Glucan from Miatake mushrooms, IP6 (Inositol), Essiac Tea

THE BUDWIG DIET

An amazingly simple, yet powerful diet ...

JOHANNA BUDWIG

Dr. Johanna Budwig (1908-2003), a seven-times Nobel prize nominee, was a German pharmacologist, chemist and physicist with a doctorate in physics who worked as the chief expert-consultant for drugs and fats at the former Bundesanstalt für Fettforschung (Federal Institute for Fats Research). Described as "the world's leading authority on fats and oils", Dr. Budwig studied in-depth the effect of hydrogenated and other denatured fats upon human health and found it to be disastrous. During her research, she discovered the truly "essential" and powerfully healing nature of essential fatty acids on all manner of degenerative diseases, including cancer.

Budwig authored numerous books, among them ***Cancer-The Problem & The Solution, The Oil-Protein Diet Cookbook, The Budwig Cancer & Coronary Heart Disease Prevention Diet***, as well as numerous scientific papers and treatises in which she published her findings on the critical importance of the right fatty acids and the deleterious effect of the wrong fats on human health. The use of "wrong fats" became widespread since the invention and introduction of the hydrogenation process in order to extend the shelf life of fats and to create margarine.

Budwig believed, and proved, that cancer is easily curable by eating the correct fats and exposure to sunlight.

Dr Willner, M.D., Ph.D. (***The Cancer Solution***) writes, *"Numerous, independent clinical studies published in major medical journals world-wide confirm Dr. Budwig's findings. Over 40 years ago Dr. Budwig presented clear and convincing evidence, which has been confirmed by hundreds of other related scientific research papers since, that the essential fatty acids are at the core of the answer to the cancer problem. You will come to your own conclusions as to why this simple, effective prevention and*

therapy has not only been ignored—it has been suppressed!"

Budwig suggested her diet of flax seeds and cottage cheese, along with organic foods be followed exclusively and completely for a minimum of 1-3 months.

Budwig's diet is plant based. Her results are based on following *all* aspects of her diet.

- 2/3-cup cottage cheese
- 1/3- cup flax seed oil
- Organic raspberries

Access to a free copy of Dr. Budwig's protocol is listed under RESOURCES.

ESSIAC TEA

Essiac tea is made from four herbs:

- Sheep Sorrel
- Burdock Root
- Slippery Elm
- Turkey Rhubarb

A Canadian nurse in the 1920's, Rene Caisse, was given the information by a patient who had survived breast cancer. The patient had received the information from an Indian Medicine man in the 1890's.

Essiac tea goes beyond the treatment of cancer. Dr. Frederick Banting, the co-discoverer of insulin became interested in Essiac and even offered Nurse Caisse research facilities to test it. According to Rene, Dr. Banting stated that "*Essiac must actuate the pancreatic gland into normal functioning*". Even today diabetics are using Essiac to improve their condition and many have gone off insulin entirely.

If you take the time to research each of the four herbs and the successes of Nurse Rene in successfully treating hundreds of cancer patients, you will understand the value of adding this powerful tea to your diet. It is a great addition to the detoxification process.

CHAPTER VI

BEYOND SUPPLEMENTS NUTRIENTS YOU NEED TO KNOW

As I mentioned previously, most people suffer from malnutrition as a result of our industrialized diet. If this were otherwise, the pharmaceutical companies would not be so rich from the millions of pills everyone takes. However, it is not pills we need, it is fresh, clean food, and good quality supplements. Supplements can quickly nourish the body along with your dietary changes.

Listed below are suggestions specific to cancer patients. The first supplement discussed is by far the most powerful I have come across to date and the one I referred to in the Introduction that brought my young man from fourth-stage cancer to stage one in under eight weeks.

SALVESTROL

Salvestrol is made from natural plant compounds found in fruits, vegetables and herbs. Dr. Danny Burke (Professor Emeritus of Pharmaceutical Metabolism), while on the staff of Aberdeen University Medical School, Scotland discovered a protein in 1995 that exists only in cancer cells. That protein, named CYP1B1 is the very reason cancer cells do not die, (apoptosis) but instead continue to replicate. In fact, ***CYP1B1 is the only difference between a cancer cell and a normal cell.***

Dr. Burke looked to nature to find a means of turning off the CYP1B1 protein. He found that this protein, *salvestrol*, is found throughout the plant kingdom and forms a part of the plants defense mechanism. For example, when a ripe fruit comes under attack by fungus the synthesis of a pathogen-

specific salvestrol is induced. In other words, the salvestrol phyto-nutrient comes to the rescue to defend the plant against the fungus.

Salvestrol is a natural anti-cancer prodrug. It is harmless and inactive until it is inside a cancer cell. Its structure is then changed by the CYP1B1 enzyme and goes to work to correct the defect in the cell inducing apoptosis (cell death).

This natural defense mechanism has a variety of amazing attributes.

First, it is not harmful. The toxins produced through the metabolism of salvestrols by CYP1B1 are confined to the cancer cells and are exhausted through the destruction of the cell.

Second, it is a food-based mechanism that relies solely on enzymatic activation and certain co-factors that should also form part of one's daily nutrition.

Third, this mechanism provides a clear and easily understood link between diet and cancer that can serve as an impetus for dietary change.

Fourth, CYP1B1 is now widely regarded as a universal cancer marker.

I would also like to point out that the mechanism created by the salvestrols on the CYP1B1 is universal...regardless of the oncogenic origin of the cancer. In other words, it has the same effect on any type of cancer.

Another remarkable finding by Dr. Burke in his search of natural salvestrols is that they are nearly nonexistent in *conventionally* grown foods. It seems when *fungicides* were introduced into farming practices in the 1950's salvestrol levels in crops dropped significantly making it far more difficult to benefit from this natural anti-cancer mechanism through diet. Spraying of chemicals to artificially eliminate

fungus on crops in turn eliminates the plants need to stimulate the salvestrol enzyme to naturally control fungus.

For this reason, when the actual product 'Salvestrol' was created the natural phytonutrient had to be sourced from *organically* grown plants. Now when we hear that studies comparing conventionally grown verses organically grown foods comes up with similar nutritional value, we know that what's missing is testing the level of salvestrols in the crop. If this does not convince you to switch to an organic diet, I don't know what would?

Another area where salvestrols have been removed is from fruit juice. Fruit juice is 'de-bittered' during manufacturing, a process that removes salvestrols from the fruit.

Salvestrol is manufactured in England and distributed in North America through Canada. If you are interested in this product see RESOURCES, or ask your holistic practitioner to source the supplement for you. It is important to seek the advice of a practitioner versed in using this supplement. The proper dosage is important to your success rate and your progress must be monitored to adjust dosage.

(P.S. It also works amazingly well on animals with cancer.)

Dr. Brian Schaefer, the distributor of Salvestrol has written two books on the topic. They are *Salvestrols, **Nature's Defense Against Cancer: Linking Diet and Cancer (2012) and Salvestrols: Journey to Wellness (2013).***

LAETRILE (B17)

Laetrile (i.e. amygdalin or Vitamin B17) therapy is one of the most popular and best known alternative cancer treatments. It is very simple to use and is very effective if used in high enough doses and if the product is of high quality. It needs to be combined with an effective cancer diet and key supplements.

Laetrile works by targeting and killing cancer cells and building the immune system to fend off future outbreaks of cancer. It uses two different methods for killing cancer cells. It involves a strict diet (as do all cancer treatments) and several supplements.

Most people take laetrile in the form of apricot kernels. In the middle of a peach or apricot is a hard shell. If you break open the hard shell with a nut-cracker, pliers or hammer, you will find a small seed/kernel in the middle that looks like an almond. However, it is much softer than an almond and certainly does not taste like an almond. It is this seed that is rich in natural laetrile.

They are available on the Internet either as apricot kernels or pills and in some cases in liquid form. (See RESOURCES) Also, the seeds of berry plants, such as red raspberries and black berries are rich in laetrile, as is the peach pit and apple seeds. Laetrile can be found in buckwheat, bean sprouts, millet and various nuts. Bitter almonds have a high content, except there are few bitter almond trees in existence today. Apricot kernels, by far, have the highest content overall.

B17 is a powerful tool against cancer cells and the hundreds of clinical studies conducted have proven it causes no threat to healthy cells. The only issue that keeps it from the evening news is its success in killing cancer cells and saving lives.

An alternative medical clinic will administer laetrile intravenously (six grams per day) for three weeks. Usually zinc is also dispensed to maximize tissue absorption. Pancreatic enzymes are important to the success of the treatment and other necessary supplements for your specific needs.

NATTOKINESE

(Pronounced nat-oh-KY-nase), also referred to as natto is an enzyme made from soybean fermented with beneficial bacteria. Natto has been an important part of the Japanese diet for over a century and is known for its therapeutic effects on vascular and heart disease. Because natto acts like your body's own naturally produced fibrin it has proven to be useful in the treatment of cancer.

Natto has been shown to transport oxygen to the affected area and affect cancers oxygen starving affect. It can also prevent fibrous clots and dissolves the fibrin coating around the tumors. Cancer patients need to thin their blood to help break down fibrin and nattokinase can assist in this process.

Earlier it was suggested to avoid soy. Natto is a fermented soy with beneficial bacteria that takes on medicinal properties. Natto should always be made with non-GMO soy.

BEC-5 CANCER CREAM

BEC-5 cream ruptures enzyme sacs in cancer cells. BEC5 works because it contains a plant sugar called rhamnose, (which is not usually found in mammalian species). Specific endogenous lectins, (which are receptors for the sugar part of the glycoalkaloids) are present in the plasma membranes of susceptible cancer cells, but they are not present in normal cells. Therefore, BEC5 recognizes and binds the sugar rhamnose of the glycoalkaloid to the cancer cell. Subsequently, this enters the cancer cell and causes cell death by destroying the lysosome.

AVEMAR

Avemar is a naturally fermented wheat germ extract that, so far, has exhibited positive effects against all forms of cancer cell lines tested.

Research at UCLA has demonstrated that Avemar reduces glucose flow into cancer cells which inhibits their ability to

produce additional nucleic acids and subsequently reduces their proliferation. In the presence of Avemar compounds, cancer cells begin to utilize the available glucose to produce substances that actually inhibit cell division and stimulate programmed cell death (apoptosis) within the tumor.

Decreased glucose consumption of the tumors results in a harmonizing of the patient's metabolism, as well as weight gain, even in people with advanced cancers. As a result, patients treated with Avemar also have improved tolerance for surgery, radiation, and chemotherapy. Avemar achieves these results without creating any toxicity or damage to normal, healthy cells. As a result, patients have less fatigue, pain, and depression and experience an increase in appetite that can help them regain lost weight.

GEMMOTHERAPY

Gemmotherapy uses buds and young shoots of trees and shrubs. Gathered in the spring at a key stage of their natural growth cycle, buds and young shoots are freshly prepared and put in maceration in a solution of water, alcohol and glycerin to extract all their active principles. Gemmotherapy was discovered in the sixties by a Belgian doctor, Henry Pol.

Pol recognized that buds and young shoots contain all the genetic information of the entire plant. In addition to containing vitamins, oligo-elements and minerals, buds and young shoots are richer in nucleic acids and growth hormones than other plant tissues. They also contain other active substances that start to disappear after a plant reaches a certain point in its growth. Given that they are extracts of developing tissues, Gemmotherapy remedies combine the properties of the whole plant, including the flowers, the leaves, the fruits, the sapwood, and the rootlets. *They are the only botanical medicine similar to*

stem cells. For that reason, they are referred to as stem cell therapy.

The following are the 'buds' used most often for cancer patients as part of the total nutritional protocol. They work to open up and cleanse tissues. They can be an integral part of the detoxification phase of treatment.

Beech- (buds) stimulate immunity especially immunoglobulin.

Black Currant- (buds) immune stimulant & chemotherapy protective.

Cedar of Lebanon- (young shoots) drug reaction dermatitis and increases NK cells.

Cowberry- (young shoots) normalize phosphatase acids.

Crab Apple- (buds) cancer prevention, detoxifies the blood and lymphatic system, also stimulates the immunity.

Dog Rose- (young shoots) antiviral and stimulates the immunity.

Giant Redwood- (young shoots) stimulates the immunity.

Grape Vine- (buds) stimulate WBC in leucopenia.

Hazel- (buds): Do not use in lung cancer since it breaks down scar tissue and could cause metastasis but okay when combined with chemotherapy.

Holly- (young shoots) combines with **Silver Birch** (*Betula Verrucosa*) (buds) to prevent fibrocystic breast disease becoming carcinogenic.

Juniper- (young shoots) will even protect liver against the negative side effects of chemotherapy and will reduce the size of liver cancer.

Mistletoe- (young shoots) anti-neoplastic, anti-tumors, can be used with Black Currant and Juniper to prevent side

effects of chemotherapy and protects from the damage of such therapies.

Olive- (young shoots) useful for antiviral and to stimulate the immunity.

Rosemary- (young shoots) increases WBC & RBC

Rye- Secale Cereale (rootlets): stimulates the immunity and reduces PSA.

Silver Birch- (buds): increases the Kupffer cells, raises the globulin and increases resistance to infections.

White Birch- (buds) stimulates the spleen macrophage.

Silver Fir- (young shoots) potential treatment for leukemia (after chemo) due to its stimulation of the bone marrow.

Sweet Chestnut- (buds) lymphedema post mastectomy.

TRACE MINERAL THERAPY

Trace elements are basic metal and mineral substances essential to the biochemical processes of metabolism. Without them, a harmonious interaction between enzymes and vitamins in the body cannot occur.

Approximately 60 trace elements are present in the human body. Without them we could not exist. One cannot take on the task of another. As mentioned in Chapter I, Why We Get Sick, minerals were listed as one of the four major reasons.

The following are minerals especially important to those with cancer. They are bottled individually or in combination.

- Cobalt
- Selenium
- Copper-Gold-Silver

ESSENTIAL OILS

Frankincense- made from sap containing Boswellic acid, has been shown to induce cell death in specific breast cancer lines by disrupting the cells' growth, limiting their cell-signaling pathways and their cell cycle regulation. Since it crosses the blood-brain barrier it has also been used for brain cancers.

Myrrh- one of the most important perfumes in ancient times, mentioned 11 times in the Bible has been shown to have the potential of a powerful anti-cancer agent.

Researchers at New Jersey's Rutgers University identified the active ingredient in myrrh and have shown that it kills cancer cells in laboratory conditions, but it has not yet been tested on animals or clinically on humans. However, it has been used medicinally for thousands of years.

Clove- studies have shown that clove, an ancient spice, may play an important role in the prevention and treatment of various cancers. Another herb that has been used successfully for medicinal purposes.

SUPPORTING CHEMOTHERAPY

Liposomal Vitamin E protects healthy cells and can be taken 4 hours before chemotherapy treatment and again 4 hours after treatment. Liposomal means the vitamin is coated so it is not destroyed by stomach acids.

To protect against effects of **Radiation-** use Lugol's Iodine Solution.

For **Chemotherapy-** rub **DMSO** topically on skin.

EVERYTHING ELSE

BERBERINE- A folk medicine used for thousands of years is able to inhibit the growth of various types of cancer cells by

inhibiting DNA topoisomerase I, inducing cell-cycle arrest and apoptosis (cell death).

BROMELAIN- an enzyme that can be extracted from pineapple stems. Research published in the journal *Planta Medica* found that bromelain was superior to the chemotherapy drug 5-fluorauracil in treating cancer in an animal study.

COD LIVER OIL- The correct natural balance of omega fatty acids.

COLLOIDAL MINERALS- Acts as a catalyst, reacts with fungus, bacteria and viruses inside the body. The silver disables the enzyme, which is the major need of harmful bacteria and causes them to suffocate.

GREEN TEA- Not only inhibits an enzyme required for cancer cell growth, but also kills cancer cells with no ill effect on healthy cells. It is not a primary treatment, use as an addition to your cancer diet.

QUERCITIN- A powerful antioxidant, studies have shown that low doses inhibited the proliferation of breast cancer cells.

RESVERITROL- It has been speculated that the caloric restriction mimetic and antiaging mechanisms of Resveratrol may contribute to its effects against cancer.

SCUTILLARIA baicalensis- A Chinese herb used as an anti-cancer agent to treat various cancers. In a 2002 study Scutellaria baicalensis showed that it inhibits cell growth in the cancer cell lines tested.

SELENIUM- A powerful mineral needed only in very small amounts. It plays a crucial role in your cells' defenses against cancer. It is a central part of the enzymes that knock out free radicals.

LifeOne Formula is said to mobilize killer lymphocytes to attack malignant cells, kill viruses and repair a damaged immune system. It is a specialized combination of herbal ingredients. The work (and research) has been done for you so you do not have to analyze exactly what nutrients you need. Since many cancer patients have absorption issues, the liposomal delivery system ensures nutrients going directly into lymphatic and blood vessels. (Refer to RESOURCES for further info.)

CHAPTER VII

CUTTING EDGE HOMEOPATHIC CANCER TREATMENTS

Homeopathy is the use of small doses of natural substances from plant, animal or mineral sources compounded into remedies. It is a system of medicine practiced all over the world and is over two hundred years old. Homeopathy is extremely powerful. It is based on the 'Law of Similars', meaning a substance that creates a particular reaction can also neutralize the reaction. There are specific characteristics that set Homeopathy apart from all other medicines.

- The end product contains only a tiny amount of the original substance. (It is carrying *information*.)
- The process of manufacture, which includes dilution and succussion (shaking), is unique to Homeopathic preparations and helps to expand the viability of the substance suspended in the water molecules.
- Observation of the patients specific and unusual symptoms.

Homeopathy is FDA approved, non-toxic and safe for almost all, including infants, the elderly and pets. (There are a few remedies not suggested during pregnancy.)

If you would like to a more detailed description of Homeopathy, download my eBook, ***ALTERNATIVE MEDICINE IN UNDER AN HOUR.***

There are different methods of practicing Homeopathy. The original is referred to as 'Classical' Homeopathy or 'Constitutional' prescribing. This entails a trained

homeopath to take your case and dispense a remedy that represents the totality of your symptoms including your mental, emotional and physical picture.

This is the training I originally received. In later years my education broadened to include many modern uses of Homeopathy. Cancer is an example of the need for an additional means of utilizing remedies. Finding the 'similimum' (the remedy that most closely matches the person) for a cancer patient who may be compromised with chemical medical treatments can be a challenge. Is the person presenting their original symptoms, or the new drug picture?

Fast forward to the work of five generations of medical doctors in Kolkata, India. The **Banerji Clinic** sees approximately 1,000 patients per day and they have spent years charting their successes. They have determined remedies specific to many different types of cancers and have published a number of cases in a book by Drs. Presanta and Pratip Banerji. The book is called ***The Banerji Protocols; A New Method of Treatment with Homeopathic Medicines.***

Cancer is a subject of great concern at the Banerji Clinic because there is a lack of effective treatment even now in the 21st century. Along with a search for conventional solutions, researchers are actively trying to identify treatment options offered by various systems of complementary and alternative medicine, including homeopathy. The Banerji Protocols have an important role to play in this effort.

Banerji studies have been done in collaboration with American researchers at the M.D. Anderson Cancer Center, University of Texas. They demonstrated plausible biological mechanisms for the anti-tumor effects of the homeopathic medicines tested. One report describes 15 patients

diagnosed with documented intracranial tumors who were treated exclusively with the homeopathic remedies *Ruta graveolens* 6c and *Calcarea phosphorica* 3X without additional chemotherapy or radiation. Of these fifteen patients, six of the seven who had glioma showed complete regression of the tumors. In this study it was also reported that these medicines stimulated induction of survival-signaling pathways in normal lymphocytes and induction of death-signaling pathways in brain cancer cells.

The Banerji Protocols® employ first, second and third line medicines. This means you start with the first line medicines and follow symptoms for a minimum of 12-13 weeks. At that point your practitioner would decide to continue or move on to the second or third line for continued improvement.

The Banerji Protocols® are designed taking into account the diagnosis as well as the various complaints being suffered by the patient. A basic set of medicines are given to treat each cancer type and thereafter considering the accessory symptoms have preset first, second and third line medicines to give palliative relief to the suffering.

Patients from more than 70 countries at present follow The Banerji Protocols® through their website seeking online medical advice and treatment. (See RESOURCES)

PROTOCOLS MUST BE FOLLOWED UNDER THE GUIDANCE OF A QUALIFIED HOMEOPATHIC DOCTOR.

(The following are a few examples of their many cancer protocols re-printed with permission.)

BRAIN TUMOR

First Line Medicine

Ruta Graveolens 6C, two doses daily
Calcarea Phosphorica 3X, two doses daily

Second Line Medicine

Repeat the two above and add Thuja Occidentalis 1000C in liquid, one dose, one time per week.

Third Line Medicine

Repeat first two remedies and add Conium Maculatum 1000C in liquid, one dose one time per week.

PANCREATIC CANCER

First Line Medicine

Carduus Marianus mother tincture + Conium Maculatum 3C, one dose every three hours, alternating
Chelidonium Majus 6X, in liquid; two doses daily 15-20 minutes before food

Second Line Medicine

Hydrastis Canadensis mother tincture with Chelidonium Majus 6X, in liquid; one dose every 3 hours alternating (not at night during sleep)

BREAST CANCER

First Line Medicine

Phytolacca 200C, two doses daily
Carcinosinum 30C, one dose every other day

Second Line Medicine

Repeat first line and add Conium Maculatum 3C, two doses daily

Third Line Medicine

If the previous two are not showing promise after 4-5 months change protocol to Thuja Occidentalis 30C, two doses per day + Carcinosinum 30C one dose daily

Open ulcers with offensive discharge, Psorinum 1000C in liquid, one dose every other day and Ammonium Crudum 200C + Arsenicum Album 200C, four doses

PROSTATE CANCER

First Line Medicine

Thuja Occidentalis 30C, four doses per day

Carcinosinum 30C, one dose every other day

If there is bleeding Geranium Maculatum mother tincture can be given every hour or two

Second Line Medicine

Medorrhinum 200C, two doses per day

Cantharis 200C, two doses daily

Third Line Medicine

Comium Maculatum 1000C, in liquid, one dose per week

Sabal Serrulata mother tincture, two doses per day

Carcinosinum 30C, one dose every other day

EMOTIONAL SUPPORT

Homeopathy can be very helpful in addressing the trauma and grief associated with cancer. There are literally thousands of homeopathic remedies to choose from. The following are a few of the more well advised for treating deep emotional issues, whether recent or from the past.

Aurum metallicum- Acute depression, hopelessness, grief, future looks dark, self-condemnation and worthlessness.

Carsinosin- Anxiety of what might happen, passionate people who over-extend themselves, sympathetic, history of suppression and deep guilty feelings.

Chamomilla- Whining, restless, spiteful, snappish. Great remedy for children, especially if they want to be carried.

Conium- Broken down, tired of life, discouraged, weak memory, indifferent, difficulty in understanding, depressed, averse to people but fears being alone.

Ignatia- Ailments from grief, fright, emotional shocks, disappointments. Sighs and sobs. Worse from consolation. *Important remedy to help to heal old grief and depression.*

Natrum muriaticum- Suffers from grief, disappointed love, fright, anger, depressed and introverted, dwells on the past, holds a grudge, worse from consolation.

Phosphorus- Anxiety, fear of health, fears being alone, about the future, thunderstorms, weary of life, wants sympathy, restless.

CHAPTER VIII

LITTLE KNOWN EXTRAORDINARY TREATMENT OPTIONS

LATVIA'S CANCER CURE

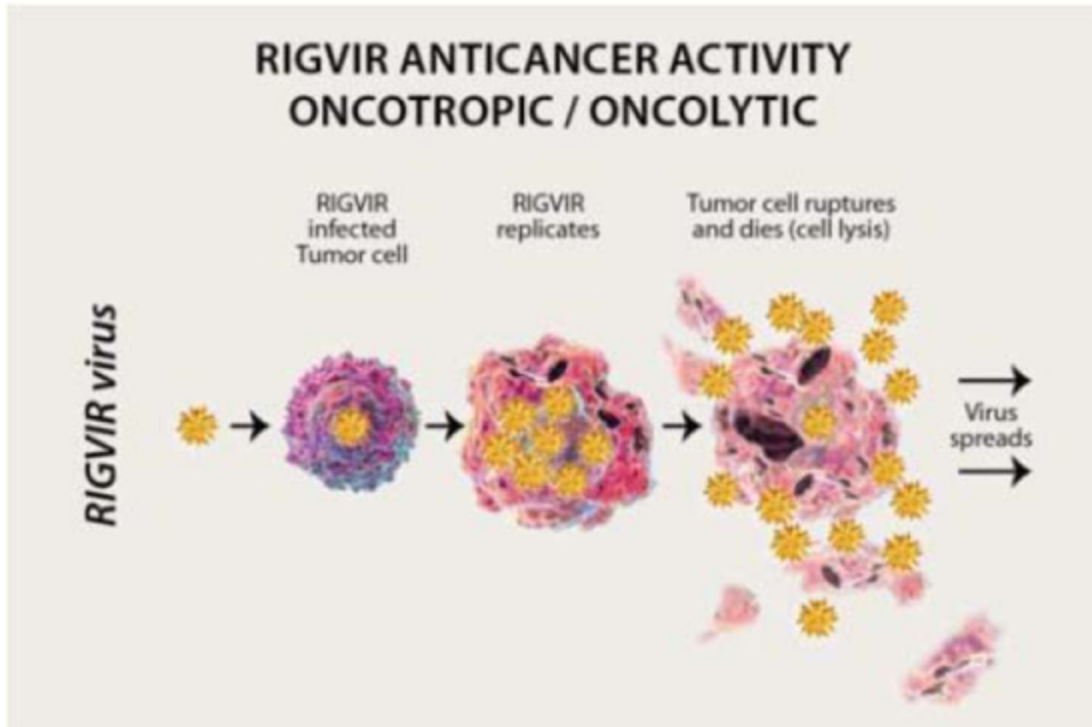
RIGVIR®

RIGVIR® is the worlds' first oncolytic Virotherapy medicine approved for cancer treatment and introduced in medical practice. RIGVIR® contains a live nonpathogenic ECHO-7 virus that has NOT been genetically modified.

RIGVIR® is a virus that finds and selectively infects tumor cells. It then replicates in tumor cells and destroys them. Both of these processes, oncotropism and oncolysis, are selective for tumor cells and normal healthy cells are minimally, if at all affected.

Oncolytic Virotherapy with RIGVIR® is a safe and effective cancer treatment, that greatly improves survival and quality of life of cancer patients.

International Cancer Center, Riga, Latvia



The Rigvir virus, once injected into the human body, finds cancer cells and destroys them, also activating the immune system and improving the quality of life of the patient. Basically, it is a virus that replicates inside of cancer cells, destroying them while leaving healthy cells alone. It is not genetically modified, can be used on an outpatient basis and does not have side effects.

Known as Virotherapy, this method of treatment is gentle and safe and has shown to be beneficial to the health of the patient. Rigver® is a superior therapy because it goes after the *cancer stem cells*, where chemotherapy does not. Chemotherapy reaches the 'daughter' cells, hence the reason many cancers return after chemotherapy treatment.

RIGVIR® properties:

- Safe and effective
- Clinically proven
- Well tolerated
- High therapeutic index

- Improves quality of life
- Not genetically modified
- Oncotropic and Oncolytic
- Immuno modulating efficacy
- Ambulatory use

RIGVIR® is used in the treatment of many cancer types:

- Melanoma
- Stomach cancer
- Colorectal cancer
- Pancreatic cancer
- Kidney cancer
- Bladder cancer
- Prostate cancer
- Lung cancer
- Uterine cancer
- Various types of Sarcoma:
 - Lymphosarcoma
 - Angiosarcoma
 - Rhabdomyosarcoma
 - Reticulosarcoma

The inventor of Rigvir®...

Dr. Aina Muceniece *"...To treat cancer with a virus is a fantastic idea which occurred in the beginning of the last century. Before World War I, cancer was already treated with the rabies virus vaccine and other viruses. I managed to find a virus which is not dangerous for man. This virus can be found in the intestines of healthy children. Unlike chemotherapy and radiation therapy, this medicine does not leave serious consequences in the patient's organs."*

Rigvir® was discovered by Dr. Muceniece (1924-2010) of Latvia in the 1960's. Rigvir® was patented in 2002 and since 2011 has been included in the states list of compensated drugs. In 2015 it was included in the Latvian National Guidelines for treatment of skin cancer and melanoma.

The International Virotherapy Center in Latvia coordinates training and certification for doctors on the use of Rigvir®. There are a limited number of countries who have thus far become accredited. As you can imagine, this inexpensive cancer therapy cuts into the profits of chemotherapy and radiation treatments.

To date, certification has been granted outside of Latvia to the country of Georgia, The Bahamas, Germany and Mexico.

Rigvir® now available at the Hope 4 Cancer Institute, Mexico...

The Hope 4 Cancer Institute, Baja California, Mexico has been granted accreditation by the International Virotherapy Center. Rigvir® is now available as a standalone Hope4Cancer® treatment protocol.

Rigvir® therapy may not be for everyone. Find out if your condition qualifies for Rigvir® Cancer Virotherapy by contacting a Hope4Cancer® Institute Patient Coordinator through their website and they will arrange a free case evaluation and treatment plan written by Medical Director, Dr. Antonio Jimenez.

SONO PHOTO DYNAMIC THERAPY

Another promising cancer therapy utilized at the Hope4Cancer® Institute is Sono Photo Dynamic Therapy. Dr. Tony Jimenez is one of three pioneers worldwide who have

developed this method to treat cancers of different types and stages. SPDT makes use of three components:

- Photo and sono-sensitive activator
- Source of light and/or sound at the correct wavelengths
- Source of oxygenation

The photo and sono-sensitive activator consists of a non-toxic, non-invasive and highly effective orally consumed material optimized for effectiveness. The light and sound sources utilize the latest technology to deliver optimal levels, maximizing activation and penetration.

SPDT has been around since the 1800s, very successful, but limited by the toxicity of the agents that were very toxic; essentially forms of Chemo. In the late 1990s, non-toxic agents were developed in Russia from algae/chlorophyll, launching SPDT into a new level of non-toxic, non-invasive cancer treatment.

SPDT involves getting an agent into the body, (originally by injection, now orally), which adheres to cancer cells so that when light and sound, of the correct frequency is applied the agent "explodes" into free radical oxygen. This instantly kills the cancer cells, which cannot survive in oxygen. For total and permanent recovery, it is still necessary to address the causes and even more importantly to do complete cleansing of toxins from the body. This especially includes the dead cancer cells. SPDT is recently approved in the U.S., UK, and by the Chinese Government. Experimental projects have recently been published in Toronto, Canada and other countries.

FOCUSED ULTRASOUND ENERGY

Focused ultrasound offers the potential to treat many cancers through non-invasively destroying malignant tissue

or enhancing adjuvant therapy (e.g. chemotherapy or radiation).

Focused ultrasound is an early-stage, non-invasive therapeutic technology with the potential to transform the treatment of many medical disorders by using ultrasonic energy to target tissue deep in the body without incisions or radiation.

Focused ultrasound is the marriage of two innovative technologies:

- **Focused Ultrasound**—which provides the energy to treat tissue deep in the body precisely and noninvasively.
- **Magnetic Resonance or Ultrasound Imaging**—which is used to identify and target the tissue to be treated, guide and control the treatment in real time, and confirm the effectiveness of the treatment.

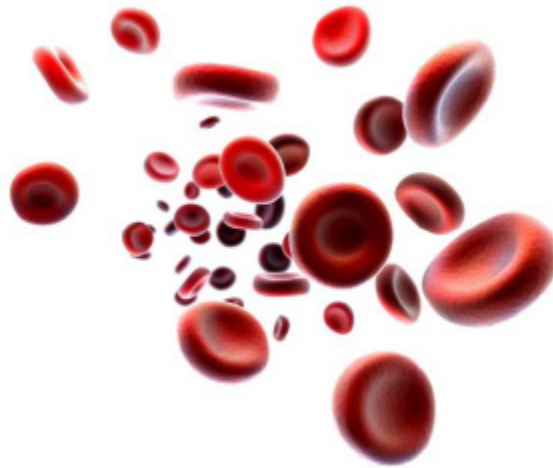
The fundamental principle is analogous to using a magnifying glass to focus beams of sunlight on a single point to burn a hole in a leaf. With focused ultrasound, an acoustic lens is used to concentrate multiple intersecting beams of ultrasound on a target deep in the body with extreme precision and accuracy. Depending on the design of the lens and the ultrasound parameters, the target can be as small as 1x1.5mm or as large as 10x16mm in diameter.

Where each of the individual beams passes through the tissue, there is no effect. But, at the focal point, the convergence of the multiple beams of focused ultrasound energy results in many important biological effects, creating the possibility of treating a variety of medical disorders.

Focused ultrasound treatments can be performed on an outpatient basis, require no incisions, and can result in minimal discomfort and few complications, allowing for rapid recover.

HYPERBARIC OXYGEN THERAPY

Breath is the most important of all the bodily functions and without it we simply are dead. The use of hyperbaric oxygen therapy (HBOT) has been approved for over a dozen health conditions such as, carbon monoxide poisoning, gangrene and injuries in which tissues are not getting enough oxygen. Could HBOT help cancer patients?



Hyperbaric oxygen therapy uses high pressure to increase the amount of oxygen a person can breathe. Up to 20 times more oxygen can be absorbed by the blood using this method and then transferred to injured organs and tissues. You stay in a hyperbaric (high-pressure) chamber during the treatment, which can last from 30-90 minutes. Treatments are usually repeated over a number of days or weeks for maximum benefit.

The use of 100% oxygen is considered a drug by the FDA and a prescription is needed for the therapy. Mild hyperbaric therapy (mHBOT) has shown significant results and uses around 95% oxygen. This is a lower cost treatment that you can do on your own without a medical prescription. There is little to no risk with great benefits.

Why Cancer Cells Don't Like Oxygen

Famous cell biologist and cancer researcher Otto Warburg discovered that cancer cells have an altered metabolism and are unable to produce energy through cellular respiration. The mitochondria in each cell produces the energy that drives the cellular functions. Under normal circumstances, the majority of energy is derived in the presence of *oxygen* in a process called aerobic metabolism.

Cancer cells have lost the ability to produce energy in this manner and instead derives all their energy through glucose fermentation. Warburg's work clearly demonstrated that *cancer is fundamentally, a relatively simple disease where cell oxygen levels fall to a level sufficiently low enough for the cell to change in nature.*

Other researchers, like Dr. Thomas Seyfried, found that cancer cells run off of both glucose and amino acid (glutamine) fermentation. Both of these processes are anaerobic and don't use oxygen. In other words, oxygen becomes the enemy of cancer cells.

Health Benefits of HBOT

- Helps to reduce swelling that may occur around an injured area.
- Encourages new blood vessels to grow and carry additional blood.
- Increases the ability of the body's defense mechanisms to fight infection and kill bacteria.
- Assists healing by raising tissue oxygen levels to normal in areas where they are reduced through illness or injury.

HBOT & Radiation Exposure

HBOT is an acceptable complimentary treatment for cancer patients undergoing radiation treatment. HBOT has been

shown to reduce inflammation in bones and adjacent tissues where radiotherapy creates an excess amount of reactive oxygen species. It also helps with the regeneration of blood vessels that are damaged by radiation.

HBOT has given hope to many who have exhausted all other treatment alternatives. HBOT has shown to significantly reduce inflammation, a precursor to cancer. It also shows great promise when used in conjunction with a Ketogenic diet.

HBOT, when operated by qualified and trained technicians, is an extremely safe, non-invasive, and effective treatment. Used in combination with other therapies, HBOT can enhance their benefits, including drug therapy.

PULSATING ELECTRO MAGNETIC THERAPY

All atoms and cells in the body produce electromagnetic fields (EMF's). Every organ in the body produces its own unique bio-electromagnetic field. All 70 trillion cells in the body communicate via electromagnetic frequencies. There is no functionality within the body without this electromagnetic exchange.

Electromagnetic energy controls chemistry, which in turn, controls tissue function. Disruption of this energy causes impaired cell metabolism. PEMF's addresses the impaired cell metabolism. The treatment delivers beneficial, health-enhancing frequencies to cells.

PEMF's help to:

- Reduce pain, inflammation, the effects of stress on the body, and platelet adhesion.
- Improve energy, circulation, blood and tissue oxygenation, sleep quality, blood pressure and

cholesterol levels, the uptake of nutrients, cellular detoxification and the ability to regenerate cells.

- Balance the immune system and stimulate RNA and DNA.
- Accelerate repair of bone and soft tissue.
- Relax muscles.

Low frequency PEMF's of even the weakest strengths, can pass through the body. They penetrate every cell, tissue, organ and even bone without being absorbed or altered. As they pass through they stimulate the electrical and chemical processes in the tissues. The therapeutic use of PEMF's are designed to positively support cellular energy. This results in better cellular health and function. PEMF's provides stunning regenerative effects because the magnetic fields result in cells generating so much naturally derived energy that they are able to heal themselves. It is like a magnetic switch that turbocharges cellular energy production and reduces oxidative stress.

Devices that produce PEMF's are varied in frequency, waveform, strength and types of stimulators. It is important to select treatments that are specific to your health needs. The technology has been used for bone healing, depression, OCD, rheumatism, arthritis, chronic pain; to improve circulation, blood viscosity and overall immune function. It is used to optimize natural self-healing.

Many alternative practitioners utilize PMF Therapy and a number of portable devices are available for purchase.

THE GORTER MODEL

Founder: Dr. Robert Gorter M.D., Ph.D.

Location: Cologne, Germany

The Gorter Model is a novel and creative approach in the treatment of cancer patients and other chronic diseases, such as infections with hepatitis B and C and HIV. In the Gorter Model, traditional academic (western) medicine is combined with new therapies, which have a sound scientific basis, but are not commonly applied as yet. This program was developed by Robert Gorter, M.D., Ph.D., over more than four decades of research, clinical experience and after surviving cancer himself.

There are 3 major forms of nontoxic cancer therapy included in the Gorter Model:

- Vaccination with dendritic cells
- Various forms of hyperthermia
- The immune restoration process, which includes *Viscum album* (Mistletoe), infusions with thymus and spleen peptides, vitamin and trace elements, orthomolecular medicine and various components which patients need.

The *Gorter Model* is designed to restore and enhance immune function, enabling the immune system to aggressively and effectively combat cancer cells throughout the body. The treatment may involve some or all of the following therapies to optimize immune function or to directly destroy the cancer cells:

Dendritic Cell Therapy (Cancer Vaccine)

Dendritic Cell (DC) Therapy or so-called Dendritic Cell vaccine is a potent form of immune therapy used to treat cancer. Dendritic cell therapy is an immune therapy which harnesses the body's own immune system to fight cancer. The dendritic cell itself is an immune cell whose role is the recognition, processing and presentation of foreign antigens to the T-cells in the effector arm of the immune system.

Although dendritic cells are potent cells, they are not usually present in adequate quantity to allow for a potent immune

response. Dendritic cell therapy thus involves the harvesting of blood cells (monocytes) from a patient and processing them in the laboratory to produce dendritic cells which are then given back to a patient in order to allow massive dendritic cell participation in optimally activating the immune system.

Immune Restoration

Nutrient Infusions including, but not limited to Selenium Infusions, IV Vitamin C Therapy, IV Supplement Therapy, Mistletoe and Thymus Peptides are included in the protocol based on the needs of the patient.

Ozone Therapy

Medical ozone is a mixture of purest ozone and purest oxygen. The ozone therapist, a trained physician, determines the complete dosage according to the medical indication and the patient's condition.

The application of medical ozone is extremely useful for immune activation in patients with a low immune status or immune deficit. Medical ozone has pronounced bactericidal, fungicidal and virostatic properties, and is widely used in disinfecting infected wounds, as well as in bacterially and virally produced diseases. Its ability to stimulate circulation is used in the treatment of circulatory disorders and makes it valuable in revitalizing organic functions. When administered at low concentrations, the organism's own resistance is mobilized. In other words, ozone (re)activates the immune system.

Hyperthermia

We know scientifically that fever is a protective mechanism. When body temperature reaches 101.3° F (38.5° C) the immune system shifts into a state of alarm. At this temperature, the level of immune chemicals in the bloodstream doubles and immune defenses throughout the body increase. Within six hours, almost every major defense within the immune system doubles its efforts. This process appears to be dormant in many cancer patients, who typically report never having experienced a fever.

To reactivate the immune system in these patients, the *Gorter Model* uses a process of controlled fever referred to in scientific literature as “fever-range, total-body hyperthermia”. It is a form of treatment in which the entire body is heated to a moderate fever temperature of approximately 101.3 F (38.5 C). As a result, the immune system is activated in the same way as a natural fever would activate immune response.

Mistletoe Therapy (*Viscum Album*)

Extracts of mistletoe are well-studied in Western science and hundreds of scientific articles have been published on practically all aspects of its clinical use. The clinical protocols for using mistletoe in cancer treatment were initially developed by Rudolf Steiner, Ph.D. (1861-1925).

Since that time, pharmacological research and clinical studies have shown that it provides a broad spectrum of anti-tumor activities and restoration of the cellular immune system. Mistletoe is currently the most prescribed anti-cancer medication used in northern and central Europe.

Mistletoe has been found to both prolong life and improve the quality of life.

- Well tolerated
- Low toxicity
- No more than Grade I flu-like symptoms

- Decreased pain due to higher serum endorphins
- Prolonged survival of patients with breast cancer, ovarian, uterine, and cervical cancers.

Cannabis

Dr. Gorter is a pioneer in the field of the clinical use of cannabis. Since 1998, when it became legal in Germany to prescribe cannabis, a natural form of THC, extracted from the plant itself is being applied.

Through clinical observations and scientific studies, Dr. Gorter, and several other experts are convinced that cannabis as a whole-plant extract is efficacious. It is used for a number of indications and when needed for each individual patient.

Lifestyle changes and Mind-set

The *Gorter Model* includes life-style changes as needed for each individual patient. This is not limited to diet, exercise and emotional support.

Over the past twelve years, more than 4000 patients were treated according to the *Gorter Model*. Conditions that have been successfully treated include all metastasized solid tumors, such as breast, prostate, lung, brain, liver, colon and bone cancer.

96% of all patients were at the end stages of cancer and for them, the team was their last hope. However, they frequently experience partial remission and stabilize for several years with a very positive quality of life or even sustained complete remission. The treatment implies hope, although not all patients improve.

To find out where you can learn more about the *Gorter Model*, see RESOURCES.

THE HILU INSTITUTE

Founder and Director: Dr. Raymond Hilu

Location: Malaga, Spain

The Hilu Institute incorporates cutting edge diagnostic tools and non-toxic therapies to treat chronic degenerative diseases. Dr. Hilu is particularly renowned for treating all types of illnesses, especially chronic and rare diseases. In the clinic all staff members are trained in patient-care supportive counseling. When it comes to cancer patients, the clinic states that the trauma of fighting cancer can be very discouraging and one needs to treat the person as a whole as "*the is body not separate from the mind and the heart.*"

Lebanese born, Dr. Hilu finished high school barely a teenager and went on to graduate from medical school at the age of twenty. Not being satisfied with his preparation, he continued his studies and did not practice medicine for another fourteen years. During this time, he traveled the world to study directly under the tutelage of the developers of cutting edge methods and technologies. When he felt he was finally ready, with vision and comprehensive knowledge, he entered the medical profession with a one-of-a-kind set of skills. He developed a methodology that reflects the eclectic nature of a true explorer and lover of science. Dr. Hilu only uses approaches that are heavily endowed with scientific evidence.

Dr. Hilu is so versatile with this approach that he is able to determine the type of cancer a patient has just by studying the blood. He is also able to determine the nutritional deficiencies caused by an insufficient balance of minerals, vitamins, enzymes and essential fatty acids. Dr. Hilu is able to correct these imbalances with proper nutrition that

achieves positive results in the treatment of cancer, as well as the other ailments.

Dr. Hilu's cancer protocol includes, but is not limited to:

- Detoxification
- Bio-energetic Medicine
- Diet/Nutrition
- Papimi *
- Focused Infrared Therapy
- Orthomolecular Therapy

* When a somatic cell is too weak, the electric tension within is reduced, which leads to a generally disharmonized organism. Papimi provides the necessary amount of energy at this exact moment.

The inventor, Prof. Dr. Panos Pappas, postulates Papimi raises the level of electric tension to its natural level.

By activating the cells and the organism, active agents (e.g. drugs) are evenly distributed and absorbed. Papimi can be used as a single therapy or in conjunction with other therapies and reliably supports the natural healing processes.

CANCER CENTER FOR NEW MEDICINE

Founder: Leigh Erin Connealy, M.D.

Location: Irvine, California

The Cancer Institute for Healing specializes in integrative and complementary therapies. They strive to provide healing by treating the patient with the disease and not the disease of the patient. They work with you to develop a comprehensive and individualized cancer treatment plan to help improve your prognosis and quality of life through a "Whole-Being Health Platform."

Cancer Center for Healing's integrative cancer treatment is unique. They offer conventional standard-of-care treatments, laboratory work and diagnostic imaging, consultations with Oncologist and Integrative Medicine Specialists and, if appropriate, chemotherapy. However, they combine the treatments with advanced integrative medical protocols that not only reduce the adverse side effects, but actually make the conventional approaches work more effectively.

Treatments offered include, but not limited to:

- Autohemotherapy
- High dose Vitamin C Therapy
- Hyperberic Oxygen Therapy
- IV Nutrients
- Live Cell Therapy
- Nanovated Hydrotherapy

For further information, refer to RESOURCES.

CONCLUSION

I began this book by stating “You have to be sick to get cancer.” Hopefully the first chapter gave you some insight into the meaning of this statement. When the body has any or all of the following conditions, your immune system is compromised.

- Inflammation
- Oxidative Stress
- Hormone Imbalance
- Mineral Imbalance

Cancer is not a *contagious* disease. It develops as a result of functional imbalance. In recent history the idea of genetics has been forced upon us. There is a very fine-line however, between genetics and life-style. Families share the same life-style habits, i.e. food, water, environmental exposures, etc. As a result, the body breaks down in similar fashion?

If your family genetics, based on recent scientific ‘theory’ points to cancer markers, there still exists the opportunity to clean up your body and go from a compromised immune system to an immune system that can fight for you. Included herein are methods for cleaning house and regaining optimum health.

The therapies listed are a small sampling of the many innovative, integrative therapies developing around the world and utilized by many. If you have a cancer diagnosis, or are concerned about the possibility, chemotherapy and radiation are not your only options.

They are however, the options that have become the ‘norm’ in the 21st century. Conventional cancer treatment is a multi-billion-dollar industry. In America, the only country in the world that allows medicine for profit, it is a tough

industry for gaining recognition unless your treatment can be patented by a drug company and has high profit margins.

The material presented here is by no means complete and I hope you will continue your quest to find the tools best suited for your health issues and those of your loved ones. I also hope this peek into what is available, beyond conventional medicine, helps to bring an understanding of the promising research and treatments that exist.

Most of all, don't give in to FEAR...the fear created by the medical community who tells you that you will die if you don't follow their protocols. Ask for the statistics for the treatments they are handing down. Whenever you hear that someone has died as a result of the *complications* of their treatment, this is code for, 'they died from the chemotherapy and/or radiation treatments.'

Research your options before making life changing decisions. Most of all, get a second opinion and even a third from alternative professional sources.

Best wishes for your continued search and may your days ahead be happy and healthy!

RESOURCES

FINDING A DOCTOR WHO WILL WORK WITH ALTERNATIVE THERAPIES

The American College for Advancement in Medicine (ACAM)

www.acam.org

FINDING A BIOLOGICAL DENTIST

<https://iaomt.org/>

FINDING A HOMEOPATHIC DOCTOR

<http://www.homeopathycenter.org/>

SALVESTROL

<http://salvestrol.ca/index.asp>

To learn more about Salvestrol, watch this webinar

Webinar

link:

<http://webinarjam.net/webinar/go/replay/8014/d968509575/Wk1772991KY>

RIGVIR® IN MEXICO

Hope 4 Cancer Institute - Exclusive partner in Mexico

Address: Playas de Tijuana, Baja California, Mexico

USA Mailing Address: 13910 Lyons Valley Rd., Ste R, Jamul, CA 91935, USA

Tel.: +1 888 544 5993 (Toll Free USA), +1 619 669 6511 (USA Based International Number)

Fax: +1 619 956 7071

E-mail: info@hope4cancer.com

Website: www.hope4cancer.com

RIGVER® IN LATVIA

<http://www.virotherapy.eu/>

<http://www.virotherapyclinic.eu/en/#virotherapy>

SONO PHOTO DYNAMIC THERAPY

<http://www.hope4cancer.com/hope4cancer-treatments/core-therapies/spdt.html>

FOCUSED ULTRASOUND ENERGY THERAPY

<http://www.fusfoundation.org/diseases-and-conditions/oncological>

PULSED ELECTROMAGNETIC FIELD THERAPY (PEMF)

http://www.ted.com/talks/bill_doyle_treating_cancer_with_electrical_fields

<http://drsircus.com/medicine/cancer/pulsed-electromagnetic-field-therapy-cancer-pain>

BEC-5 CANCER CREAM

<http://www.antiaging-systems.com/23-bec5-curaderm?Aff=WRC1>

LAETRILE

<http://www.cancertutor.com/laetrile/>

<http://cytopharma.com/>

<https://www.tjsupply.com/>

<http://www.apricotpower.com/>

LifeOne Formula

<http://www.lifeone.org/L1Form.html>

BUTEYKO BREATHING METHOD

<http://www.breathingcenter.com/>

<http://www.buteyko.info/>

Dr Veronique Desaulniers

<http://breastcancerconqueror.com/about/about-dr-v/>

The 7 Essentials

1. Let food be your medicine
2. Reduce your toxic exposure
3. Balance your energy
4. Heal your emotional wounds
5. Embrace biological dentistry
6. Repair your body with therapeutic plants
7. Adopt very early detection

HEAVY METAL TESTING

Urine Test

<https://www.directlabs.com/OrderTests/tabid/55/language/en-US/Default.aspx>

Hair Analysis

<https://www.doctorsdata.com/hair-toxic-element-exposure-profile/>

Blood

<http://www.saveonlabs.com/product-p/7655.htm>

BALANCING pH, DR CAREY REAMS; RBTI TESTING

<http://www.daily-mfg.com/rbti.html>

http://www.advancedideals.org/04_frequent_questions.html

THE BUDWIG DIET

<http://www.budwigcenter.com/johanna-budwig>

TOP ALTERNATIVE CLINICS IN THE US & MEXICO

<http://www.cancerdefeated.com/amish-secret/>

<http://www.cancerbreakthroughusa.com/>

TOP CLINICS IN GERMANY

<http://germancancerbreakthrough.com/>

BANERJI CLINIC, KOLKATA, INDIA

<http://www.pbhrfindia.org/21-featured-articles/172-appointment-procedure-at-the-pbhrf-clinic-elgin-road.html>

THE GORTER MODEL

<http://gorter-model.org/therapies/>

CANCER CENTER FOR HEALING

<http://www.cancercenterforhealing.com/about/>

AVEMAR, USA; Pam Eisen

Importer & Distributor

(888) 567-7001

(416) 817-5499

Lewiston, NY

info@awgena.com

www.awgena.com

GEMMOTHERAPY

Gemmotherapy is prepared in either diluted or concentrated tinctures. The only difference is the amount of drops needed for each. A diluted version by Boiron is sold on Amazon.

Another diluted version can be found here:

http://vitalextract-com.3dcartstores.com/Gemmotherapy_c_1.html

Seroyal Gemmotherapy

<https://www.seroyal.com/products/by-category/gemmotherapy.html>

Belgian concentrated tinctures are sold here:

http://www.gemmospharmacy.com/HerbalGem_Gemmotherapy_of_Belgium/cat725540_646218.aspx

Lauren Hubele

<https://laurenhubele.com/>

TRACE MINERAL THERAPY

Many different alternative practitioners use trace mineral therapy in their practice, such as Homeopaths, Chiropractors and Naturopaths. It is best to seek the advice of a professional to determine which can benefit your specific needs.

FURTHER CANCER RESEARCH

Ty Bollinger has amassed a multitude of articles, references, doctors, therapies and stories from true-life cancer survivors

on his website. It is one of the largest cancer resources of alternative treatments and therapies today.
<https://thetruthaboutcancer.com/>

REFERENCES

CANCER DESCRIPTION

<https://www.nlm.nih.gov/medlineplus/cancer.html>

SALVESTROL

<http://salvestrol.ca/index.asp>

GLUCOSE & GLUTAMINE

<https://www.sciencedaily.com/releases/2013/01/130131144427.htm>

METAL-FREE

<http://bodyhealth.com/pages/about-us>

DR HENRY BIELER

<http://healingessences.com/the-wisdom-of-dr-henry-bieler.html>

PARASITE TESTING & CLEANSE

<http://www.parasitetesting.com/tests.cfm>

<https://www.humaworm.com/order-now.html>

BIOLOGICAL DENTISTRY

<https://www.hugginsappliedhealing.com/leukemia.php>

<http://gerson.org/gerpress/mercury-madness-why-your-fillings-could-be-hurting-your-health-what-to-do-about-it/>

<https://www.hugginsappliedhealing.com/root-canals-toxic.php>

BIO-OXIDATIVE THERAPY (Ozone)

http://www.encyclopedia.com/topic/Bio-oxidative_therapy.aspx

COCONUT OIL PULLING

[http://www.ncbi.nlm.nih.gov/pubmed/27084861?
dopt=Abstract](http://www.ncbi.nlm.nih.gov/pubmed/27084861?dopt=Abstract)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4382606/>

HEALING DIET (BONUS)

DR. H. J. Carl

WILLARD WATER

<http://drwillard.com/dr-willards-water/what-is-dr-willards-water/>

ENVIRONMENTAL HAZARDS

<http://marycordaro.com/>

CANCER

(Rigver) VIROTHERAPY, DR. KASPARS LASANS, LATVIA

<http://www.virotherapy.eu/>

HOMEOPATHY

Murphy, R, (1995), *Lotus Materia Medica*, Pagosa Springs, CO: Lotus Star Academy
Murphy, R (2005), *Homeopathic Clinical Repertory*, Blacksburg, VI: Lotus Health Institute

THE BANERJI PROTOCOLS®

P. & P. Banerji, "The Banerji Protocols; A New Method of Treatment with Homeopathic Medicines", 2013; P B H Research Foundation, West Bengal, India A Compendium of Essays on Alternative Therapy
Homeopathy: Treatment of Cancer with the Banerji Protocols
Prasanta Banerji and Pratip Banerji
Prasanta Banerji Homeopathic Research Foundation,
India www.intechopen.com

DENDRITIC CELLS

<https://dendritic.info/dc-therapy/>

NEAR INFRARED SAUNA

<https://saunaspace.com/near-infrared-sauna-therapy/>

DR. JOHANNA BUDWIG

<http://www.budwigcenter.com/johanna-budwig-biography/#.VyPUBT9aeco>

AVAMAR

<http://www.faim.org/how-avemar-helps-fight-cancer>

ESSIAC TEA

<http://www.healthfreedom.info/cancer%20essiac.htm>

HYPERBARIC OXYGEN THERAPY

http://www.naturalhealth365.com/oxygen_cancer.html/

PULSED ELECTROMAGNETIC FIELDS

<http://www.doctoroz.com/article/pulsed-electromagnetic-fields-how-they-heal>

THE GORTER MODEL

<http://gorter-model.org/gorter-model/>



ABOUT THE AUTHOR

ELENA UPTON, Ph.D. is a classically trained Homeopath, lecturer and product development specialist with nearly thirty-years' experience in the natural health field. Having followed a graduate program in Homeopathy at a time when natural medicine was in its resurgence in America, she was able to study with some of the finest Homeopaths of our time.

After developing a successful clinic, 'The Holistic Resource Center' in Southern California she went on to continue her education with additional health experts from around the world. Her practice extends to include many modern uses of Homeopathy, as well as other holistic modalities.

The journey began at The British Institute of Homeopathy training with Dr. Trevor Cook, homeopath to the Queen of England, among other giants in the field.

This solid foundation was followed by a Masters, then Doctorate program at Curentur University (American University of Complimentary Medicine) to train with more exceptional Homeopaths including Dr. Roger Morrison, Dr. Jonathan Shore and many others.

Her education further continued with a two-year Master Clinician Course with the well-known Homeopath, author and lecturer, Louis Klein of Canada.

The next ten years included seminars, workshops and lectures with Dr. Rajan Sankaran of India, Dr. Jan Scholten, M.D. and Dr. Massimo Mangialavori, M.D. of Italy, to name a few.

Upton developed a successful clinic, 'The Holistic Resource Center' in Southern California for a number of years with her then partner Dr. Craig Wagstaff (1955-2012).

Her practice extends to include many modern uses of Homeopathy, as well as German Biological Medicine and other holistic modalities.

Other books by the Author...

THE ALTERNATIVE, Your Family's Guide to Wellness,
Volume I *First-Aid & Common Conditions*

THE ALTERNATIVE, Your Family's Guide to Wellness,
Volume II *Disease* (Released date- Spring 2019)

THE ALTERNATIVE CONTINUED, Secrets to Success
(Companion guide to Volumes I & II)

eBook Series:

ALTERNATIVE MEDICINE IN UNDER AN HOUR , *Easy-to-Follow Guide to Sorting Out Holistic Medicine* ***ALTERNATIVE MEDICINE FOR ALLERGIES, COLD & FLU***, *Easy-To-Follow Guide to Fixing Acute & Chronic Conditions* ***SORTING OUT AUTOIMMUNE DISEASE***, *Your Roadmap to Wellness, Naturally*

HERE'S WHAT PEOPLE ARE SAYING...

“Elena Upton's knowledge and expertise definitely saved my life! Several years ago I was experiencing severe health problems which included major unexplained weight loss, weakness, fatigue, brain fog etc. All the conventional doctors (including UCLA and the Mayo Clinic) were unable to diagnose my symptoms and all the M.D.'s, gastroenterologists, neurologists, endocrinologists I consulted couldn't figure me out either. Then I was recommended I consult with Elena. With her skill and patience, she truly gave me hope and helped reverse my frightening health crisis. She was the first health care practitioner to tell me she could help and not pat me on the head and tell me I was imagining all my symptoms as so many others before her had done.

She is incredibly well informed and up on all the latest cutting edge natural health information and has unending knowledge and perseverance. If not for her, I would not be writing this testimonial!”

-P. Burley

“Elena's work has changed many things in my life... With her knowledge she identifies your issues and goes after them in a definitive way. Hard to overstate what her

work has meant to me. I am grateful to have found her and her vision for holistic health.”

- J. Piven

“Time and again Elena has been able to heal me, make me well, cure anything from strange rashes to the common cold in ways that conventional doctors simply could not.”

-G. Gershon

“I can't imagine what I would have done without Elena Upton. I have known Elena for 20 years. She is responsible for keeping me and my family healthy. I hope you will read this book and learn how you and your family can live a long and healthy life.”

Gratefully, M. Luttrell

"Prior to meeting Elena Upton, I had spent decades and a small fortune on western medicine that only masked the symptoms (and they were rather weak and ineffective at that as well). For example, I never felt the "Big Pharma" medicine did ANY good for my colds and coughs. Ms. Upton gently educated me on how homeopathic medicine worked. When I came down with a sore throat, she told me to try a specific remedy -- --- and I did. My sore throat (which would normally last one week) was gone in less than ONE HOUR upon consumption of that remedy. None of the Big Pharma medicine that I have had, can do that. Ever. When my children came down with a fever/cold, Elena guided me to use a specific remedy. Lo and behold, their fevers were gone in less than an hour, too, and their colds alleviated shortly afterwards. I am sold. My family and I have been on homeopathic medicine/supplements ever since, and we have never felt better."

-A. Duarte

I have excellent western doctors whom I still respect but Elena never ceases to amaze me in her spot on diagnosis

and treatment of everything from a common cold to a more severe case of acute sinus migraines and protozoa from travels to the far east, the latter two having remained unchanged with allopathic remedies. Her pre-op and post-op protocol left the surgeons baffled at the absence of any immediate after effects and lightening recovery following a 4 hour procedure. I now consult her first.

-L. Dornhelm

“Elena Upton has come to my rescue more times than I care to remember over the past twelve years. Not only does she always come up with the correct remedies for me, but she also manages to do the same for my cat.”

-A. Challis

“I am 58, and had been suffering from extreme heat and night sweats since I was ten years old. No doctor could ever help me. Within a few days of taking a homeopathic remedy Elena suggested, a very big problem I had experienced for almost my entire life was eliminated. It was absolutely amazing.”

-Dr. J. Levy

“Since 2007, after the birth of my second child Elena has helped me with her expertise. I am grateful for her knowledge of homeopathy and its use in guiding the body’s ability to heal naturally when given the correct information.”

-N. Cannon

“We’ve put Elena to the test over the last eight years. Our family includes a special needs child that Elena has magically figured out how to help perform at higher standards with Homeopathic remedies.”

-J. Berchtold

-S. Harris

“Elena has been an incredible resource for me and my family. She has helped us to navigate everything from strep throat to ADHD to a concussion. Elena is thoughtful, caring and compassionate. We are grateful for her thorough review of our health and we can't wait to read her book!”

-J. Elliott

"I come from a family of Western medical doctors. Homeopathy was not in my vocabulary. Elena opened my eyes to a different approach of healing by treating the core of the problem in the body rather than to suppress with western drugs"

-L. Fortier

“Elena is a wonderful, insightful Homeopath. Over the past few years, she has been a tremendous support to my daughter and me. Through her simple, but effective remedies, my issues are cured, and my overall health is excellent.”

-S. Poole-Blair

DID YOU ENJOY THIS BOOK?

I want to thank you for purchasing and reading this book. I congratulate you on your interest in Holistic Medicine.

If you enjoyed this book I would love your feedback. The more positive reviews, the more people will want to jump on the band-wagon and learn about bringing their health to the next level, *naturally*.

A positive review will go a long way so I really appreciate your taking the time to encourage others to take a look at this work.

To your health,

Elena Upton, Ph.D.

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