

A TO Z GUIDE



THE TOP **NATURAL** CANCER TREATMENTS

Excerpted from the book!

A STEP-BY-STEP PLAN
WITH 100+ RECIPES TO FIGHT DISEASE,
NOURISH YOUR BODY & RESTORE YOUR HEALTH

CANCER FREE WITH FOOD



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Foreword by New York Times
Best-Selling Author Mark Hyman, M.D.

Disclaimer: This information is not intended to substitute for informed medical advice.
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I want to be clear; I am not claiming that these will cure your cancer. The treatments you choose are entirely your choice, and I recommend you create a plan with a medical professional (but one who is educated and knows the importance of nutrition). I do believe these natural therapies; either used by themselves or in combination with conventional medical treatments can support the body in boosting the immune system, fighting cancer cells and healing. Some people have done both and are cancer free, some have only done the natural treatments and are cancer free. And then some people have died from all combinations.

A lot of these have been proven successful treatment protocols for cancer. Some people will say “He had cancer and tried the diet and died, or she tried to go natural and it didn’t work and she died.” I do believe some cancers are extreme and it may be past healing point, although I remain an optimist that people can heal their cancer at any stage, take Anita Moorjani’s story for example. She proves to us that cancer is healable at any stage. She had 24 tumors and even to this day medical doctors cannot explain what happened. We have to be more open when it comes to healing cancer, to just think it can be cured with chemo alone is incredibly naive. There are aspects to healing including emotional healing and nutrition.

Obviously prevention is the goal. But if you currently have cancer the first place to start would be to go within and ask yourself why you have the cancer in the first place? While you address those issues that might incur mental healing, emotional healing, going deeper spiritually and changing your lifestyle to consume less chemicals and more immune boosting foods and overcoming nutritional deficiency, you also want to make sure the cancer doesn’t spread and grow quickly and take over your body. Something that was said to me from a life coach that changed my thinking whenever I felt negative, and I share this with patients now is this:

“Prevention involves taking an active role in caring for your mind, your soul and your body.” Ty Bollinger

Whatever treatment you decide to do, diet must be addressed. Opting for chemotherapy while continuing to eat toxic foods is not a wise decision. If you have a green juice right now, it will help to kill some cancer cells. That is a prompt action you can do immediately to start the healing process.

Now if you feel empowered to do surgery, chemotherapy, and radiation I do not want to convince you otherwise. The whole message with this book is that you feel confident and own your choice of treatment. But of course with any treatment you must address the nutritional aspect as of course the body needs nourishment and adequate nutrition. But also remember that traditional therapies such as chemotherapy is not your only option, you have other options too.

These alternative and complimentary treatments have proven to be successful. But of course some people have tried them and died. Just like some people have tried chemo and died. Nothing is guaranteed. If you work with a medical professional, and choose a treatment plan that you will be confident with, at the same time as addressing your mental, spiritual, physical and emotional needs you amp up your chances of beating the cancer immensely. Remember it *is* possible.

If you just got diagnosed with cancer, I recommend reading through all of these options, and then making a choice for your treatment plan. You can also choose some of these things in conjunction with the conventional treatments, for example chemo and oxygen chamber along with wheatgrass shots. The choice is yours.

THE TOP NATURAL CANCER TREATMENTS A-Z

These nutrition-focused treatments activate the body's extraordinary ability to heal itself.

1. Acupuncture
2. Alkaline Diet
3. Aloe + Colloidal Silver Protocol
4. Amygdalin See B17
5. Antineoplaston Therapy
6. Apricot Seeds
7. Anne Wigmore
8. Ayurveda
9. B17
10. Baking Soda Therapy / Baking Soda And Maple Syrup / The Kelmun Protocol
11. Bentonite Clay
12. Bio-Oxidative Therapies – See Oxygen Therapy
13. Black Salve
14. Black Seed Oil
15. Blood Cleanse
16. Budwig
17. Cannabis
18. Castor Oil Pack
19. CBD Oil
20. Chakra Cleansing
21. Chelation
22. Chinese Medicine
23. Colloidal Silver See Aloe + Colloidal Silver Protocol
24. Colon Cleanse
25. Colonics
26. Copper
27. Coffee Enemas
28. Dental Revision
29. Detoxification
30. Diet – The Top Proven Foods To Prevent And Treat Cancer Including Probiotics
31. DMSO Treatment
32. Dr. Burzynski See Antineoplaston Therapy
33. Electromagnetic Energy / Frequency Generator
34. Enemas
35. Energy Medicine
36. Enzyme Therapy
37. Essential Oils
38. Essiac Tea
39. Exercise
40. Fasting
41. Frankincense Oil Therapy See Essential Oils
42. Gallbladder Cleanse
43. Gerson Therapy
44. Gold
45. Hippocrates Health Institute – See Ann Wigmore
46. Hoxey Tonic (Harry Hoxsey)
47. Hydrogen Peroxide
48. Hyperbaric Oxygen Therapy See Oxygen Therapy
49. Intermittent Fasting See Fasting
50. Iscador Therapt See Mistletoe Therapy
51. IV Injections / See Vitamin C Drip
52. John Of God
53. Kelmun Protocol (See Baking Soda Therapy/Baking Soda And Maple Syrup)
54. Ketogenic Diet
55. Kidney Cleanse
56. Laetrile See B17
57. Light Therapy
58. Lymphatic Drainage Massage
59. Magnesium
60. Massage
61. Medical Cannabis See Canabis
62. Meditation
63. Metabolic Therapy
64. Metabolic Mitochondrial Therapy (MMT)
65. Mitochondrial Therapy
66. Mistletoe Therapy
67. Mushrooms
68. Nature
69. Orthomolecular See Vitamin C Iv Therapy
70. Oxygen Therapy And Hyperbaric Chambers
71. Ozone Therapy
72. Pancreatic Enzyme Therapy
73. Parasite Cleanse
74. Peskin Protocol
75. Prayer
76. Probiotics
77. Proteolytic Enzyme Therapy
78. Reflexology
79. Rest And Relaxation
80. Rife Machine / Royal Rife Machine
81. Sauna
82. Sleep
83. Sodium Bicarbonate Therapy See Baking Soda Therapy
84. Sound Therapy
85. Stress Management
86. Supplements
87. Sunshine See Vitamin D Therapy
88. Therapy/ Psychoanalyst
89. Uv Blood Irradiation
90. Vitamin C Chelation Therapy See Chelation
91. Vitamin C Iv Therapy
92. Vitamin D Therapy
93. Water Fasting
94. Yoga

Some of these could also be used along with conventional treatments such as chemotherapy.

The best news of all, a lot of these natural treatments are free, at no cost: Sleep, rest, relaxation, nature, vitamin D, and breathing.

Before we start let's talk about Wikipedia. Many of you if you have cancer or know someone with cancer have probably googled various alternative cancer treatments. One thing you will notice about Wikipedia is that it rejects every natural cancer treatment and often says "there is no science to prove this", or that it is fraud or quackery. I find it interesting that Wikipedia fails to acknowledge the hundreds of science studies I have found that actually do prove to be successful cancer treatments. I would not trust Wikipedia for natural cancer treatment advice. And this has to get you think, who owns Wikipedia? Who is behind Wikipedia? It is clearly set up to support pharmaceutical and conventional cancer treatments. It is not a balanced, equal or fair platform. Use your own inner wisdom when it comes to reading things online and always think, who is behind this study? Is it someone who is heart based, or someone with an agenda getting paid from a large corporation.

1. Acupuncture

Acupuncture is a form of traditional Chinese medicine where thin needles are inserted into specific points on the body to manipulate the flow of energy in order to release tension, pain, and stress. I get acupuncture done every few months, I have never felt pain from any of the needles going in, although I've heard other people report finding certain points mildly tender. It's a pain-free (or nearly) procedure that lasts for approximately 60 minutes, and leaves you feeling very relaxed. Acupuncture is recommended as an adjunct to conventional cancer treatments. It can help to ameliorate side effects, like nausea, as well as to soothe emotional issues related to cancer, like, anxiety, depression, and insomnia.

2. Aloe + Colloidal Silver Protocol

The aloe silver protocol is used to clean up the digestive system, to reduce inflammation, boost the immune system and create a healthy gut flora. I have found this to be the most successful cleanse protocol for my digestive system to date. The protocol as follows:

- Drink 1 ounce of sovereign silver and 1 ounce of aloe juice (together), three times a day on an empty stomach, then eat 45 minutes later. Do this for 2-8 weeks.
- Take one probiotic at night time

Aloe

The aloe juice should be ideally fresh aloe, you can either harvest it directly from an aloe plant and blend it to make it a drinkable liquid, or buy fresh aloe juice. There is only one fresh aloe company in the USA <https://aloe1.com/?ref=56> use this link and receive a bonus gift aloe lotion valued at \$19.95. Aloe 1 makes pure aloe, with no preservatives and absolutely nothing else added. Alternatively you could buy aloe juice from a supermarket or organic store, however all of that contains a preservative to make it shelf stable. This isn't ideal but it could work with the silver protocol if that is all you have. The purpose of the aloe is to combine it with the silver to drive the silver into the gut to do it's intensive healing and repairing. If you absolutely cannot do aloe, you could do coconut water or green juice. Aloe vera juice can aid in healing Crohn's, IBD, Gerd, diabetes, immune system disorders, eczema, psoriasis, dermatitis and vaginal yeast

(candida albicans) a symptom of chemo therapy. Many cancer patients incorporate aloe vera juice into their daily diet to assist with immune boosting, hydration and cleansing cancer cells.

Colloidal silver

Colloidal silver is found naturally in soil, mushrooms and breast milk. And yes it's the silver that we wear as jewelry. Most people don't know that we are able to consume it and it has a huge list of health benefits. Silver boosts the immune system, and it accelerates healing and repairs skin and organs. Did you know that if you went to the hospital for burns, the first thing they would do is put silver on your wounds! Why? Because it accelerates healing and repairs the skin faster than anything else on the planet/ (Aloe vera coming in next). The brand I use is Sovereign Silver. Aside from incorporating silver in this cleanse protocol, you can also take a teaspoon a day to boost your immune system. Colloidal silver is also used to treat infections due to yeast; bacteria (tuberculosis, Lyme disease, bubonic plague, pneumonia, leprosy, gonorrhea, stomach ulcers, cholera); parasites (ringworm, malaria); and viruses including HIV and herpes.

Colloidal silver has also been shown to have antitumor activity of on MCF-7 human breast cancer cells.¹

It has also been known that silver nanoparticles (AgNPs) display anti-leukemic activity! "These results reveal that silver combined with ROS-generating drugs could potentially enhance therapeutic efficacy against leukemia cells". Ask your doctor about this and show them this study if you are currently undergoing treatment for leukemia.²

So far in all the cleanses I have done my life this aloe + silver cleanse has been the most effective for me personally. I felt so hydrated, energized, refreshed and alive. I truly felt like the cleanse cleaned my digestive system to be squeaky clean, repaired my intestine walls, got rid of excess candida, bloating and heaviness I often felt in certain parts of my bowels. The entire cleanse was soothing and enjoyable, and I had no detox symptoms at all. I do this cleanse once a year for 3 weeks to refresh my digestive tract.

For more information about colloidal silver visit RobertScottBell.com He is one of the most informed experts on silver!

3. Amygdalin see B17

Amygdalin is also called vitamin B17 or laetrile.

Amygdalin is a naturally occurring chemical compound found in many plants and seeds of apricot, bitter almonds, apple, peach, and plum.

In this study it's said that amygdalin is a natural product that owns antitumor activity. Plus has less side effects and is widely sourced and relatively low priced. However it's also states that "All these features make the amygdalin a promising antitumor drugs, if combined with conditional chemotherapy drugs, which can produce synergistic effect."³

Another study offers information of the role of amygdalin that may be useful as a therapeutic target in lung tumors.⁴

You can eat the seeds, take them in supplement form or get injections. Search for a alternative doctor in your area who will administer amygdalin shots. Jimmy did injections during his non-Hodgkin's lymphoma treatment, see his story in the book.

4. Apricot Seeds (also known as amygdalin or B17)

Apricot seeds (or apricot kernels) are exactly that, the seed inside an apricot kernel. It contains amygdalin (also known as vitamin B17), a potent cancer-killing compound. Apricot seeds are

also high in Vitamins A and C, as well as potassium and dietary fiber. When we consume apricot seeds it majorly suppresses inflammation and decreases new blood cell growth that feed tumors.

Published on the Dana Farber site, “The idea that such products could fight cancer arose because apricot pits contain a substance called amygdalin, which is broken down by the body to produce hydrogen cyanide. Because of the levels of certain enzymes in cancer cells, hydrogen cyanide is particularly poisonous to such cells, according to one theory presented by the National Cancer Institute.”^{5 6}

There is controversy around the apricot seed being ineffective for cancer or potentially leading to cyanide poisoning, so just make sure to take the recommended safe dosage. My mum also ate apricot seeds during her cancer healing! There is a study that reports antimicrobial activity of the essential oil of apricot seed. An antimicrobial is an agent that kills microorganisms or stops their growth.⁷ Apricot seeds also have a potent amount of antioxidants.⁸

Dr V (*Dr. Veronique Desaulnier*) recommends to eat 1 Apricot Seed for every 10 pounds of body weight. If you weigh 130 pounds, then you would eat 13 seeds per day, spread out throughout the day. <https://breastcancerconqueror.com/the-power-of-apricot-seeds/> You can eat the seeds in kernels, as supplements or even apricot seed powder and add to smoothies. Some companies even have apricot seed bars made into a delicious Blueberry bar!

5. Ayurveda

Ayurvedic treatment is said to be the world’s oldest health system, is a holistic method that originates from India over 5,000 years ago. The Ayurveda for cancer treatment include: Abstinence from food and lifestyle that cause tridosha (vata, pitta, kapha) imbalance. Eliminating toxins through Panchakarma.

Ayurvedic preparations can act as an adjuvant or a co-therapy along with chemotherapy or radiotherapy.

Deepak Chopra teaches about Ayurveda and so does Sahara Rose Ketabi, the author of “Idiots Guide To Ayurveda” the #1 Best Selling Book for Ayurveda! In Ayurveda they believe that if you get cancer, it’s just the bodies way of saying you are “imbalanced” so they work to balance your body back. Sahara explains that there are only 3 different body types, and every person on earth fits in to one of those types. Each person is all 3 types but with one being more dominant, followed by the second. The three different types are:

- Vata = air + space
- Pitta = Fire + water
- Kapha = Earth + water

INSERT DIAGRAM OF DIFFERENT BODY TYPES

- In a nut shell vata should eat grounding root vegetables and cooked foods.
- Pittas should eat a combination of raw and cooked
- Kapha’s should eat steamed foods, sprouts, raw foods and bitter foods

“We are a combination of all three Doshas but in varying amounts. Some of us are naturally more airy, while others are naturally more fiery and others more Earthy.”

Sahara says that if you eat the wrong foods for your body type it can cause many health issues. Check out her book to see if you are eating the right foods for your body type. I am Pitta-Vata and therefore need a combination of raw living foods with warming foods. If I eat too many

raw foods I am too airy and cold. Anita Moorjani's constitution is made up of the same thing, and she said when she had cancer everyone said you need to eat only raw foods, which she did, and said she got worse. She needed to incorporate more cooked healing and soothing foods like curries and quinoa. There are some centers all around the world, especially in India and USA that provide an Ayurveda treatment. Checkout the one in Fairfield, Iowa USA.

6. Baking Soda Therapy/ Baking soda and maple syrup/ the Kelmun Protocol

Baking soda is completely natural and is found all over the earth dissolved in many mineral springs. It's actual name is Sodium bicarbonate and is known in baking but also has therapeutic value including a high PH value of 9-9.5 helping to alkalize the body immediately. This is what's great about baking soda, that it is natural and inexpensive.

One study suggests that baking soda has the potential to stop the aggressiveness of cancer, "Hence, oral sodium bicarbonate and intravenous DHA may have the potential to blunt the aggressiveness of certain cancers in which suboptimal intracellular ascorbate levels contribute to elevated HIF-1 activity."⁹

Baking soda is also used to reduce pain in cancer patients. "Pain is a major concern of cancer patients and a significant problem for therapy. In this open-label clinical study, the authors have treated 26 cancer patients who have been declared as terminal without the option of conventional treatment. These patients suffered from high levels of pain that was poorly managed by all available interventional approaches recommended by World Health Organization (WHO) guideline. The results indicate that intravenous infusion of dimethyl sulfoxide (DMSO) and sodium bicarbonate (SB) solution can be a viable, effective, and safe treatment for refractory pain in cancer patients. These patients had pain due to the disease progression and complication of chemotherapy and radiation. Moreover, the preliminary clinical outcome of 96-day follow-up suggests that the application of DMSO and SB solution intravenously could lead to better quality of life for patients with nontreatable terminal cancers. The data of this clinical observation indicates that further research and application of the DMSO and SB combination may help the development of an effective, safe, and inexpensive therapy to manage cancer pain."¹⁰

Baking soda is also an effective cancer preventative protocol as Professor Kevin Brindle from UK's Cambridge Research Institute at the University of Cambridge stated, "*This technique could be used as a highly-sensitive early warning system for the signs of cancer. By exploiting the body's natural pH balancing system, we have found a potentially safe way of measuring pH to see what's going on inside patients. MRIs can pick up on the abnormal pH levels found in cancer and it is possible that this could be used to pinpoint where the disease is present and when it is responding to treatment.*"¹¹

You can either make a baking soda drink, or look into places who may inject baking soda straight into tumors.

Do not drink baking soda 30 minutes before or after food to avoid stomach acid.

Baking Soda drink

Ingredients:

12 oz purified water

1 teaspoon baking soda

1 tablespoon fresh lemon juice

1 teaspoon apple cider vinegar

Action: Add all ingredients to a cup and stir well. Once it stops bubbling, drink.

Tip when buying baking soda: Make sure it is baking soda and not baking powder. Always read the ingredient label that it only says one ingredient: bicarbonate soda. Baking powder has corn starch (genetically modified) and aluminum added, which is incredibly toxic. So don't buy baking powder, buy baking powder or just straight up bicarbonate soda.

If you have cancer you could drink this at least once daily. If you are wanting to prevent cancer follow the Cancer Diet principles and drink this at least once per week. I wouldn't recommend doing baking soda as a sole treatment, but as a complimentary way to alkalize and dissolve cancer along with other treatments.

Another remedy is The Kelmun Protocol which is a combination of baking soda and maple syrup, or baking soda and honey. The maple syrup is what drives the baking soda inside the cancer cells.

The Kelmun Protocol

1 teaspoon baking soda

1 tablespoon maple syrup

Mix in a saucepan on medium heat for 5 minutes. Make sure it doesn't burn.

Dosage: Start at one teaspoon per day (of the mixture) and the next day build up to two teaspoons. Build up to four teaspoons of the mixture a day. It would not be advisable to stay at this level for more than **six weeks at a time**. For advanced cancer patients, it is said they can use 16 teaspoons of the mixture every day, **but not for more than one week, according to:**¹²

7. Bentonite Clay

Bentonite clay is ash from volcanoes! It is naturally occurring after millions of years of lava from volcanoes. The indigenous people believe that bentonite clay is here for our healing for the next 1500 years! Bentonite clay has magnetic properties and assists with absorbing impurities, toxins, worms, parasites and heavy metals from the blood, gut and body. It is a natural chelator. I started using it when I was 21 as soon as I saw my live blood results, I was shocked, and saw parasites invading my blood. The naturopath told me to start drinking bentonite clay and that it would absorb the parasites and take them out of their body. I bought the clay and made a clay drink right away, and immediately felt relieved that the clay was starting to absorb some of the invasive parasites. I also started to bathe in clay, every other day I would add 1 cup of bentonite clay to a bath tub and soak for 30 minutes while the clay would draw out toxins. I also made a clay paste and applied that to my throat to assist drawing toxins out from the tumor. Nowadays I use it as a face mask and ladies this is the best natural "botox" we could find, straight from nature, no need for actual botox!

Bentonite clay is also made of an abundance of minerals including magnesium, calcium, iron, potassium and silica.

The best part is bentonite clay is found all over the world and you should aim to source it from wherever is closest to you. In USA it comes from Redmond in Utah and Wyoming. It's also found in India, Argentina, Australia and Hungary.

There are some great studies on bentonite clay and cancer, including this one that talks about chickens in agriculture farming who are exposed to a family of toxins called aflatoxic accumulation (a carcinogen and a carcinogen has been proven to cause cancer). The chickens that received bentonite clay was effective at reducing the accumulation of aflatoxins in their livers and improving livability.¹³ This is one of the known benefits of drinking bentonite clay, that it assists the liver in the natural detoxification process to ensure toxins are kept out.

This study shows that bentonite clay was screened against two human cancer cell lines, “[U251 (central nervous system, glioblastoma) and SKLU-1 (lung adenocarcinoma)] supplied by the National Cancer Institute (USA). Bentonites induced growth inhibition in the presence of U251 cells, and growth increment in the presence of SKLU-1 cells, showing that interactions between bentonite and cell surfaces were highly specific. The proliferation response for U251 cells was explained because clay surfaces controlled the levels of metabolic growth components, thereby inhibiting the development of high-grade gliomas, particularly primary glioblastomas.”¹⁴

A glioma is a type of tumor that occurs in the brain and spinal cord.

Another study said that bentonite clay is a possible dietary intervention to help decrease chronic aflatoxin exposure where populations are at risk. Aflatoxin is a co-contaminant along with fumonisin, both being carcinogenicity and acting as a cancer promoter. In rats, the clay significantly reduced urinary fumonisin biomarker by 20% in 24 h and 50% after 48 h! This is remarkable and this is how quickly the clay with start working as soon as we consume it. In humans, 56% of the urine samples analyzed (n = 186) had detectable levels of fumonisin, and levels were significantly (p < 0.05) decreased by >90% in the high dose group! “Studies have shown conclusively that bentonite clay reduces the bioavailability of aflatoxin and the findings from this study suggest that the clay also reduces the bioavailability fumonisin. This is important since aflatoxin is a proven dietary risk factor for hepatocellular carcinoma (HCC) (aka liver cancer) in humans and fumonisin is suspected to be a dietary risk factor for HCC and oesophageal cancer in humans.”¹⁵

Bentonite clay can also cause cancer cell death in the colon! This study revealed bentonite clay exhibited a large amount of oxidative stress upon just the cancer cells without damaging the DNA.¹⁶

Ways to incorporate bentonite clay:

Clay drink:

1 teaspoon bentonite clay

1 cup water

Action: Mix with a wooden spoon. Don't use metal as it changes the molecular structure of the clay. Let it sit for 30 minutes – 24 hours so that all chunks dissolve.

Clay bath:

1 cup of clay

1 warm to hot bathtub

Action: Add the clay to the bathtub as it is running so that it can dissolve. If there are lumps just break it with your hands until it dissolves in the water. If there are chunks it is ok.

Clay paste:

1 part clay

2 parts water

Action: Mix the clay and water together with a wooden spoon until forms a clay paste. Apply to an area you want to draw impurities out of.

It can also be fun to add some clay to the Vegan Ice Cream recipe for a nice ash looking ice cream!

If you have cancer you can certainly drink clay every day. Check with your doctor if it conflicts with any treatments you are doing. If you are wanting to prevent cancer you can also drink clay daily, as it helps to absorb toxins from foods and the environment. Every person on earth breathes in enough environmental toxins each day alone to be warranted to drink clay daily.

Tips for buying bentonite clay:

- Make sure it is food grade so that you can consume it as well as use for outside use

Caution: One study said it caused swelling. Some bentonite clay products may contain trace amounts of lead and may not be suitable for consumption by children and pregnant women.

And although the clay has some metals, it acts as a natural chelator, and binds together with any heavy metals in your system and takes it out.

8. B17

B17 is another name for Amygdalin or laetrile. It is a vitamin naturally occurring in seeds including apricot seeds, in berries including blueberries, Raspberries, elderberries, strawberries and blackberries, grains and millets, Eucalyptus Leaves and Sprouts.

Studies have indicated that B17 is helpful for prostate cancer,¹⁷

There is a lot of controversy around B17 because it contains cyanide, so you will have to do your research and see if it is right for you. Edward Griffin has a book called *The Little Cyanide Cookbook*, which has delicious recipes rich in Vitamin B 12. “The best source, easiest source is an apple seed. Get apples and if you chew those seeds—your grandmother might have said “don’t chew those seeds, it’s poisonous.” Well, it’s not poisonous. It’s got amygdalin in it. That’s what makes it so bitter. So if you’re eating an apple seed and really chew it up you’ll get that bitter taste. And now you know what amygdalin tastes like.”¹⁸

You can eat high doses of Vitamin B17 or get B17 injections.

Precaution, don’t eat too much that you would feel sick, Edward Griffin says 7 in one sitting is perfectly safe.

9. Bio-oxidative therapies – see Oxygen Therapy

10. Black Seed Oil

Black seed oil comes from black seeds also known as *Nigella sativa* (N sativa), black caraway, black cumin, nigella, fennel flower, nutmeg flower, Roman coriander and *kalonji*. It is a flowering plant and native to south and southwest Asia, and well known for its antioxidant, anti-inflammatory, and antibacterial activities which has been used in traditional medicine to treat many diseases. And now there are many studies showing that it has anti-cancer properties as well!¹⁹

This study is very exciting as the data revealed that the treatment of black seed extract and black seed oil significantly reduce viability of human lung cancer cells!²⁰ Spread the word if you know anyone with lung cancer.

Black seed oil is also said to be a potential therapeutic agent for human cervical cancer.²¹

An active ingredient in black seed is Thymoquinone which scientists have said helps with carcinogenesis, which causes cancer so is now being looked at as a potential cure for inflammatory disorders and cancer.²²

“Black cumin seed oil has been shown to increase the activity of immune cells that target cancer cells: it increases T-helper cells by 55% and natural killer cells by 30%.”²³

“Another study finds that black cumin seed oil exerts its anticancer effects by activating tumor suppressor genes, blocking cancer angiogenesis (use of aberrant blood vessels to spread to other tissues), and promoting apoptosis (cancer cell death).”²⁴

There is also some speculation that black cumin seed (via injections) may be useful in the treatment of cancer and protect against the side effects of radiation therapy.

Black seeds contain a potent compound called thymoquinone which makes them powerful for preventing cancer and treating it. I recommend every household to get their hands on some black seeds and or black seed oil and start using them in your kitchen every week. If you have cancer you can eat them daily. Health experts recommend taking 1 teaspoon of the oil two times per day for anti-cancer effects, on an empty stomach. It's best to consume the oil raw.

How to use black seeds:

1. Incorporate black seeds
2. Use the black seed oil
 - You can use the seeds as a spice when making food
 - You can use the dry-roasted seeds flavor curries, vegetables, and pulses; beans, lentils and beans.
 - You can add the seeds to home made organic baked breads or Gluten Free Tortilla's
 - Add them to potatoes
 - Add them to soups and salads
 - Add them to smoothies
 - Add them to Cauliflower Popcorn
 - Black seed oil can be added to teas
 - Black seed oil can be applied topically
 - Add to tahini
 - Sprinkle seeds on hummus and guacamole

Caution: Do not take if you are taking cytochrome P450 substrate drugs: *Nigella sativa* may increase the risk of side effects of these drugs.

“Black cumin oil is probably the single most important oil you can put in your system.”

Dr. Gary Null, Progressive Radio Network

Ref: Bramen L (16 February 2011). "Nigella Seeds: What the Heck Do I Do with Those?" *smithsonian.com*. The Smithsonian Online. Retrieved 4 January 2015.

"*Nigella sativa*". Germplasm Resources Information Network (*GRIN*). Agricultural Research Servic (ARS), United States Department of Agriculture(USDA). Retrieved 2017-12-11. <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/nigella-sativa>

11. Blood cleanse

If you have cancer a blood cleanse may be highly beneficial. Especially if you have a blood cancer. Doing a blood cleanse will support the lymphatic system to do its job and remove toxins from the body, the liver and healthy vibrant skin.

For me I had a tumor in my lymphatic system which means my blood was highly coagulated with a build up of toxins. I learned that I could cleanse and purify my blood by drinking beet juice daily and drinking bentonite clay (see Bentonite Clay) to absorb parasites and toxins and remove them from my blood. Those are the main 2 things I did.

If you want to prevent cancer you could also do a blood cleanse once per year.

Blood purifiers include:

- Beet juice
- Bentonite clay
- Ginger tea
- Green juice with coconut water (said to be a natural blood transfusion)
- Manjistha root (*Rubia cordifolia*)
- Neem leaf (*Azadirachta indica*)
- Turmeric
- Guduchi stem (*Tinospora cordifolia*)
- Burdock root (*Arctium lappa*) – make a burdock root tea or take capsules
- Dandelion
- Reishi Mushroom
- Basil
- Red Clover
- Broccoli Sprouts
- Apple Cider Vinegar
- Garlic

You can include these in your diet to cleanse your blood!

Cannabis and CBD oils

Cannabis also known as marijuana among other names, is a psychoactive drug intended for medical or recreational use. I know this is not for everyone, you have to see if it works for you or not and chances are you would know pretty quickly.

There have been studies to show that THC kills cancer cells. Published in *The Truth About Cancer*, THC or tetrahydrocannabinol, is the chemical compound in cannabis responsible for a euphoric high. This has been seen helpful for cancers such as the brain, bile duct, blood and skin cancer. “There’s quite a lot of cancers that should respond quite nicely to these cannabis agents.” Says Wai Liu, an oncologist from the University of London’s St George Medical School, who coauthored a paper of the anticancer benefits of cannabis in a 2013 edition of the *Anticancer Research*.

This study suggests that cannabis has been available as a prescription medication approved for treatment of cancer chemotherapy-induced nausea and vomiting. Cannabinoids is said to also be of benefit in the treatment of cancer-related pain, possibly synergistic with opioid analgesics. <https://www.ncbi.nlm.nih.gov/pubmed/25777363>

People incorporate cannabis by juicing it, eating it inhaling it through a vape or other smoking application. However smoking may not be ideal as this study suggested that “marijuana smoke contains polycyclic aromatic hydrocarbons and carcinogens at higher concentration than tobacco smoke. Cellular, tissue, animal and human studies, and also epidemiological studies, show that marijuana smoke is a risk factor for lung cancer. Cannabis exposure doubles the risk of developing lung cancer.” <https://www.ncbi.nlm.nih.gov/pubmed/25012035>

Cannabis does alter the mind, and if you want the effects from the cannabis without the mind altering CBD without the THC may be a better option for you.

CBD

Cannabidiol (**CBD**), is the part of the cannabis plant that doesn't get you high but is said to have other healing benefits. Here is what the United Patients Group says about the benefits of CBD, “CBD is used to help acne, ADD, anxiety, arthritis, cancer, chronic pain, depression, diabetes, epilepsy, inflammation, mood disorders, multiple sclerosis, neuropathic pain and more. CBD has also been shown to stop the spread of cancer cells.”

You can consume CBD by a vape, oil under your tongue, edible form or topically. People are enjoying it at night before bed, to relieve stress and to relieve pain, especially if experiencing symptoms from conventional cancer treatments. This study suggested that the adjuvant use of cannabinoids in cancer-related pain could provide useful benefit.

<https://www.ncbi.nlm.nih.gov/pubmed/23141881>

Another study suggested for the first time that rAAV-CH50 gene therapy may present a novel and promising strategy for treatment against metastatic breast cancer.

<https://www.ncbi.nlm.nih.gov/pubmed/24288120>

If you take CBD and get a drug test THC will not show up.

Chelation Therapy

Chelation therapy is a medical procedure that involves the administration of chelating agents to remove heavy metals from the body. It involves intravenous injections of a **chelating** agent, EDTA (ethylene diamine tetra-acetic acid), a synthetic amino acid.

Metals that can be removed with **chelation** therapy include lead, mercury, and arsenic.

Some people believe that cancer is caused by too many heavy metals in the body causing a heavy metal poisoning, and it's true there are only so many heavy metals the body can break down.

Many studies point to saying that people who get chelation to detox heavy metals, or even to cleanse lead poisoning lower their risk of getting cancer, and have a better chance of becoming cancer free. <https://www.ncbi.nlm.nih.gov/pubmed/12678674>

There may be some side effects of chelation so be sure to check those, however keep in mind there may be way worse side effects from having too many heavy metals in your body.

Traditional Chinese Medicine

Traditional Chinese medicine is a style of traditional medicine built on a foundation of more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, massage, acupuncture, exercise and dietary therapy. Chinese medicine approach cancer in their own way which would include all of those. Some plant and herbal medicines they work with might be artemisinin, a derivative of the wormwood plant which is said to kill cancer cells at a rate of

12,000 cancer cells for every healthy cell. If you are interested in Chinese medicine do some research to see if there is a Chinese Medicine Doctor in your area.

Colon Cleanse

A colon cleanse is a wise idea for any cancer! There are many experts who say majority of cancers originate in the gut. When we cleanse our colon it is the most refreshing feeling ever, we feel increased energy and our immune system stronger. When I had a golf ball size tumor, my gut was full and it was toxic! I did a major colon cleanse including the following,

Ways to cleanse your colon:

- Colonics and coffee enemas
- Beet juice and drinking fresh vegetable juice
- Following the Cancer Diet principles will natural cleanse your colon
- The aloe + silver protocol
- Drinking pure aloe vera juice
- Drinking fresh
- Lemon Juice and lemon water
- Eating Fiber Food
- Drinking plenty of purified water
- Apple cider vinegar
- Fermented foods
- Eat Turmeric, Onion, Garlic, Cherries
- Colon cleansing herbs include; chickweed, slippery elm, and peppermint
- Stay way from the Most Toxic Foods on Earth see in the book.
- Drink bentonite clay, activated charcoal or diatomaceous earth
- Try the mono eating for 1-7 days, which means you only eat one ingredient at each meal, for example you might eat an entire watermelon for breakfast, an entire roasted cauliflower for lunch and a bowl of cherries for dinner.
- Eat only fruit for 5 full days and eat as much as you want until you are full
- Eating Ginger, drinking ginger tea and or adding it to your juices
- A salt-water flush consisting of real sea salt dissolved in water that pushes waste through the body and releases toxins.

The Salt Water Colon Flush recipe is:

1 tablespoon sea salt

4 cups room temp purified water

½ lemon juice squeezed

Add the water to a pitcher and then stir in the salt and lemon. Let it dissolve for a few minutes, and then drink the entire thing. You may feel the urge to go to the bathroom, but try and hold it for 30-60 minutes so the salt water can cleanse your colon.

It may take 1 to 2 days to cleanse your colon, but for some it could take 1-3 months, especially if your diet has included GMO's, preservatives, additives, lots of meat and conventional meat, sugar, dairy and processed wheat including gluten. If you diet has included those things for a number of years be patient and expect it to take months to really do a good cleanse of your colon – but it will be worth it. Keep in mind the large intestine is about 22 feet long so it takes time to cleanse it out!

Colonics

Also known as colonic irrigation, colon hydrotherapy or colon cleanse. Basically you would go to a place that provide colonic treatments, you lie down on a bed, and either a practitioner or yourself take a hose and place it up the short part of your rectum. Then for about an hour water will flush in and out cleaning out your colon. A colonic will cleanse out excess candida, parasites and pathogenic gut flora (which causes disease including cancer.)

This is a controversial treatment. Do some research and see if it is right for you, it certainly isn't for everyone. Personally it worked really well for me. When I was sick my digestive system was so bloated, inflamed, full of toxic waste and I was not going to the bathroom properly. I alternated between a colonic and a coffee enema every single day for 2 months. This surely cleaned me out. Now I aim to have one per year. Once you do a major clean out, if you keep your diet clean you shouldn't need to do more than a couple a year to maintain.

Did you know that the average person carries 5 or more pounds of waste in the **colon**? This can be removed from colonic treatment.

It is said that colonics first started back in ancient Egypt who apparently used bamboo shoots as a hose. The Ancient Greeks also were said to have performed colonics.

I recommend going 100% plant based (no meat at all) and drinking beet juice daily the week leading up to the colonic. This will help to loosen the bowel walls so you can get more out of your colonic. After a colonic you will feel so clean and fresh that you will want to only put healthy things back in!

Copper

Copper is a micronutrient and has the ability to accelerate oxidation-reduction. Copper is an anti-cancer nutrient that serves to slow tumor progression, angiogenesis and metastasis.

<https://www.ncbi.nlm.nih.gov/pubmed/26313539> Copper also has major anti-inflammatory properties. <https://www.ncbi.nlm.nih.gov/pubmed/25194954>

There is a saying "copper that cancer".

Foods that contain copper include:

- Leafy greens including kale, spinach, turnip greens, Swiss chard, and mustard greens.
- Asparagus
- Summer squash
- Legumes
- Whole grains
- Nuts
- Seeds
- Seafoods

You can also take copper in supplement form, and we will begin to see more copper supplements on the market now, and I know Dr. Josh Axe has it as one of the ingredients in his supplements! Be cautious of not eating too much copper. Follow serving guidelines.

Dental Revision

Most people have a toxic cancer-causing element in their mouths and don't even know it! If you have had dental work that includes fillings, crowns, metal dentures and wires to hold teeth together, chances are you are being exposed to high levels of mercury and aluminum everyday

that causes cancer and other health issues including dementia, immune system suppression and Alzheimer's.²⁵

“Cavities have also been shown to have accumulations of toxic heavy metals, as well as the pathogenic microbes. There have been considerable numbers of cases documented of recovery from cancer after dealing with oral infections, such as root canals and cavitations.” As reported on the DAMS Dental Amalgam Mercury Solutions website Toxic dental work has been linked to leukemia (Huggins HA. Proposed role of dental amalgam toxicity in leukemia and hemotopoietic dyscrasias.²⁶ *International J of Biosocial and Medical Research*. 1989; 11: 84-93), breast cancer (Darbre PD, Aluminium, antiperspirants and breast cancer. *J Inorg Biochem*. 2005 Sep; 99(9): 1912-9)s, brain cancer (Klinghardt D, Mercury detoxification. *Healing Cancer Naturally*. Available at: <http://www.healingcancernaturally.com/brain-cancer-cure-testimonials.html>. Accessed December 30, 2014) and thyroid cancer (Zaichick Y, et al. Trace Elements and thyroid cancer. *Analyst*. 1995; 120(3).

When I found this out I had the metal wires made from mercury in my mouth holding my teeth straight removed. It was not worth it, I would rather have crooked teeth than metal leeching into everything I eat and drink.

Dr. Veronique Desaulniers a breast cancer survivor talks about this and says it is in fact so important that it is one of her top 7 protocols to preventing cancer, and lists dental revision as number five! She says “Embrace biological dentistry by understanding how your teeth are connected to your body, and how your teeth are connected to your organs.”

Undergoing a full anti-cancer dental cleanup might look like this (and would need to be done by a biological or other safe dentist.)

1. Remove all mercury amalgam
There is a clear mercury amalgam removal protocol as advised by Dr. Hal Huggins here: (read this especially if you are still questioning whether to remove them or not. <http://www.livingnetwork.co.za/dentalnetwork/mercury-amalgam-removal/>
2. Remove all other metals, such as old crowns and metal dentures. You need to check underneath metal crowns in order to ensure that there is no mercury left.
3. Only ‘crown’ previously crowned teeth. “Avoid any new crowns and choose composite restorations instead (big fillings that function as crowns). Crowns gather infection underneath over time and often end up as root canals.” Says Dr. Hulda Clark
4. Replace metal-containing dental work with metal-free dental materials:

Caution: Do not begin the dental work without checking if your adrenals are strong enough to cope with the stress of dental work. <http://www.livingnetwork.co.za/dentalnetwork/dental-revision-how-to-do-it/>

It is also recommended to not take any chelators (DMSA, ALA, EDTA, DMPS, cilantro/coriander) before all mercury is removed.

References: Documentation of the average level of mercury exposure from dental amalgam fillings, DAMS Intl, An Investigation of Factors Related to Levels of Mercury in Human Hair. *J Pharmacol Exp Thera*. 1975; 194(1): 171-181.

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Boffetta P, et al. Carciagenocity of mercury. *Scand J Work Environ Health*. 1993; 19(1): 1-7.

DETOXIFICATION

Detoxification is the process of removing toxic substances or qualities from the human body. When you follow the principles in the Cancer Diet your body may naturally go through a detox. Detoxification happens when your body, especially your liver eliminates toxins it doesn't need. Detox can happen by stimulating your liver to drive toxins from the body, elimination through the colon, kidneys, skin through sweating, breath and blood. This improves the circulation of the blood, and in my opinion improves everything! And then you can refuel the body with healthy nutrients. If you have cancer I strongly suggest to detox your body, but use your intuition to which detox plan is right for you, and of course under medical guidance if you feel best.

When I was sick I went through a major detox. Now I do a detox/cleanse once or twice a year to maintain health and to cleanse out any toxins that have built up.

If you have consumed the following over a long period of time then a detox can be extremely beneficial:

- Drugs both pharma and recreational
- Cigarettes
- Alcohol
- Refined sugar including white sugar and corn syrup
- GMO's
- Artificial sweeteners like aspartame
- Additives and preservatives
- Live in a city
- Exposed to a lot of radiation via airports, computers, wifi and cell phones

You can detox in these ways:

- Vegetable juicing especially beet juice and green juice
- Herbal teas
- Fasting
- Detox baths including Epsom salts, sea salts and essential oils
- Drinking purified water
- By following the Cancer Diet principles your body may go through a natural detoxification process
- Raw food for 7-30 days
- Air purifier

“Smoke, fumes, pet dander, mold, mildew, and microorganisms can make the air in your home more toxic than the air outside. A high-quality air purification device is the best way to keep your air fresh and toxin-free. If a quality air purification device is out of your budget, get a few house plants instead; they're nature's air fresheners.” Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM

DMSO Treatment

DMSO (Dimethyl sulfoxide) is a chemical compound taken by mouth, given intravenously, or used topically to decrease pain and speed the healing of wounds, burns, muscle and skeletal injuries, to treat headaches, inflammation, osteoarthritis and rheumatoid arthritis.

DMSO also displays anti-tumor activities and this study revealed that DMSO may be an important stimulator of the tumor suppressor protein HLJ1 through AP-1 activation in highly invasive lung adenocarcinoma cells.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3328470/>

DMSO also had “surprising and encouraging characteristics as an antiviral agent”. Jacob Rosenbaum Wood

A DMSO/Colloidal Silver Protocol is provided on Cancertutor.com as well as a list of clinics in the USA that provide DMSO treatment.

Caution: DMSO may interfere with a variety of chemotherapy drugs.

Reference: Dimethyl Sulfoxide 1 Basic Concepts of DSMO by Jacob Rosenbaum Wood

Enemas

This included coffee enemas, wheat grass enemas and enema performed with water. An enema weather using water, coffee or wheatgrass is done to flush the bowel and stimulate stool evacuation and can relieve severe constipation.

An enema is a procedure in which liquid is inserted into the rectum, typically to expel its contents. Sometimes an enema will be performed to to introduce drugs or permit X-ray imaging, but in this case I am talking about an enema to cleanse the lower bowel to assist with cancer prevention and treatment.

When I was sick I had a coffee enema one day, and the next day I had a colonic, and repeated this for 2 months. I enjoyed the coffee enemas because it left me feeling so refreshed, and I learned there was another way to absorb the benefits and qualities that coffee provides other than orally. It can truly leave you feeling stimulated and totally clean. I had my coffee enema’s done at a clinic however many people do that at home.

During an enema, the water is retained in the colon for approximately 15 minutes, and then you go to the bathroom and let it out.

Enemas were made known by the Gerson Institute in the 1950s. According to the Gerson Institute, enemas remove toxins accumulated in the liver and remove free radicals from the bloodstream.

Essential Oils

Frankincense Essential Oil Therapy

Frankincense has been shown to potentially be effective in the treatment of:

- Brain cancer <https://www.ncbi.nlm.nih.gov/pubmed/21287538>
- Colon cancer <https://www.ncbi.nlm.nih.gov/pubmed/22983985>
- Pancreatic cancer
- Prostate cancer
- Stomach cancer
- Breast cancer

How to use frankincense:

- An oil diffuser so it emanates into your home environment
- Rub it on your neck four times daily.
- Drink 4 drops in 12 ounce of water three times daily.

And fascinating as per the Bible, in Matthew 2:1-12, when Jesus was an infant he was visited in Bethlehem by the three wise men bearing gifts of gold, frankincense and myrrh! Frankincense was often burned as an incense.

Essiac Tea

Essiac tea is claimed to heal and prevent cancer and you can see why from this powerful list of ingredients. Essiac tea can consist of burdock, sheep sorrel, slippery elm bark, Indian rhubarb, turkey rhubarb, red clover, watercress, blessed thistle, red clover and kelp.

In this study, Essiac was examined on free radical scavenging and DNA damage in a non-cellular system. The scientists observed, using electron spin resonance, that Essiac effectively scavenged hydroxyl, up to 84% reduction in radical signal at the 50% tea preparation concentration, and superoxide radicals, up to 82% reduction in radical signal also at the 50% tea preparation concentration, as well as prevented hydroxyl radical-induced DNA damage. In addition, Essiac inhibited hydroxyl radical-induced lipid peroxidation by up to 50% at the 50% tea preparation concentration. These data indicate that Essiac tea possesses potent antioxidant and DNA-protective activity, properties that are common to natural anti-cancer agents! This study may help to explain the mechanisms behind the reported anti-cancer effects of Essiac. <https://www.ncbi.nlm.nih.gov/pubmed/16226859>

Essiac tea was also found effective in treating chemotherapy-induced nausea and vomiting. <https://www.ncbi.nlm.nih.gov/pubmed/15571467>

Although there are studies saying Essiac tea is ineffective towards cancer, looking at the ingredients that make Essiac Tea it is obvious that they provide anti-viral, antioxidant, anti-bacterial and anti-cancer benefits.

EXERCISE

Exercise has been proven again and again to prevent cancer and is also effective for treating cancer as it circulates blood and also draws fresh oxygen into the body. Your exercise regime doesn't have to be extreme or excessive, it can even be light and restorative light walking, stretching or restorative yoga. A few years ago I felt like I needed to address exercise, as I had no plan or commitment and I rarely exercised, it was random and my body felt heavy, stiff and bloated. So one day I addressed it and realized I needed to dedicate a certain amount of time each day to exercising. I thought well there are 24 hours in the day, and my body is a temple, so I should be dedicating a good amount of time to taking care of it physically. My goal is to be fit and flexible even into my 80's and 90's and so this kind of plan is a must. So I decided one hour a day would be sufficient. So every single day since, for one hour I do "body maintenance", which includes a variety of exercise, today I went to the gym for one hour and did weights and cardio. Yesterday I went walking. The day before that I did stretching and some yoga outside on the grass in the sun. So each day is different, but I love knowing that each day I have one hour to just focus on my breathing, and my health. It's a good time to check in with our bodies and see what is going on. I start my patients on this also, some are only able to do 5 minutes a day, which is totally fine! Because at the end of the week that is 35 minutes of exercise that they didn't do

the week before. And it can be fun, you could do dancing, jump on a rebounder, hiking... the list goes on. And during the one hour don't think about anything else or anyone else other than your body, the entire focus your thoughts and attention should be on your temple and doing things that will nourish it and keep it as healthy and nimble as possible.

FASTING

Fasting is when you cut out or reduce some food and drink for a period of time. Common fasting types include:

- Dry fasting
- Intermittent fasting
- Juice Fast
- Liquid Fast
- Religious fasts based on the Bible for example
- Soup Fasts
- Water fasting

Juice fasting is when you only drink fruit and vegetable juice for a period of time. Joe Cross who produced the documentary "Fat, Sick and Nearly Dead" drank only juice for 60 days in an attempt to reverse his diabetes risk and lose weight, and he was incredibly successful with it. It's a worthwhile film to watch and shows what is possible when we drink only juice.

Intermittent fasting is the most common types of fast these days where you fast for one or two meals. It when you will stop eating after dinner for example by 8pm. Then after twelve hours, so at 8am, the body enters into the "burning zone" where it starts to burn fats. So if you eat at 12 noon, meaning you fast for breakfast, then your body is in the fat burning zone for four hours. If you exercise during the fasting zone it accelerates even more fat burning. Some people do this 5 days a week and is incredibly successful for weight loss and toning. Some people drink coffee, water and tea

Dry fasting is abstinence from all food and liquid for a defined period, usually 24 hours.

Water fasting is the most intense. I first learned about water fasting through a friend who did it for 3 weeks. I have always wanted to do it and now that I am healthy with strength I think that I could. He did it for spiritual reasons to get closer to God. He had a major detox and said he never felt so clear and focused in his life. There are some great documentaries about it on YouTube, and there is a center in Russia and a center in California where you can go and be under the supervision of a medical doctor. Water fasting has had testimonials of people reversing all kinds of conditions and can be helpful in preventing cancer. I don't know that it would be suitable if you already have cancer, so do some research and check with your medical provider.

Fasting does not work for everyone, so you will have to see if it works for you. Especially if you are anemic or have low blood sugar, a fast may not be suitable.

When I was sick I tried to fast for 2 days and only have soups and juices, and it did not work. I felt worse immediately, my body felt so weak, I felt my immune system decline and struggle, the tumor in my throat felt like it got harder, I had no energy and my mood was incredibly negative. The naturopath I worked with told me right away, ok fasting isn't for you lets have you eat in combination with juicing, and that's what worked for me. This worked for me because I was so deprived of proper nourishment for years, that my body needed to be fed correctly.

The Osher Center for Integrative Medicine at the University of California in San Francisco claims “Fasting and calorie restriction (CR) can slow and even stop the progression of cancer, kill cancer cells, boost the immune system, and significantly improve the effectiveness of chemotherapy and radiation therapy.” <https://www.osher.ucsf.edu/patient-care/self-care-resources/cancer-and-nutrition/frequently-asked-questions/cancer-and-fasting-calorie-restriction/>

Scientists also found that fasting cause the cancer-killing cells to be more effective at attacking and shrinking the tumors. The experiment was on a low calorie fasting-like diet, plus chemotherapy. “Short-term starvation (a two-day, water-only diet) and the low-calorie fasting-like diet in mice reduced the expression of the HO-1 gene in the T regulatory cells.” USC University of Southern California

Gallbladder Cleanse

The gallbladder is a small organ tucked under the liver. The gallbladder plays an important role in our digestion of food. The gallbladder holds bile produced in the liver until it is needed for digesting fatty foods in the duodenum of the small intestine.

A gallbladder cleanse usually involves eating or drinking a combination of olive oil, herbs and fresh juice over a period of time. There's no standard formula for gallbladder cleansing regimens and products as different practitioners follow their own recipes. Doing a gallbladder cleanse can be helpful to keep it in check, to make sure it's not overloaded. Eating a plant-rich diet will help the gallbladder tremendously so that it is able to cope with elimination and doesn't get overwhelmed with the bad fats. The Cancer Diet model is gallbladder friendly.

Check out the Gall Bladder Juice recipe see in the book.

Gold

Gold for healing! Yes the same gold we wear, we are able to ingest in specific quantities that is a relatively new supplement on the market and said to be helpful in treating depression, anxiety, addiction, reducing inflammation, gut health and even for healing cancer including breast cancer. <https://www.ncbi.nlm.nih.gov/pubmed/29883441> This recent study published on June 4th 2018, explained that gold exhibited antibacterial, anticancer and anti-angiogenic properties! Which is why gold nanoparticles (AuNP's) have gained considerable attention in nanomedicine. Gold also efficiently inhibited the growth of E. coli. “It can be employed in suppressing tumor growth, combat inflammatory diseases that necessitate the involvement of angiogenesis suppression, and antibacterial activity is suitable for its clinical translation to negate surgery associated infections.” <https://www.ncbi.nlm.nih.gov/pubmed/29879628>

Gold nanoparticles (AuNP) have also been explored as immunotherapy carriers for cancer treatments. <https://www.ncbi.nlm.nih.gov/pubmed/24103304>

Caution: some people may be allergic to gold. Some people with thyroid conditions can be more allergic to metals like gold.

Hydrogen Peroxide

Hydrogen Peroxide is a strong oxidizer solution made up of **hydrogen atoms and oxygen atoms making it H2O2**. It can be used as a cleaning agent and as an antiseptic to prevent infections. When you put hydrogen peroxide onto a cut, it starts to fizz and foam which is how you know that it is killing bacteria. It is also used as a mouth rinse to help remove mucus or to alleviate minor mouth irritation including canker/cold sores, gingivitis, and especially symptoms caused

by chemotherapy and radiation. It is known as one of the best household remedies, and is conveniently inexpensive.

Some people believe that hydrogen peroxide should not be ingested, however many people are doing it to kill cancer cells. “H₂O₂ stimulates natural killer (NK) cells, which attack cancer cells as they attempt to spread throughout the body. **In the body’s immune response, hydrogen peroxide is released by T-cells to destroy invading bacteria, viruses and fungi.**” says cancer researcher Ty Bollinger who uses hydrogen peroxide each night before bed as a rinse and natural tooth whitener.

There are studies showing promise for hydrogen peroxide as a potential for cancer therapeutic effect. <https://www.ncbi.nlm.nih.gov/pubmed/24553354> including a promising therapeutic target for pancreatic cancer patients especially people with pancreatic cancer and diabetes mellitus combined. <https://www.ncbi.nlm.nih.gov/pubmed/26439801>

Make to to buy the right hydrogen peroxide, not the stuff that is available at your local pharmacy (3% hydrogen peroxide) because it contains many stabilizers. Make sure it is “Food Grade” hydrogen peroxide which should be **diluted down to 3% with water.**

When Jimmy Lechmanski see his story in the book, had non-hodkins lymphoma, drinking hydrogen peroxide was one of his protocols, which was successful for him. He drank it once it a day for 3 months.

To make a mouth wash:

Mix equal parts of hydrogen peroxide and water, swish it around your mouth for 1 minute and then spit it out. Do not swallow it. Your medical health professional or dentist may also advise a protocol.

You can also use hydrogen peroxide as a vegetable wash or soak to kill bacteria and neutralize chemicals.

Caution: Be careful not to ingest too much or overdose. Work with a professional. Scientists want to emphasize that every clinician must be aware of the dangers of hydrogen peroxide ingestion.

Kidney Cleanse

Kidneys are one of the hardest working organs of the body as everyday they filter toxins out of the blood. When you follow the Cancer Diet model you will naturally be cleansing them and assisting your kidney's to do their job. We give the kidneys a hard time when we consume excess chemicals from household supplies, skincare and the foods we eat.

The National Kidney Foundation outlined seven “super foods” that are beneficial for general kidney health: **Apples, blueberries, fish high in omega-3 fatty acids, kale and spinach. Other foods that help the kidney cleanse are turmeric, Dark Green Leafy Vegetables, Apple Cider Vinegar, Berries, Dandelion Leaves, seaweed, cranberries, lemon, Nuts and seeds, Beets, Garlic** and carrots. **Doing a kidney cleanse can strengthen your kidney so it can fight of cancer especially blood cancers like leukemia and non-Hodgkin lymphoma.**

It is also believed that when we cleanse our kidney's and keep them healthy it supports and boosts our adrenal glands. Dr Josh Axe believes that a kidney cleanse should be one of the top three cleanses people are doing! He recommends drinking stinging nettle and burdock root tea, along with taking a rehmannia supplement which is used in Chinese medicine.

Try the Beet Juice and Lemon Water recipe.

Lymphatic Drainage Massage

Lymphatic drainage massage is a type of massage that encourages the natural drainage of the lymph. The lymphatic system is like the bodies sewage system, it carries out all the toxins and “junk” basically from the body and expels it. This is where I had the tumor, in the lymphatic system and therefore obviously had major issues with my lymphatic system – it was backed up and blocked.

To help my lymphatic system I used a vibraflex machine, a vibration machine, daily to loosen my body up, to encourage circulation and oxygen in my body. I also had reflexology and massage. I didn't know this at the time but there are people who specialize in lymphatic drainage. Manual lymphatic drainage was pioneered in the 1930s when Dr Emil Vodder was treating chronic sinusitis and immune disorders as he realized the patients had swollen lymph nodes. Dr Vodder began to study the lymph system, developing light, rhythmic hand movements to promote lymph movement.

More than one in five patients who undergo treatment for breast cancer will develop breast cancer-related lymphedema (BCRL). BCRL can occur as a result of breast cancer surgery and/or radiation therapy. Manual lymphatic drainage for lymphedema following breast cancer treatment showed significant improvements in patients.

<https://www.ncbi.nlm.nih.gov/pubmed/25994425>

You can learn about how to do a lymphatic massage online or find a practitioner who can do it.

Magnesium

Magnesium is a naturally occurring chemical elements found in foods and is a silver-white metal of the alkaline earth series and is most known to relax the brain and body. Magnesium has been beneficial in the treatment migraines, insomnia, depression and coronary artery disease, and is even said to reduce your risk of getting cancer. Cancer patients are also taking magnesium supplements to assist in killing cancer cells and reducing cancer growth.

Studies have shown that magnesium intake may be beneficial in terms of primary prevention of pancreatic cancer <https://www.ncbi.nlm.nih.gov/pubmed/26554653> and colorectal cancer. <https://www.ncbi.nlm.nih.gov/pubmed/24910891>

Epidemiological studies identify magnesium deficiency as a risk factor for some types of human cancers. In addition, impaired magnesium homeostasis is reported in cancer patients.

<https://www.ncbi.nlm.nih.gov/pubmed/21933757>

Another study showed that consuming magnesium while undergoing chemotherapy for breast cancer would improve treatment against breast metastasis. “It is significant to enhance anti-tumor and anti-metastasis efficacy simultaneously.”

<https://www.ncbi.nlm.nih.gov/pubmed/29864512>

I would recommend taking a magnesium supplement. After I started taking them depression was reduced and I had better sleep. Drinking magnesium can also be helpful for severe constipation, but check with your medical professional if this is good for your case.

You can also eat magnesium rich foods including: sunflower seeds, pumpkin seeds, cashew, mung bean, wild rice, almonds, cacao bean, walnuts, brazil nuts, chickpeas, lentils, salmon, banana, avocado and spinach.

Alternatively intravenous magnesium is available to some patients.

Did you know that Epsom salts is a name for magnesium sulfate, which is a form of magnesium, and it can be absorbed through the skin by drawing an epsom salts bath, including a foot bath. It also relaxes muscles and relieves tension.

Magnesium Sulfate (Epsom Salt Bath)

Add 1/2 – 2 cups of epsom salts to a warm or hot bath. Soak for 10-20 minutes.

Let someone know you are going in the bath first as it can be overwhelming and may cause light headedness.

The U.S. the Recommended Dietary Allowances (RDAs) are 400 mg for men ages 19–30 and 420 mg for older; for women 310 mg for ages 19–30 and 320 mg for older.

Many people are deficient in magnesium, the main reason being low dietary intake. Low plasma magnesium hypomagnesemia is found in 2.5–15% of the general population. Check with your doctor if you are deficient and then you can supplement if you are.

MASSAGE

Massage promotes relaxation, which can help the body to both prevent and treat cancer. Obviously you can't treat cancer with massage alone, but it can become part of your treatment plan. When I see patients I recommend they get a massage at least once a month for health maintenance or once per week if they are healing. It's something that we could all use more of in this fast paced high stress environment.

Pain is the most common and debilitating symptom among cancer patients. This study shows that natural killer cells and lymphocytes increase in women with breast cancer following massage therapy.

Hernandez-Reif M, Field T, Ironson G, Beutler J, Vera Y, Hurley J, Fletcher MA, Schanberg S, Kuhn C, Fraser M

Int J Neurosci. 2005 Apr; 115(4):495-510. There have been many other studies proving that massage is positive and beneficial, including one that shows how massage helps women with breast cancer symptoms and quality of life. <https://www.ncbi.nlm.nih.gov/pubmed/25157942>

Another study showed that massage therapy is a useful intervention in reducing pain in children with cancer. <https://www.ncbi.nlm.nih.gov/pubmed/24035872>

More current evidence demonstrates that there was some evidence that massage is a useful intervention in alleviating negative emotions and fatigue in patients with breast cancer. <https://www.ncbi.nlm.nih.gov/pubmed/24275985> A common belief with breast cancer is that it is caused by an emotional imbalance of giving too much to others, and not enough to oneself. Massage can be a powerful way to put back energy, love and nurturing to a woman who has breast cancer.

Even Mark Hyman a medical doctor refers patients to incorporating massage and has included it in a lot of his works. He sees massage as a form of “therapy”.

<https://www.ncbi.nlm.nih.gov/pubmed/29881476>

Massage has also been shown to reduce state anxiety, to reduce subclinical depression, temporarily reduce blood pressure and heart rate. "A Meta-Analysis of Massage Therapy Research" (PDF). Psychological Bulletin. 2004. Retrieved 2008-01-12.

<http://www.anatomyfacts.com/Research/Massage%20Journal%20Club/January07/Moyer.pdf>

Massage can also give relief from pain due to musculoskeletal. "Massage Therapy as CAM". The National Center for Complementary and Integrative Health (NCCIH). 2006-09-01. Retrieved 2007-09-26. <https://nccih.nih.gov/health/massage>

There are many types of massage including Lymph Massage, Chinese massage, Japanese Massage, Swedish Massage, medical massage, thai massage, reflexology, foot massage. I did as many massage treatments as I could when I was healing although it was pricey so I couldn't afford many, but check out a massage training school in your area, they often provide massages as a fraction of the price! You can also use an essential oil demister in the room when you get a massage to enhance zen benefits and absorb the benefits of the essentials oils.

Metabolic therapy

The word metabolic relates to metabolism. Metabolic therapy is umbrella term for many cancer treatments that all have two things in common: they include nutrition and “natural therapies” to detox and strength the immune system.

Metabolic therapy can include:

- ketogenic diet
- Plant based diet
- dietary supplements
- drugs that have a therapeutic influence on energy metabolism
- fasting
- hyperthermia
- hyperbaric oxygen therapy
- Coffee enemas
- Gerson Therapy
- Kelley
- Contreras
- Manner
- Gonzalez
- Cold thermogenesis
- Photobiology
- Detox
- Exercise
- Electromagnetic field (EMF) avoidance
- Megadose vitamins
- Glandular extracts
- Digestive enzymes
- Minerals, or herbal products
- Hydrazine sulphat
- Hydrogen peroxide
- Laetrile
- Proteolytic enzymes
- Mitochondrial therapy (MMT)

Metabolic therapies are based on the theory that cancer is caused by an accumulation of toxic substances in the body. Metabolic therapy includes diets that are often based on whole foods including fresh fruits and vegetables used to detoxify the body.

Despite all the warnings against metabolic therapy for treating cancer, we know that it works for many. This study shows that metabolic therapy as an alternative to the standard of

Disclaimer: This information is not intended to substitute for informed medical advice.
This is an excerpt from *Cancer-Free with Food* © CancerFreeWithFood.com

care, has the potential to improve outcome for patients with GBM (a lethal brain cancer) and other malignant brain cancers. This treatment is an “anti-angiogenic, anti-inflammatory and pro-apoptotic metabolic therapy (ketogenic diet) that also reduces fermentable fuels in the tumor microenvironment.” <https://www.ncbi.nlm.nih.gov/pubmed/25069036>

Nature Therapy

Yes nature is therapy! If you are looking for an excuse to go out in nature more – this is it! Nature therapy is free, all you have to do is go outside to a park or wildlife park. It's also known as ecotherapy, green therapy, and earth-centered therapy. A dose of nature can immediately relieve stress levels, lower blood pressure, improve mood, boost the immune system, reduces anxiety and depression, bring out natural joy and child like laughter.

Stanford researchers published a mental health prescription: Nature. Their study showed that walking in nature yields measurable mental benefits and may reduce risk of depression.

<https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/>

Let's dish out more of these “nature” prescriptions!

Oxygen therapy or hyperbaric oxygen therapy

Also called hyperbaric chamber, Hyperoxygenation therapy, oxymedicine, bio-oxidative therapy, supplemental oxygen, oxidative therapy, and oxidology.

Oxygen is free for all of us to breathe in, the problem is a lot of people shallow breathe, not inhaling sufficient amounts of oxygen. When the body is low in oxygen it becomes acidic, which is a breeding ground for cancer cells. When the body has sufficient amounts of oxygen, it is alkaline and supports a healthy cell life, killing any cancer cells that may show up. When we eat acidic foods (aka processed foods) it depletes our body of oxygen. A hyperbaric oxygen chamber increases the pressure by 2.5 times greater than the normal pressure in the atmosphere, and pumps out so much oxygen that the body is able to absorb higher concentrations of oxygen. The goal of oxygen therapy treatment is to increase the amount of oxygen into your blood so that it can restore normal levels of oxygen in the blood, organs and tissue function to promote healing and cure infection. This helps to reduce inflammation and stimulates the immune system.

Oxygen therapy is used to treat several medical conditions and is well known as a treatment for decompression sickness a hazard of scuba diving. Over the years, it has evolved to include treating more than just that and is also useful for radiation damage. It's been shown in a number of studies that wounds need oxygen to heal properly, and exposing a wound to 100 percent oxygen can improve and speed the healing process. Many athletes and individuals with chronic conditions have benefited from this alternative healing treatment.

Evidence implies that oxygen therapy might have tumor-inhibitory effects in certain cancer subtypes. <https://www.ncbi.nlm.nih.gov/pubmed/23054400>

Oxygen is commonly prescribed for lung cancer patients with advancing disease and is useful for managing dyspnea and hypoxemia.

<https://www.ncbi.nlm.nih.gov/pubmed/24138692>

This study showed that a combination of the ketogenic diet and hyperbaric oxygen therapy prolong survival in mice with systemic metastatic cancer.

<https://www.ncbi.nlm.nih.gov/pubmed/23755243>

Dr. Otto Warburg believed that the root cause of cancer is oxygen deficiency. He also discovered that cancer cells do not breathe oxygen and cannot survive in the presence of high levels of oxygen, so if we add more oxygen into the body (eating alkaline foods does this) then the cancer cells die.

“All normal cells have an absolute requirement for oxygen, but cancer cells can live without oxygen—a rule without exception. Deprive a cell 35 percent of its oxygen for 48 hours and it may become cancerous.”

Otto Warburg, MD (Nobel Prize in Physiology Winner, 1931)

Google hyperbaric oxygen therapy near you. The good news is a growing number of hospitals have purchased some oxygen units for their patients. I've been to an oxygen chamber in NYC at Dr Salerno's office and absolutely loved it. The one I went in was a fancy sit up one, where I sat in a chair the entire time. It was an egg shape and incredibly comfortable. I could see outside from a few windows. Other hyperbaric chambers are lie down ones. This one exists thanks to Tony Robbins who requested it for when he comes into town another proponent for the oxygen chamber for maintaining health and energy. I loved it, I felt alive and refreshed after one hour in the oxygen chamber. I would definitely do it again and highly recommend it.

In summary benefits of the hyperbaric oxygen therapy include: Anti-inflammatory, Anti-infection, Immune stimulant, Increased oxygen to cells, Increased energy, Increased overall well being, Decrease aches and pains and to Speed up recovery from slow healing wounds.

Uses and conditions hyperbaric oxygen therapy treats includes: Carbon monoxide poisoning, Radiation sickness, Autoimmune diseases such as lupus and fibromyalgia, Lyme disease, Sports injuries, Diabetic wound healing, Decompression sickness.

Ozone Therapy / Ozone IV Therapy / Medical Ozone Therapy

Ozone has been shown to kill cancer on contact, immediately.

Ozone is a natural gas that we breathe in everyday. Ozone is naturally present in our lower atmosphere as well as the outer atmosphere where the concentration is highest, most people have heard of the “Ozone layer”. Ozone forms readily when sunlight strikes oxygen. Ozone's basic function is to protect humans from harmful effects of UV radiation.

Take this gas, and now in the form of “ozone therapy”, a form of alternative medicine treatment that purports to increase the amount of oxygen in the blood cells and body through the introduction of ozone. **Ozone**'s natural oxidizing properties treats diseases, stimulates the immune system and kill pathogens.

Ozone can be incorporated in these ways:

- A ozone emitter machine, which are sold for as little as \$58 and can be placed in your home or office. Ozone can remove smoke odors.
- For cancer therapy, medical grade ozone injections which are intravenously (directly into veins), subcutaneously (under the skin), or injected into the vagina, rectum, intramuscular (in a muscle).
- Ozone baths to treat skin ulcers, a common symptom of radiation and chemotherapy
- Ozone steam cabinet, where your body is immersed in ozone but your head is left out

The gas produced from medical grade oxygen is given in precise therapeutic doses, and never via inhalation.

Ozone is a well-respected therapy in many parts of the world. **In Germany, it is the “standard of care” and is used by 70-80% of practicing physicians!** There are over 3,000 references in the German medical literature referring to the use of medical ozone therapy. In fact, **it is considered medical malpractice to not use ozone pre and post-surgery instead of antibiotics! An abstract from the German (translated into English) Clinical Ozone Therapy Manual entitled, “The Use Of Ozone In Medicine”. “In a 1980 study done by the German Medical Society for Ozone Therapy, 644 therapists were polled regarding their 384,775 patients, comprising a total of 5,579,238 ozone treatments administered. There were only 40 cases of side effects noted out of this number which represents the incredibly low rate of .000007%, and only four fatalities, which were all attributed to operator error. Ozone has thus proven to be the safest medical therapy ever devised.”**

Ozone aka medical O₃, used to disinfect and treat disease, for over 150 years. It has been used to disinfect drinking water before the turn of the last century. Ozone was known to treat as many as 114 diseases. Shoemaker JM. Ozone therapy: History, physiology, indications, results. [cited in 2010]. Available from: http://www.fullcircleequine.com/oz_therapy.pdf Nikola Tesla patented the first O₃ generator in the US, later forming the “Tesla Ozone Company.” McLean L. The miracle of ozone therapy. [cited in 2009 Jun]. Available from: <http://www.zeusinfoservice.com/Articles/TheMiracleofOzoneTherapy.pdf>.

Although in Europe ozone has been used for 50 years by over 10,000 physicians, in America ozone therapy is only taught privately, or in naturopathic schools, so your family doctor is probably untrained in its use. If you ask your doctor they will probably have no idea (or an incorrect idea) of what you're talking about if you ask about it. So, if you are seeking opinions, always ask your medical professional what actual experience he/she has with ozone therapies – especially if he/she gives you a negative opinion without any facts to back it up. “There are no legitimate studies proving ozone doesn't work”

http://www.oxygenhealingtherapies.com/Medical_Ozone_Cancer.html

Its effects of ozone therapy are proven, consistent and with minimal side effects. Although when you research ozone online in the USA, you might find stuffy articles on ozone scarring you out of trying it, but always think who is writing this, if it's wikipedia or a hospital that makes money from chemotherapy, than of course they are not going to want you to try it. But the proof is there, there are studies that have shown that Ozone selectively inhibits growth of human cancer cells.

<https://www.ncbi.nlm.nih.gov/pubmed/7403859> And here is a website that reports 116 cases of people who survived cancer who used ozone therapy as part of their treatment plan. **<https://thepowerofozone.com/116-reports-of-cancer-successfully-treated-with-ozone-therapy/>**

Ozone been used and studied for decades and proven including cancer treatments.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312702/>

The only reason ozone is not used in the USA yet is because they haven't figured out a way to monetize on it. It's chemo and radiation, and surgery where they make their money.

There are over 3,000 references in the German medical literature referring to the use of medical ozone therapy. In fact, **it is considered medical malpractice to not use ozone pre and post-surgery instead of antibiotics! By Jane G. Goldberg**

Ozone therapy also kills parasites, which is what this woman did and was able to heal cervical cancer. This story is shared on The Truth About Cancer website and it is eye opening.

“Lena, a 30-year old woman was diagnosed with cervical cancer. A holistic nutritionist, she is well-versed in the relationship between cancer and diet/nutrition. She believes her cancer is unrelated to her near-perfect nutritional program – and that, rather, it is mold-induced after discovering her apartment was replete with mold.

Lena chose ozone therapy as a healing protocol, which includes sitting inside an ozone steam cabinet. With only her head popped out of the top, all of the pores in her body (except those in her head) absorb the molecules of oxygen along with their friendly molecular companion, the additional atom of oxygen that converts O₂ into O₃.

Following rectal insufflation of ozone, Lena expelled a dead 12-inch worm. It is unknown how long the worm had been living in her intestinal tract and how long it had been dead. It's probable the worm was only recently deceased, killed by the ozone therapy. **Worms, parasites, viruses, bacteria – all early evolutionary forms of life – thrive in low oxygen environments.** By suffusion of ozone into the rectum and colon, in all likelihood the worm died from the dual saturation of oxygen and ozone.”

Parasites can indirectly cause cancer because they drain their host body of nourishment and produce carcinogenic waste products. When I was sick my live blood test revealed I was being invaded by parasites. It was sickening to see that, which is why I started drinking bentonite clay right away, had I known about ozone I certainly would have done that! Aflatoxin is one the most common parasites in the human body is yeast. Although yeast is not problematic when it is in balance, when it reaches a point of excess, it can cause serious health issues: candida, fungal infections, pathogenic microbes, amoebas, tapeworms, and fluke. **It has been estimated that at least 20% of cancer patients have a parasite!** The true statistic is probably much higher.
<https://thetruthaboutcancer.com/ozone-therapy-cancer-treatment/>

Ozone can also be effective if a patient is suffering with chronic muscle pain while going through conventional cancer treatments.
<https://www.ncbi.nlm.nih.gov/pubmed/28301687>

Did you know that ozone only takes 10 seconds to kill 99% of bacteria, fungi, yeast, mold, and viruses – 3,500 times faster than chlorine?

Other uses for ozone include industrially to disinfect laundry in hospitals, food factories and care homes, disinfect water in place of chlorine, kill bacteria on food or on contact surfaces, sanitize swimming pools and spas, scrub yeast and mold spores from the air in food processing plants, wash fresh fruits and vegetables to kill yeast, mold and bacteria, chemically attack contaminants in water (iron, arsenic, hydrogen, sulfide, nitrites and complex organics lumped together as "colour") and to eradicate water borne parasites such as Giardia lamblia and cryptosporidium in surface water treatment plants. According to the U.S Food and Drug Administration (FDA) it is "amending the food additive regulations to provide for the safe use of ozone in gaseous and aqueous phases as an antimicrobial agent on food, including meat and poultry. This would be awesome meaning the meat and poultry would be much safer to consume. Studies at California Polytech University demonstrated that 0.3 µmol/mol levels of ozone dissolved in filtered tapwater can produce a reduction of more than 99.99% in such food-borne microorganisms as salmonella, *E. coli* 0157:H7 and *Campylobacter*. Long, Ron (2008). *POU Ozone Food Sanitation: A Viable Option for Consumers & the Food Service Industry*(PDF).

Archived from the original (PDF) on 2011-07-15. (the report also shows that tapwater removes 99.95% of pathogens from lettuce; samples were inoculated with pathogens before treatment)

Ozone can also be used to remove pesticide residue from fruits and vegetables. Tersano Inc (2007). "lotus Sanitises Food without Chemicals". Archived from the original on 2007-02-11. Retrieved 2007-02-11. *Jongen, W (2005). Improving the Safety of Fresh Fruit and Vegetables. Boca Raton: Woodhead Publishing Ltd. ISBN 1-85573-956-9.*

The difference between ozone and oxygen is that they are different molecules. Ozone is a bluish gas and oxygen is clear. Both are made up of oxygen atoms. Ozone consists of 3 oxygen atoms, oxygen consists 2 oxygen atoms.

In conclusion ozone therapy eliminates pathogens, cleanses the blood stream, which cleanses the liver and kidneys and other organs. It destroys cancer on contact. A very worthwhile **therapy** for anyone to consider. Check out <https://ozonehospital.com/rhp-ozone-therapy-faqs/>

Jovanovic PhD (Hon.), M.D. (A.M)(Professor Ozone)
Founder, Senior Technical Director, RHP Technologies Email Peter for more info
peter@ozonehospital.com

Pancreatic Enzyme Therapy

Also know as Pancreatic Enzyme Replacement Therapy (PERT) involves taking digestive enzymes in the form of a capsule or intravenous (IV). These enzyme supplements contain Pancreatin – a combination of pancreatic enzymes, lipase, amylase and protease that assist the digestion of fat, protein and carbohydrates.

If the pancreas is not functioning by secreting about 8 cups of pancreatic juice into the duodenum everyday, then pancreatic enzymes can be necessary and helpful. Many causes of pancreatic insufficiency may require the initiation of pancreatic enzyme therapy, including cystic fibrosis, pancreatic cancer, acute and chronic pancreatitis, and pancreatic surgery. <https://www.ncbi.nlm.nih.gov/pubmed/24687867>

Proteolytic Enzyme Therapy

Proteolytic enzymes digest protein by aiding in the digestion process, and can be taken as a supplement or in foods. Proteolytic enzymes can be found in pineapple, asparagus, buckwheat, ginger, kiwi, suaerkraut, miso soup (non-gmo), figs and papaya.

This study showed the impact of proteolytic enzymes in colorectal cancer development and progression, and how the enzymes play a major role not only in colorectal cancer (CRC) invasion and metastasis, but also in malignant transformation of precancerous lesions into cancer. <https://www.ncbi.nlm.nih.gov/pubmed/25309062>

In 1906 John Beard first proposed that pancreatic proteolytic enzymes represent the body's main defense against cancer! It is also said to be good for reducing inflammation and boosting the immune system.

Nicholas J. Gonzalez, MD also evaluated the concept at Cornell University Medical College in 1981, and this is when people started to seriously consider this pancreatic Proteolytic Enzyme approach. Dr Gonzalez recommended taking 5 grams of proteolytic enzymes 3 times daily on an empty stomach between meals to reduce inflammation.

Studies have shown that enzyme therapy significantly decreased tumor-induced, fatigue, weight loss, and restlessness and obviously stabilized the quality of life. They also helped with chemotherapy and radiation therapy induced side effects such as nausea and gastrointestinal complaints. <https://www.ncbi.nlm.nih.gov/pubmed/19116226>

You can take proteolytic enzymes in supplement form, drink pineapple juice or eat more foods containing the enzyme. See the Paradise Smoothie see in the book containing both pineapple and papaya making it high in proteolytic enzymes.

Parasite Cleanse

The term 'parasite' can refer to a virus, pathogenic bacterium, microbe, worm, yeast or a real parasite. Parasites do cause cancer - they drain you of nourishment and produce toxic and even carcinogenic chemicals including Aflatoxin B.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5233816/>

It is also said that many cancer patients do in fact have parasites and this study showed a frequency of intestinal parasites in adult cancer patients.

<https://www.ncbi.nlm.nih.gov/pubmed/9204612>

Doing a parasite cleanse will help to not only prevent cancer, but also to beat it.

Scientists at the Centers for Disease Control and Prevention have discovered cancer cells originating in a common tapeworm (parasite) may take root in people with weakened immune systems, causing cancer-like tumors. "We were amazed when we found this new type of disease – tapeworms growing inside a person essentially getting cancer that spreads to the person, causing tumors," said Atis Muehlenbachs, M.D., Ph.D., staff pathologist in CDC's Infectious Diseases Pathology Branch (IDPB) and lead author of the study. "We think this type of event is rare. However, this tapeworm is found worldwide and millions of people globally suffer from conditions like HIV that weaken their immune system."

<https://www.cdc.gov/media/releases/2015/p1104-parasite-tumors.html>

The Daily Mail published in 2012 that bacteria, viruses and parasites cause around two million cases of cancer in the world each year according to experts.

"Of the 7.5 million global deaths from cancer that occurred in 2008, an estimated 1.5 million may have been due to potentially preventable or treatable infections. Scientists carried out a statistical analysis of cancer incidence to calculate that around 16 per cent of all cancers diagnosed in 2008 were infection-related. Study lead authors Dr Catherine de Martel and Dr Martyn Plummer, from the International Agency for Research on Cancer in Lyon, France, wrote in The Lancet Oncology journal: 'Infections with certain viruses, bacteria, and parasites are one of the biggest and preventable causes of cancer worldwide.'" <http://www.dailymail.co.uk/news/article-2141632/Bacteria-viruses-parasites-cause-1-5million-cancer-deaths-year.html>

It makes sense that parasites cause cancer, and that many cancer patients have parasites, I know this to be true for me as a live blood test revealed I was riddled with parasites when I had the tumor. I would also recommend doing a live blood test also known as live blood analysis (LBA). There is a fair amount of controversy around a LBA, and I am not agreeing that it can test for

other things, but it was helpful for me to see my blood in live time and see that I was low in oxygen and riddled with parasites, which is common in people who have tumors and cancer. I think LBA is a helpful way to test if you do have parasites, and doctors that never even test for these inhabitants is negligence. A parasitic bacterium, *Borrelia bergdorferi*, was found in every case of brain cancer studied, and in Alzheimer's too. Maryland Medical School have stated that it can be 20 years or more before a pathogen or parasite comes out to play.

<https://www.canceractive.com/cancer-active-page-link.aspx?n=214&title=Parasites-as-a-cause-of-cancer>

You can also check for parasites in a stool test.

Parasite cleanses include:

- Drinking bentonite clay
 - Rife Machine
 - Ozone Therapy
 - Colonics and Coffee Enemas
 - Oregano Oil Extract
 - Black walnut supplements
 - Wormwood supplements
 - Clove oil
 - Diatomaceous Earth
 - Probiotics
 - Garlic (you can also take garlic capsules)
 - Olive Leaf extract (this is one that I also did)
 - Dr. Gez Agolli's Paracomplete supplements
- <https://www.progressivenutracare.com/products/paracomplete>

Peskin Protocol

Peskin Protocol PEOs are a plant-based supplement formulation of precise mixtures of sunflower, safflower, flax oil, High Linoleic Sunflower Oil, pumpkin oil, and evening primrose seed oils and coconut oil.

Professor Brian Peskin is a world-leading scientist specializing in parent EFAs (EFA's include alpha-linolenic and eicosapentaenoic acid)

— termed PEOs (PEO's are plant-based, cold-pressed, organically grown seed oils derived from flax, pumpkin, sunflower, and evening primrose.)

— and their direct relationship to both cancer and cardiovascular disease. He has further developed that idea from Nobel Prize-winner Otto Warburg, M.D., Ph.D., by increasing cellular oxygenation which is said to be done by taking Peskin supplements. There have been remarkable testimonies of people having success with these supplements, which makes sense since they are an anti-inflammatory and super nourishing for the body. cancerireland.ie/peskin-protocol published "The 5-725 mg Peskin Protocol EFA capsules t.i.d. has brought a dramatic difference; unbelievable and rapid improvement:

- Patient 1: 80-lb female with stage III lung cancer was in full remission in 90 days.

- Patient 2: Two inoperable brain tumors (1 cm), unable to speak or navigate – had 40% reduction of both tumors in 60 days. Patient is able to walk and speak almost normally.
- Patient 3: 8cm x 3 cm liver tumor told by his physician he had 30 days survival time. In 60 days of therapy, patient gained 30 pounds, 80% of tumor had calcified. Patient felt strong enough to return to work.
- Patient 4: P.A.D. unable to walk more than 30 feet; with seven days of Peskin Protocol EFAs, she could walk four blocks.

Bernardo C. Majalca, ND a Stage 4 Cancer Researcher and Consultant in San Diego, California said, “In ten days time, one can see a physical improvement in patient condition. We believe Peskin Protocol EFAs are the ‘missing link’ in cancer therapy. The cost of treating our patients has dropped from \$20,000 (US) per month to \$1,500 per month by eliminating the use of eight IVs daily. We saw no side effects. Within two weeks, patients typically see a great physical and mental improvement.”

Supplements can be purchased from here:

<https://peskinprotocol.com/get-started>

Probiotics

Probiotics are “good bacteria,” and are microorganisms that provide good intestinal microflora. You naturally eat probiotics from foods such as raw milk and raw milk products including cheese, kefir and yogurt.

Imbalance of the microbiota has been implicated in many disorders including inflammatory bowel disease, obesity, asthma, psychiatric illnesses, and cancers. As a kind of functional foods, probiotics have been shown to play a protective role against cancer development in animal models. Clinical application of probiotics indicated that some probiotic strains could diminish the incidence of postoperative inflammation in cancer patients. Chemotherapy or radiotherapy-related diarrhea was relieved in patients who were administered oral probiotics. The present review summarizes the up-to-date studies on probiotic effects and the underlying mechanisms related to cancer. At present, it is commonly accepted that most commercial probiotic products are generally safe and can improve the health of the host. By modulating intestinal microbiota and immune response, some strains of probiotics can be used as an adjuvant for cancer prevention or/and treatment.

<https://www.ncbi.nlm.nih.gov/pubmed/27144297>

Probiotics have shown to be able to suppress tumor growth in breast cancer.

<https://www.ncbi.nlm.nih.gov/pubmed/17369232>

A lot of studies I read said that further investigations are required to reveal the effectiveness of probiotics in cancer treatment in clinical settings. However obviously it makes sense to have good gut balance, and if probiotics help with this then it is something people could explore using.

Vitamin C IV Therapy / IVC

If you have cancer I highly recommend getting a Vitamin C IV intravenous to infuse high levels of Vitamin C into your body! To me this one is a no brainer.

Vitamin C can kill cancer cells. Science has proven it many times.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1405876/> When Vitamin C enters your body it interacts with iron and other metals to create hydrogen peroxide. This is great news! And you can increase your vitamin C levels to prevent cancer, and if you have cancer also administer high doses of intravenous (I.V) infusions to kill those unwanted cancer cells and boost the immune system.

This study showed that Vitamin C killed cancer cells in liver cancer.

<https://www.ncbi.nlm.nih.gov/pubmed/29872720> This study revealed that IVC may improve the quality of life and symptom severity of patients with cancer, and several cases of cancer remission have been reported. <https://www.ncbi.nlm.nih.gov/pubmed/24867961>

This study is the most powerful when scientists showed that epidemiologic evidence of a protective effect of vitamin C for non-hormone-dependent cancers is strong. They did 46 studies in which a dietary vitamin C index was calculated, 33 found statistically significant protection. For cancers of the esophagus, stomach, rectum, breast, cervix, larynx, oral cavity, and pancreas, evidence for a protective effect of vitamin C was strong and consistent. Several recent lung cancer studies also found significant protective effects of vitamin C or of foods that are sources of vitamin C. <https://www.ncbi.nlm.nih.gov/pubmed/1985398>

Vitamin C IV is an example of Orthomolecular, as vitamin C is natural for the body.

Orthomolecular medicine is a term that means, “correct” or “right” in Greek, so it literally means, “right molecule”, and describes the practice of preventing and treating disease by providing the body with optimal amounts of substances, which are natural to the body. This kind of treatment makes way more sense to me than chemo and radiation.

When my mum had breast cancer she knew she wanted to incorporate high doses of Vitamin c in her treatment protocol, but we could not afford Vitamin C IV infusions at the time, so she took Vitamin C supplements instead and she felt like the Vitamin C was working and making her feel more vibrant, and she is cancer free to this day. We have to make it work with what we have that’s for sure!

You could look up who does Vitamin C IV near you. Although it is relatively controversial, as it’s not considered by mainstream hospitals – this I do not understand. If I had cancer today I would for sure include the Vitamin C IV’s in my protocol. Check with your doctor if you can do Vitamin C at the same time as chemo and radiation. However I would believe that an IV of Vitamin C is more powerful than an IV of chemo drugs. Vitamin C does not harm healthy cells unlike chemotherapy that destroys both the good and bad cells.

There are several clinics in the United States that use this treatment. Bright Spot For Health, a large research clinic in Wichita, Kansas, was the home of a great deal of research on Vitamin C by I.V.

Along with Vitamin C IV eating more Vitamin C rich foods can help you prevent and beat cancer. <https://www.ncbi.nlm.nih.gov/pubmed/15917185>

Vitamin D3 therapy and sunshine

Vitamin D is a necessary vitamin for the human body as it helps us to absorb other minerals in the intestines including magnesium and calcium. Vitamin D3 and Vitamin D2 are compounds of Vitamin D. We get Vitamin D from sunshine and from some foods.

Food that contain Vitamin D:

Vitamin D2 is found in fungi (mushrooms) and Vitamin D3 is found in animals.

- Common mushrooms
- Portobello
- Shitake mushrooms
- Fish liver oils such as cod liver oil
- Wild fish
- Salmon
- Shrimp
- Oysters
- Tuna
- Sardines
- Mackerel
- Egg yolk (see another reason why we should be eating the entire egg and not just the yolk!)
- Beef liver
- Cheese

Some foods are also fortified with Vitamin D.

Vitamin D supplements are promoted to have anticancer properties. Byers T (July 2010). "Anticancer vitamins du Jour--The ABCED's so far". *American Journal of Epidemiology* (Review).

Observational studies have shown that low vitamin D levels risk of development of certain cancers including colon cancer. Feldman D, Krishnan AV, Swami S, Giovannucci E, Feldman BJ (May 2014). "The role of vitamin D in reducing cancer risk and progression". *Nature Reviews. Cancer*.

Getting sufficient amounts of sunshine is also key. A study showed that breast cancer death rates tended to be higher in areas with low winter sunlight levels and lower in sunny areas.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470481/>

You can check your Vitamin D levels with your doctor through a blood test, and they can tell you if you need to incorporate supplements. If you live in a place with little sunshine chances are you are vitamin D deficient. I have heard from many people that when they took Vitamin D supplements (based on their blood work showing they were deficient) that a lot of their health issues improved.

Reflexology (also known as Zone Therapy)

Reflexology is a system of massage used to relieve tension and treat illness. It is based on the theory that there are reflex points on the feet (hands and head) that are linked to every part and

organ of the body. Reflexology isn't as pleasant as massage, as more pressure is applied to areas on the feet, hands and ears.

Reflexology is one of the top forms of complementary and alternative medicine in the UK, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026838/> and is proven to be a helpful treatment that seeks to enhance and harmonize the mind, body, and soul [.https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026838/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4026838/)

In this study 385 women with advanced-stage breast cancer receiving chemotherapy and/or hormonal therapy had reflexology treatment, and was summarized “Reflexology can be safely used by patients with cancer who are undergoing chemotherapy. In addition, aspects of quality of life can be improved with reflexology delivered by either certified reflexologists or lay providers.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3576031/>

This study was conducted to determine the effect of reflexology on chemotherapy-induced symptoms in breast cancer patients. It proved that reflexology decreased the experience, development, distress of nausea, vomiting, and retching as well as fatigue! Therefore, the use of reflexology is recommended for chemotherapy-induced symptoms. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5473096/>

This is a treatment that I did when I was healing, as I had learned that reflexology was used to cleanse particular organs, by massaging certain parts of the feet. I had this done only twice as I didn't have a lot of money for the service, but I felt it helped. I felt pain spots in certain toes, especially the part of my toes that represented my neck. I did feel like it helped to detox out my body. It made sense to me because the feet are the foundation of the body and I think they are often forgotten about and abandoned, we could probably all use some more foot pampering and nourishment.

Reflexology is quite common and offered in most towns so google a place near you. A treatment may go from 30-90 minutes.

Sleep

Sleep is medicine, and sleep is just like food, it is nourishment for the body. We need sufficient amounts of sleep, approximately 8 hours a night to function properly and do our daily duties. Many people are sleep deprived which leads to stress, inflammation in the body and cravings of quick carbs or refined sugars.

When I was healing I would sleep between 10-16 hours a night! I had never let myself get so much rest, and wow I really needed it. I had gone years with sleeping 6 hours a night and sometimes just 4 or 5. Our body heals itself during sleep. We need this sleep to let the body repair and rejuvenate. Rowing Coach, Elizabeth Hughes, told me that she tells her team they need 9 hours of sleep a night, because they are going through rigorous training and that's how much sleep is needed if the body is recovery. It's the same, if not more if you have a serious health condition that may just need you to rest.

Pastor Joyce Meyer explained that when we are sleep deprived it is easier for the “enemy” to get in and make us fight with people or do unhealthy things we usually wouldn't. It is clear that when we are tired we are more negative and not able to cope with stress very well.

Nowadays I refuse to lose sleep over anything! I make sure to get at least 8 hours a night, and I wake up the next day feeling refreshed and ready to go.

This study showed how sleep plays an important role in immune, cardiovascular, and neurocognitive function. And despite the great importance of sleep, nearly 40% of US Adults experience problems with sleep ranging from insufficient total sleep time, trouble initiating or

maintaining sleep (Insomnia), Circadian Rhythm Disorders, Sleep-Related Movement Disorders, and Sleep-Related Breathing Disorders such as obstructive sleep apnea (OSA). “Herein, we discuss new evidence that suggests that sleep may also impact carcinogenesis. Specifically, we review recent epidemiological data suggesting links between cancer and OSA. As OSA is a common, underdiagnosed, and undertreated condition, this has public health implications. Intriguing animal model data support a link between cancer and sleep/OSA, although mechanisms are not yet clear.” More studies are being done to show the associations between cancer and sleep. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5353979/>

Another study showed that sleep measures may ultimately improve cancer care, as researchers continue to understand how sleep and sleep disturbance influence all aspects of cancer care and the patient experience.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4346497/>

If you struggle with insomnia or the other disorders mentioned above, the Cancer Diet model will help immensely as cutting those insane foods from the diet allows the body to normalize and be able to receive a good sleep.

If you are in need of sleep therapy you will know because you would be tired all the time. Sleep isn't the cure for everything but it certainly can fix a lot of health issues, and the best thing is, it's free!

Therapy/Psychoanalysis

Getting a cancer diagnosis can be extremely stressful and bring up new thoughts and emotions that have never been felt before. Especially anxiety and depression. If you feel sporadic, talking to a therapist who specializes in cancer and dealing with can be extremely helpful to get all your thoughts and feelings out. A well-trained therapist is equipped to help human beings move through trauma, and also to get through the 7 Stages of Cancer that was discussed see in the book. Therapy can also be an important aspect of treatment for both those who have cancer and their loved ones.

SAUNA

Basically a sauna is a small room that you go in that is hot and you sweat. It is used as a place to experience dry (usually wood fire or electric heat) or wet heat (steam) sessions for detoxing, refreshing the body and relaxation. The temperature of a sauna is typically between 70 and 100 °C (158 and 212 °F). This brings on relaxation and stimulates sweating. To me there is nothing better than a sauna after a workout or a long day at work. In just 10 minutes in a sauna you should be sweating which includes releasing toxins so fits in with the theory of if you cleanse our unwanted toxic build up in the body you can reduce your risk of getting cancer and or use it during healing cancer.

In studies, saunas have shown that they encourage detoxification and are designed to reduce the chronic symptoms and improve the quality of life. A sauna is also a helpful treatment for detoxing heavy metals which is a carcinogenic that causes chronic illness including cancer. In Utah some police officers with employment-related methamphetamine exposures developed chronic symptoms, some leading to disability. 69 officers under the Utah Meth Cops Project were assessed before and after a treatment program involving gradual exercise, comprehensive nutritional support and physical sauna therapy. Results showed significant health improvements, symptom scores and neurotoxicity scores. This investigation strongly suggests that utilizing

sauna and nutritional therapy may alleviate chronic symptoms appearing after chemical exposures.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3573677/>

There are many different types of saunas:

- Infrared sauna
- Wood Burning Sauna – This is the traditional Finnish Sauna and my absolute favorite sauna! It feels so earthy with the actual element of fire and wood. Incredible soothing.
- Steam Sauna / Steam Room
- New portable EMF blocker saunas

Different ways are used to heat a sauna including wood, electricity, gas and even solar power. There are wet saunas, dry saunas, smoke saunas, and steam saunas. Personally I prefer the dry sauna, rather than the steam room. Especially if the steam room is using tap water, which means it, is steaming chlorine into the air. Saunas use dry heat whereas steam rooms use more moist heat. You can add essential oils to a dry heat or steam room sauna, just add a few drops of essential oils to the water and then put on the coals, or drop them near where the steam comes out in a steam room and the oils will permeate through the room.

If it's your first time in the sauna, 10 minutes would be sufficient. You can always go out, cool down, and then go back in. A sauna is something you work up to.

You may lose weight in the sauna, because it helps your body to sweat so you shed water and salt. It also increases your metabolism and circulation.

I recently tried a brand new sauna that is on the market, it is leading edge technology because it is portable, you can put it anywhere in your home, and it blocks EMF's! It's a full body incandescent therapy, shielded from all external EMF. When I went in this sauna I took my cell phone as an experiment and I had no service inside the sauna! That is how much it blocks the EMF's. The best thing is these saunas is that they can fit into a room, they don't take up a lot of space, and they are portable. Inside the saunas are full-body detoxifying near infrared light therapy.

A sauna is recognized as one of the Seven Steps in this General Clinical Approach to Detoxification in this study who <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3270432/#B1> recommends regular sweating (with mineral repletion), with exercise or in a sauna, to facilitate transdermal excretion. Genuis SJ, Birkholz D, Rodushkin I, Beesoon S. Blood, urine, and sweat (BUS) study: monitoring and elimination of bioaccumulated toxic elements. *Archives of Environmental Contamination and Toxicology*. 2011;61(2):344–357.

<https://www.ncbi.nlm.nih.gov/pubmed/21057782> The World Health Organization acknowledges that chronic diseases are caused by ongoing exposures, and bioaccumulated toxicants. This is why a sauna is so helpful in our society, to sweat all these out.

http://www.who.int.proxy.bib.uottawa.ca/nmh/publications/ncd_report2010/en/index.html.

You can visit your local gym or spa to use their sauna, or even consider getting one for your own home.

Yoga

Yoga is an exercise practice or discipline derived from India, and includes physical postures, breathing techniques, and meditation, sometimes with chants and wisdom teachings. It is used to encourage health by relaxation, peace of mind and flexibility.

Studies have shown that yoga reduces stress, which can help to prevent cancer and be beneficial to include in your cancer treatment. This study showed that participants with depression exhibited significantly greater 8-week decline in BDI scores than controls (p-value = 0.034). “In sub-analyses of participants completing final 8-week measures, yoga participants were more likely to achieve remission. In adults with mild-to-moderate major depression, an 8-week hatha yoga intervention resulted in statistically and clinically significant reductions in depression severity.” <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5354384/>

Yoga can also assist with back tension and pain that may be experienced as a symptom of having cancer. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5294833/> Yoga can be a light gentle exercise practice while someone has cancer and is recovering, and in this case you might want to check out restorative yoga.

This study showed that yoga can reduce psychological distress, QOL, physical function, and some biological outcomes among adults receiving cancer treatment. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5777241/>

I have practiced yoga now since I was 18 years old, and it's helped me immensely with flexibility, with body strength, it's helped me to learn how to breathe properly (I had no idea I was shallow breathing before this), so it's helped me put a lot of oxygen into my body, and it gives me peace of mind, it helps with anxiety and a fast-paced lifestyle. You don't need to go to a yoga class to do yoga, you can practice breathing, body movements and stretching at home.

¹ <https://www.ncbi.nlm.nih.gov/pubmed/21080962>

² <https://www.ncbi.nlm.nih.gov/pubmed/25576804>

³ <https://www.ncbi.nlm.nih.gov/pubmed/25207888>

⁴ <https://www.ncbi.nlm.nih.gov/pubmed/26191238>

⁵ https://www.cancer.gov/about-cancer/treatment/cam/patient/laetrile-pdq#link/_23

⁶ <http://blog.dana-farber.org/insight/2017/11/apricot-seeds-cancer-debunking-myth/>

⁷ <https://www.ncbi.nlm.nih.gov/pubmed/25219371>

⁸ <https://www.ncbi.nlm.nih.gov/pubmed/29724259>

⁹ <https://www.ncbi.nlm.nih.gov/pubmed/23916956>

¹⁰ <https://www.ncbi.nlm.nih.gov/pubmed/21426213>

¹¹ Cambridge professor

¹² <https://www.cancertutor.com/kelmun/>

¹³ <https://www.ncbi.nlm.nih.gov/pubmed/26343723>

¹⁴ <https://www.ncbi.nlm.nih.gov/pubmed/26849195>

¹⁵ <https://www.ncbi.nlm.nih.gov/pubmed/22324939>

¹⁶ <https://www.ncbi.nlm.nih.gov/pubmed/24122917>

¹⁷ <https://www.ncbi.nlm.nih.gov/pubmed/29447928>

¹⁸ He told Ty Bollinger in an interview that is published on the Truth About Cancer website.

¹⁹ <https://www.ncbi.nlm.nih.gov/pubmed/26124636>

²⁰ <https://www.ncbi.nlm.nih.gov/pubmed/24568529>

²¹ <https://www.ncbi.nlm.nih.gov/pubmed/25241984>

²² <https://www.ncbi.nlm.nih.gov/pubmed/22005518>

²³ Published on <https://genechanger.com/black-cumin-seed-oil-targets-cancer/> But original source: Salem ML. Immunomodulatory and therapeutic properties of the *Nigella sativa* L. seed. *International immunopharmacology*. Dec 2005;5(13-14):1749-1770.

²⁴ Rahmani AH, Alzohairy MA, Khan MA, Aly SM. Therapeutic Implications of Black Seed and Its Constituent Thymoquinone in the Prevention of Cancer through Inactivation and Activation of Molecular Pathways. *Evidence-Based Complementary and Alternative Medicine* 2014;2014.

²⁵ Heafield MT, et al. Plasma cysteine and sulphate levels in patients with Motor neurone disease, Parkinson's Disease, and Alzheimer's Disease. *Neurosci Lett*. 1990; 110(1-2): 216-220

²⁶ <http://amalgam.org/>