

58 Holistic Health Nuggets For The Entire Family



Ty Bollinger

58 Holistic Health Nuggets

For The Entire Family



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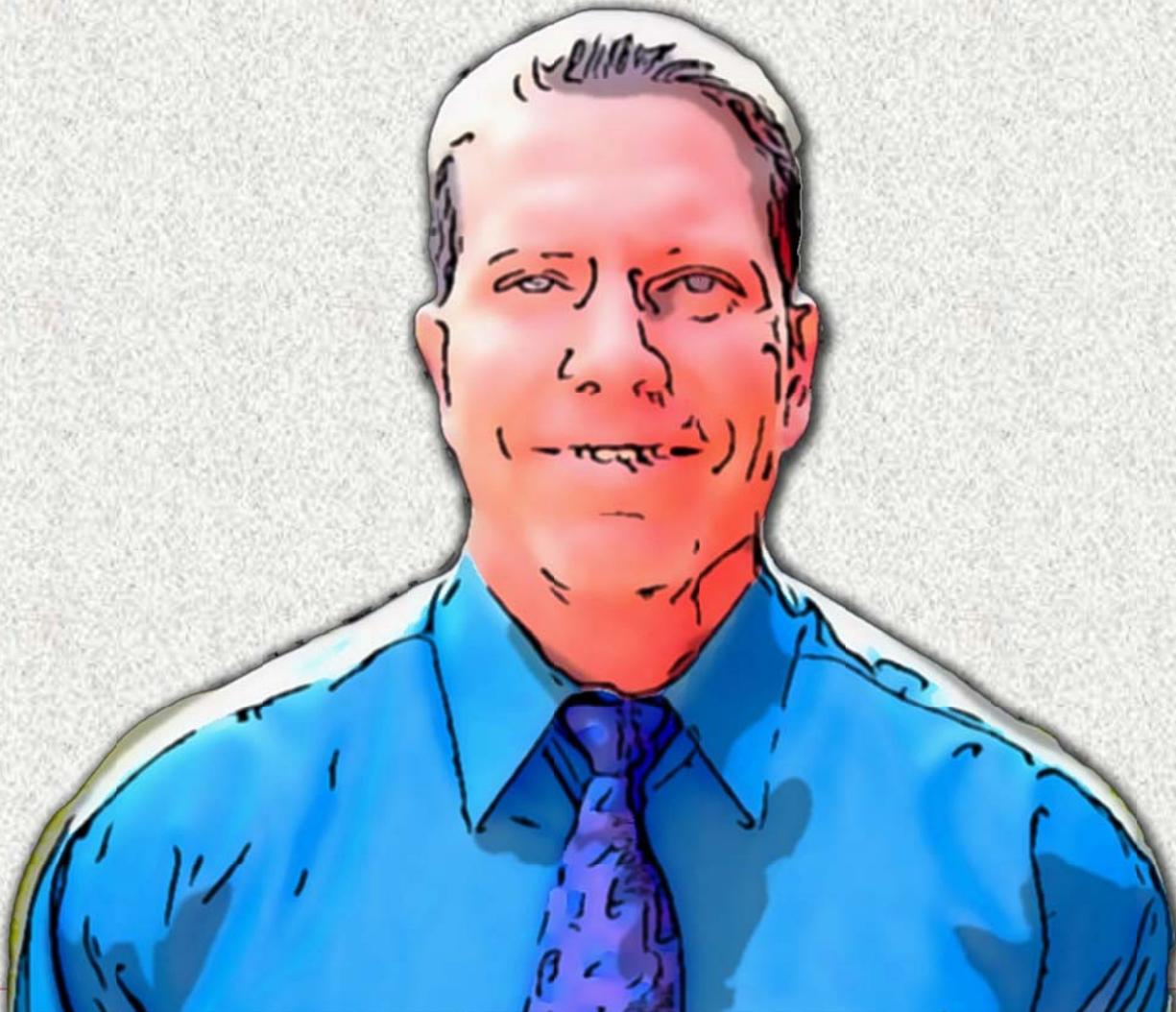


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Remember back in high school chemistry when you learned about our acid/alkaline balance, also referred to as the body's pH ("potential Hydrogen" or "powers of Hydrogen")? Our pH is measured on a scale from 0 to 14, with around 7.35 being neutral (normal). The pH numbers below 7.35 are acidic (with 0 being the most acidic) and the numbers above 7.35 are alkaline (with 14 being the most alkaline).

Hydrogen is both a proton and an electron. If the electron is stripped off, then the resulting positive ion is a proton. Without going into all the details about protons ("+" charge) and electrons ("- " charge), it's important to note that alkaline substances (also called "bases") are proton "acceptors" while acids are proton "donors." What does that mean to someone who isn't a doctor? Let me simplify it for you. Since bases have

a higher pH, they have a greater potential to absorb hydrogen ions and vice versa for acids.

In chemistry, we know that water (H₂O) decomposes into hydrogen ions (H⁺) and hydroxyl ions (OH⁻). When a solution contains more hydrogen ions than hydroxyl ions, then it is said to be acid. When it contains more hydroxyl ions than hydrogen ions, then it is said to be alkaline. As you may have guessed, a pH of 7.35 is neutral because it contains equal amounts of hydrogen ions and hydroxyl ions.

Over 70% of our bodies are water. When cells create energy via aerobic respiration, they burn oxygen and glucose. I don't want to get overly scientific here, but the fact is that in order to create energy, the body also requires massive amounts of hydrogen. As a matter of fact, each day your body uses about ½ pound of pure hydrogen. Even our DNA is held together by hydrogen bonds. And since the pH of bases is higher, they have a greater potential to absorb hydrogen, which results in more oxygen delivered to the cells.

The hydrogen ion concentration varies over 14 powers of 10, thus a change of one pH unit changes the hydrogen ion concentration by a factor of 10. The pH scale is a common logarithmic scale. For those of you who never liked math, what this means is that a substance which has a pH of 5.2 is 10 times more acidic than a substance with a pH of 6.2, while it is 100 (10²) times more acidic than a substance with a pH of 7.2, and it is 1,000 (10³) times more acidic than a substance with a pH of 8.2, etc...

Our blood must always maintain a pH of approximately 7.35 so that it can continue to transport oxygen. Thus, God has made our bodies resilient with the ability to self-correct in the event of an imbalanced pH level through a mechanism called the buffer system. In chemistry, a buffer is a substance which neutralizes acids, thus keeping the pH of a solution relatively constant despite the addition of considerable amounts of acids or bases. However, due to our poor diet of junk foods, fast foods, processed foods, and sodas, most of us are putting our bodies through "the ringer" in order to maintain the proper pH in our blood. Although our bodies typically maintain alkaline reserves which are utilized to buffer acids in these types of situations, it is safe to say that many of us have depleted our reserves.

When our buffering system reaches overload and we are depleted of reserves, the excess acids are dumped into the tissues. As more and more acid is accumulated, our tissues begin to deteriorate. The acid wastes begin to oxidize ("rust") the veins and arteries and begin to destroy cell walls and even entire organs. Having an acidic pH is like driving your car with the "check engine" light on. It's a sign that something is wrong with the engine; and if we don't get it fixed, then eventually the car will break down.

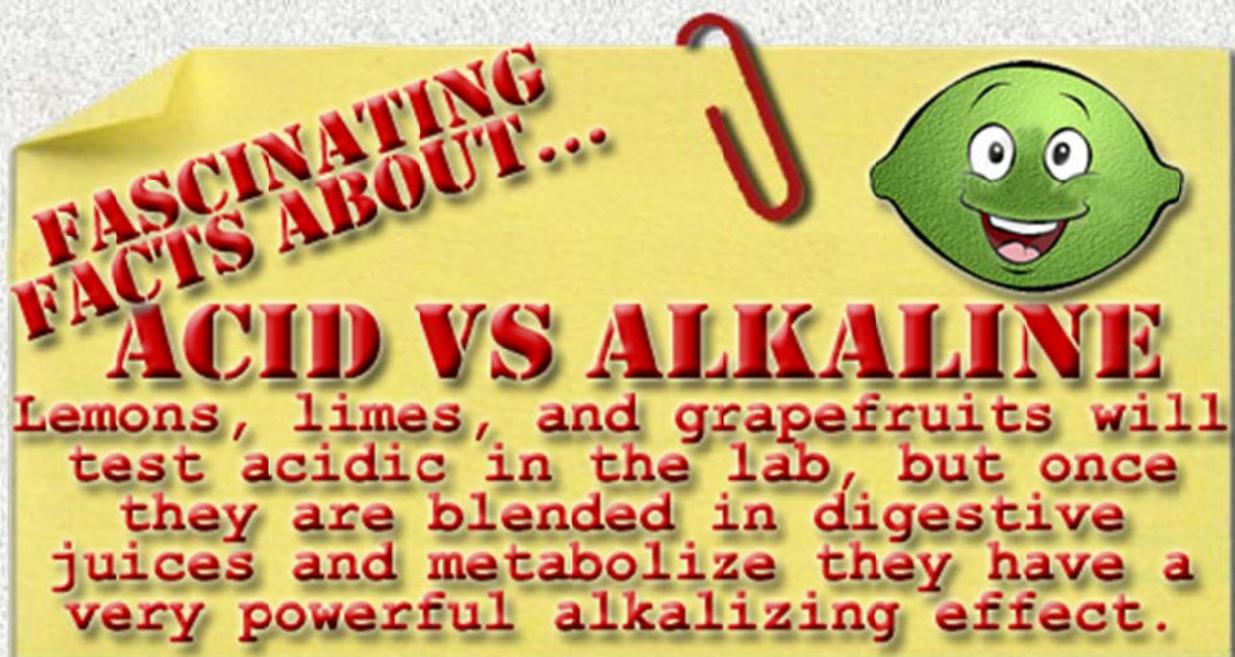
According to Keiichi Morishita in his book, *Hidden Truth of Cancer*, as blood starts to become acidic, the body deposits acidic substances into cells to get them out of the blood. This allows the blood to remain slightly alkaline. However, it causes the cells to become acidic and toxic. Over time, many of these cells increase in acidity and some die. However, some of these acidified cells adapt to the new environment. In other

words, instead of dying (as normal cells do in an acidic environment) some cells survive by becoming abnormal cells. These abnormal cells are called "malignant" cells, and they do not correspond with brain function or with our own DNA memory code. Therefore, malignant cells grow indefinitely and without order. This is cancer.

Putting too much acid in your body is like putting poison in your fish tank. Several years ago, we purchased a fish tank and a couple of goldfish for our children. After killing both goldfish, we quickly learned that the key factor in keeping fish alive is the condition of the water. If their water isn't just right, then they quickly die. We also learned that you can kill a fish rather quickly if you feed it the wrong foods! Now, compare this to the condition of our internal "fish tank." Many of us are filling our fish tanks with chemicals, toxins, and the wrong foods which lower our pH balance, and an acidic pH results in oxygen deprivation at the cellular level.

So, what other things can we do to keep our tissue pH in the proper range? The easiest thing is to eat mostly alkaline foods. The general rule of thumb is to eat 20% acid foods and 80% alkaline foods. Fresh fruit juice also supplies your body with a plethora of alkaline substances. You can also take supplements, such as potassium, cesium, magnesium, calcium, and rubidium, which are all highly alkaline.

Some excellent alkaline-forming foods are as follows: most raw vegetables and fruits, figs, lima beans, olive oil, honey, molasses, apple cider vinegar, miso, tempeh, raw milk, raw cheese, stevia, green tea, most herbs, sprouted grains, sprouts, wheatgrass, and barley grass. Foods such as yogurt, kefir, and butter are basically neutral. Several acid-forming foods are as follows: sodas, coffee, alcohol, chocolate, tobacco, aspartame, meats, oysters, fish, eggs, chicken, pasteurized milk, processed grains, sugar, peanut butter, beans, and pastas.



**FASCINATING
FACTS ABOUT...**

ACID VS ALKALINE

Lemons, limes, and grapefruits will test acidic in the lab, but once they are blended in digestive juices and metabolize they have a very powerful alkalizing effect.

APPLE CIDER VINEGAR

"Amazing Anecdote"

- * Potent Detoxifying Agent
- * Vitamins & Minerals & Enzymes
- * Effective Antiseptic & Antibiotic
- * Improves Mineral Absorption
- * Lowers Blood Pressure
- * Regulates Insulin Levels
- * Relieves Joint Pain
- * Alleviates Insect Bite Itching

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Apple Cider Vinegar (ACV) is made by the fermentation of apple cider, and tastes like vinegar but with an "apple" twist. In the natural health crowd, ACV is well-known as a powerful detoxifying and purifying agent as well as internal cleanser. It was even used in the time of Hippocrates ("the father of medicine") as a remedy for many ailments. ACV contains many vital minerals and trace elements such as potassium, calcium, magnesium, phosphorous, sulfur, and copper.

The amino acid in ACV is an effective antiseptic and antibiotic, whereas the acetic acid can aid in treatment of various fungal, bacterial, and yeast infections. For those with severe yeast problems, the symptoms may get worse initially when they begin taking ACV, caused by the die off of the yeast (a "Herxheimer reaction") when your body can't detox fast enough. It is actually a good sign.

ACV mimics the acidic environment of the stomach and helps food to break down. Many people report reduced symptoms of reflux or heartburn after using ACV, which makes sense given the fact that these conditions are oftentimes caused by too little stomach acid, rather than too much.

And like other acids, the acetic acid in ACV can increase your body's absorption of important minerals from the foods you eat. Therefore, it is possible that drinking a mild tonic of ACV and water just before meals might improve your body's ability to absorb the essential minerals locked in foods.

Clinical studies have shown that it lowers blood pressure and also helps regulate insulin levels. How can ACV help regulate your insulin? One theory is that it might activate some of the digestive enzymes that break down carbohydrates into sugar, thus slowing absorption of sugar from a meal into your bloodstream. This gives your body more time to pull sugar out of your blood, preventing your sugar levels from spiking. Combine it with blackstrap molasses to relieve joint pain.

ACV is also rich in enzymes and alkalizes your body (i.e., it raises your pH), which is a great way to help prevent cancer. And if you suffer from an insect bite, ACV can help alleviate the pain (and/or itch). We use Bragg's Organic ACV, since it is raw and unfiltered, unlike most vinegars which are filtered and pasteurized, rendering them basically "dead" from a nutritional standpoint.



ALOE VERA

"Elixir of Youth"

- * Provides Oxygen to the Blood
- * Eases Inflammation & Soothes Pain
- * Heals Burns & Accelerates Skin Repair
- * Activates White Blood Cells
- * Boosts Immune System Function
- * Antibacterial, Antiviral & Antifungal
- * Strong Purgative/Laxative
- * Contains 8 Essential Glyconutrients
- * Contains all 20 Essential Amino Acids
- * Halts Growth of Cancerous Cells
- * Prevents Candida Infections
- * Stabilizes Blood Sugar Levels

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Perhaps the single best plant to have in your home is Aloe vera (one of about 250 species of "Aloes" which are members of Lily family and are relatives of tulips and Easter lilies). The name "Aloe" derives from the Arabic "Alloeh" for "bitter, shiny substance." The Russians call it the "elixir of youth," in China it's known as the "harmonious remedy," and the Egyptians called it the "plant of immortality" and provided it as an offering in tombs of the pharaohs.

The medicinal compound in Aloe vera is called "aloin" and it's extracted from the sap. We all know it's great for sunburns, but it also contains all 8 essential glyconutrients necessary for cellular function and optimal immune response. Vitamins present in Aloe

Vera include A, B, C, and E. It also contains magnesium, chromium, zinc, calcium, and selenium as well as 20 of 22 essential amino acids.

The compounds found in Aloe vera are also able to activate the white blood cells necessary to fight against the growth of cancer cells. Peptides found in Aloe vera help strengthen the immune system.

Aloe has also been shown to be effective at treating IBS, Chron's disease, and Celiac disease and is antibacterial, antiviral, & antifungal. It's good for healing internal tissues damaged by radiation exposure, and works well on hemorrhoids, insect bites, poison ivy and oak, as well as psoriasis.

Aloe is a very strong purgative for constipation when used as the whole leaf. The Chinese use it as a laxative and a stimulant for the stomach. Raw Aloe vera juice is one of the most efficient ways to introduce the plant's healing properties into your system.

There has been much publicized scientific research and literature on the synergistic benefits of the 300 phytotherapeutic biochemical and nutrient constituents of Aloe vera to aid the body's defenses to enhance the immune system and protect against diseases. If you don't have an Aloe vera plant in your home, you should get one as soon as possible.





Growing up, I used to despise asparagus. Maybe this was due to the mushy consistency that it has in most casseroles. But now asparagus is one of my favorite foods. My lovely wife, Charlene, makes a fantastic dish with asparagus, extra virgin olive oil, and sea salt. The kiddos always come back for seconds!

Asparagus contains large amounts of glutathione, a small protein composed of three amino acids: cysteine, glutamic acid, and glycine. Glutathione has been called the "master antioxidant" and is one of the keys to a healthy immune system. Glutathione removes toxins from cells, protects against radiation, and is a potent cancer fighter! It also binds to fat-soluble toxins so it's an excellent detoxifier.

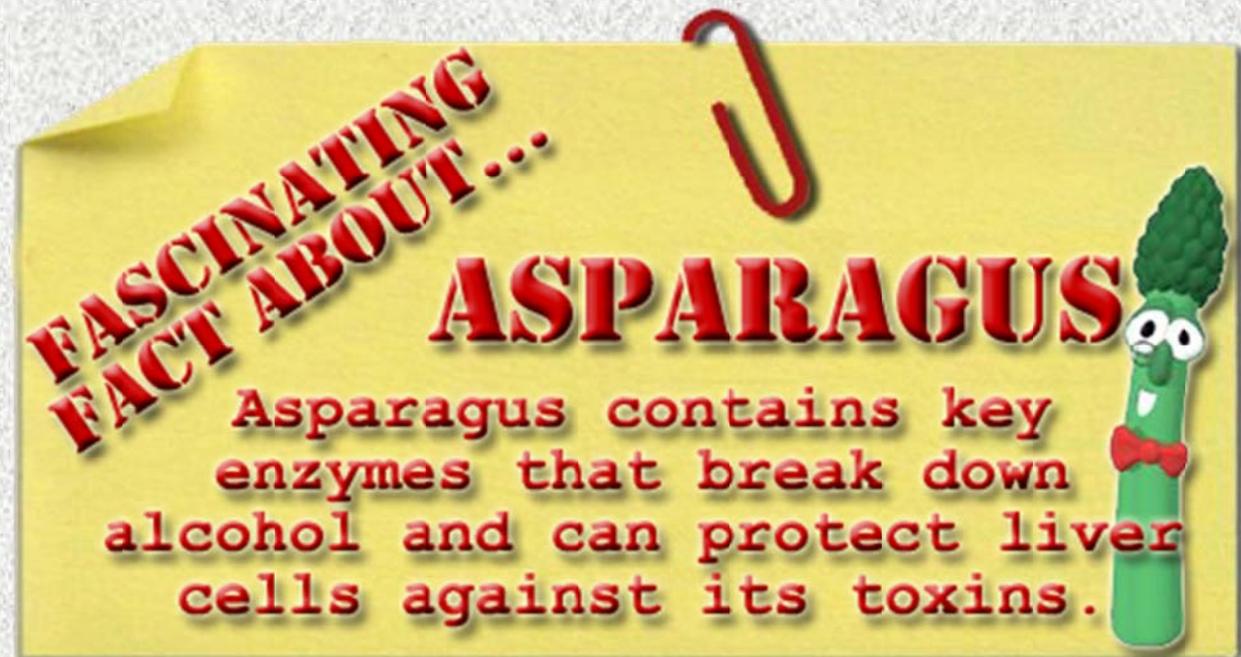
Asparagus, next to orange juice, is regarded as the second best whole foods source of folic acid (also known as vitamin B9 or folate). Folic acid is known to lower the risk of heart disease, colon cancer, liver disease, and spina bifida. It also regulates cell division (cancer is the result of damaged cells dividing again and again) and prevents cellular mutations.

The carbohydrate called "inulin" in asparagus prevents the growth of bad gut bacteria and stimulates the growth of good gut bacteria.

Asparagus is also rich in vitamin C and vitamin A, both of which are cancer-blocking vitamins, as well as the mineral selenium. These three nutrients have been singled out in several studies as potent cancer fighters.

Asparagus is also one of the richest sources of rutin (a bioflavonoid compound which strengthens capillary walls and increases circulation to the lower limbs by increasing the oxygen-carrying capacity of the blood) and also contains chromium (a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells).

One more benefit of asparagus: It contains high levels of the amino acid asparagine, which serves as a natural diuretic. So....the next time you pass the asparagus in your supermarket produce section, stop and give those stems a chance!



ASTAXANTHIN

"King of the Carotenoids"

- * Powerful Antioxidant
- * Improves Immune Function
- * Improves Eyesight
- * Helps with Alzheimer's
- * Scavenges Free Radicals

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Astaxanthin is a pink/red carotenoid pigment sometimes called the "king of the carotenoids" and is produced by algae. When crabs, lobster, shrimp, crawfish, and salmon eat the algae, the astaxanthin content is what turns their meat red.

Astaxanthin is a powerful antioxidant (scavenging free radicals) that improves the immune system by exerting actions on T-cells and T-helper cells. Unlike most antioxidants, astaxanthin is fat-soluble, thus it gets carried to parts of the body where it can do the most good, such as the eyes (retinas), brain, breast tissue, prostate tissue, and skeletal muscles.

Astaxanthin is by far the most powerful carotenoid antioxidant when it comes to free radical scavenging: it is 65 times more powerful than vitamin C, 54 times more powerful than beta-carotene, and 14 times more powerful than vitamin E.

Because astaxanthin crosses the blood-retinal barrier (beta carotene and lycopene do not), it gets into the retinas of the eyes and can help with macular degeneration. It helps with inflammation (such as tendonitis, arthritis, and all the other "...itis" diseases), and it also penetrates the tissues of the pancreas and helps repair beta cells (which secrete insulin) thus stabilizing blood sugar. Astaxanthin also offsets the deleterious effects of radiation and helps with back pain, and is one of the few substances that cross the blood-brain barrier.

Because astaxanthin crosses the blood-brain barrier, it may also have positive effects in preventing Alzheimer's disease, according to a recent study published in the *British Journal of Nutrition*. Twelve weeks of supplementation with astaxanthin were associated with significant reductions in levels of compounds called phospholipid hydroperoxides, known to accumulate abnormally in the red blood cells (erythrocytes) of people with dementia, compared with placebo. Researchers (led by Kiyotaka Nakagawa from Tohoku University) report that, astaxanthin may "contribute to the prevention of dementia."



AVOCADOS

"Amazing Fruit"

- * Keep the eyes healthy
- * Excellent source of fats
- * Extremely "heart healthy"
- * Inhibit cancer growth
- * Scavenge Free Radicals



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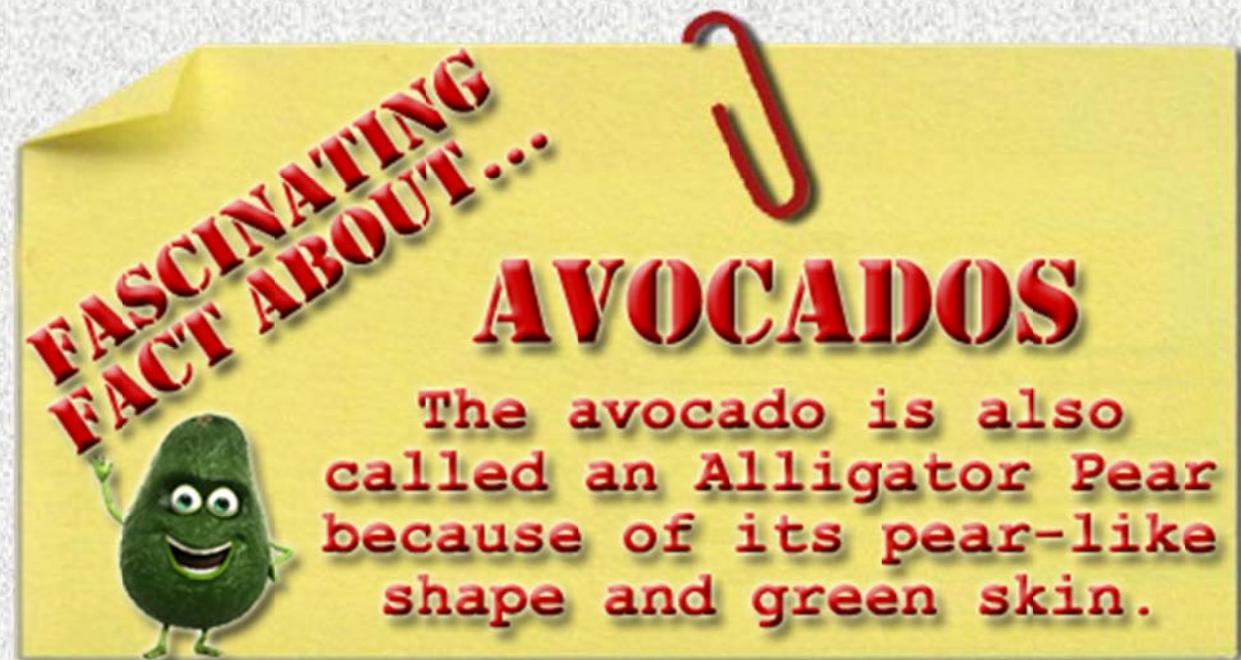
Protect your vision with a few slices of avocado at lunch or dinner. Avocados are rich in lutein and zeaxanthin, antioxidants found in the retina that keep eyes healthy; they also may help prevent age-related problems, like cataracts and macular degeneration.

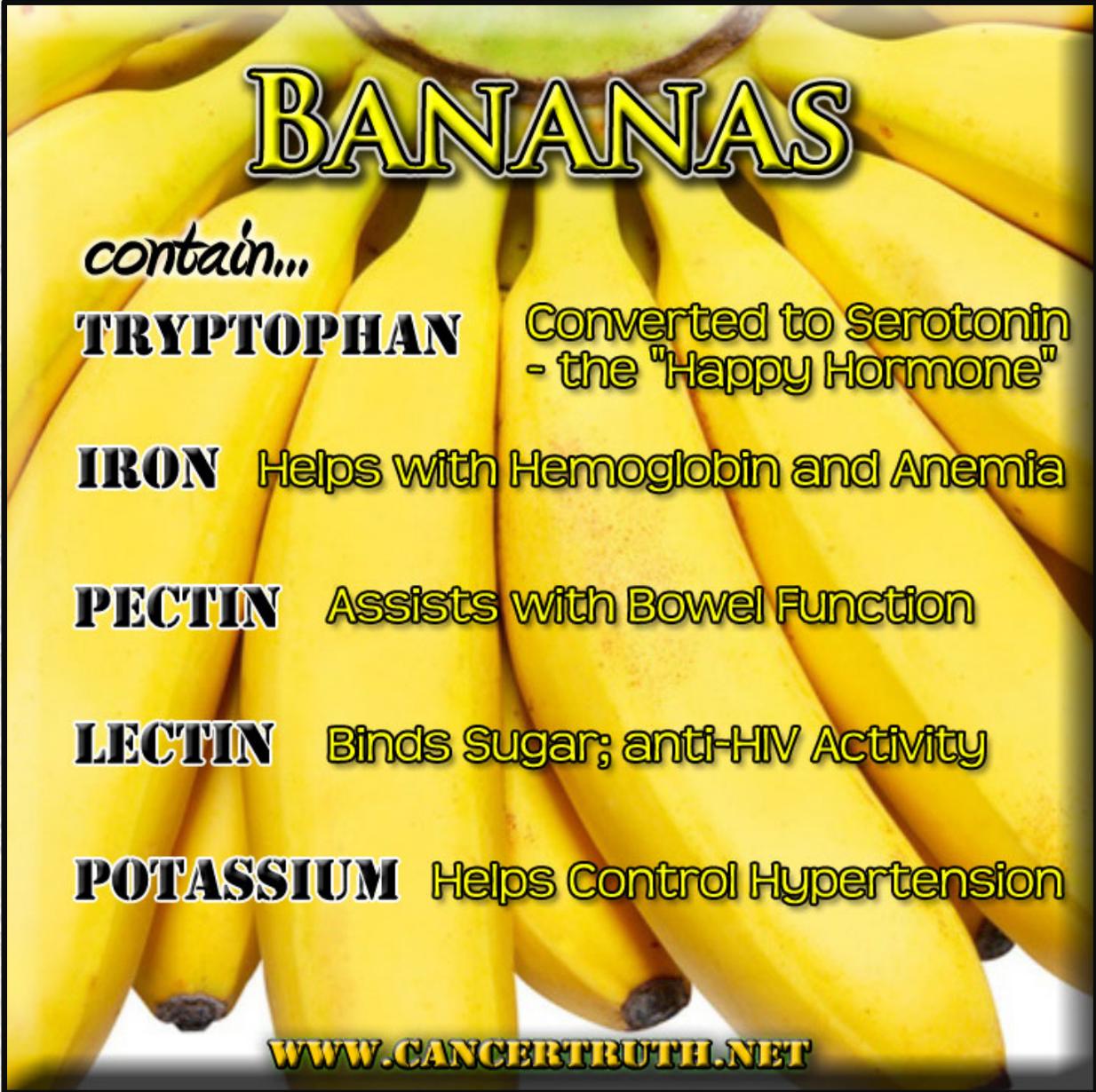
Avocados are an excellent source of fats. Add avocado to salsa for a bigger health payoff. A study from The Ohio State University found that people absorbed 4.5 times more of the cancer-fighter lycopene from the tomatoes when avocado was added; the healthy fats help you absorb more nutrients.

Their combination of oleic acid (which protects against breast cancer), potassium, and folate makes them extremely “heart healthy.” They also contain substances called tocopherols and carotenoids which combine to inhibit the growth of cancer cells.

Charlene makes a tasty “raw carob pie” made with avocados, raw carob, coconut, dates, and honey. It tastes just like chocolate pie, but it’s all raw and good for you! Interestingly, due to the seed, avocados are actually considered a fruit and not a vegetable.

The two main U.S. producers of avocados are California and Florida. The Golden State far outranks the Sunshine State, however, with more than 6,000 groves accounting for about 90% of avocado crops. A single California avocado tree can produce about 500 avocados (or 200 pounds of fruit) a year.





BANANAS

contain...

TRYPTOPHAN

Converted to Serotonin
- the "Happy Hormone"

IRON

Helps with Hemoglobin and Anemia

PECTIN

Assists with Bowel Function

LECTIN

Binds Sugar; anti-HIV Activity

POTASSIUM

Helps Control Hypertension

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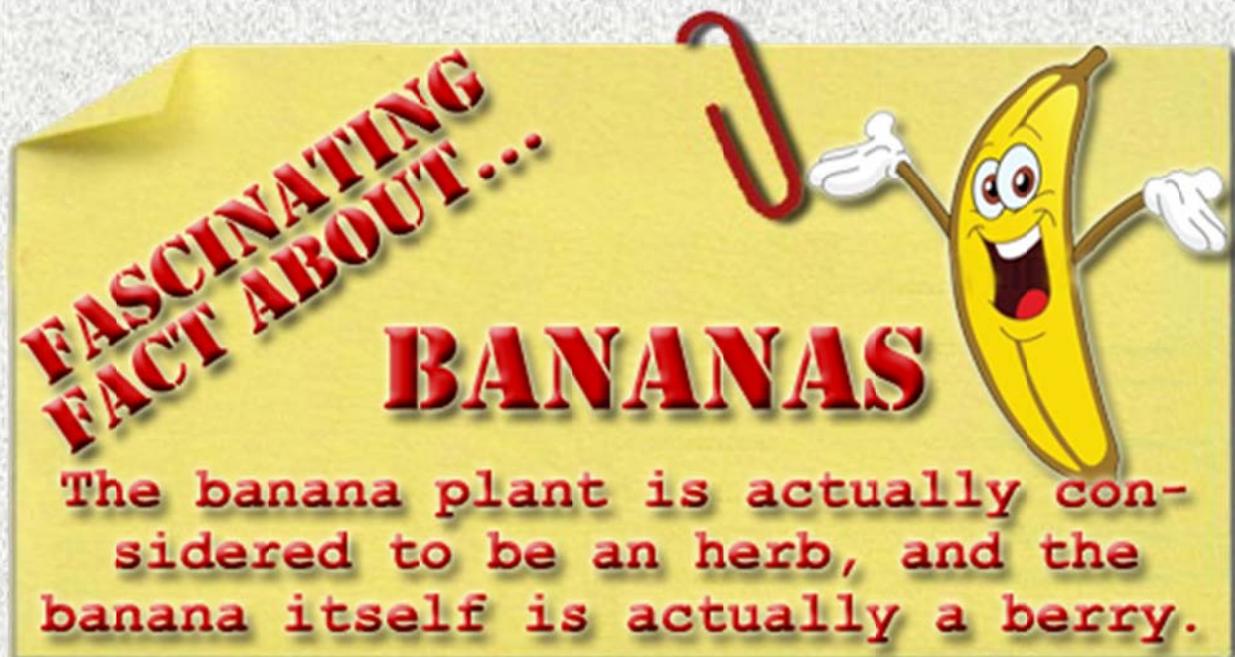
Instead of drinking caffeine or having a sugary snack, try eating a banana. Bananas provide a level of energy that lasts longer without the dramatic crash caused by caffeine and/or sugar. Containing three natural sugars (sucrose, fructose, and glucose) combined with fiber, research has proven just two bananas can provide enough energy for a strenuous 90 minutes of exercise. No wonder the banana is the #1 fruit that consumed by the athletes around the world.

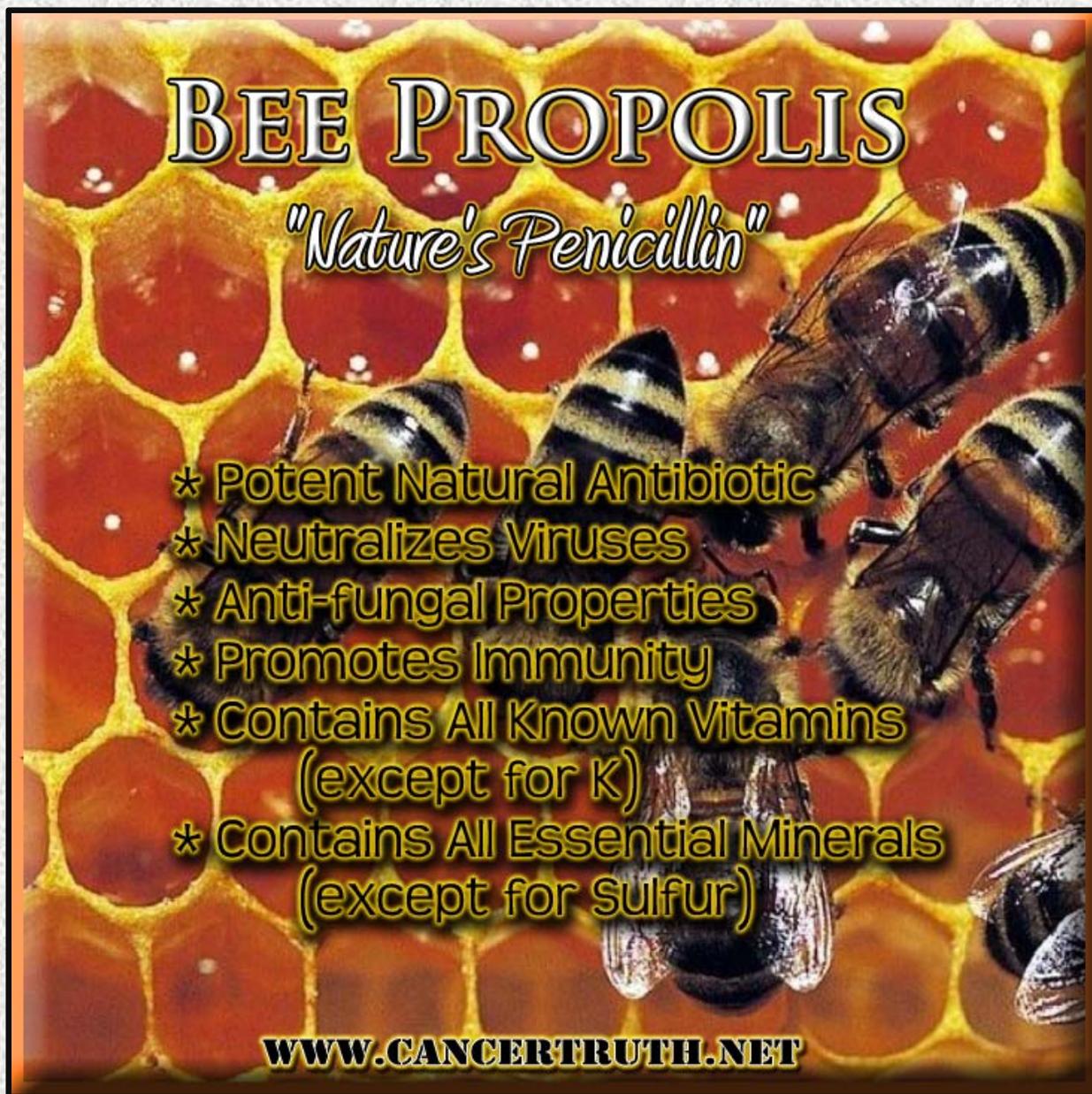
Bananas contain tryptophan (an amino acid) which can be converted to serotonin, which helps your mind relax so you feel happier. They are relatively high in iron, which helps the body's hemoglobin function (and anemia), and due to their content in pectin (fiber), bananas also help restore a normal bowel function. Bananas are extremely high in potassium yet very low in sodium, thus having a perfect ratio for preventing high

blood pressure. They also stimulate the cells on the internal stomach lining to produce thicker mucus (which protects against acid), so bananas can be effective with ulcers. Bananas have a small amount of vitamin A, a fat-soluble vitamin that is vital for protecting your eyes and normal vision.

Interestingly, a recent study published in the *Journal of Biological Chemistry* found that bananas contain a lectin (sugar binding protein) compound known as "BanLec" which is effective in preventing the spread of HIV via successfully recognizing and binding to foreign invaders in the body. The research study abstract reported that the researchers "determined that BanLec inhibits primary and laboratory-adapted HIV-1 isolates of different tropisms and subtypes" and that "BanLec possesses potent anti-HIV activity." The researchers also found that BanLec compared favorably to T-20 and Maraviroc (two anti-HIV drugs currently in clinical use).

I love to make "banana-loupe" ice cream with frozen bananas, frozen cantaloupe, almond milk, and a scoop of vanilla One World Whey protein. It tastes just like the "dreamsicles" we used to eat growing up, only it has no refined sugar. And for the kiddos, Charlene makes some amazing "banana leather" by processing a few ripe bananas, spreading on teflex sheets, dehydrating, and then cutting into squares. And before you throw those peels away, rubbing the inside of a banana peel on a mosquito bite will help reduce the itching and swelling. Then, if you have a garden, you might want to use the peel as an excellent fertilizer for the soil.





BEE PROPOLIS

"Nature's Penicillin"

- * Potent Natural Antibiotic
- * Neutralizes Viruses
- * Anti-fungal Properties
- * Promotes Immunity
- * Contains All Known Vitamins
(except for K)
- * Contains All Essential Minerals
(except for Sulfur)

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While bee propolis is just now enjoying a rediscovery, the usefulness of propolis can be traced back to the time of Hippocrates, who used it to heal sores and ulcers.

One of the most powerful antibiotics found in nature, propolis is produced by the honey bee and used to seal the hive against predators and disease. It's made by collecting a sticky resinous substance collected from the buds and damaged bark of certain trees and mixing it with wax flakes, pollen, resins, balsams, oils, a small amount of pollen, and saliva.

God created bees as some of the most sterile creatures on earth, with their hive being the most sterile place in nature. It's so effective, the interior of the bee hive has been

found to be safer than most operating rooms. The name "propolis" is actually derived from the Greek word meaning "before the city," signifying that propolis defended the entire community from external threat. Propolis is the substance responsible for neutralizing any bacteria, fungus, or viruses which enter the hive.

Interestingly, in World War II, it was used by the Soviet Union to treat battle wounds, since it is such a potent antibiotic (with no side effects) and immune system booster. Propolis is sometimes called "nature's penicillin" and has also been shown to fight bacterial strains that have become resistant to synthetic antibiotics.

Except for vitamin K, propolis has all the known vitamins. Of the minerals required by the body, propolis contains them all with the exception of sulfur.



**FASCINATING
FACT ABOUT...**

BEEES

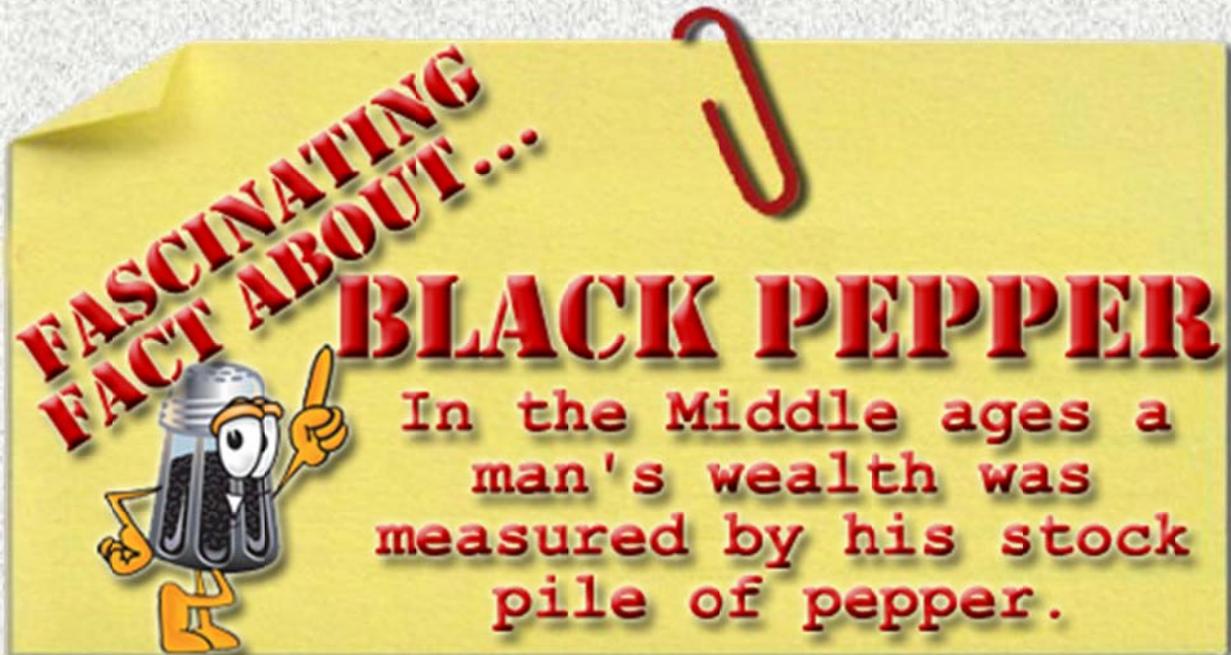
Bees are the only insect that produces food eaten by man, but the average honey bee will actually make only one twelfth of a teaspoon of honey in its entire lifetime.



Black pepper is a very hearty perennial and thrives in a humid climate and will climb fifteen feet or more. Black pepper grows in southern India, China, and the East and West Indies, and it is said that Attila demanded (among other items) 3,000 pounds of black pepper in ransom for the city of Rome.

Although predominantly used as a spice, black pepper is an important metabolic stimulant and is one of the best herbal foods for indigestion, gas, weak or slow peristalsis in the digestive tract, bloating and mucus in the colon. It also acts as an expectorant in the lungs, throat and sinuses, clearing out colds, coughs and other mucus conditions. Black pepper is a diaphoretic, which means that it increases perspiration and sweat production, which is essential in detoxification.

Over the centuries it has been used as an adjunct for the treatment of diseases involving the kidneys, liver, spleen, stomach, and as an aid for increasing the body's temperature to help in fighting colds and flu. Black pepper is usually taken as a spice, but may be found and taken in capsule form as well.



BROCCOLI

"Nutritional Powerhouse"

- * Loaded with Vitamin C
- * Cancer Protective
- * Optimizes Estrogen Ratios
- * More Calcium Than Milk
- * Low in Calories; Rich in Fiber
- * High in Vitamins A & B
- * Good Source of Minerals

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When it comes to basic nutrients, broccoli is a mother lode. Ounce for ounce, boiled broccoli has more vitamin C than an orange and as much calcium as a glass of milk. But that's not all. Broccoli is a powerful anti-cancer veggie.

Here's why: According to a January 2011 article in *The Journal of Medicinal Chemistry*, proteins coded by the gene p53 help keep cancer from starting to grow. But when the p53 gene is mutated, the protection is gone. Mutated p53 is implicated in about half of all human cancers. Broccoli and its relatives are rich in compounds called isothiocyanates (ITCs), which apparently destroy the products of the mutant p53 gene, but leave the healthy p53 proteins alone and free to suppress tumor development. Of the millions of plant chemicals contained in our common foods, ITCs, are currently among the most studied. They not only block mutant p53 genes, but they also detoxify

potential carcinogens such as environmental toxins. Researchers at Johns Hopkins University School of Medicine in Baltimore isolated from broccoli an isothiocyanate, called sulforaphane, that increases the activity of a group of enzymes in our bodies that squelch cancer-causing agents. Broccoli also contains a couple of important chemicals referred to as "indoles": diindolymethane (DIM) and its precursor, indole-3-carbinol (I3C).

I3C is the real reason that "eat your broccoli" has always been good nutritional advice. According to a recent article in *The Journal of Nutritional Biochemistry*, "Mounting preclinical and clinical evidence indicate[s] that indole-3-carbinol (I3C), a key bio-active food component in cruciferous vegetables, has multiple anticarcinogenic and antitumorigenic properties." I3C halts cancer cell growth by interfering with the production of proteins involved in abnormal cellular reproduction, and by promoting the production of tumor-suppressor proteins. I3C has also been shown to induce apoptosis (programmed cell death) in cancer cells, and a 2005 article in the *Journal of Agriculture and Food Chemistry* suggests that I3C also interferes with angiogenesis (the formation of new blood vessels) which tumors rely on for nutrients and oxygen. Perhaps the single most important mechanism of action of I3C and DIM is modulating estrogen metabolism. I'll try to explain why...

The enzymes 2-hydroxylase and 16-alpha-hydroxylase help to metabolize estrogens. Several years ago, scientists hypothesized that estrogen metabolism via the 2-hydroxylase pathway [which generates 2-hydroxyestrone (2-OHE1)] results in a reduction of "bad" estrogen, which decreases the risk of breast cancer. However, they also theorized that estrogen metabolism via the 16-alpha-hydroxylase pathway [which generates a more biologically potent form of estrogen, 16-alpha-hydroxyestrone (16a-OHE1)] should increase the risk of breast cancer.

This hypothesis was confirmed in 2000, when scientists with the ORDET study analyzed data gathered on more than 10,000 Italian women over 5 years, examining diet and other factors associated with breast cancer risk. The researchers found that a higher ratio of "good" 2-OHE1 to "bad" 16a-OHE1 at the beginning of the study was significantly associated with a reduced risk of breast cancer. Subsequent studies of different populations have supported this finding, and the ratio of these two estrogen metabolites is now widely regarded as an indicator for the risk of breast and other hormone-associated cancers, with a higher 2-OHE1:16a-OHE1 ratio considered desirable.

A poor ratio of these estrogen metabolites is promoted by obesity and exposure to a number of manmade environmental chemicals, and they are responsible for many of estrogen's undesirable actions in women and men, including further unwanted weight gain, breast cancer, and uterine cancer. In addition, a slow metabolism of estrogen, which leaves too much unmetabolized active estrogen known as "estradiol" in the body, can be a serious problem for both women and men.

What does this have to do with broccoli? Well, according to numerous studies (including a 1997 article published in the *Journal of the NCI*), I3C shifts the metabolism

of estradiol from the dangerous 16-alpha-hydroxylase pathway to the 2-hydroxylase pathway. As a result, consumption of I3C boosts the ratio of 2-OHE1:16a-OHE1, thus reducing the risk of breast, prostate, cervical, and several other types of cancer.

Many scientists believe that I3C's beneficial effects are partly driven by one of its principal byproducts, DIM. Recently, scientists working with cell cultures showed that DIM activates cellular stress response pathways in breast, prostate, and cervical cancer cells. This response mimics the reaction of cells deprived of adequate nutrition, further enhancing the cells' susceptibility to destruction. In a 2003 article in Food & Chemical Toxicology, researchers showed that both DIM and I3C induce cell death in prostate cancer cells.

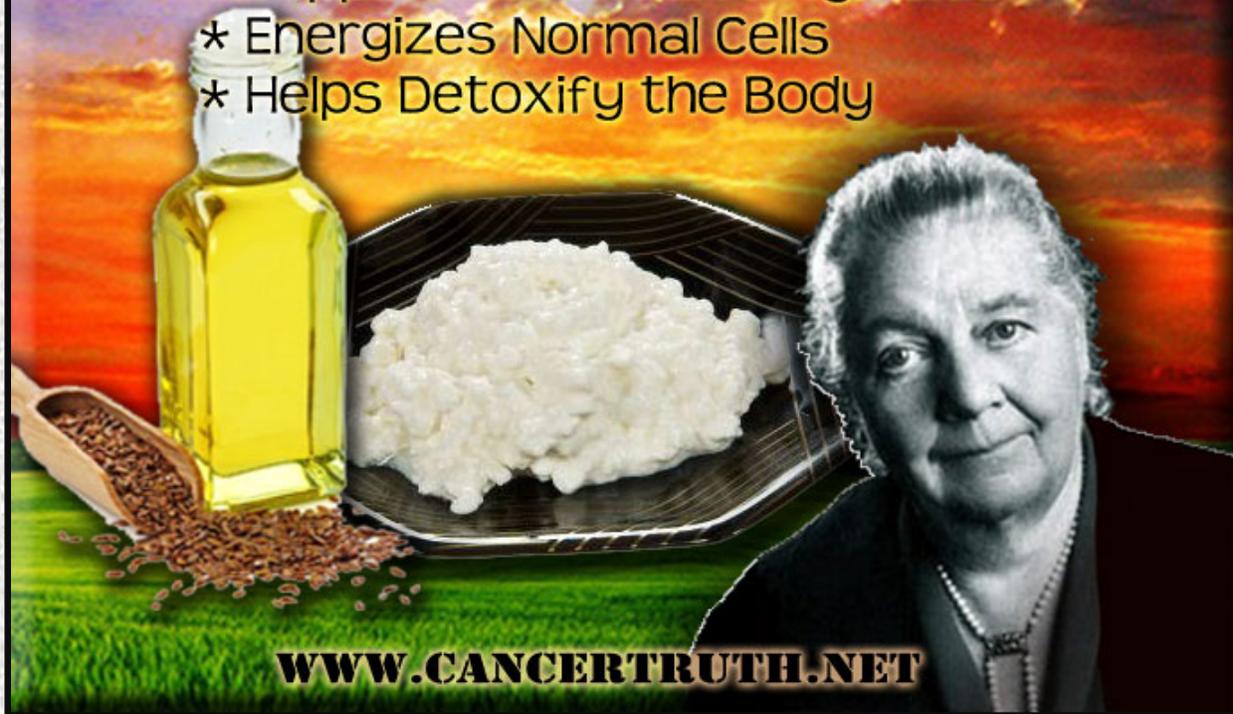
Well, as my mother used to say, there's "oodles and gobs" more information I could share with you about the amazing health benefits of broccoli, but I think that's enough for one sitting. The bottom line is that in the category of "most healthy vegetable," this "crunchy cruciferous contender" wins top honors. So, the next time you feel like "pigging out," why not go on a "broccoli binge?"



BUDWIG DIET

Dr. Johanna Budwig

- * Provides Oxygen to the Cells
- * Prevents Free Radical Damage
- * Supplies Essential Fatty Acids
- * Energizes Normal Cells
- * Helps Detoxify the Body

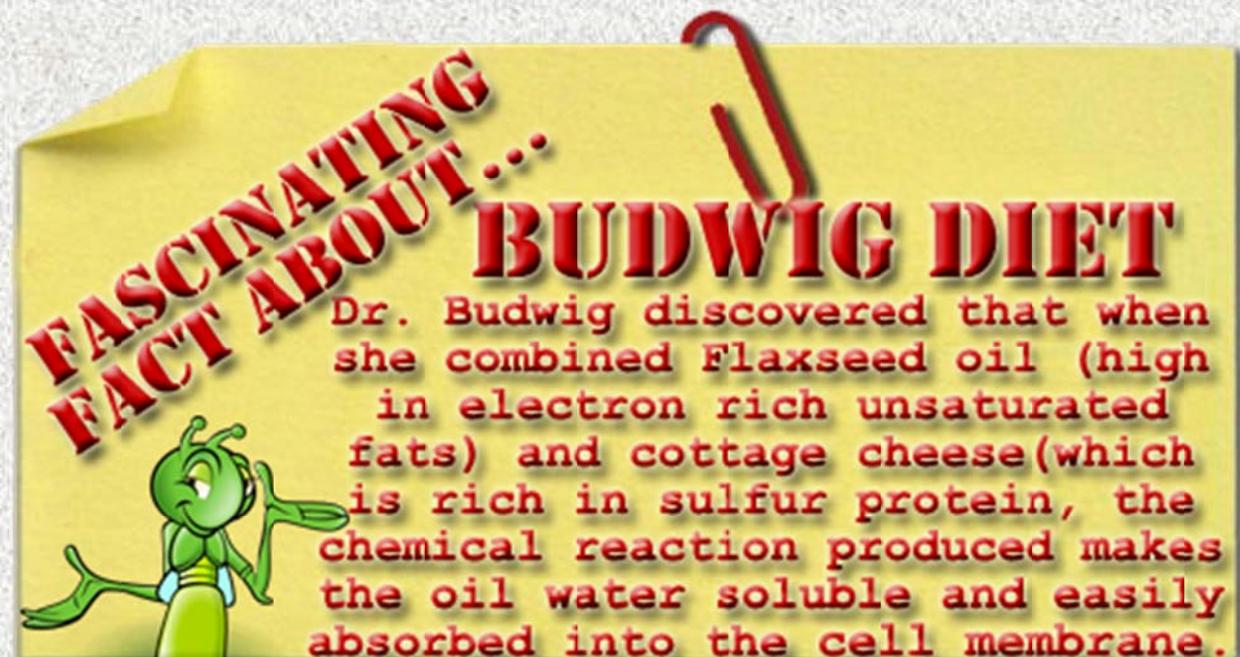


A remarkable alternative cancer treatment was devised by a German biochemist, Dr. Johanna Budwig, also a seven time Nobel nominee. Her most important medical contributions involved her research into the roles of essential fatty acids (EFAs). In order to mass produce and distribute foods high in oils, food manufacturers deliberately alter the chemical composition of the oils, which gives them longer shelf lives. In the 1950's, she proved that these chemically-altered, hydrogenated fats (which she called "pseudo" fats) are rigid fats which stick to the cell membranes, thus causing them to malfunction. Dr. Budwig believed that these hydrogenated, processed fats and oils shut down the electrical field of the cells and make us susceptible to chronic and terminal diseases, since the beneficial oxidase ferments are destroyed by heating or boiling. She also demonstrated that the absence of essential unsaturated fats is

responsible for the production of oxidase, which induces cancer growth and causes many other chronic disorders. She came to believe that cancer was not the result of too much cell growth, but defective cell growth (i.e., cell division), caused by the combination of too much "pseudo" fats and too few healthy fats in the cell membrane.

In healthy fats there is a vital electron cloud which enables the fat to bind with oxygen. Healthy, oxygenated fats are capable of binding with protein and in the process become water-soluble. This water solubility is vital to all growth processes, cell damage restoration, cell renewal, brain and nerve functions, sensory nerve functions, and energy development. In fact, the entire basis of our energy production is based on lipid metabolism. Hydrogenation destroys the vital electron cloud and as a result, these "pseudo" fats can no longer bind with oxygen or with protein. These fats end up blocking circulation, damaging the heart, inhibiting cell renewal, and impeding the free flow of blood and lymph.

Budwig understood that chronic disease is a result of a body lacking EFAs, which are full of electrons and bind to oxygen and proteins. When they are absorbed into the cell wall, they pull oxygen into the cell. And when bound to sulfur-based proteins, they become water-soluble. This is the theory behind the Budwig Diet, which is a blend of flaxseed oil and cottage cheese. You simply mix one cup of organic cottage cheese with two to three tablespoons of flaxseed oil. Be sure to blend them together and let them sit for several minutes. This will convert the oil-soluble omega-3 into water-soluble omega-3. It is also a good idea to grind fresh flax seeds and add to the mixture. It is important to note that neither foods rich in EFAs nor sulfur-rich proteins alone will accomplish these tasks. This is because the oils must first bind to the proteins before oxygen can be bound and before the body can assimilate the combination. Thanks to the tireless work of Dr. Budwig we now know that electron-rich fats interact with sulfur-rich proteins to bind oxygen and promote aerobic metabolism which restores health.



**FASCINATING
FACT ABOUT...**

BUDWIG DIET

Dr. Budwig discovered that when she combined Flaxseed oil (high in electron rich unsaturated fats) and cottage cheese (which is rich in sulfur protein, the chemical reaction produced makes the oil water soluble and easily absorbed into the cell membrane.





The hot fruit of the cayenne plant ("capsicum annuum") has been used as superb culinary spice for centuries. However, did you know that in addition to tickling your tongue, cayenne is perhaps the most valuable medicinal herb in the herb kingdom, not only for the entire digestive system, but also for the heart and circulatory system? High in Vitamins A, C, B complex, calcium and potassium, studies have shown that cayenne can also rebuild the tissue in the stomach and the peristaltic action in the intestines. Interestingly, cayenne acts as a catalyst and increases the effectiveness of other herbs; the active ingredient in cayenne is called "capsaicin."

Have you ever gone after the chips and salsa with gusto and then felt flushed and your nose started to run a little bit? Cayenne warms the body and stimulates the release of mucus from the respiratory passages. If you've ever eaten a fresh hot pepper, you

know that they can clear the sinuses and cause sweating. Cayenne actually can raise the body temperature a bit, as it stimulates circulation and blood flow to the skin. An herb such as cayenne that promotes fever and sweating is considered to have a diaphoretic (sweat-inducing) action. This action can help reduce fevers and relieve such the congestion of colds and sinusitis.

In 2004, Dr. Sanjay K. Srivastava and colleagues (University of Pittsburgh School of Medicine) treated pancreatic cells with capsaicin and found that it disrupted mitochondrial function and induced apoptosis (programmed cell death) in the cancerous cells without affecting normal pancreatic cells. The results of the study were published in the April 20, 2005, issue of *Innovations Report*, in which Dr. Srivastava stated: "Our results demonstrate that capsaicin is a potent anticancer agent, induces apoptosis in cancer cells and produces no significant damage to normal pancreatic cells, indicating its potential use as a novel chemotherapeutic agent for pancreatic cancer."

In an article published in *Reuters* on March 16, 2006, entitled, "Hot Pepper Kills Prostate Cancer Cells in Study," Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the UCLA School of Medicine asserted: "Capsaicin had a profound anti-proliferative effect on human prostate cancer cells in culture. It caused 80% of the prostate cancer cells growing in mice to commit suicide in a process known as apoptosis." Researchers in Japan have also shown that cayenne pepper can dramatically slow the development of prostate tumors.

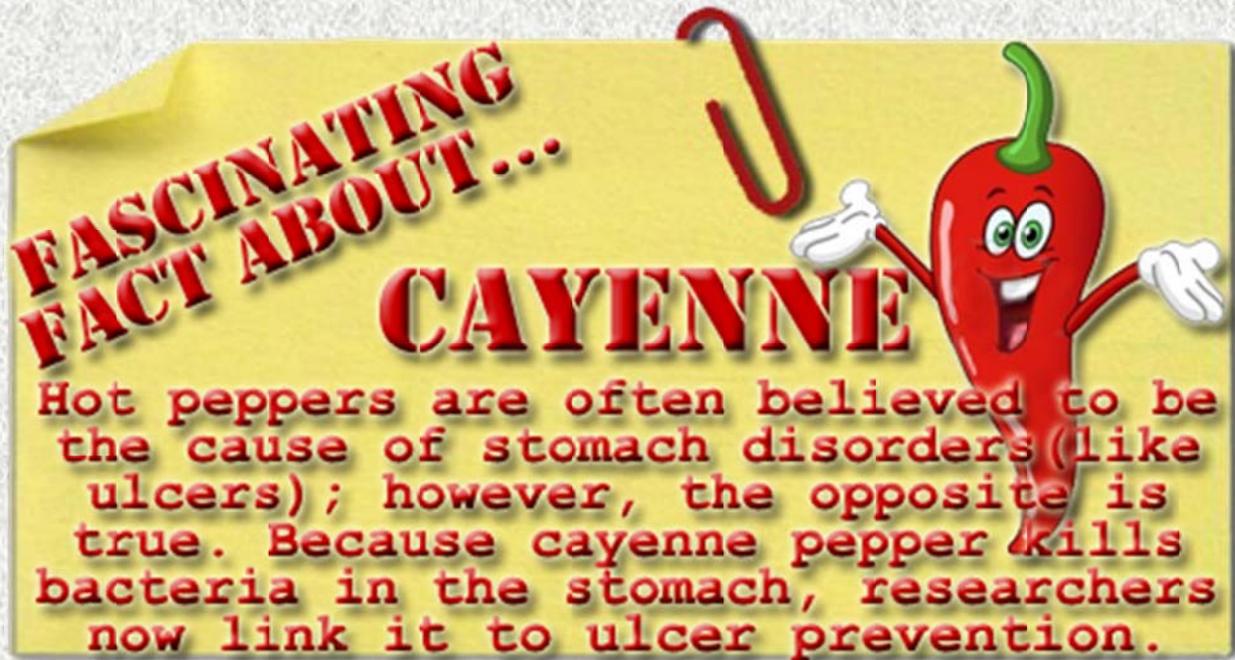
And if cayenne's cancer-fighting capabilities weren't enough, its effects upon the venous structure and heart are nothing short of miraculous. Cayenne is incredibly nourishing to the heart and has been known to stop heart attacks within 30 seconds. If you want to carry something in your first aid kit for a heart attack, carry a cayenne tincture. According to Dr. John R. Christopher, "In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in (if they are still breathing) I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water) and within minutes they are up and around."

But that's not all. There is also evidence to suggest that cayenne may be useful in the treatment of obesity. Results of one trial showed that consumption of 10 grams of cayenne pepper with meals helped to reduce appetite, while results of another revealed that cayenne increases the metabolism of dietary fats. Lastly, herbalists from centuries past would pour cayenne pepper directly on fresh wounds in order to sterilize and stop the bleeding.

Many of us (over 90%) have worms or different parasites in our systems. One simple way to get rid of them is to have a "cayenne drink" daily. Fill up a glass with water or juice and then add 1/4 teaspoon of cayenne pepper. Stir it up and then "down the hatch." Yes, it's a bit spicy, but you'll get used to it.

Truth be told, the amazing curative powers of cayenne are almost mind-boggling. Clearly, it should be considered nothing less than a "wonder herb" that has scientifically proven its worth! According to Dr. Richard Schulze, "If you master only one herb in your life, master cayenne pepper. It is more powerful than any other."

On a personal note, I take cayenne pepper every day as part of my nutritional regimen. I also keep a cayenne tincture in the house and in both cars ... just in case ...



**FASCINATING
FACT ABOUT...**

CAYENNE

Hot peppers are often believed to be the cause of stomach disorders (like ulcers); however, the opposite is true. Because cayenne pepper kills bacteria in the stomach, researchers now link it to ulcer prevention.



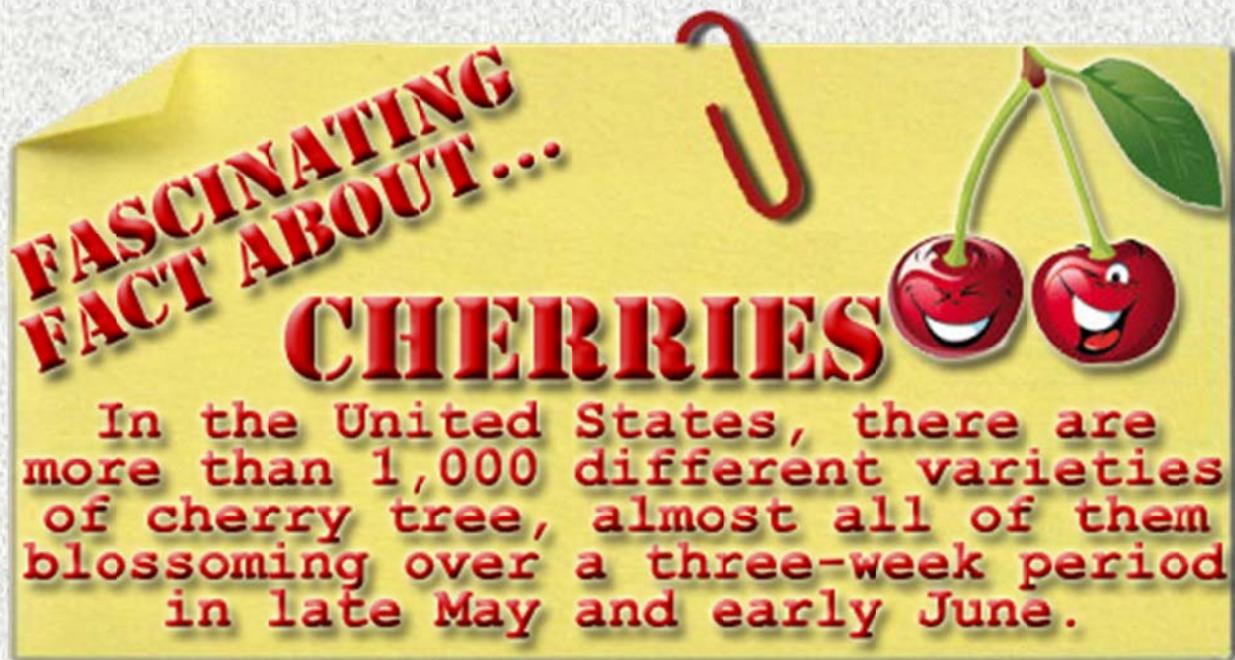
Did you know that 20% of Americans have arthritis? A natural remedy for joint pain like arthritis is tart cherries. Like all dark-skinned fruits, cherries are high in antioxidants and other phytochemicals that promote human health in numerous ways. While sweet cherries may be more fun to eat, the most potent inflammation-fighting cherries are the tart variety. "Anthocyanins" (the phytochemicals which give cherries their vibrant red color) have powerful anti-inflammatory properties since they shut down the enzymes that cause tissue inflammation and pain. (*Scandinavian Journal of Rheumatology*, Sept.-Oct. 2006).

In a recent study, University of Michigan researchers found that giving whole tart cherries to lab rats reduced two common markers of blood vessel inflammation by up to 50%. This not only helps reduce the pain associated with arthritis but also lowers the

risk of type-2 diabetes and heart disease. Studies also suggest antioxidant-rich foods (like cherries) may help reduce levels of nitric oxide, a compound associated with osteoarthritis and rheumatoid arthritis. Cherries have a unique antioxidant profile that works similar to some types of pain medication.

Cherries are also one of the only natural sources of melatonin, a potent antioxidant which helps regulate the immune system and prevents cancer. And if that's not enough reasons to have a bowl of cherries, they are also well known to help reverse gout (a condition caused by too much uric acid circulating in the blood), reduce body fat, and lower cholesterol.

According to these recent studies, perhaps the old saying, "life is like a bowl of cherries" should be changed to "a healthy life depends upon a bowl of cherries." ☺



CHOLESTEROL

MYTHS:

High-fat foods and cholesterol cause atherosclerosis leading to the obstruction of blood vessels in the heart.

Lowering your cholesterol will lengthen your life

Polyunsaturated oils are good for your health

All scientists and doctors support the idea that high cholesterol causes heart disease

Statin drugs are essential in controlling cholesterol levels and preventing heart disease

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Want to avoid heart disease and obesity? Then quit worrying about cholesterol and fat! That's right. Eating fat (at least the right kind of fat) does not make you fat ... carbohydrates do.

Concerning the cholesterol and heart disease, there are thousands of healthy 80+ year old folks with cholesterol levels in the 200's!

There are many "myths" associated with cholesterol, including:

- ✚ High-fat foods and cholesterol cause atherosclerosis leading to the obstruction of blood vessels in the heart
- ✚ Lowering your cholesterol will lengthen your life

- ✚ Polyunsaturated oils are good for your health
- ✚ All scientists and doctors support the idea that high cholesterol causes heart disease
- ✚ Statin drugs are essential in controlling cholesterol levels and preventing heart disease

Believing all of these cholesterol myths, Americans decreased their intake of good fats and oils (like coconut oil, fish oil, olive oil) and started consuming more vegetable oils and margarine (a trans fat). This diet has caused thousands of deaths from heart disease, as have the statin drugs which supposedly prevent heart disease, but in reality have numerous deleterious effects.

Statins are "HMG-CoA reductase inhibitors", that is, they act by blocking the enzyme (HMG-CoA reductase) in your liver that is responsible for making cholesterol. There are over 900 studies proving the adverse effects of statin drugs, including anemia, cancer, chronic fatigue, acidosis, liver dysfunction, thyroid disruption, Parkinson's, Alzheimer's, and even diabetes! Statins have been shown to increase your risk of diabetes through a few different mechanisms. The most important one is that they increase insulin resistance, which contributes to chronic inflammation (the common element of most diseases) and actually results in heart disease, which, ironically, is the primary reason for taking a cholesterol-reducing drug in the first place! Perhaps most importantly, cholesterol is not the cause of heart disease. Your body needs cholesterol.

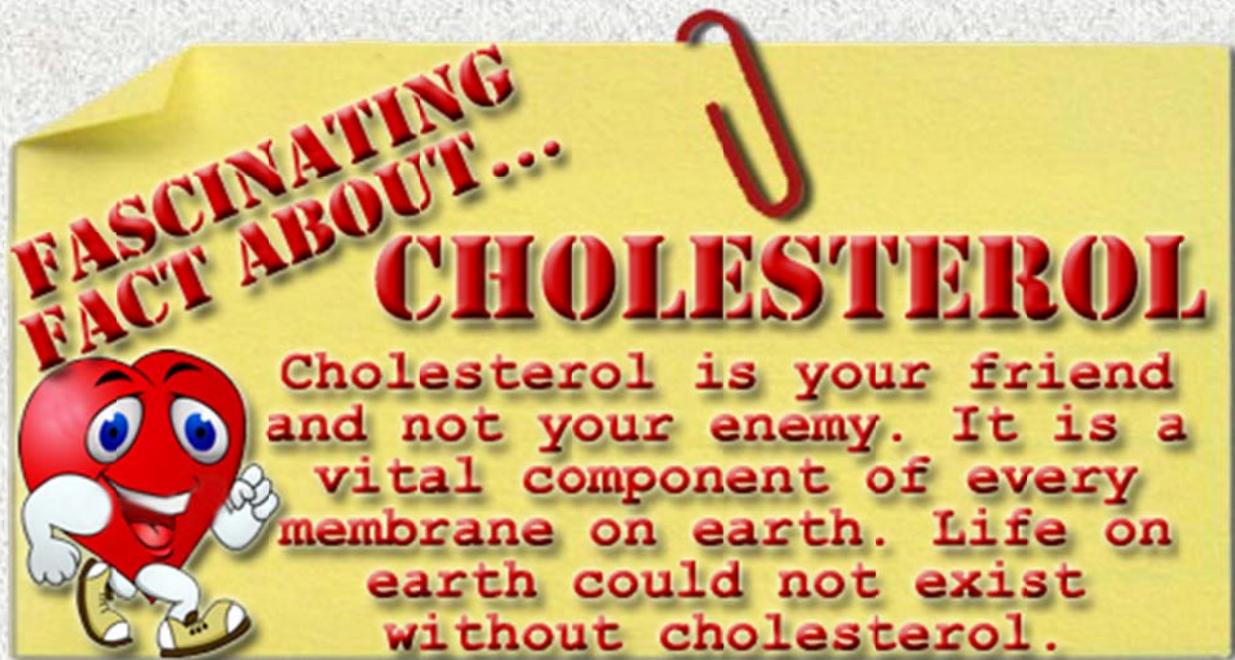
What Is Cholesterol? Cholesterol is a waxy, fat-like substance that's found in all the cells of our body. It has a hormone-like structure that behaves like a fat in that it is insoluble in water and in blood. Cholesterol travels through your bloodstream in small packages called "lipoproteins" which are made of lipids (fats) on the inside and proteins on the outside. Cholesterol plays a critical role in body chemistry. It is essential to our health. When we lower cholesterol, we actually create sickness and disease!

Every cell of the body needs cholesterol to maintain the integrity of its cell membrane. Cholesterol makes the cell membrane more rigid but prevents it from crystallizing. Cholesterol is needed for the liver to make bile; it is the precursor for steroidal hormones (estrogen and testosterone), and in the presence of sunlight, the body can use the photolytic action of UV light on the cholesterol in the skin cells to make Vitamin D, which is essential for our immune system and also maintains the balance of calcium and phosphorus for strong bones and teeth.

Perhaps most importantly, cholesterol is an essential component in the machinery that triggers the release of neurotransmitters in the brain. Mother's milk is especially rich in cholesterol and contains a special enzyme that helps the baby utilize it. Babies and children need cholesterol-rich foods throughout their growing years to ensure proper development of the brain and nervous system. Cholesterol is very concentrated in the brain, where it contributes to the functioning of "synapses" (tiny gaps between cells which allow nerves to communicate with each other).

There is also strong evidence that having too little cholesterol increases your risk for cancer, memory loss, Parkinson's disease, hormonal imbalances, stroke, depression, suicide, and violent behavior.

According to recent research at Harvard, the primary causes of atherosclerosis (hardening of the arteries which leads to heart disease) are lesions and plaque in the arteries caused by sugar which causes insulin to be released. Insulin causes lesions in the endothelium of the arteries that become clogged with cholesterol. So, cholesterol gets the blame, but the real culprit is sugar. So, if you avoid sugar and simple carbs, cholesterol is not an issue.



**FASCINATING
FACT ABOUT...**

CHOLESTEROL

**Cholesterol is your friend
and not your enemy. It is a
vital component of every
membrane on earth. Life on
earth could not exist
without cholesterol.**





CLOVES

- * Ease Tooth Pain & Gum Inflammation
- * Topical Antiseptic & Anesthetic
- * Inhibit Food-Borne Pathogens
- * Fight Chronic Halitosis (Bad Breath)
- * Potent Antioxidant
- * Highest ORAC Score for Essential Oil
- * Effective with Stomach Related Issues
- * Purify the Blood; Control Blood Sugar

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Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic, which is also found in cinnamon, sage, and oregano. The expert panel German Commission E has approved the use of clove as a topical antiseptic and anesthetic. Laboratory tests have shown that eugenol also exhibited marked antifungal activity. They also confirmed cloves' effectiveness in inhibiting food-borne pathogens as well as other bacteria.

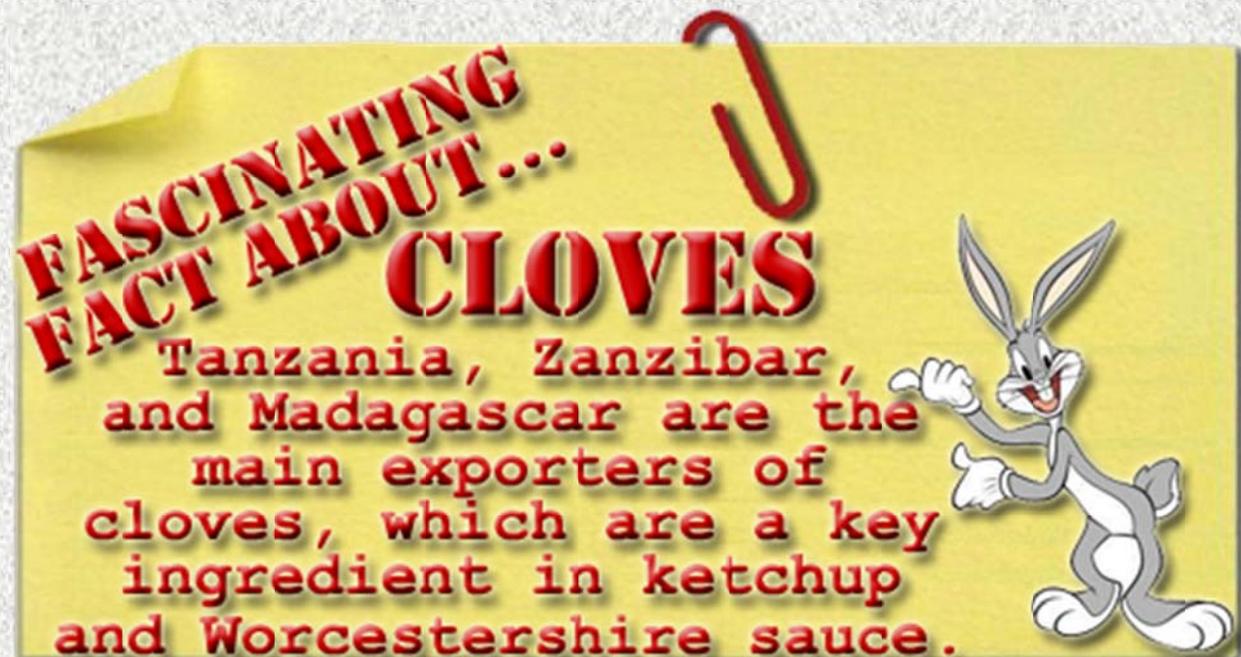
During the Han dynasty (207 B. C. to 220 A. D.) those who addressed the Chinese emperor were required to hold cloves in their mouths to mask bad breath. European doctors once breathed through clove-filled leather beaks to ward off the plague. Many

foods and substances contain antioxidants which absorb free radicals (toxins) and we are all familiar with the ORAC (Oxygen Radical Absorption Capacity) test. The higher the ORAC score is, the more capable that particular food, spice or herb is of destroying free radicals. Fruits are typically promoted as powerful antioxidants --such as wolfberries (ORAC score 23,300) and raspberries (ORAC score 19,200). But essential oils actually have the highest ORAC scores of any known substance.

Get this....the highest ORAC score of any essential oil is clove oil, with an ORAC score of over TEN MILLION! Oregano oil and thyme oil are a distant second and third place, with scores just over 150,000. That means a drop of clove oil contains 400 times more antioxidants per unit volume than wolfberries, the most powerful of all known fruits.

Clove oil is effective in stomach related problems such as hiccups, indigestion, motion sickness, and flatulence. It is helpful in case of nausea and vomiting, and it actually increases your body metabolism by increasing blood circulation. It also purifies the blood and helps control blood sugar levels. The benefits of breathing, applying and taking clove essential oil internally are far greater than you can imagine.

Bonus: Sprinkling a quarter teaspoon of ground cloves on meals daily may also protect your heart, as capsaicin (the active ingredient in cayenne pepper which will stop a heart attack in its tracks) is also present in cloves.





One of the healthiest foods you probably aren't eating is the coconut. Most folks have probably had a piña colada or an Almond Joy, but I'm not really talking about that. I'm talking about the oil from coconuts. Back in the 1960s when I was born, coconut oil was believed to be the "Devil incarnate" (in liquid form) with more saturated fat than lard or butter, rendering it a "cholesterol-raising" ... "heart-attack-causing" ... "artery-clogging" nightmare. But is this truth or fiction?

We've all heard the rhetoric about coconut oil being unhealthy due to the fact that it contains so much saturated fat. But according to Thomas Brenna (Cornell University professor) who has extensively reviewed the literature on coconut oil, a considerable part of its stigma can be traced to one major factor: "Most of the studies involving coconut oil were done with partially hydrogenated coconut oil ... Virgin coconut oil,

which has not been chemically treated, is a different thing in terms of a health risk perspective....” The studies did not show that saturated fat (in coconut oil) is harmful, but they indicated that hydrogenated coconut oil is harmful. The fact of the matter is that all hydrogenated oils are bad, since they have been chemically altered. So, keep in mind that I’m referring specifically to virgin coconut oil, not hydrogenated coconut oil.

In the 1950s, Ancel Keys observed that heart disease appeared to be related to hydrogenated oils (“trans-fats”), but the vegetable oil industry then tried to redirect the negative publicity by vilifying “saturated” fats (like coconut oil). Coconut oil continued to be demonized by the vegetable oil industry throughout the ensuing decades. Adding insult to injury, the soybean industry began to condemn the use of tropical oils, particularly coconut oil. Science and good health took a back seat to profits, as they have on more than one occasion...

In 1981, researchers studied populations of two Polynesian atolls, with coconut being the chief source of caloric energy in both groups. The results (published in the *American Journal of Clinical Nutrition*) demonstrated that both populations exhibited positive vascular health. There was zero evidence that the high saturated fat intake had a harmful effect in these populations. Despite the propaganda, the truth is this that unsaturated fats and “trans-fats” are two primary culprits in heart disease, not saturated fats. If you want proof of this, just do a search for the “French paradox.”

Coconut oil is rich in lauric acid, which converts in your body to monolaurin (the compound found in breast milk that strengthens a baby’s immunity). A great deal of research has established the fact that lauric acid is used by humans to destroy viruses, and various pathogenic bacteria and microbes such as yeasts, fungi, bacteria, parasites, and molds.

Coconut oil contains zero trans-fats and about 2/3 of the saturated fat in coconut oil is made up of medium-chain fatty acids (MCFAs). By contrast, most common vegetable or seed oils are comprised of long-chain fatty acids (LCFAs), which put strain on the pancreas and the liver, are chiefly stored in the body as fat, and harden the arteries with cholesterol. The MCFAs (also referred to as *MCTs* or *medium chain triglycerides*) in coconut oil have antimicrobial properties, are beneficial to the immune system and are easily digested for quick energy. MCFAs also generate ketones, which are sometimes referred to as the brain’s “backup fuel.” As such, coconut oil has received quite a bit of attention regarding Alzheimer’s disease, chiefly due to its ability to stimulate “ketogenesis.”

Over 50% of Americans are overweight. One of the principal benefits of coconut oil lies in its ability to stimulate your metabolism. Back in the 1930’s, Dr. Weston Price (a dentist) traveled throughout the South Pacific, examining traditional diets and their effect on dental and overall health. He found that those eating diets high in coconut products were healthy and trim, despite the high fat concentration in their diet. Then in the 1940’s, farmers found out (by accident) that when they tried using inexpensive coconut oil to fatten their livestock, it didn’t work! Instead, coconut oil made the animals lean!

Since then, many animal and human research studies have demonstrated that replacing LCFA's with MCFA's results in both decreased body weight and reduced body fat percentage.

How does coconut oil help you lose weight? Apart from human breast milk, coconut oil is the only other food that contains such a high level of MCFA's. With respect to the thyroid gland, these fatty acids ensure that this gland functions optimally by balancing its activity. One of the main "jobs" of the thyroid gland is to control metabolism. In a hypothyroid state, the thyroid gland is underactive and this causes a sluggish metabolism. Over time, this can lead to a variety of symptoms and conditions and one of them is weight gain. Coconut oil effectively speeds up a sluggish metabolism, thus promoting weight loss.

For 50 years or more, we have been "programmed" to believe that avoiding saturated fat was the "healthy" thing to do and would help us avoid cancer, diabetes, and heart disease. However, folks are becoming more aware of how coconut oil actually benefits health and longevity. Coconut oil is making a real comeback because people are beginning to understand that it's not the "villain" of bad health. The truth is that coconut oil benefits the body in extraordinary ways and is an extremely heart-healthy choice. Many consider it a miracle food and medicine because it cleanses, heals damaged cells, promotes weight loss, and increases cardiovascular function. According to Dr. Bruce Fife, "*coconut oil is the healthiest oil on earth.*"



**FASCINATING
FACT ABOUT...**

COCONUT OIL

Coconut oil is a great replacement for tradition lip balm. It is the most natural lip moisturizer available.



COLLOIDAL SILVER

"Nature's Antibiotic"

- * Potent Germicide
- * Kills Over 650 Pathogens
- * Like a "Second Immune System"
- * Heals Burn Wounds
- * Fights Bacteria & Viruses
- * Natural Preservative

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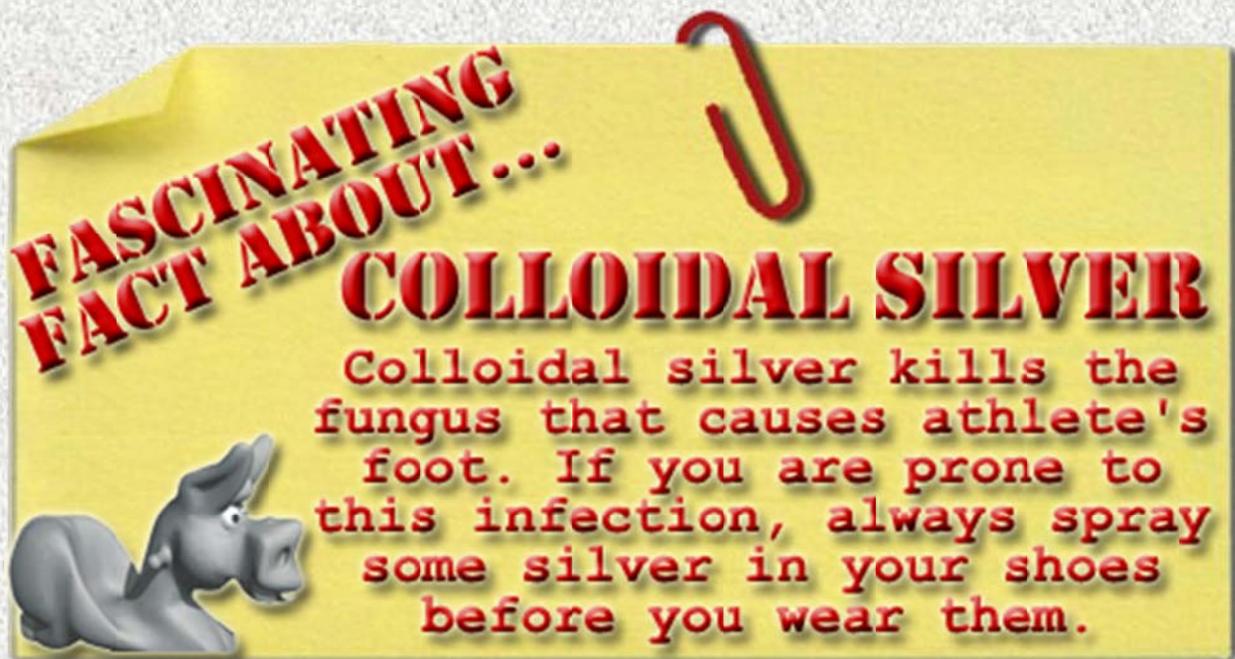
If you want a natural antibiotic, try "colloidal" silver (a concentration of nano-sized particles of silver suspended in a liquid). A powerful germicidal, silver is an exceptional metal in that it is non-toxic to the human body but lethal to over 650 disease-causing bacteria, viruses, fungi, parasites, and molds. The daily ingestion of colloidal silver is like having a "second immune system." I remember Granddad telling me that they used to put silver dollars into milk to keep it fresh longer, before they had refrigerators.

Hippocrates (the "father of medicine") and Pliny the Elder (a Roman scholar) both wrote of the use of silver to treat wounds and prevent disease. The ancient Greeks also knew the medical value of silver. They realized that families who used silver utensils were rarely sick and had few infections. This knowledge passed on to kings, emperors, sultans,

and their families and members of their royal courts. They ate from silver plates, drank from silver cups, used silver utensils, and stored their food in silver containers. As a result of this use, the silver rubbed off and mixed with their foods and drinks. As a general rule, they were much healthier than the peasants who ate with dishes made of earthenware and utensils made of iron. This is where the phrase "born with a silver spoon in your mouth" arose.

Multiple laboratory tests have shown colloidal silver to kill disease-causing pathogens, viruses, and bacteria typically within minutes of contact. In these studies, silver has been shown to be a powerful anti-fungal, anti-germicidal, anti-bacterial, and anti-viral substance in other research studies. Silver is used readily in hospital burn wards to prevent scar tissue. Back in 1999, I caught my right leg on fire with gasoline and one of my treatments was a silver gel that I rubbed on my leg.

Prior to 1938, colloidal silver was used by physicians as a mainstream antibiotic treatment and was considered to be a "cutting edge" treatment for a variety of ailments. Not surprisingly, however, Big Pharma moved in and caused colloidal research to be set aside in favor of financially lucrative drugs.



**FASCINATING
FACT ABOUT...**

COLLOIDAL SILVER

Colloidal silver kills the fungus that causes athlete's foot. If you are prone to this infection, always spray some silver in your shoes before you wear them.

CRANBERRIES

"Tart Thanksgiving Treats"

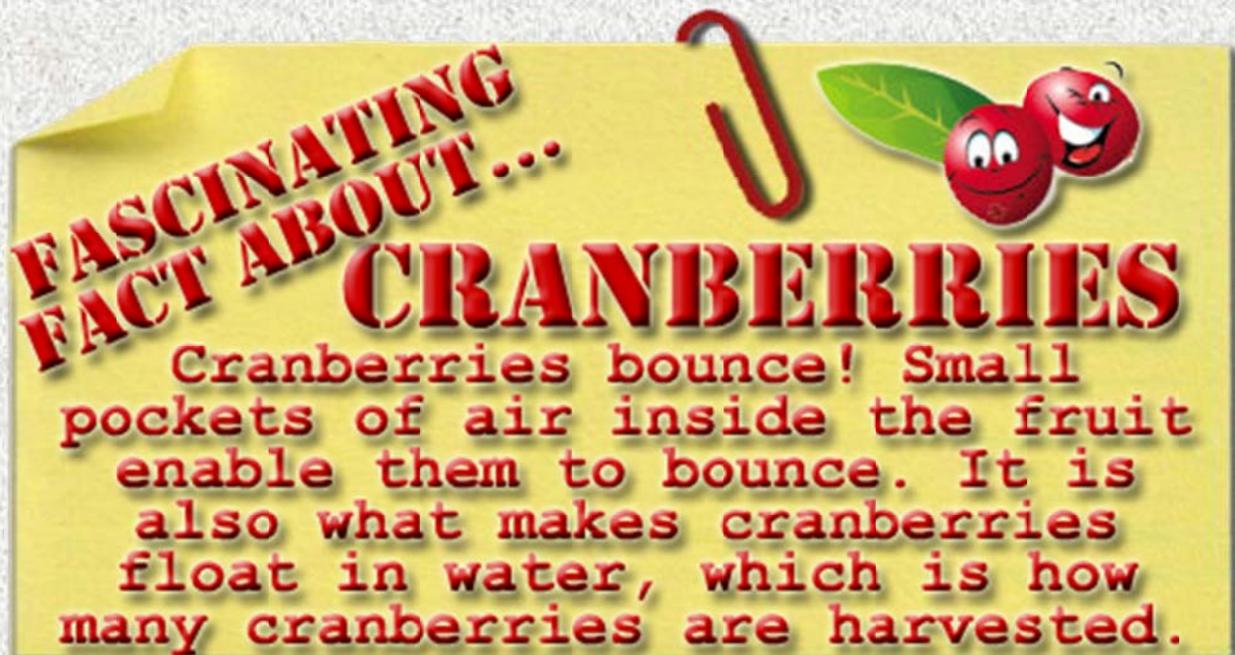
- * Excellent Source of Antioxidants
- * Rich in Vitamins and Minerals
- * Kill bacteria (E. coli & MRSA)
- * Help Control Diarrhea
- * Fight Urinary Tract Infections
- * Effective Against Candida
- * Prevent Plaque on Teeth
- * Increase HDL Cholesterol
- * Treat Many Types of Anemia

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While cranberry juice may occasionally make an appearance on your grocery list, and cranberry sauce is likely a "must-have" for the Thanksgiving meal, this tart little berry deserves to be on your radar from December to October as well. Cranberries are an excellent source of antioxidants, phytonutrients, anthocyanins, proanthocyanidins, and tannins that give cranberries the blue, purple and red pigments. Rich in vitamins A, C and E, cranberries are also a good source of copper, chromium, potassium, selenium, and manganese. Because cranberries are an excellent source of vitamin C (which enhances the intestinal absorption of iron) and also contain moderate amounts of iron and folic acid (which are essential for the synthesis of hemoglobin and the maturation of red cells), cranberry juice can be an excellent aid in the prevention and treatment of many different types of anemia.

Scientists report that within 6-8 hours of drinking cranberry juice, the juice could help prevent bacteria from developing into an infection in the urinary tract. A study presented at the August 25, 2010 national meeting of the American Chemical Society in Boston, affirms that and also provides evidence of the medicinal value of cranberries. Staphylococcus aureus (*S. aureus*) is responsible for a variety of infections, ranging from minor skin rashes to serious infections like toxic shock syndrome and Methicillin-resistant Staphylococcus aureus (*MRSA*), with deaths in the USA from the latter doubling in just a six-year period. Escherichia coli (*E. coli*) is estimated to cause 80% of urinary tract infections. Studies have shown that the active compounds in cranberry juice are not destroyed by the digestive system after people drink them, but instead work to fight against *E. coli*, *MRSA*, and *S. aureus*. The researchers discovered that in petri dishes, cranberry metabolites in the juice prevented *E. coli* and *S. aureus* from sticking to other bacteria, thus limiting their ability to grow and multiply. If these bacteria are able to connect with other bacteria, they form a layer or "biofilm" which enables the bacteria to multiply and produce an infection. One cup of fresh cranberry juice can prevent this "sticking effect" and prevent a possible urinary tract infection or staph infection.

Cranberries help control diarrhea caused by alteration in the good intestinal flora which allows *E. coli* bacteria to grow without control and release toxins responsible for water accumulation in the intestine and hence diarrhea. The anti-diarrheal effect of cranberry juice is due to its antiseptic properties, as well as to its content in tannins and anthocyanins which prevent the bacteria from adhering to the intestinal walls, then growing and proliferating. In the same manner, cranberries are an excellent remedy for urinary tract infections, many of which are caused by *E. coli*, which strips off the good flora and adheres to the walls of the urinary tract. Fresh cranberry juice is also effective in flushing out *Candida* yeasts from the body, and the "proanthocyanidins" in cranberries prevent plaque buildup on teeth. In short, the cranberry is a "jack-of-all-trades" when it comes to overall health benefits.





DIGESTIVE SYSTEM

"The Key To Good Health"

- * Over 70% of immune system
- * Contains Healthy Bacteria
- * More Neurons than Spinal Cord

Common Irritants:

Sugar
Gluten & Wheat Products
Pasteurized Dairy

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Did you know that over 70% of your immune system is located in your digestive system? Did you know that there are more neurons in the small intestine than in the entire spinal cord? Remember, a robust immune system is your #1 defense against all diseases. So, if you want to stay healthy, you must keep your gastrointestinal system (i.e. your "gut") in a healthy state.

Optimal gastrointestinal health depends on the ratio of good and bad bacteria (85/15 is optimal). The gut of every healthy person contains about 3½ pounds of probiotics ("beneficial living bacteria") that produce essential vitamins and hormones and help your digestive system break down proteins, fats, and carbohydrates, as well as digest waste.

Most importantly they compete with undesirable micro-organisms such as yeasts, fungi, bacteria and parasites, which can result in all sorts of problems, ranging from cancer to IBS to allergies. Amazingly, there are over 400 species of microbes living in your gut, totaling over 15 pounds of mass and containing more bacteria than there are known stars in the sky! A 2008 study shows that probiotics can modulate immune responses via your gut's mucosal immune system. It was found that probiotics also have an anti-inflammatory potential, resulting in a decrease in serum CRP (a sensitive marker of inflammation) levels and a reduction in the bacteria-induced production of pro-inflammatory cytokines.

Illness is oftentimes a result of previous antibiotics, which not only killed the "bad guys" but also killed the "good guys" and left the host susceptible to future infection, including candida overgrowth. So, in order to get healthy again, we need to add probiotics to our diets. Raw, fermented foods are brimming with health-promoting probiotics and have been staples of the human diet for thousands of years. One such ancient food is sauerkraut, produced simply by covering cabbage with water and letting it sit for several weeks. Naturally occurring bacteria on the surface of the cabbage leaves thrive in this environment, chemically changing the cabbage and increasing its B vitamin content. Also, kefir is an excellent choice to obtain natural probiotics. A quart of kefir has far more active bacteria than you can possibly purchase in any probiotics supplement, and it is very economical as you can reuse the kefir from the original quart of milk about ten times before you need to start a new culture pack. Just one starter package of kefir granules can convert about 50 gallons of milk (use raw milk) to kefir. Fermented soy products (like natto and miso) are also good ways to obtain probiotics, but make sure that they are from organic soy, since over 90% of the soy in the USA is now GMO. I also supplement with soil based organisms (SBO's), which are natural probiotics from the dirt.

**FASCINATING
FACT ABOUT... DIGESTIVE
SYSTEM**

Every day the salivary glands (in the mouth) produce approximately 1.7 liters of saliva. The amount of saliva produced is controlled by the autonomic nervous system (automatically). This is why people salivate at the sight, smell or even thought of food.





Certain immune boosting supplements can help build your immune system and help prevent the Flu, but if you get the flu, you may want to try Elderberry (Sambucus Nigra).

You see, Flu viruses are primitive organisms which cannot replicate themselves, thus they must use DNA from living cells in order to reproduce. Flu viruses invade cells by puncturing the cell walls with little spikes (called hemagglutinin) coated with an enzyme called neuraminidase, which helps break down the cell walls. Elderberry actually disarms these spikes and inhibits the action of this enzyme -- thus preventing Flu viruses from invading cells.

Elderberry also activates the immune system. Best results are obtained when elderberry is taken at the onset of flu symptoms.

My family takes Sambucol, a black elderberry extract, if we think we are getting the Flu.

And no, we don't take the flu vaccine, which even the CDC admits doesn't work.

**FASCINATING
FACT ABOUT...**



ELDERBERRIES

The French use the elderberry to make a syrup like product, which is topped on pancakes, much like blueberry syrup.

ELLAGIC ACID



- * Powerful Antioxidant
- * Potent Antibacterial
- * Fights Fungus
- * Protects the Liver
- * Heart Healthy
- * Anti-Cancer
- * Reduces Birth Defects

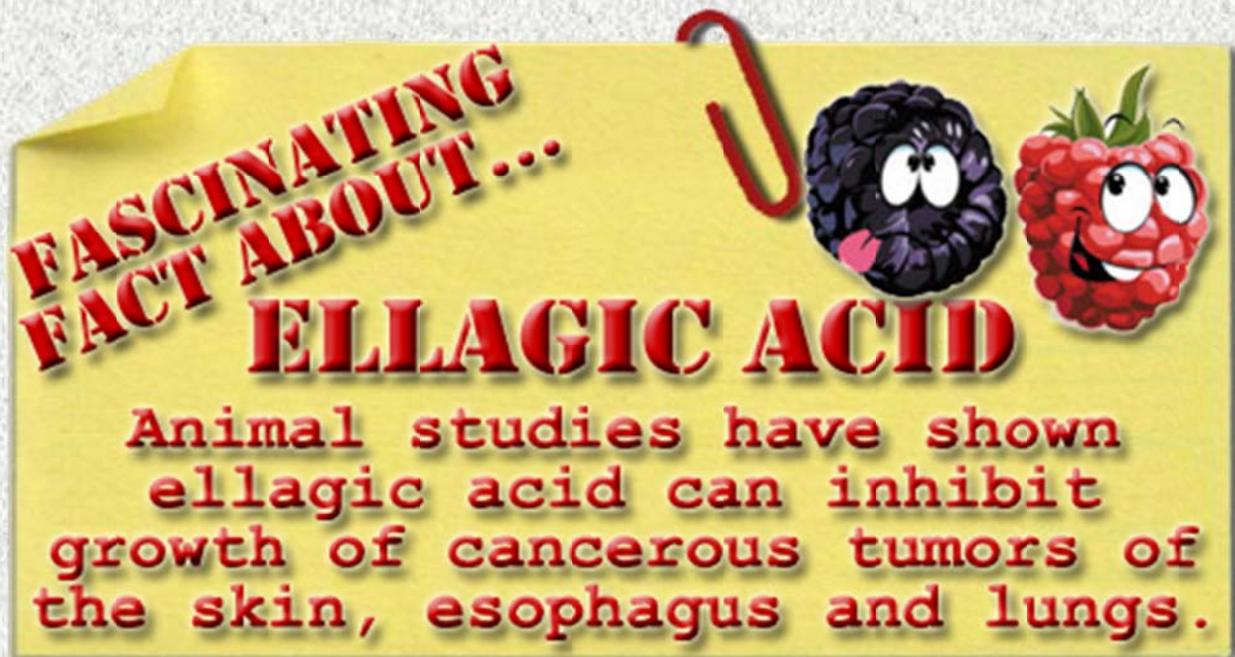
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Ellagic acid is a naturally occurring substance found in almost 50 different fruits and nuts (like red raspberries, strawberries, blueberries, grapes, pomegranates, and walnuts). However, red raspberries have been found to have up to six times the therapeutic amount of ellagic acid available compared to what is contained in other fruits and foods tested. Ellagic acid is present in all parts of the raspberry, but it is most highly concentrated in the seed.

In plants, ellagic acid is present in the form of ellagitannin, which is ellagic acid bound to a sugar molecule. It belongs to the family of phytonutrients called "tannins" and is viewed as being responsible for a good portion of the antioxidant activity of these fruits and nuts.

Ellagic acid is considered a potent antibacterial and antifungal, and it protects the liver. European medical studies also demonstrate that ellagic acid lowers the incidence of birth defects, promotes wound healing, and reduces heart disease. A study published in the *Journal of Nutritional Biochemistry* tested the impact of ellagic acid on oxidative stress, which is a major risk factor for coronary artery disease. Oxidative stress is an imbalance between oxidants (a normal product of metabolism) and antioxidants. The study, conducted on rabbits, found that ellagic acid could prevent atherosclerosis, or hardening of the arteries, by suppressing oxidative stress.

A study published in *Experimental Dermatology* found that ellagic acid offers some protective effects against skin wrinkling -- it prevented collagen degradation and swelling caused by UVB rays. The study concluded that getting ellagic acid either from your diet or in a topical solution may prevent wrinkles and inflammation caused by too much exposure to the sun.

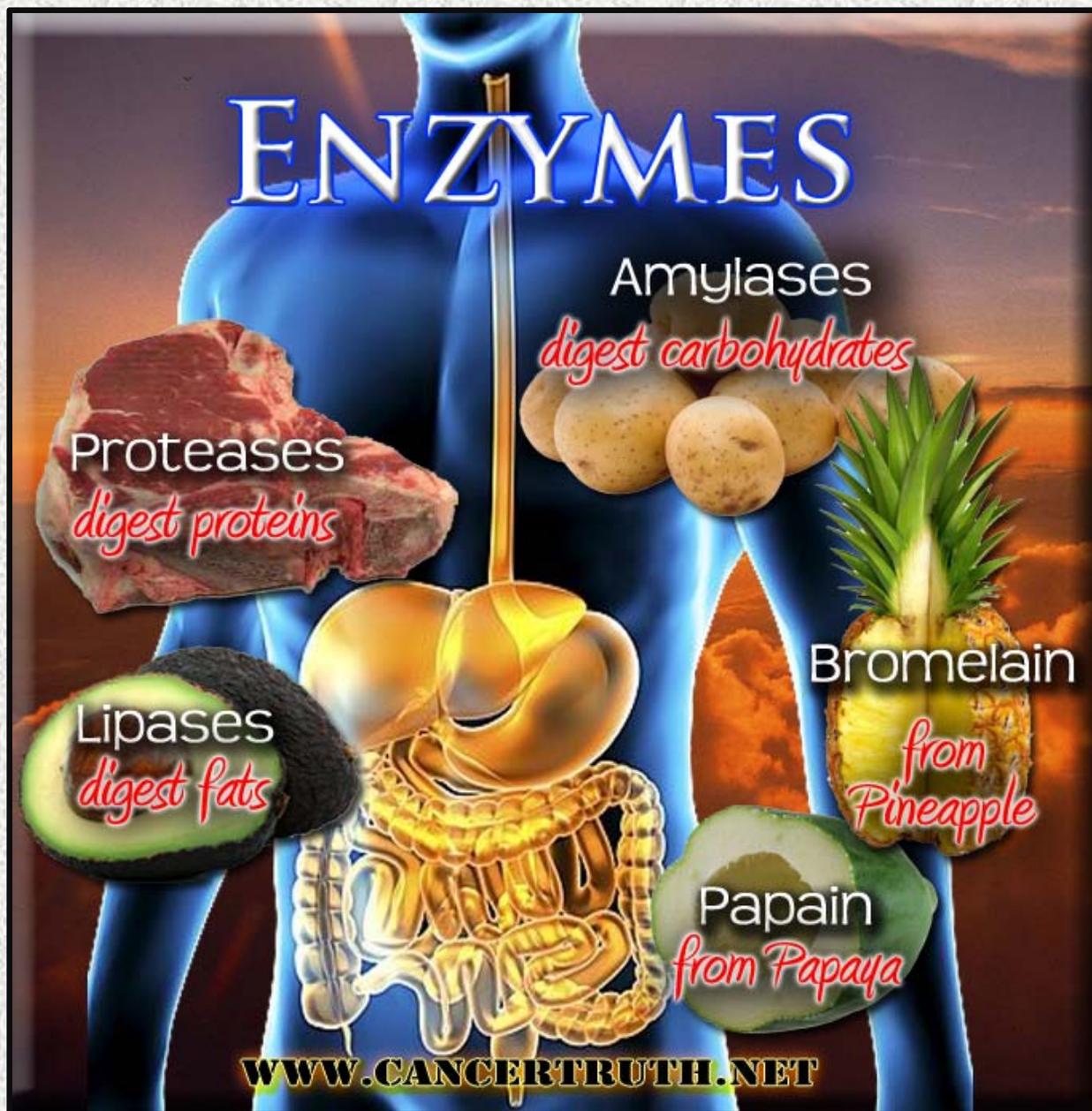


**FASCINATING
FACT ABOUT...**

ELLAGIC ACID

**Animal studies have shown
ellagic acid can inhibit
growth of cancerous tumors of
the skin, esophagus and lungs.**

The image shows a yellow sticky note pinned to a light-colored background with a red paperclip. On the note, the text is written in a bold, red, sans-serif font. To the right of the text are two cartoon illustrations of berries: a blackberry with a surprised expression and a raspberry with a happy expression.



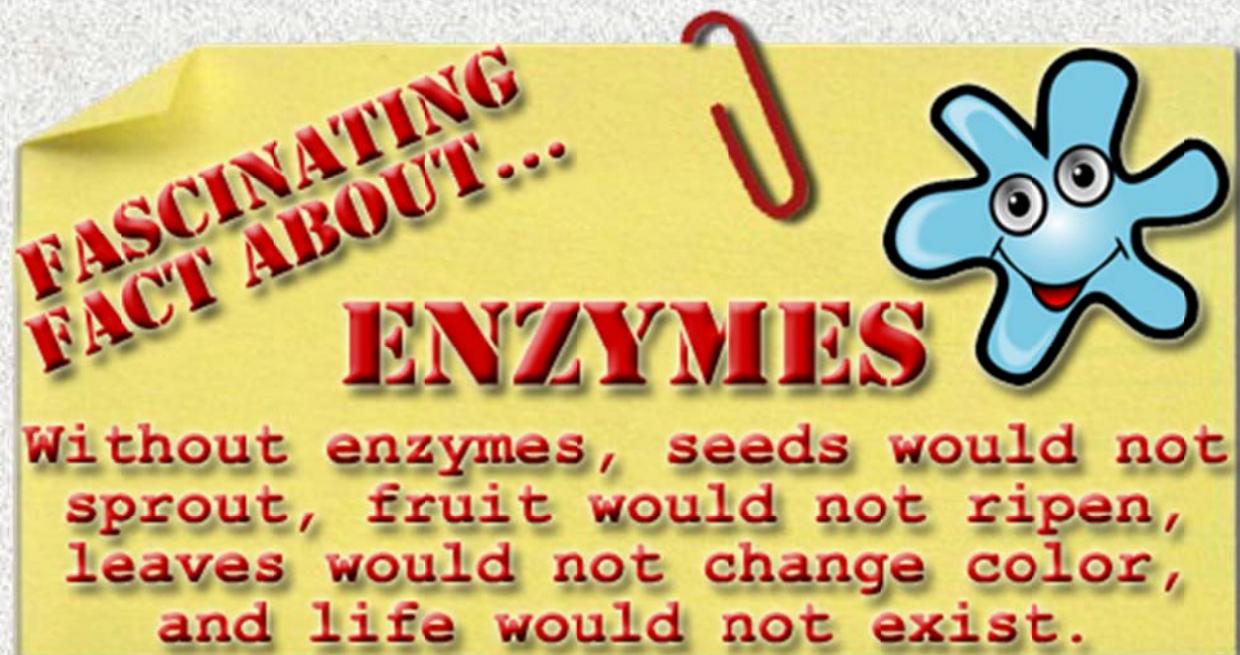
The chemistry of digestion is really simple; with all the three major types of food being protein, carbohydrates, and fats. But remember, the important thing is not how much food we eat, but rather how much food we digest. And enzymes are the main component in food digestion. There are also three main categories of digestive enzymes: proteases (for protein digestion), amylase (for carbohydrate digestion), and lipase (for fat digestion). We digest proteins into amino acids, carbohydrates into glucose, and fats into fatty acids. Each day, the pancreas secretes about 1.7 liters of pancreatic juice in the small intestine. In this juice are enzymes (including lipase, protease, and amylase) required for the digestion and absorption of food. Lipase (along with bile) helps digest fats. Amylase (secreted by the salivary glands and pancreas) breaks down starch molecules into more absorbable sugars. The

proteases secreted by the pancreas (trypsin, chymotrypsin, and carboxypeptidase) break protein molecules into single amino acids. There are also two plant-based proteases – bromelain (from the stems of pineapples) and papain (from unripe papayas). Fresh fruits and vegetables are loaded with enzymes, but when we cook food, the enzymes are destroyed.

Charlene and I take a daily enzyme supplement called Vitalzym, which is a proprietary blend of systemic enzymes (including proteases, lipase, amylase, bromelain, papain, and serrapeptase). Serrapeptase, a proteolytic (protein-digesting) enzyme present in the intestine of silkworms, is sometimes referred to as the “super enzyme.” The theory is that the enzymes extracted from the bacteria present in the intestine of silkworms are capable of dissolving dead tissue without having any harmful effect on the user’s living cells. This is how these enzymes dissolve the cocoon of silkworms which makes them capable of transforming into adult moths.

Serrapeptase suppresses the growth of “bradykinin” (a group of compounds which bind to the spot of inflammation), thus it is able to reduce inflammation and pain. It also reduces the accumulation of “fibrin” in the body, which, as a result, reduces the chances of blood clots and arterial plaque. Fibrin, a byproduct of proteins, is responsible in the formation of blood clots. If someone already suffers from blood clots, serrapeptase is able to dissolve them. In addition to blood clots, serrapeptase also digests cysts, arterial plaque, scar tissue, and inflammation in all forms. The late German physician, Dr. Hans Nieper, used serrapeptase to treat arterial blockage in his coronary patients. Serrapeptase protects against stroke and is reportedly more effective and quicker than EDTA chelation treatments in removing arterial plaque.

Around the age of 30, your body’s production of enzymes drastically diminishes, so it’s essential to begin supplementing immediately if you are older than 30.



**FASCINATING
FACT ABOUT...**

ENZYMES

Without enzymes, seeds would not sprout, fruit would not ripen, leaves would not change color, and life would not exist.

ESSIAC TEA

- * Immune Stimulant
- * Anti-Cancer
- * Eliminates Toxins
- * Protects Organs
- * Purifies the Blood

Burdock Root

Turkish Rhubarb

Sheep Sorrel

Slippery Elm Bark

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Back in 1922, a Canadian nurse named Rene Caisse noticed some scar tissue on the breast of an elderly woman. The woman told her that doctors had diagnosed her with breast cancer years before. However, the woman didn't want to risk surgery, nor did she have the money for it.

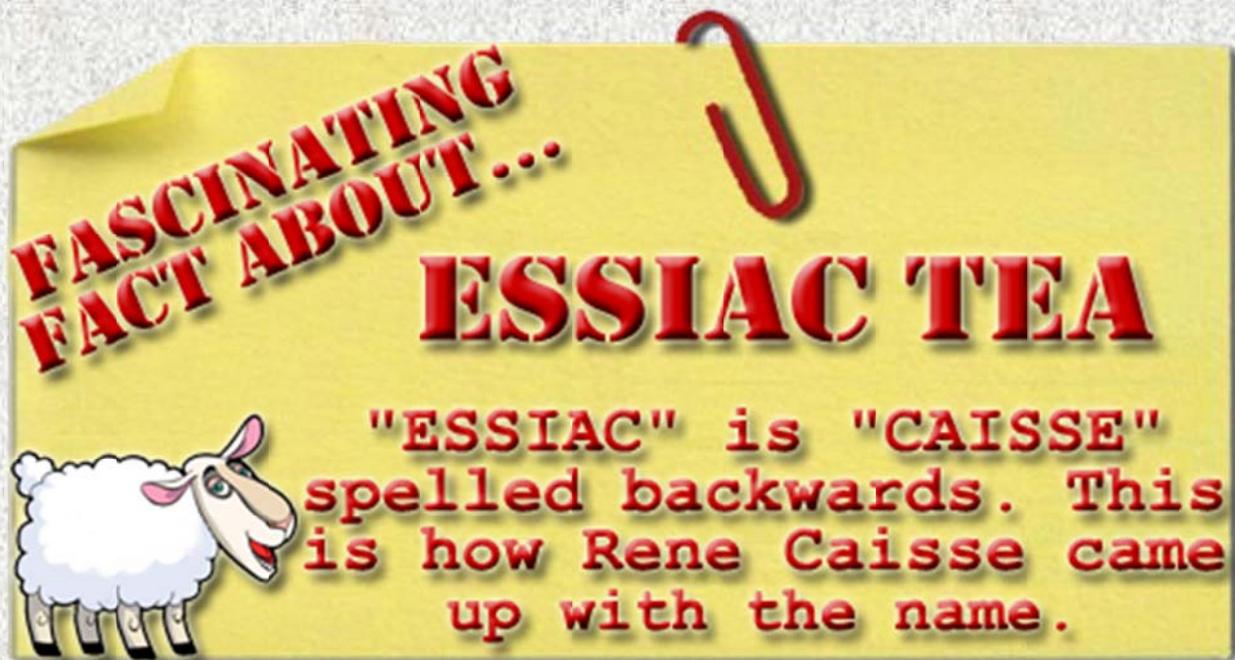
Providentially, she had met an Ojibway Indian medicine man who told her that he could cure her cancer with an herbal tea. The woman proceeded to tell Caisse about the ingredients in the tea. About a year later, Caisse was walking beside a retired doctor who pointed to a common weed and stated, "Nurse Caisse, if people would use this weed there would be little or no cancer in the world."

This "weed" (sheep sorrel) was one of the herbs in the medicine man's formula. The doctor had watched his horse cure itself of cancer by repeatedly grazing in a particular part of the pasture where sheep sorrel grew.

In 1924, Caisse wanted to test the tea on her aunt who had been diagnosed with terminal stomach cancer and was given less than six months to live. Caisse asked the physician, Dr. R. O. Fisher, for permission to try the tea on her aunt, and he consented. Her aunt drank the herbal tea daily for two months and recovered. Amazingly, she lived for 20 more years! Caisse also tested the tea on her mother who had been diagnosed with terminal liver cancer and had been given less than two months to live. Remarkably, her mother lived another 18 years!

What was in the tea? Well, technically, Essiac Tea is not a tea, rather it is a decoction of herbs, since the herbs are boiled and then steeped for several hours. In order to be true Essiac it must always contain the four essential herbs: Burdock Root, Sheep Sorrel, Slippery Elm Bark, and Turkish Rhubarb Root. She named the tea "Essiac."

Essiac Tea is now used all over the world by cancer patients who want to avoid chemo and radiation. My own grandmother lived for over a decade with "terminal" cancer and her primary daily treatment was Essiac tea.



**FASCINATING
FACT ABOUT...**

ESSIAC TEA

**"ESSIAC" is "CAISSE"
spelled backwards. This
is how Rene Caisse came
up with the name.**



FAR INFRARED LIGHT

- * Detoxifies via sweat
- * Stimulates immunity
- * Kills viruses & bacteria
- * Increases metabolism
- * Decreases joint pain
- * Lowers blood pressure
- * Kills cancer cells

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Far Infrared (FIR) is a band of light produced by the sun, not visible to the human eye but detectable as heat. This is the heat you feel that penetrates and warms your skin when you stand in the sun, and it is the same heat you miss when you walk into the shade on a cold winter day. FIR heat is a completely safe form of naturally occurring energy that heats objects by a process called "direct light conversion," which warms only the object and does not raise the temperature of the surrounding free air. This type of energy travels up to 3 inches deep into the body and increases circulation and nourishes damaged tissue.

With a FIR sauna, your body receives a deep detoxifying sweat that is sustained at about 120 degrees as compared to the 180 degrees that would be required from a traditional steam sauna. By creating an "artificial fever," FIR heat has a positive effect

on the immune system. Often misunderstood, fever is a natural healing response of the body. The function of the immune system is increased naturally during a fever, while viral and bacterial growth is slowed. Last night, I felt like I might be getting sick, so I sat in the sauna about 45 minutes (as I do almost every night). Voila! After I got out of the sauna, I felt better and never got sick.

A 2001 study by Dr. Masakazu Imamura (published in the *Journal of American College of Cardiology*) indicated that 30 minutes in the FIR sauna can burn upwards of 600 calories. As your core temperature increases, the body works hard to cool itself, and there is a substantial increase in heart rate, cardiac output, and metabolic rate, causing the body to burn more calories. The increased metabolic rate causes extra toxic waste products to be purged from the body through the skin, during perspiration. The skin is often referred to as the "third kidney" because it is believed to be responsible for eliminating 30% of the body's toxic waste.

Infrared heat also increases the extensibility of collagen tissues, decreases joint stiffness, and increases blood flow. In 1989, German medical researchers reported in *Dermatol Monatsschrift* that a single whole-body session of infrared-induced hyperthermia lasting over one hour had ONLY beneficial effects on subjects with hypertension. Each subject experienced a rise in core body temperature to a maximum level of 35.5 degrees Celsius (100.5 Fahrenheit). All of the subjects in one experiment had significant decreases in arterial, venous, and mean blood pressure that lasted for at least 24 hours.

**FASCINATING
FACT ABOUT...
FAR INFRARED**

**Far Infrared heat
therapy is known to
prevent, combat and
kill cancerous cells.**

FRANKINCENSE & MYRRH

"Ancient Panacea"

- * Reduce Inflammation
- * Help with Arthritis & Chron's
- * Cross Blood-Brain Barrier
- * Powerful Antiseptic Agents
- * Fight Bad Breath
- * Combat Gingivitis & Gum Disease
- * Anti-cancer Properties
- * Natural Painkillers

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Frankincense and myrrh are produced from closely related species of balsam trees. Frankincense is derived from the Boswellia tree, while myrrh is derived from the Commiphora tree. Both species of trees originate in the mountains of south Arabia (Yemen and Oman) and mountains of Somalia. For thousands of years, practitioners of traditional medicine have valued frankincense and myrrh for their potent healing properties. Frankincense contains boswellic acids which are anti-inflammatory and treat arthritis, colitis, and Crohn's disease. Researchers at Virginia Tech's college of veterinary medicine recently discovered that frankincense is effective at treating skin cancer in horses. Frankincense is "carrier oil" in that it penetrates membranes and cell walls. It is one of the few substances known to cross the blood barrier. A cancerous cell wall loses its ability to transfer substances across the

membrane. Therefore, not all herbs or medications can effect a cancerous cell. However, "carrier" agents like frankincense, DMSO, and very alkaline minerals like cesium are highly penetrable across the membranes and have the opportunity to act on a cancerous cell or a brain tissue that is separated by the blood brain barrier. Frankincense has been clinically researched to combat cancer and for use as an antidepressant. It is commonly used in European hospitals. Frankincense is being researched for its ability to simulate human growth hormone production and to assist in hormone balance. As you can see, the uses of frankincense are so numerous that it can accurately be described as a "panacea," used for everything from colds to cancers.

Like frankincense, myrrh resin is a predominant part of the immune system of the tree. Therefore, many of the therapeutic functions of myrrh are quite similar to frankincense. Myrrh is a specific and highly effective antiseptic astringent for inflammations of the mouth, throat, and gums. It is also an effective treatment for chronic halitosis, gingivitis, and periodontal disease. It is a common ingredient of herbal toothpastes and mouthwashes, and is widely used throughout the Middle East and India for dental problems. Researchers at Rutgers University have found two compounds in myrrh that are strong painkillers, another compound that helps lower cholesterol, and most recently, a potent anti-cancer agent. What makes myrrh such an exciting player in the anti-cancer field is not only how well it kills cancer cells in general, but how it kills those that are resistant to other anti-cancer drugs. Myrrh has been shown to be selectively toxic against MDR (multiple drug resistant) tumor cells found in the breast and prostate. Myrrh is believed to work by inactivating a protein called Bcl-2, a natural factor that is overproduced by cancer cells, particularly in the breast and prostate. When levels of this protein go too high, it not only promotes the growth of more abnormal cells, it can also make those cells resistant to anti-cancer drugs. In Dr. Rafi's laboratory research, the myrrh compound was able to inactivate the protein in a line of breast tumor cells known as MCF-7, cells that in the past were particularly resistant to treatment.



**FASCINATING
FACT ABOUT...**

FRANKINCENSE & MYRRH

The Bible tells us that the wise men brought gold, frankincense, and myrrh as gifts for the baby Jesus. The Queen of Sheba also gave these gifts to King Solomon.



FRESH FOOD RAINBOW

RED

High in Antioxidants
and Electrolytes

YELLOW / ORANGE

Contain Carotenoids
Promote Cellular
Communication

GREEN

Rich in Chlorophyll
Fight Infection
Boost Immunity

BLUE / PURPLE

Anthocyanins
Fight Free Radicals
Anti-cancer

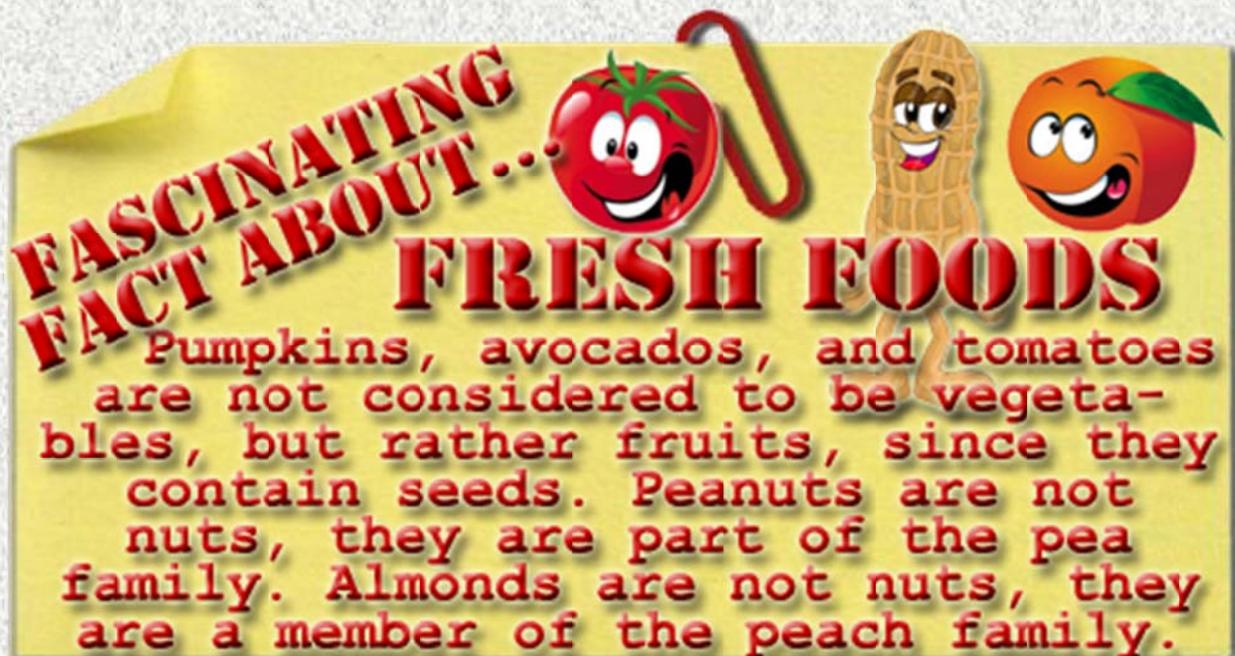
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We eat with our eyes first, don't we? God made food attractive so we would choose to eat what's good for us. The truth is that foods with vibrant and rich colors aren't just "pretty" ... they're also "healthy." There are literally thousands of health promoting phytochemicals found in plants, and that's why it is essential to eat a wide variety of colorful yellow, red, orange, green, purple, and blue fruits and vegetables every day! Eating plenty of healthy vegetables and fruits helps prevent heart disease and strokes, diverticulitis, control your blood pressure, prevent prostate cancer, colon cancer, and protects against cataracts and macular degeneration or vision loss. By eating fruits and vegetables from each color group, you will benefit from the unique array of phytochemicals, as well as essential vitamins, minerals, and fiber that each color group has to offer. Colorful fruits and vegetables are chock full of

“flavonoids” and “carotenoids” (powerful compounds that bind the damaging free radicals in your body).

Green veggies (like asparagus, zucchini, kale, and spinach) are rich in “chlorophyll” which pumps the body with oxygen, heals wounds, fights infection, and keeps the immune system strong. Brussels sprouts, cabbage, and broccoli contain indoles and isocyanate, which protect from cancer. The onion/garlic family contains allicin, which fights tumors; while white/green foods like pears and celery contain quercetin and kaempferol, which are potent flavonoid antioxidants. Mushrooms contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers. Red fruits and vegetables (such as beets, tomatoes, watermelons, and red peppers) get their color from “lycopene,” which is an antioxidant that helps prevent cancer.

Blue and purple fruits or vegetables (like dark cherries, grapes, blueberries, and eggplant) contain natural pigments called anthocyanins, which help protect your body from free-radical damage and fight heart disease and cancer as well as helping with inflammation (like arthritis). Orange and yellow foods (such as carrots, apricots, sweet potatoes, pumpkins, mango, pineapple, and tangerines) are typically colored by pigments called “carotenoids,” such as lutein and zeaxanthin, many of which your body can convert to Vitamin A. The most common carotenoid found in fruit and vegetables is beta-carotene, which not only boosts the immune system, but also promotes proper cellular communication. What are you waiting for? Go get you and your family some bright colorful food! And “NO” ... Skittles don't count!! ☺



GARLIC

"Perennial Spice of Life"

- * Lowers Blood Pressure
- * Natural Antibiotic
- * Induces Cancer Cell Death
- * Helps with Headaches
- * Kills Parasites & Fungus
- * Prevents Gangrene
- * Stimulates Immune Function
- * Lowers Blood Sugar Levels

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The medicinal powers of garlic have been used by herbalists for centuries. As a matter of fact, there has been more written about the wonderful benefits of garlic than any other food source known. Its history dates back 3,500 years. Hippocrates, the "father of medicine," was the first to write that garlic was an excellent medicine for eliminating tumors. The "Codex Ebers" (an Egyptian medical papyrus dating to about 1,550 B.C.) mentions garlic as an effective remedy for a variety of ailments, including high blood pressure, headache, bites, worms, and tumors.

In the 1700s, gravediggers drank garlic crushed in wine or ate fresh garlic in an effort to ward off plague. During both World Wars I and II, soldiers were given garlic to prevent gangrene. And in the 1950s, Soviet scientists found it to be equal to penicillin as a

natural antibiotic, yet without the harmful side effects. And yes, those gravediggers were right! Garlic may be able to protect against the plague and destroy the bacterium which causes it ("yersinia pestis"). Today garlic is used to help prevent heart disease, including atherosclerosis (hardening of the arteries), hypertension (high blood pressure), and to boost the immune system. Recent studies on garlic have shown that it kills insects, parasites, bad bacteria, and fungi. It also eliminates various tumors, lowers blood sugar levels, and lowers harmful fats in the blood.

Researchers have also shown that allicin (the organic compound which gives garlic its aroma and flavor) acts as a very potent antioxidant. In a pilot study at Clinical Research Center of New Orleans, nine patients with severe hypertension were given a garlic preparation containing 1.3% allicin. Sitting blood pressure fell with a significant decrease in diastolic blood pressure within fourteen hours of the dose. In addition, ajoene, another major compound of garlic, has been shown to induce apoptosis (programmed cell death) in human leukemic cells.

Garlic is used for all lung and respiratory ailments, and can be used as a tea or added to syrups for coughs, colds, tuberculosis, fevers, and blood diseases. Use it as a tea in an enema for worms and bowel infections. Use the fresh extract oil or eat the raw cloves.

One of our favorite "health drinks" is our daily mixture of about 3 cups of orange juice, 10 cloves of garlic, 2-3 ounces of ginger, 1 tbsp of extra virgin olive oil, and ice. We blend it until it's the consistency of a slurpee. Boy, is it good! And healthy to boot! And once you plant garlic you can expect to see it pop up again and again because it is a perennial.



GINSENG

"Panacea of Healing"

- * Adaptogenic (Normalizes body)
- * Anti-Cancer Properties
- * Improves Memory
- * Enhances Concentration
- * Protects Against Radiation
- * Supports Central Nervous System



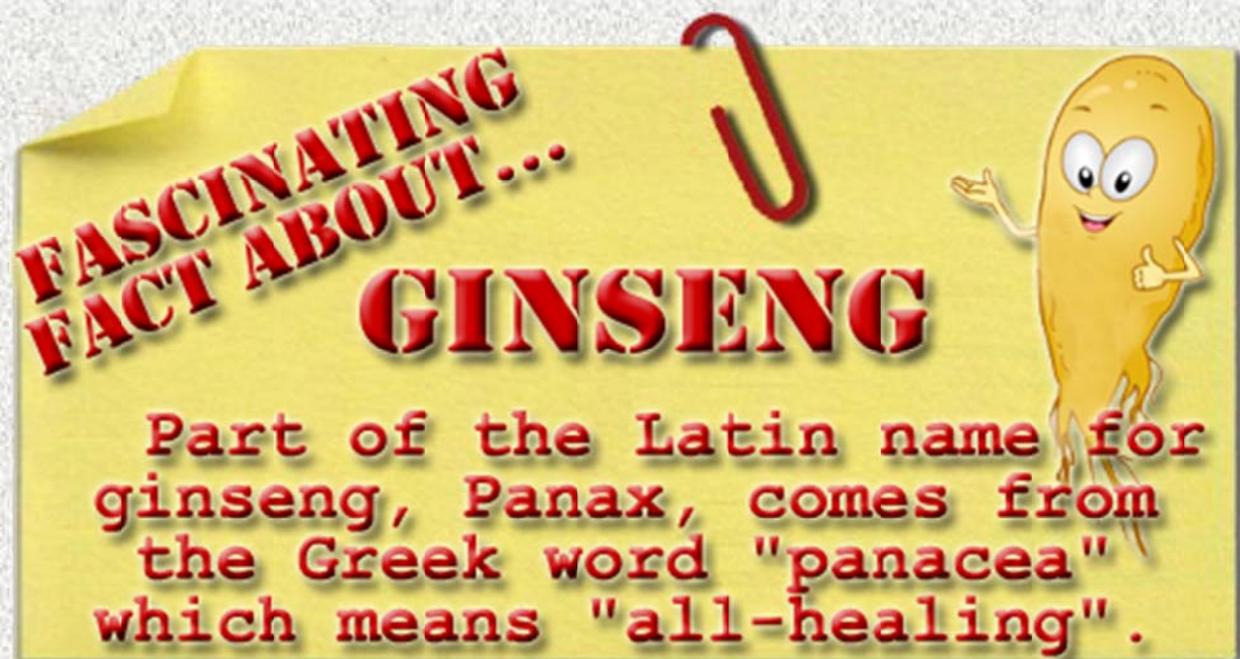
Ginseng is perhaps the most well-known Chinese herb and the most widely recognized plant used in traditional medicine. The life-extending properties of ginseng were first described around 500 AD in a Chinese medical textbook by Shennong, and various forms of ginseng have been used in medicine for thousands of years. The two most common types of ginseng are "panax ginseng" (aka Asian, Korean or Chinese ginseng) and "panax quinquefolius" (aka American, Canadian, or North American ginseng). The word "panax" is derived from the Greek word "panacea" which means "all healing," and the benefits of ginseng are recognized as such.

Ginseng is commonly used as an adaptogen, meaning it normalizes physical functioning depending on what the individual needs. For example, it will lower high

blood pressure, but it will raise low blood pressure. Ginseng is also effective in combating cancer, diabetes, stress, and fatigue. These effects of ginseng are mainly attributed to a group of compounds called "ginsenosides."

In a study conducted by Dr. Taik-Koo Yun (and colleagues) published in the June 1998 *International Journal of Epidemiology*, consumption of ginseng resulted in a 67% decreased risk for stomach cancer and 70% for lung cancer. Animal studies have shown that ginseng stimulates the production of interferons and increases NK ("natural killer") cell activity. According to a report published in the January 2006 *Chinese Medicine Journal*, the ginsenosides in ginseng fight cancer by preventing angiogenesis (creation of new blood vessels), inducing apoptosis (normal cell death), and preventing metastasis (spreading) and proliferation of cancer.

Other Chinese studies indicated that ginsenosides also increase protein synthesis and activity of neurotransmitters in the brain, thus ginseng is used to restore memory and enhance concentration and cognitive abilities. Additional research has shown specific effects that support the central nervous system, liver function, lung function, and circulatory system. Lastly, ginseng also has the ability to repair the damaging effects of radiation. Research indicates that 200 mg of ginseng twice daily can protect against radiation. One clinical trial revealed that ginseng assists in accelerating the recovery of individuals previously exposed to radiation. The recovery included the healing of blood cells, skin, bone marrow, and internal organs. In light of the continuous radiation coming from Fukushima, it's probably a good idea to load up on as many "radiation fighting" substances as possible.



GOLDENSEAL

- * Boosts Immune System
- * Treats Eye Infections
- * Anti-cancer Properties
- * Kills Microbes & Parasites
- * Fights Bacteria & Fungus
- * Helps with Gingivitis
- * Improves Liver Function
- * Detoxifies the liver
- * Assists Lymphatic System

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Goldenseal is an herb native to the eastern North America which contains a single hairy stem with a couple of five-lobed, jagged leaves, small flowers, and raspberry-like fruit. The bitter-tasting root is twisted and bright yellow-brown (sometimes orange) in color, thus goldenseal is sometimes called "orange root," "yellow eye" and "yellow paint root." The use of goldenseal was taught to early American colonists by Cherokee medicine men and women. In 1798, Benjamin Smith Barton included it in his *Essays Towards a Materia Medica of the United States* noting that American Indian groups used it for treating a wide range of conditions, including eye infections, diarrhea, liver disease, whooping cough, and pneumonia. It was even used in many cancer treatments by such successful physicians as John Pattison, who began

his career using bloodroot and changed to goldenseal because he regarded it as clinically superior. Goldenseal is a potent antimicrobial, antiparasitic, antiseptic, and antibiotic agent. Many people swear by goldenseal for common ailments (such as colds and wounds) as well as long-term (chronic) conditions. Conjunctivitis (aka "pink eye") can be effectively treated by using goldenseal eyewash. In addition to the above, goldenseal is a very popular treatment for infection of the gums or gingivitis. Gargling with goldenseal tincture is found to be extremely helpful in curing strep throat problems. Used externally, goldenseal it is very successful in treating cuts, wounds, and other bacterial skin infections and fungal infections.

Studies have shown that the combination of its three main alkaloids (berberine, hydrastine, and canadine) creates a synergy that is more potent than the sum of its parts. These alkaloids are known to increase blood circulation to the liver and spleen and also stimulate the secretion of bile. All these properties of goldenseal help in smooth and effective functioning of the pancreas, thyroid, and lymphatic system. It's interesting to note that berberine kills "yersinia pestis" (the bacterium responsible for Bubonic plague). Berberine has also been shown to kill a wide range of other types of germs, such as those that cause candida (yeast) infections and various parasites such as tapeworms and Giardia. Berberine may also activate white blood cells, making them more effective at fighting infection and strengthening the immune system. The goldenseal herb contains many important and useful vitamins, including vitamin A, various B vitamins, vitamin C, and vitamin E. It also contains zinc, potassium, calcium, iron, manganese, phosphorus, and selenium. Generally, the health benefits of goldenseal are enhanced when echinacea and goldenseal are combined. Since goldenseal has uterine-stimulating properties, it should not be used during pregnancy.



**FASCINATING
FACT ABOUT...**

GOLDENSEAL

**When used as a drink
and/or gargle, goldenseal
is an excellent remedy for
tonsillitis and other
throat problems.**

**HEALTHY
BREAKFAST
SMOOTHIE**

OLIVE OIL
High in Antioxidants
Reduces Risk of Stroke

ORANGE JUICE
High in Vitamin C
Reduces Inflammation

GINGER
Aids Digestion
Reduces Nausea

GARLIC
Natural Antibiotic
Shrinks Tumors

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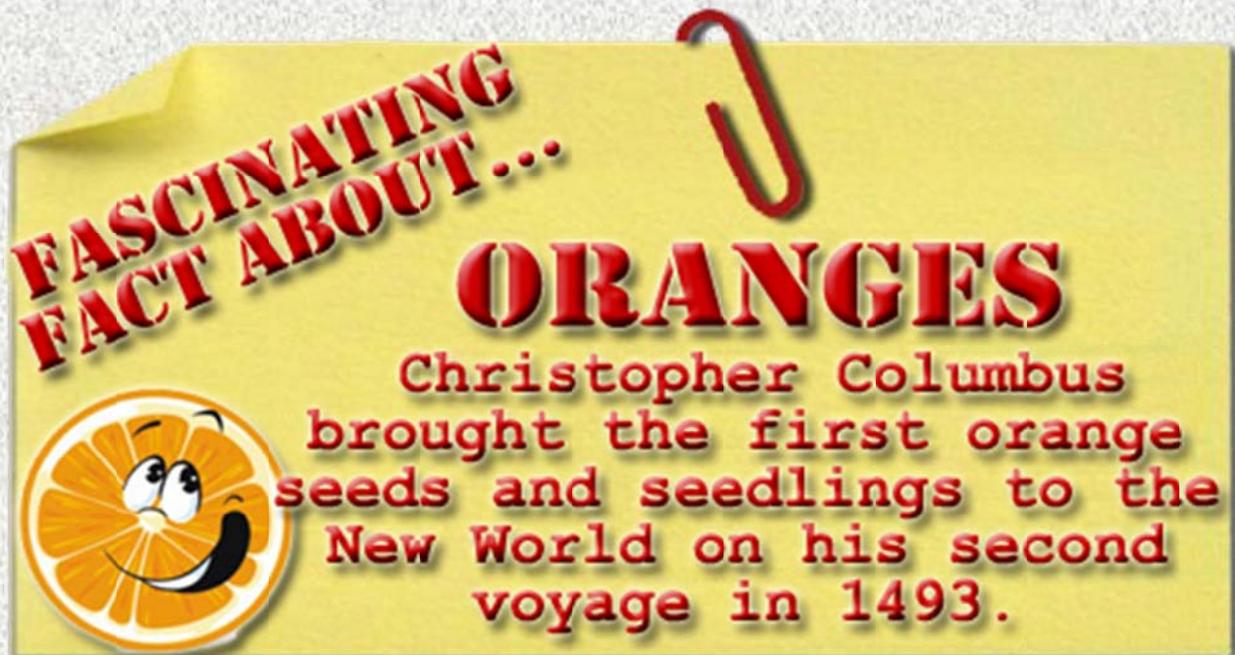
The image is a vibrant advertisement for a healthy breakfast smoothie. It features a central glass of bright orange juice. Surrounding the glass are fresh ingredients: a whole orange, a slice of orange, several pieces of ginger root, and a whole head of garlic. The background is a gradient of blue and purple with a lens flare effect in the top right corner. Text is overlaid on the image in bold, yellow-outlined fonts, providing the name of the smoothie and the health benefits of each ingredient. At the bottom, the website address is displayed in a similar bold, yellow-outlined font.

For a healthy breakfast smoothie, try blending 7 cloves of fresh garlic, the same amount of fresh ginger root, and about 3 cups of fresh orange juice, along with several ice cubes. It actually tastes great and is an amazingly healthy way to begin the day. There has been more written about the wonderful benefits of garlic than any other food source known. Its history dates back 3,500 years. Hippocrates, the father of medicine, was the first to write that garlic was an excellent medicine for eliminating tumors. Recent studies on garlic have shown that it kills insects, parasites, bad bacteria, and fungi. It also eliminates various cancerous tumors, lowers blood sugar levels, lowers harmful fats in the blood, and prevents clogging of the arteries. Researchers have also shown that allicin (the organic compound which gives garlic its aroma and flavor) acts as a very potent antioxidant. Garlic also contains germanium, which is a powerful

sulfur-containing antioxidant. Germanium not only boosts oxygenation but spares oxygen as it chelates toxic metals such as mercury, lead and cadmium from your body. It has been shown to restore normal function to lymphocytes (T-cells, B-cells, and NK cells) and stimulate the production of antibodies.

Ginger is regarded as an excellent "carminative" (a substance which promotes the elimination of intestinal gas) and "intestinal spasmolytic" (a substance which relaxes and soothes the intestinal tract). Ginger's anti-vomiting action has been shown to be very useful in reducing the nausea and vomiting of pregnancy. Ginger's effectiveness as a digestive aid is due largely to its active phytonutrient ingredients: "gingerols" and "shogaols." These substances help to neutralize stomach acids, enhance the secretion of digestive juices (stimulating the appetite), and tone the muscles of the digestive tract. But that's not all. Both gingerols and shogaols have been shown to fight cancer as well.

If you want to add a little extra sweetness, throw in a few frozen strawberries, which contain a potent combination of healthy attributes. Thanks to the vitamin C, folate, and the flavonoids (quercetin and kaempferol), strawberries are a delicious defense against potentially cancerous cells. Strawberries also contain manganese, an essential nutrient that acts as a powerful antioxidant and anti-inflammatory agent. By increasing the levels of superoxide dismutase (SOD), the enzyme responsible for protecting the cells' mitochondria, manganese not only helps to fight the battle against free radicals and oxidative stress, but also lessens cellular inflammation, which can lead to cardiovascular disease.



**FASCINATING
FACT ABOUT...**

ORANGES

**Christopher Columbus
brought the first orange
seeds and seedlings to the
New World on his second
voyage in 1493.**

HYDROGEN PEROXIDE

"Medical Miracle"

- * Treats Whooping Cough & Cholera
- * Stimulates Natural Killer Cells
- * Fights Fungus (including Candida)
- * Natural Whitening Agent
- * Cheap Mouthwash & Toothpaste
- * Kills E.Coli & Salmonella & Syphilis
- * Used for Tuberculosis & Typhus



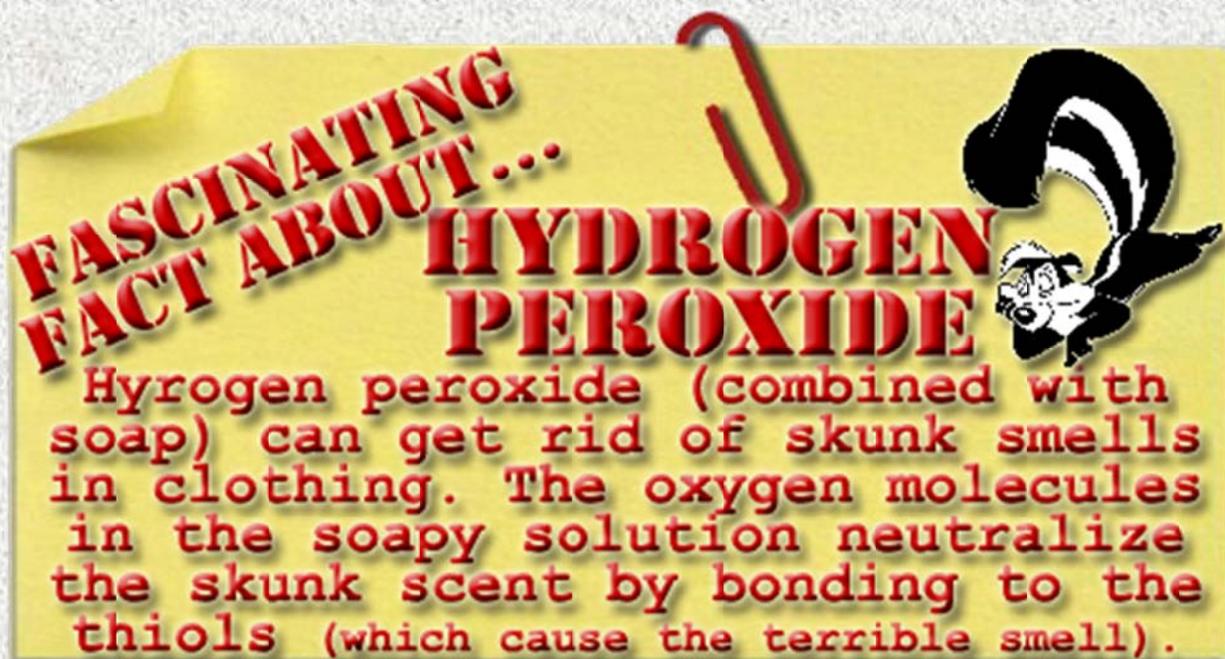
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Hydrogen peroxide (H_2O_2) ranks up there as one of the best household remedies. It is one of the few "miracle substances" still available to the general public; it is safe, readily available, and dirt cheap. And best of all, it works! Did you know that you probably had your first sip of hydrogen peroxide shortly after you took your first breath? That's right... mother's milk (especially colostrum) contains extremely high concentrations of H_2O_2 . In light of the fact that we know that one of the main functions of mother's milk is to activate and stimulate the immune system in the infant, the fact that it contains abnormally large amounts of H_2O_2 makes sense.

As far back as the early nineteenth century, hydrogen peroxide was widely used in medicine. Many bacterial diseases (including syphilis) responded to H_2O_2 when no other treatment was effective. In the early twentieth century, H_2O_2 was used to treat several

common diseases, such as whooping cough, cholera, typhoid fever, ulcers, tuberculosis, and asthma. However, as the pharmaceutical industry began to develop expensive, new drugs, hydrogen peroxide was increasingly ignored and finally discarded as a treatment. H_2O_2 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. Blood platelets release hydrogen peroxide on encountering particulates in blood. In the large intestine, acidophilus lactobacillus produces H_2O_2 which keeps the ubiquitous candida yeast from multiplying out of control. When candida spreads out of the intestine, it escapes the natural control system and can gain a foothold in the organs of the body, causing what is called chronic fatigue syndrome.

During flu season, if the kiddos feel like they're getting sick, we lay them down on their side and put a few drops of hydrogen peroxide into their ear. After a few seconds, the liquid will bubble, indicating that it is killing the infection. After 5 or 10 minutes, we turn them over and repeat on the other ear. No one yet fully understands the complete workings of hydrogen peroxide, but we do know that it is loaded with oxygen. We know that when H_2O_2 is taken into the body (orally or intravenously) the oxygen content of the blood and body tissues increases dramatically. Hydrogen peroxide can also be used as a natural bleach to whiten clothes, as a spray to kill foot fungus, as a nasal spray to fight sinus infections, as an effective and inexpensive mouthwash, along with baking soda for natural toothpaste, and along with vinegar to create a non-toxic disinfecting agent. In tests run at Virginia Tech, the combination of H_2O_2 and vinegar (used as a spray mist) kills virtually all salmonella and E. coli bacteria on heavily contaminated food and surfaces. Please remember that the hydrogen peroxide that is available at your local pharmacy (3% hydrogen peroxide) should NEVER be ingested orally, since it contains many stabilizers. The only grade recommended for internal use is 35% Food Grade H_2O_2 , which must be properly diluted down to 3% with water.



**FASCINATING
FACT ABOUT...**

HYDROGEN PEROXIDE

Hydrogen peroxide (combined with soap) can get rid of skunk smells in clothing. The oxygen molecules in the soapy solution neutralize the skunk scent by bonding to the thiols (which cause the terrible smell).



GMO Halloween Candy

The "Nasty 9" GMO Ingredients in

Halloween Candy *

- 1) Sugar (GMO sugar beets)
- 2) High Fructose Corn Syrup (GMO corn)
- 3) Soybean Oil (GMO soy)
- 4) Canola Oil (GMO canola)
- 5) Cottonseed Oil (GMO cotton)
- 6) Corn Starch (GMO corn)
- 7) Soy Lecithin (GMO soy)
- 8) Dextrose, Fructose (GMO corn)
- 9) Modified Food Starch (GMO corn)

* Source: The Green Halloween & Non-GMO Project



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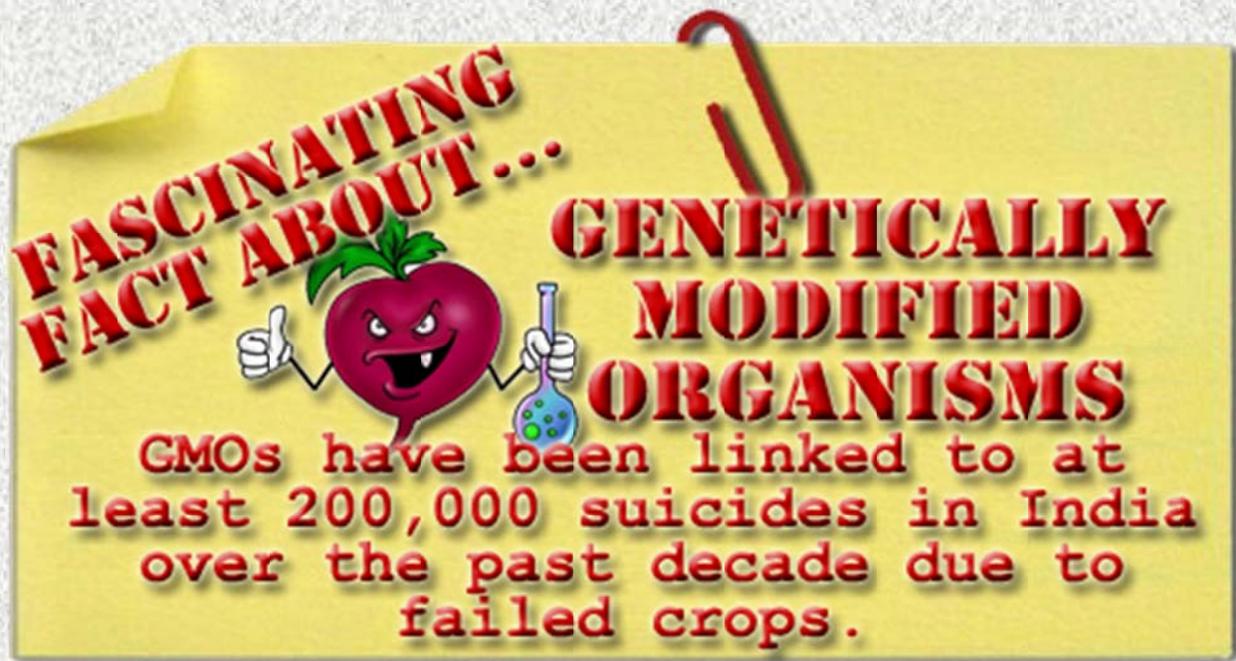
Beware of genetically modified organisms (GMOs). A recent study indicated that when rats eat GMO corn, they develop huge tumors, 70% of females die prematurely, and virtually all of them suffer severe organ damage. These are the scientific conclusions of the first truly "long-term" study ever conducted on GMO consumption in animals, and the findings are absolutely horrifying.

I believe that GMOs are the 21st century version of thalidomide. You remember thalidomide? It was pushed as "FDA approved" based on "scientific studies." Then, we later learned that it caused babies to be born with no arms and other horrifying deformities. The same LIES are now being told about GMO foods. "They are harmless" – "They are healthy" – "There's no difference between GMO and non-GMO." **ALL LIES!!**

The debate is over... genetically modifying foods turns the food into poison. They threaten the continuation of life on earth. They are a far worse threat than terrorism or even the threat of nuclear war.

Parents, please protect your children from GMOs, for the sake of future generations. GMOs are an anti-human technology and there is no poison that Big Agra's "franken-scientists" won't promote as safe — even "good for you!"

If your children are going "trick-or-treating" on Halloween, please beware that almost 100% of the candy they will be receiving will contain GMOs. Ingredients such as sugar, high fructose corn syrup, soy lecithin, soybean oil, cottonseed oil, dextrose, fructose, canola oil, and corn starch are all GMO.



HEMP
"Miracle Plant"

Did You Know?
The U.S. Constitution was drafted on hemp paper.

- Nutritious Superfood
- Relieves Pain
- Helps with Glaucoma
- Fights Nausea
- Stimulates Appetite
- Anti-Cancer
- Treats Muscle Spasms
- Clothing & Paper Fiber

Did You Know?
In 1611, the King James Bible was printed on hemp paper.

Did You Know?
Original Levi's were made from hemp fabric.

HOUSING
INSPIRATION
TEXTILES
FOOD
OIL
FUEL
PAPER

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Hemp is a true "miracle plant." From the dawn of civilization, hemp has been used to make clothing, which is more absorbent and provides more insulation than cotton, keeping the wearer warmer in the winter and cooler in the summer. Hemp is considered to be a superfood (like spirulina and chlorella) due to its high essential fatty acid content and the unique ratio of omega-3 to omega-6 and gamma linolenic acid (GLA). Hemp seeds are a rich source of phytonutrients and a nutritious source of easily digested protein, providing 20 amino acids, including all nine essential amino acids and essential fatty acids. I eat them almost every day. Hemp oil is also highly nutritious. Its nutty flavor makes it a good ingredient for salad dressings, mayonnaise, and dips. Hemp oil contains up to 5% of pure GLA, a much higher concentration than any other plant. A February 1938 *Popular Mechanics* entitled "New Billion-Dollar Crop" stated that there are more than 25,000 uses for hemp ... from food,

paint and fuel to clothing and construction materials. There are even hemp fibers in your Lipton® tea bags. And several cars made today contain hemp. One acre of hemp can produce as much raw fiber as 10 acres of trees.

For millennia, hemp has been used for medicinal purposes. It is a common treatment for relieving eye pressure from glaucoma and as an anti-nausea drug for chemotherapy patients, but these are only two of many uses. Hemp is also used for muscle spasms, chronic pain, loss of appetite, asthma, epilepsy, stroke, arthritis, Alzheimer's, schizophrenia, and a host of other diseases. And, yes, it is an effective treatment for cancer. It not only relieves pain and helps with the appetite of cancer patients; it also has been shown to have curative properties. The chemicals in hemp (aka cannabis or marijuana) which are responsible for many of the medical benefits are called "cannabinoids." The most notable cannabinoid is "Delta-9-tetrahydrocannabinol" but most folks call it "THC."

As late as the 1930's in the USA, medicinal hemp tinctures with THC were available in most pharmacies. The medical evidence for the effectiveness of THC at treating cancer and also reducing pain is overwhelming. The FDA's own website admits that over 100,000 people die each year from prescription drugs, yet not one single death has ever been attributed to hemp. So why is hemp illegal? The real reason is plain and simple: its medicinal effects, specifically in the world of cancer treatments, are a direct threat to Big Pharma's chemotherapy drug monopoly. It is interesting to note that the first and second drafts of the U.S. Constitution and Declaration of Independence were both drafted on hemp paper. Did you know that Henry Ford produced a car with a plastic body made from hemp, sisal, and wheat straw that was ten times stronger than steel (though lighter) and his car was made to run on fuel made from hemp? I'll betcha didn't! Unfortunately, he rolled out his car right about the time hemp cultivation became a federal offense.



**FASCINATING
FACT ABOUT...**

HEMP

Many of our founding fathers (including George Washington and Thomas Jefferson) grew hemp and were very vocal about their support of this amazing crop.

HIBISCUS TEA



- ✿ **Reduces Blood Pressure**
- ✿ **High in Antioxidants**
- ✿ **Assists in Weight Loss**
- ✿ **Rich in Vitamin C**
- ✿ **Strengthens Immunity**
- ✿ **Fights Bacteria**
- ✿ **Helps with Constipation**

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Fight hypertension with hibiscus tea! Hibiscus tea has been enjoyed by many for hundreds of years as relaxing refreshment as well as an herbal remedy to treat many ailments.

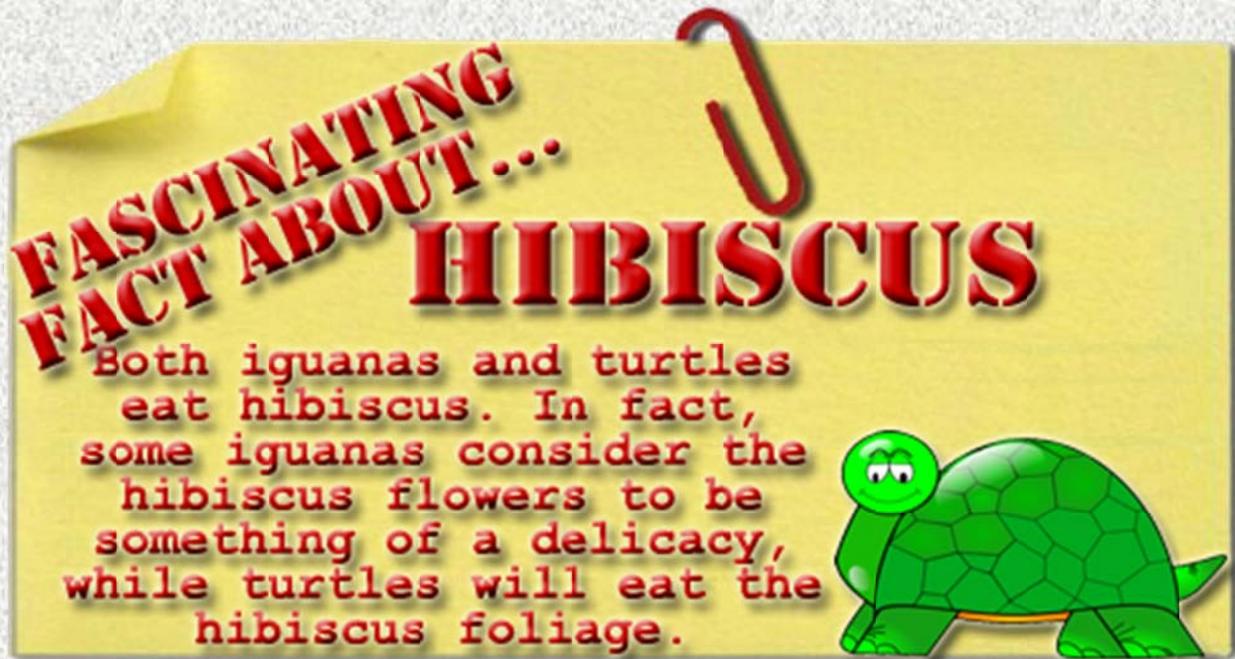
Packed with a plethora of protective polyphenols, this rich red tea can help reduce blood pressure to a degree similar to that of prescription anti-hypertensive drugs, according to a study at Tufts University with findings published in *The Journal of Nutrition*.

An excellent source of antioxidants, hibiscus tea also contains an enzyme inhibitor which blocks the production of amylase (an enzyme that breaks down complex sugars and starches). This being so, drinking a cup of hibiscus tea after meals may reduce the absorption of dietary carbohydrates and will assist in weight loss. But that's not all.

Hibiscus tea is also rich in vitamin C and can help strengthen the immune system while protecting the entire body against bacterial attacks.

The hibiscus flower is traditionally worn by Hawaiian women. A single flower is tucked behind the ear. Which ear is used indicates the wearer's availability for marriage. In Polynesia, fibers of hibiscus are used for making grass skirts.

I love to drink a cup of hibiscus tea with a few drops of stevia. Quite refreshing!



IODINE

"Essential Trace Element"

- * Forms Thyroid Hormones
- * Eliminates Heavy Metals
- * Essential During Pregnancy
- * Lower Risk of Diabetes
- * Helps Control Weight
- * Lowers Blood Pressure
- * Assists in Detoxification
- * Protects from Radiation

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Iodine is responsible for the production of almost every hormone in the body and is typically found in high levels in the thyroid, breasts, liver, lungs, heart, and adrenal glands. Iodine is essential during pregnancy. Iodine used to be added to baked goods in the USA, but was replaced with bromine back in the 1970's. As a direct result, today most Americans (96%) are iodine deficient.

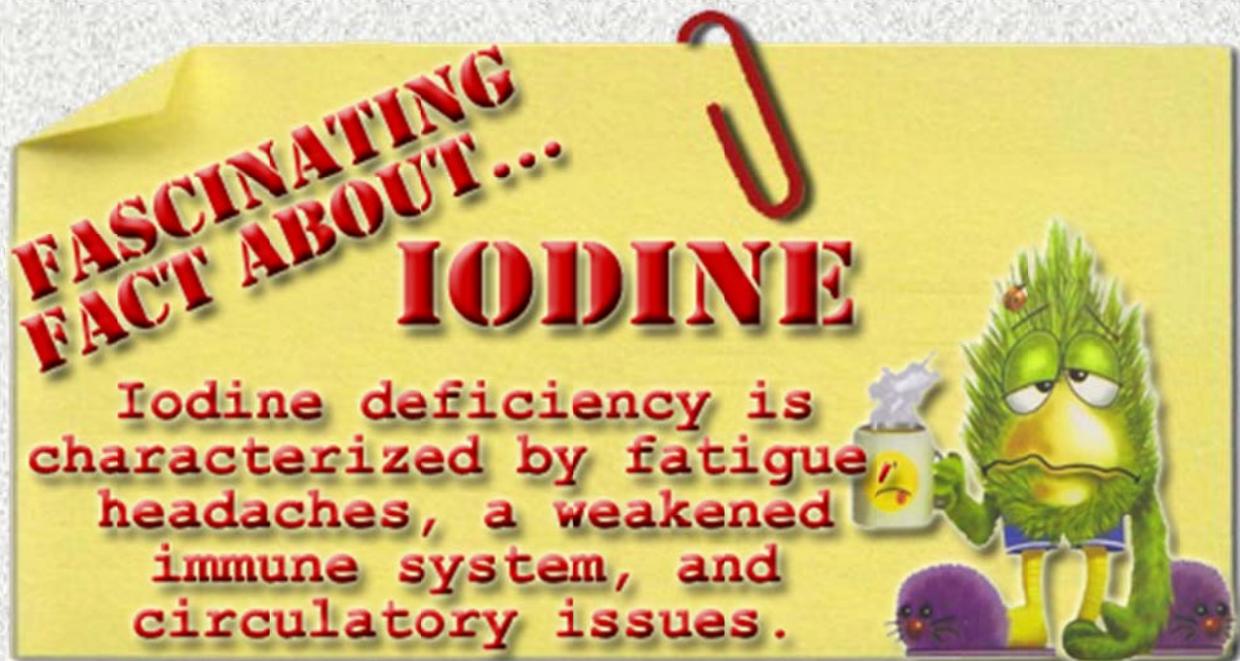
In the human body, it forms an essential component of thyroxin, the main hormone produced by the thyroid gland. Various clinicians and researchers have found iodine effective with goiter, ovarian cysts, uterine fibroids, fibrocystic breasts, hypertension, obesity, and diabetes. Iodine also assists the body in eliminating heavy metals and toxins (like lead, arsenic, bromide, perchlorate, aluminum, mercury, and fluoride). Interestingly, fluoridated drinking water actually depletes iodine absorption.

Iodine deficiency leads to cancers of the breast, prostate, ovaries, uterus, and thyroid. Iodine deficiency can also lead to mental retardation and infertility. So, how can we correct an iodine deficiency? Most likely, to correct an iodine deficiency by taking iodized salt is not feasible, since you would need 20 teaspoons of iodized salt daily to get adequate quantities of iodine. You'll probably need an iodine supplement.

My entire family, even our 2 year old baby girl, take an iodine supplement each and every day. The brand we take is called Iodoral, but you can easily make your own iodine supplement if you're so inclined. In addition, most Americans aren't aware that the entire USA is still being "radiated" from the Fukushima fallout, so it's vital to fill your thyroid gland with good iodine, so that there is no room left for the radioactive iodine to absorb. Before Fukushima, I would have recommended kelp, since it is nature's best source of iodine. However, due to the nuclear disaster in Japan, much of the kelp (especially in the Pacific Ocean) has become irradiated.

Interestingly, excessive consumption of certain foods like cabbage, cauliflower, and radish can cause iodine deficiency. These foods contain a substance which reacts with the iodine present in the food and makes it unsuitable for absorption.

The name for iodine comes from the Greek word "iodes," which means violet. Iodine gas is violet-colored.



IP6

"Phytic Acid"

- * Component of Cell Membranes
- * Needed for Proper Brain Function
- * Potent Antioxidant
- * Boosts Immunity
- * Reduces Inflammation
- * Supports Healthy Glucose Levels
- * Fights Cancer by Removing Iron from Cancer Cells



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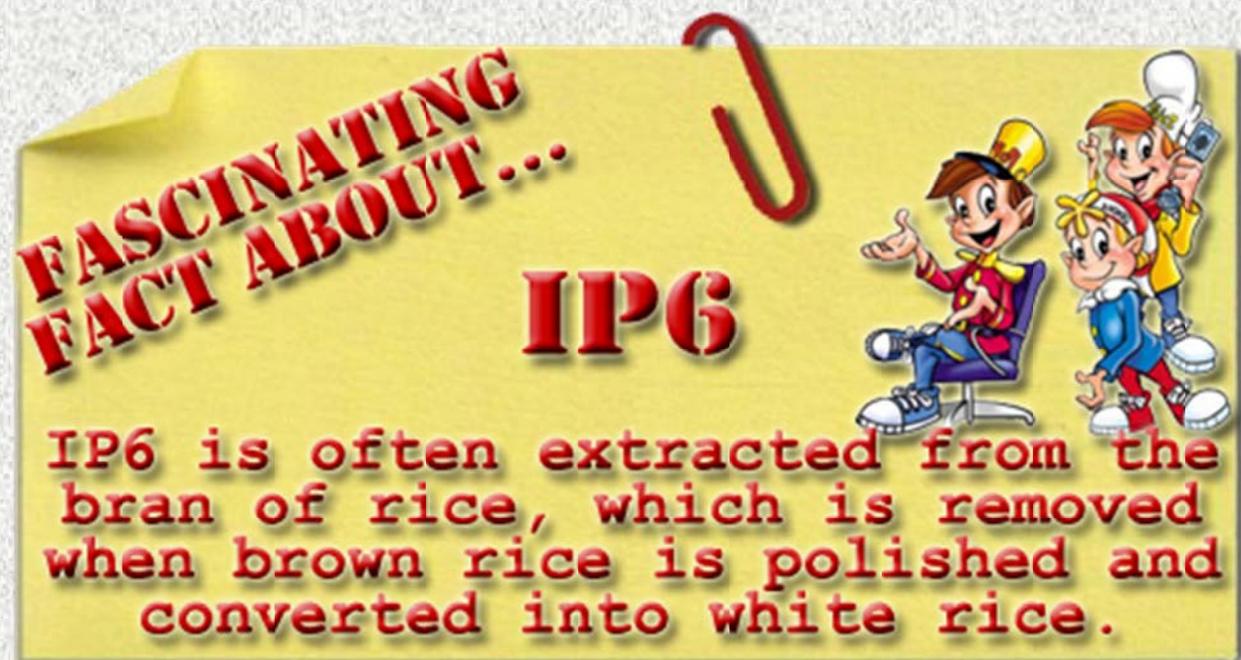
Found naturally in seeds and bran, IP6 works to remove iron from abnormal cells. Although it does exist within every cell of our body, it does not affect the healthy ones. IP6, also known as "inositol hexophosphate" or "phytic acid," is composed of inositol (one of the B vitamins) bound with six molecules of phosphorous and is found naturally in seeds, bran, whole grains, and legumes. IP6 is a fundamental ingredient of all cell membranes and is necessary for proper muscle, brain, and nerve functioning.

It is also one of nature's most effective cancer fighters. How? IP6 selectively removes iron from cancer cells, which effectively deprives them of a primary growth factor. However, IP6 does not remove iron from red blood cells which are tightly bound to hemoglobin. Unlike cancer drugs, healthy cells are not affected with IP6, so IP6 has very low toxicity.

Why is the iron-chelation so important? Because iron is needed by cancer cells to produce new DNA. Also, excess iron stored in tissues promotes insulin resistance, leading to high levels of both glucose and insulin, neither of which is beneficial for cancer control. IP6 removes excessive copper, needed to produce new blood supplies for the cancer.

A potent antioxidant, IP6 has been shown to enhance immune function by boosting the activity of natural killer (NK) cells and maintaining normal cell growth. IP6 has also been shown to reduce inflammation, reduce platelet aggregation, support healthy glucose levels, and maintain healthy kidney function.

An ardent supporter of inositol/IP6 as an anti-cancer nutrient is Dr. Abulkalam M. Shamsuddin, MD, PhD. We take his flagship product, "IP6 GOLD," on a daily basis.



**FASCINATING
FACT ABOUT...**

IP6

**IP6 is often extracted from the
bran of rice, which is removed
when brown rice is polished and
converted into white rice.**

KOMBUCHA

- * Relieves Arthritis Pain
- * Lowers Blood Pressure
- * Improves Digestion
- * Improves Immune Function
- * Protects Liver from Damage
- * Source of Healthy Bacteria
- * Detoxifies the Body
- * Reduces Wrinkles



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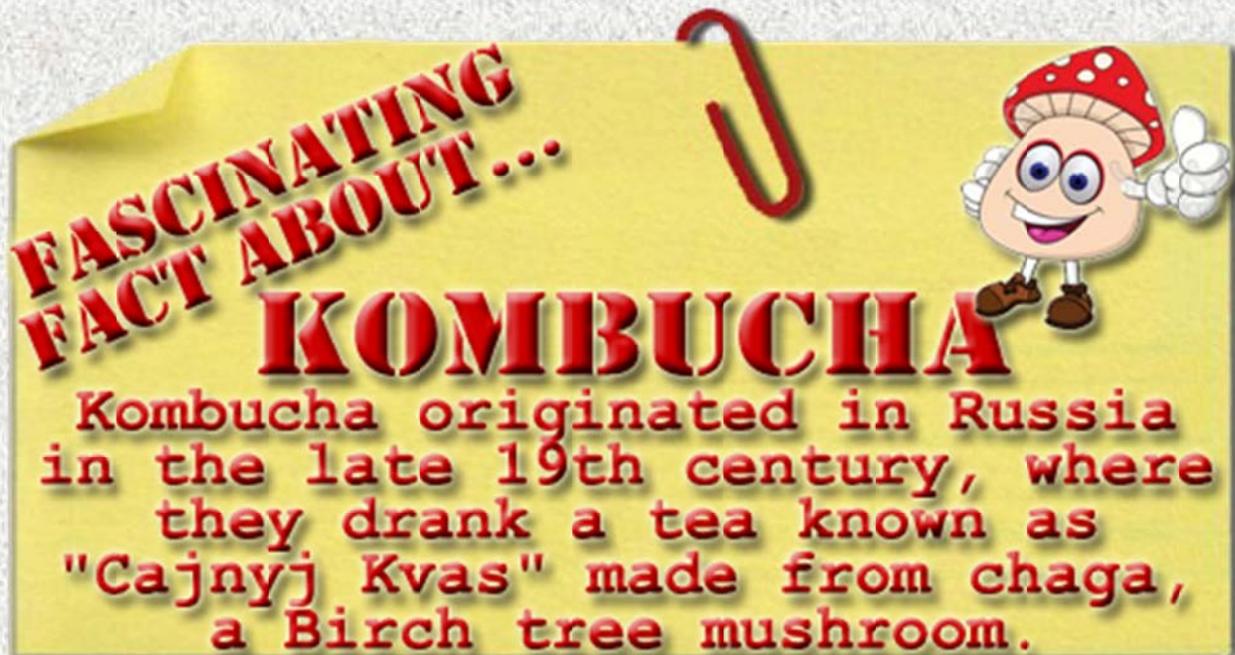
Kombucha tea is a simple combination of tea, sugar, water, and starter culture which has been used for thousands of years dating back to 221 B.C. during the Chinese empire of the Tsin-Dynasty where they called it "the remedy for immortality." It was later brought to Japan by Dr. Kombu to treat the Japanese emperor, Inkyo, for digestive problems. This unique, fermented tea has been used for millennia to lower blood pressure, improve digestion, and boost the immune system. It is alkaline-forming, simple to brew, and extremely inexpensive.

Numerous scientific studies have shown that kombucha tea helps populate the gut with probiotics (beneficial bacteria), enhances the immune system, fights off deadly pathogens, and protects vital organs. A 2012 study published in the journal *Swiss*

Society of Food Science and Technology found that kombucha has demonstrable antimicrobial, antibacterial, and anti-fungal effects.

Like yogurt, kombucha contains healthy bacteria in the form of *Lactobacillus Acidophilus*, as well as a dozen other probiotic strains. It also contains a wide range of organic acids, enzymes, and vitamins (particularly B1, B2, B6 and B12) which provide the body with energy, help to process fats and proteins, and which are vital for the nervous system. Interestingly, when kombucha tea is made correctly, all the sugars are fully converted into organic acids during fermentation, enabling Kombucha tea to be safely drunk by diabetics and Candida sufferers.

Also, glucuronic acid (a product of the oxidation process of glucose) is one of the more noteworthy constituents of kombucha culture. As a detoxifying agent, it is one of the few substances that can help detoxify herbicides, pesticides, plastics and resins. It literally "kidnaps" the phenols in the liver which are then eliminated easily by the kidneys. Another byproduct of glucuronic acid are the glucosamines (structures associated with cartilage and collagen), thus kombucha has been shown to be effective for reducing wrinkles (due to collagen) and reducing arthritis symptoms (due to replenishing cartilage and joint fluid).



LAETRILE

" Vitamin B17 "

Selectively Toxic to Cancer Cells

2 Molecules Glucose * 1 Molecule Benzaldehyde
1 Molecule Hydrogen Cyanide

How it works:

Cancer cells contain an enzyme that healthy cells do not, known as beta-glucosidase, which "unlocks" the benzaldehyde and cyanide. They kill the cancer cells, and then another enzyme, rhodanese, always present in far larger quantities than beta-glucosidase in healthy tissues, has the ability to completely break down both cyanide and benzaldehyde into a thiocyanate (a harmless substance) and salicylate (which is a pain killer similar to aspirin). Interestingly, malignant cancer cells contain no rhodanese at all, leaving them completely at the mercy of the two deadly poisons.

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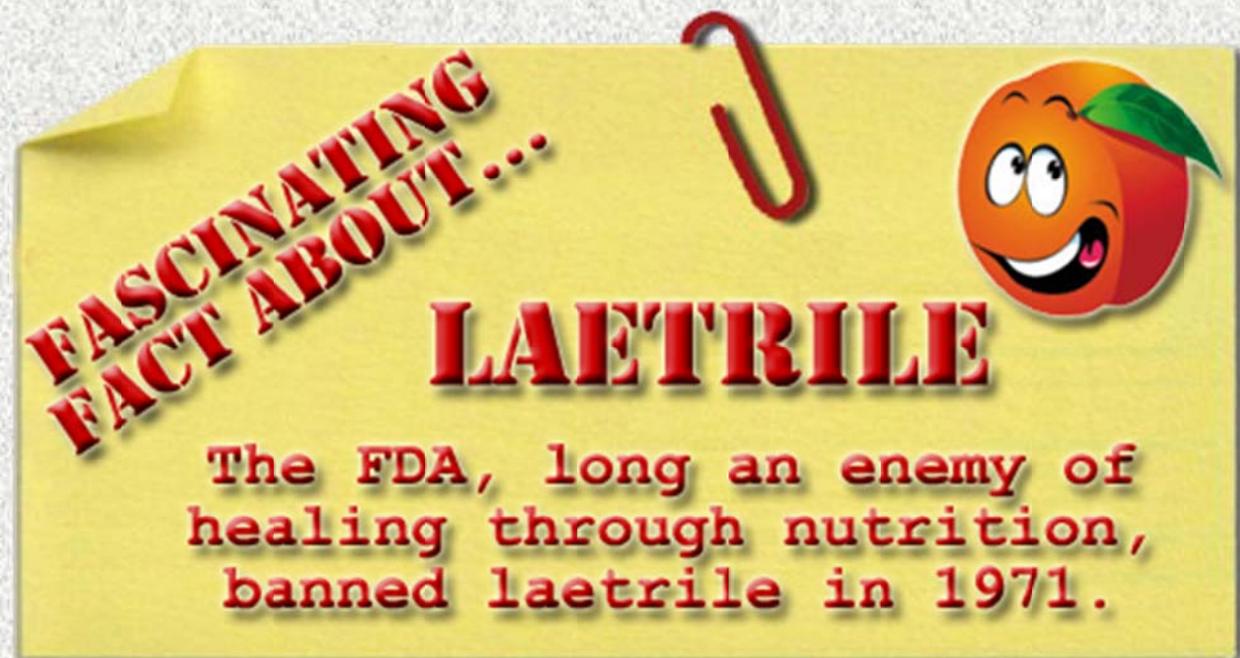
Are you familiar with the 1953 "California Report" which dismissed laetrile therapy as "quackery"? This report was authored by Dr. McDonald and Dr. Garland, both of whom were advocates of smoking at least a pack of cigarettes a day and both of whom died from cigarettes. It turns out that this "study" was a complete fraud and was later proven to be so (1963 public record). There were also "studies" done in 1953 project at Stanford University, a 1961 study at the University of California-Berkeley, one in 1962 at the Diablo Labs in Berkeley, and a 1965 study on behalf of the Canadian Medical Association at McGill University in Montreal. Every one of these has been tarnished by the same kind of scientific ineptitude, bias, and outright deception and fraud as found in the 1953 California report. Then we have the Sloan-Kettering study by Dr. Kanematsu Sugiura in the 1970's where the Board of Directors ordered him to LIE about his positive laetrile research. The list goes on and on.

Of course, the Medical Mafia has mounted highly successful "scare" campaigns based on the fact that vitamin B17 contains quantities of "deadly" cyanide. This is patently false. Studies show that vitamin B17 is harmless to healthy tissue.

Here's why: each molecule of B17 contains one unit of hydrogen cyanide, one unit of benzaldehyde and two of glucose (sugar) tightly locked together. In order for the hydrogen cyanide to become dangerous it is first necessary to unlock the molecule to release it, a trick that can only be performed by an enzyme called beta-glucosidase, which is present all over the human body only in minute quantities, but in huge quantities at only one place: cancer cells.

Thus the hydrogen cyanide is unlocked only at the cancer site with drastic results, which become utterly devastating to the cancer cells since the benzaldehyde unit unlocks at the same time. The cancer cells get a double whammy of cyanide and benzaldehyde! Benzaldehyde is a deadly poison in its own right, but when it teams up with cyanide, the result is a poison 100 times more deadly than either in isolation. The cancer cells are literally obliterated!

But you may ask, "What about danger to the rest of the body's cells"? Another enzyme, rhodanese, always present in far larger quantities than the unlocking enzyme beta-glucosidase in healthy tissues, has the ability to completely break down both cyanide and benzaldehyde into a thiocyanate (a harmless substance) and salicylate (which is a pain killer similar to aspirin). Interestingly, malignant cancer cells contain no rhodanese at all, leaving them completely at the mercy of the two deadly poisons. This whole process is known as "selective toxicity," since only the cancer cells are specifically targeted and destroyed.



**FASCINATING
FACT ABOUT...**

LAETRILE

**The FDA, long an enemy of
healing through nutrition,
banned laetrile in 1971.**



LEMON BALM

"Melissa Officinalis"

- * Attracts Bees & Butterflies
- * Calms & Soothes
- * Relieves Stress
- * Natural Pain Reliever
- * Treats Cold Sores & Herpes
- * Assists with Digestion
- * Alleviates Mild Alzheimer's
- * Kills Bacteria & Viruses
- * Promotes Healthy Skin



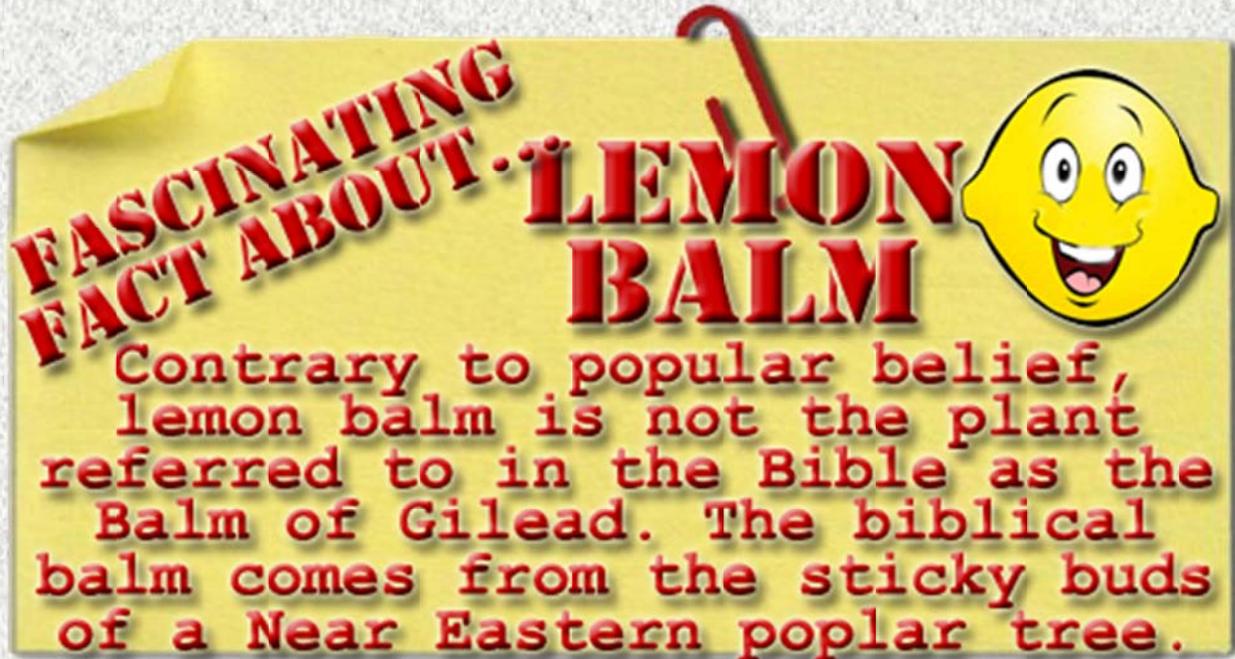
Lemon balm is a mint with a distinct "lemony" scent which is a staple of herb gardens and has been used for thousands of years for its calming, soothing, and healing properties as well as its culinary uses and aromatic qualities.

Its botanical name (*"Melissa officinalis"*) is taken from the Greek word for bee, indicative of the plant's attractive power for bees, butterflies, and other precious pollinators. Native to the Middle East, lemon balm traveled through all of Asia and Europe. History tells us that Benedictine monks put it in their monastery gardens, Charlemagne ordered his subjects to plant it, and Thomas Jefferson grew it at Monticello. The ancient Greeks relied on it to treat insomnia, alleviate anxiety, and to calm nerves. Over 100 years ago in Europe, alcoholic tinctures of lemon balm were

combined with lemon peel, angelica root, and nutmeg to make "Carmelite water" (a 19th century tonic for migraine headache and neuralgia).

Recent studies have shown that lemon balm is rich in volatile oils (terpenes) which have relaxing properties and are effective in alleviating stress. Lemon balm also contains tannins (which are anti-viral) and eugenol (which calms muscle spasms, kills bacteria, and relieves pain). In a 2003 study taking lemon balm extract orally (60 drops daily for 4 months), symptoms of mild to moderate Alzheimer's disease were alleviated. In the past few years, lemon balm has made headlines for its ability to treat cold sores and other breakouts caused by the herpes virus. Interestingly, lemon balm is mentioned in the scientific journal *Endocrinology* where it is explained that *Melissa officinalis* exhibits "antithyrotropic" activity, hence making it of possible use in the treatment of Graves' disease or hyperthyroidism.

The liver and the gallbladder are also gently soothed down by the bitter principles present in the Lemon balm and these tend to enhance the rate of digestion as well as absorption in the stomach. Remedies made from the Lemon balm oil also become very useful in cases of nervousness, excessive anxiety or depression that effects the functioning of the heart, leading to heart pains or other problems like palpitations or an irregular heartbeat. Lemon balm can grow in most gardens and is a delight to harvest fresh to use in cooking and home remedies. You can make an excellent fresh tea with lemon balm and stevia. However, make sure the product you are using is lemon balm and not the less expensive citronella.



**FASCINATING
FACT ABOUT** **LEMON
BALM** 

**Contrary to popular belief,
lemon balm is not the plant
referred to in the Bible as the
Balm of Gilead. The biblical
balm comes from the sticky buds
of a Near Eastern poplar tree.**

LICORICE ROOT

"Nature's Candy"

- * 30-50 Times Sweeter Than Sugar
- * Potent Anti-Viral (Glycyrrhizin)
- * Fights Influenza
- * Combats Cancer & Hepatitis C
- * Increases Cortisol
- * Helps with Ashtma & Bronchitis
- * Prevents Tooth Decay



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Lindigenous to rich low-lands and river valleys of southern Europe, the Middle East, and northern China, licorice root is cultivated in many parts of the world. Licorice has a rich and ancient history of use as a medicine. Technically a legume, its sweetness results from the presence of "glycyrrhizin," a compound 30-50 times sweeter than sugar. Due to its sweetness, licorice root is widely used in candies.

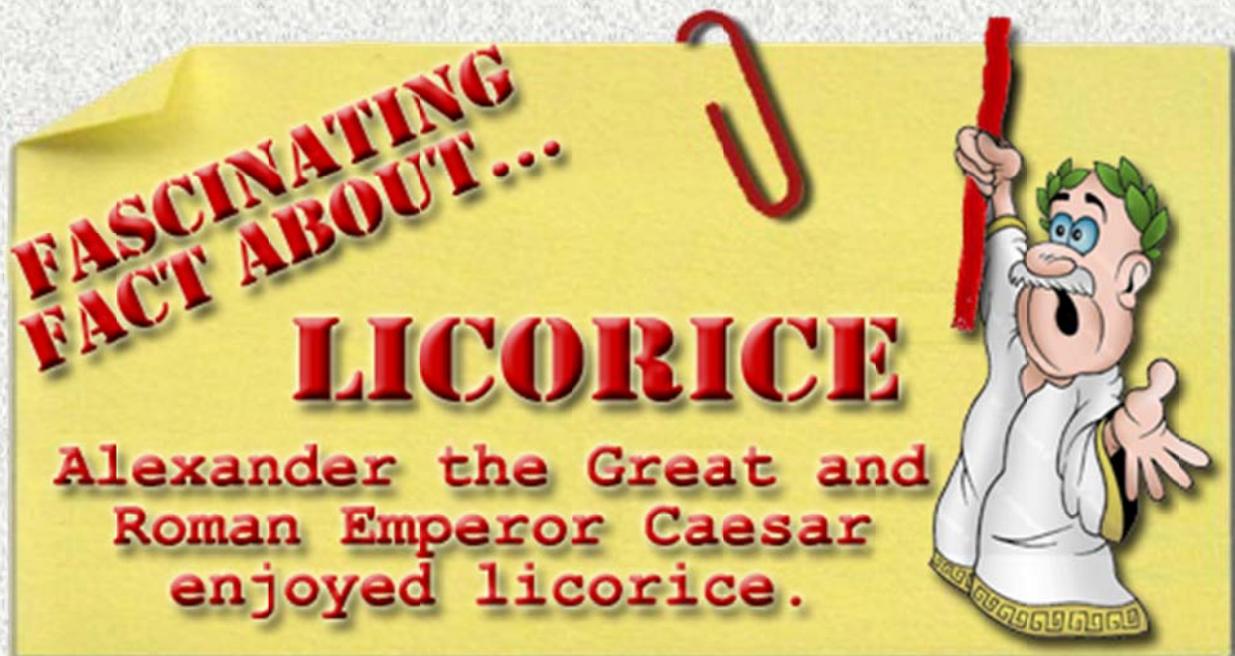
But glycyrrhizin's properties don't end with its sweetness; it is also one of the most powerful antiviral compounds ever studied. In a 1997 study titled "Glycyrrhizin, an active component of licorice roots, reduces morbidity and mortality of mice infected with lethal doses of influenza virus," researchers found that when mice were administered glycyrrhizin at 10mg/kg body weight, they all survived a series of ten 50% lethal injections. The control group, on the other hand, were all dead by the end of three

weeks.

Even more remarkable, when the splenic T cells from the glycyrrhizin-treated mice were transferred to mice exposed to the same lethal doses of influenza virus, 100% survived. The researchers discovered that glycyrrhizin's powerful, life-sparing effects against lethal doses of influenza were a result of the compound increasing interferon gamma production by T cells. This stimulation of interferon production makes licorice very valuable as a cancer fighter and as a support herb for AIDS sufferers.

A 1990 study published in the *Journal of Clinical Endocrinology and Metabolism* found that glycyrrhizic acid blocks the enzyme that converts cortisol to cortisone, resulting in higher levels of cortisol. Cortisol is known to have a great effect in boosting a person's energy and endurance level, stimulates the conversion of protein to carbohydrate, and suppresses inflammation. In a 2009 study published in *Hepatology Research*, researchers at Tokyo's Medical and Dental University found that glycyrrhizic acid suppresses the replication of the hepatitis C virus. The saponin glycosides found in licorice root are known to be a good expectorant (good for breaking up and secreting phlegm). This can help people with asthma, bronchitis, and dry cough. The anti-inflammatory properties of licorice root can also widen the air passages wider, making breathing easier.

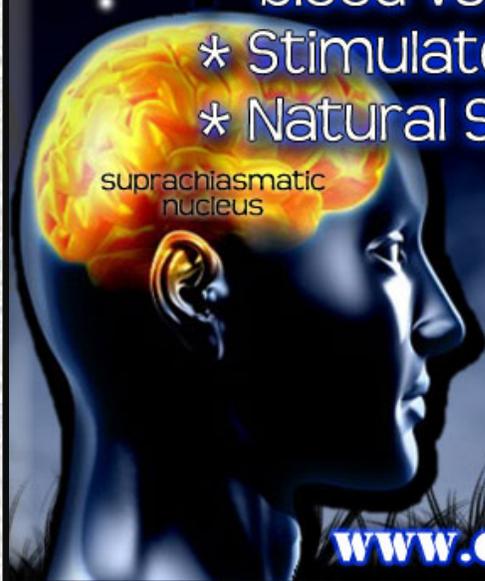
Licorice root is also known to be effective for mouth ulcers and tooth decay. Interestingly, many "licorice" products manufactured in the USA actually don't contain any licorice at all. Instead, they contain anise oil, which has the characteristic smell and taste of "black licorice." **WARNING:** Overuse of licorice root can result in hypertension and be detrimental to the kidneys.



MELATONIN

"More than Just a Sleep Aid"

- * Helps Regulate Circadian Rhythm
- * Cytotoxic (Kills Cancer Cells)
- * Inhibits Angiogenesis (tumor blood vessel growth)
- * Stimulates Immune System
- * Natural Sleep Aid



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Have you ever wondered why we tend to fall asleep with greater ease in a dark room as opposed to a brightly lit room? Well, the reason is associated with a sleep aiding hormone called melatonin. The production of this hormone is inhibited by light conditions, whereas darkness stimulates its secretion. This explains why we usually start feeling drowsy during the late evening hours.

Exposure to light at night (LAN), such as sleeping with a nightlight, suppresses the production of melatonin, which is produced from the amino acid tryptophan by the pineal gland when the eyes detect no light (i.e., in darkness or blindness, or during sleep). [Through a series of enzyme-catalyzed reactions, tryptophan is partially converted to 5-hydroxytryptophan (5-HTP), which is partially converted to serotonin, which is partially converted to melatonin.]

Melatonin also is produced by the retina and, in vastly greater amounts, by the gastrointestinal system. Increased LAN has been connected with leukemia and breast cancer, likely because it disrupts circadian rhythms. Latin for "about one day," circadian rhythms help coordinate and synchronize our internal body functions. Deep within the brain, in the anterior hypothalamus, lies the "suprachiasmatic nucleus" (SCN), a dual cluster of thousands of nerve cells. This is the body's "pacemaker" or "biological clock," which is powered, in a sense, by light.

The SCN receives signals from the outside world via the retina of the eye. When the SCN is stimulated by daylight signals from the retina, it tells the pineal gland to suppress production of melatonin. At night, the SCN's lack of stimulation is signaled to the pineal gland, and melatonin secretion is increased many times over, creating a physiological condition of "biological night" in the person.

Why is melatonin so important? Melatonin has been shown to be cytotoxic and induces apoptosis (cancer cell auto-destruction). In addition to destroying cancer cells and inhibiting proliferation, it also stops angiogenesis (new tumor blood vessel growth) and prevents harmful forms of estrogen from stimulating cancer cell growth. Melatonin also stimulates the immune system and increases the cancer-killing activity of macrophages, monocytes, natural killer cells, T-helper cells and eosinophils, all of which are involved in cancer cell destruction.

Many people struggle to sleep well every night and try different things to sleep better. If you have a hard time going to sleep, stay clear from the pharmaceutical drugs and opt for melatonin. Dosages may vary depending on the person. Products offer from 0.5 mg to 5mg of melatonin. However, large doses of melatonin can even be counterproductive.



**FASCINATING
FACT ABOUT... MELATONIN**

When sufficient levels of melatonin were applied to mice, the Italian immunologist named Pierpaoli claimed that the mice outlived their life expectancies by almost a third.





- * Excites Brain Cells To Death
- * Creates Brain Lesions
- * Causes Leptin Insensitivity
- * Contributes to Obesity
- * Linked to Sudden Cardiac Death
- * Implicated in Strokes
- * Promotes Cancer Growth

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Watch out for monosodium glutamate (MSG)! Here's why: MSG is an excitotoxin, which means that it excites your brain cells to death! It has been linked to strokes, brain tumors, MS, Parkinson's, Alzheimer's, and Lou Gehrig's disease. MSG creates a lesion in the hypothalamus that correlates with abnormal development, including obesity, short stature and sexual reproduction problems. MSG has also been shown to cause nausea, vomiting, migraine headaches, depression, and heart problems.

MSG has been found to dramatically promote cancer growth and metastasis. Here's why: When cancer cells are exposed to MSG, they become more mobile, and that enhances spreading of the cancer. And it's the "glutamate" that is the problem. When you increase the glutamate level, cancer just grows like wildfire, and then when you

block glutamate, it dramatically slows the growth of the cancer. According to my friend and colleague, Dr. Russell Blaylock MD, "We discovered that outside of the brain, there are numerous glutamate receptors in all organs and tissues. The entire GI tract, from the esophagus to the colon, has numerous glutamate receptors. The entire electrical conducting system of a heart is replete with all sorts of glutamate receptors. The lungs, the ovaries, all the reproductive systems and sperm itself, adrenal glands, bones and even calcification are all controlled by glutamate receptors. They act and operate exactly like the glutamate receptors in the brain."

He continues, "So, when you're consuming MSG, the level of glutamate in the blood can rise as high as 20-fold. You get very high glutamate levels in the blood after eating a meal containing MSG. You're stimulating all of the glutamate receptors. That's why some people get explosive diarrhea, because it stimulates the receptors in the esophagus and small bowel. Others may develop irritable bowel, or if they have irritable bowel, it makes it a lot worse. If they have reflux, it makes that a lot worse. The thing about the cardiac conduction system glutamate receptors is this may explain the rise in sudden cardiac death. What you see in almost all these cases is low magnesium. When the magnesium level is low, the glutamate receptors become hypersensitive, and so people -- athletes in particular, if they are not supplementing with magnesium -- are prone to sudden cardiac death, because of the glutamate receptors. If they eat a meal or something that contains glutamate or drink a diet cola before practice, it will produce such intense cardiac irritability; they'll die of sudden cardiac death. We know the sudden cardiac death is due to two things: Most commonly arrhythmia and cardio artery spasm. Both of which can be produced by glutamate."

Did you know that no strain of rat or mice is naturally obese? So...scientists have to "create" them. They make these morbidly obese creatures by injecting them with monosodium glutamate (MSG) when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats to become obese. It also causes them to crave carbohydrates (sugars) rather than proteins, and they eventually end up with metabolic syndrome on top of obesity, which results in a leptin insensitivity. Leptin is the "lookout hormone" which is secreted by fat cells; it is the gatekeeper of fat metabolism, monitoring how much energy an organism takes in, maintaining the energy balance in the body, and regulating hunger. Without leptin sensitivity, a person will eat and eat and eat without feeling satisfied. It has been shown that you can produce leptin insensitivity very easily with MSG.

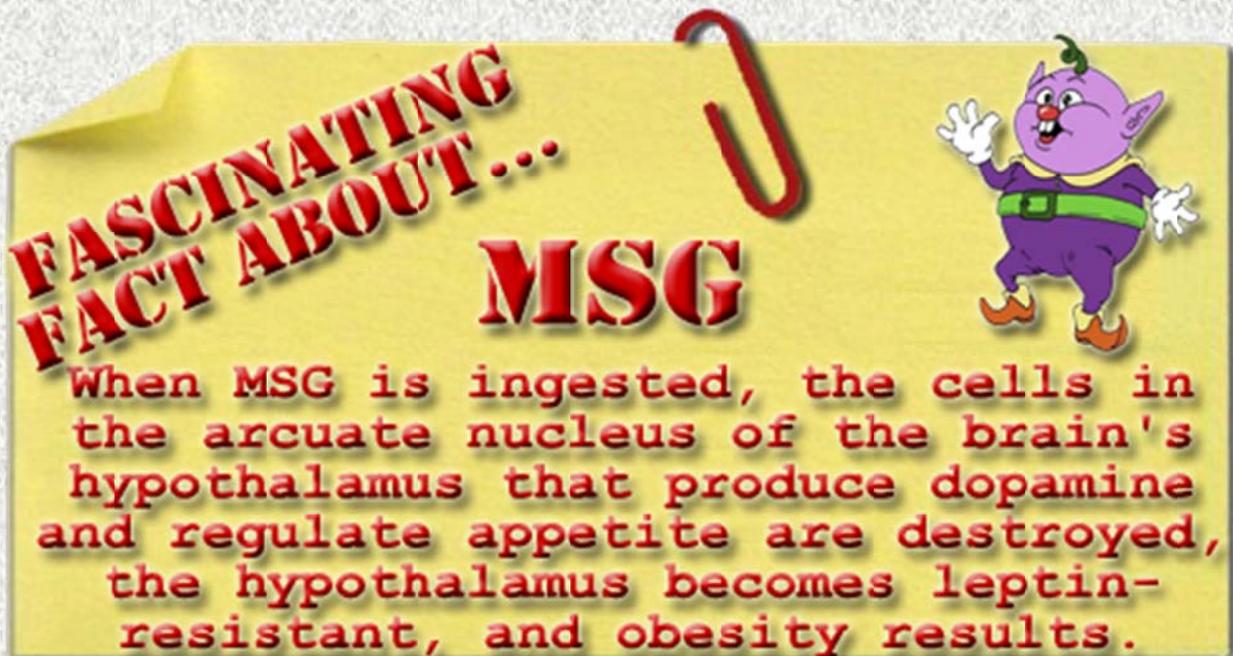
Unfortunately, MSG is often disguised under other names, thus you may not be able to detect it in a list of ingredients. Some synonyms for MSG are:

- ✚ "Glutamate Textured Protein"
- ✚ "Glutamic Acid Yeast Extract"
- ✚ "Gelatin Yeast Nutrient"
- ✚ "Hydrolyzed Vegetable Protein"
- ✚ "Autolyzed Yeast"
- ✚ "Hydrolyzed Soy Protein"
- ✚ "Glutamate"

- ✚ "Torula Yeast"
- ✚ "Protein Isolate"
- ✚ "Flavor Enhancer"

They hide MSG under many different names in order to fool those who catch on. Food companies learned that MSG could increase the flavor and aroma and enhance acceptability of commercial food products, so it is doubtful that they will ever quit using this brain killing additive to our food supply. Please note that in addition to being GMO, soybean extracts are loaded with glutamate, in many cases higher than pure MSG; people who consume large amounts of soy products have high incidences of dementia and brain atrophy.

Take a quick trip to your kitchen and check the pantry and the fridge. You will realize that MSG is in everything: soups, the chips, the ramen, the hamburger helper, the gravy, the sauces, the salad dressings, the corn oil, the broth, and so on. This is all the more reason to eat fresh, unprocessed foods.



**FASCINATING
FACT ABOUT...**

MSG

When MSG is ingested, the cells in the arcuate nucleus of the brain's hypothalamus that produce dopamine and regulate appetite are destroyed, the hypothalamus becomes leptin-resistant, and obesity results.



MUSADINES

"America's First Grape"

- * Packed with Phytochemicals
- * 40x the Antioxidants of Red Grapes
- * High in Quercetin
- * Loaded with Dietary Fiber
- * Contain Ellagic Acid
- * Inhibit Growth of Cancer Cells

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Long before the first Europeans stepped off the ship, Native Americans were making dumplings, raisins, drinks and poultices with the large, sweet bunches of grapes called "Cherokee muscadines." In 1524, Giovanni da Verrazzano (a Florentine navigator who explored the Cape Fear River valley for France) first spotted muscadines in North Carolina. He wrote in his logbook that he saw "many vines growing naturally there." Also known as "scuppernong," muscadines are bronze or a purple black color and tend to be larger, stronger and have thicker skins than traditional grapes.

Found in Southeastern states from Texas to Georgia and up to North Carolina, muscadine grapes appear in all types of local recipes. Growing up outside Dallas, I remember eating muscadine jam and jelly and drinking muscadine juice many times as

a young boy. But jams and jellies and juices don't really offer the full health benefits of the muscadine grape, since it turns out that the juice and seeds and skin and pulp all have various health benefits. This being so, it's really prudent to have eat the entire grape (including seeds) or take a supplement that utilizes the entire muscadine (skin, pulp, seeds, and juice).

Here's something very interesting. Normal grapes have 19 pairs of chromosomes, but muscadines actually have an extra pair of chromosomes! That's right...they have 20 pairs! While the fact that muscadines have more chromosomes makes for some interesting trivia, the real excitement comes from the change in phytochemicals and nutrients that those extra chromosomes facilitate. Muscadine grapes flourish in climates that would kill most European grapes, and as a result, they are chock full of more nutrients and antioxidants than any other grape. So, the old maxim, "Whatever doesn't kill you makes you stronger" also applies to muscadines.

But that's not all. Muscadines are unique in that they have a different phytochemical makeup than all other grapes. In addition to having 20 pairs of chromosomes (rather than 19), muscadines also have 6x the resveratrol content of typical red grapes. I've written a bunch about resveratrol, which belongs to a group of components called "phytoalexins." Phytoalexins are produced by some plants to help protect it from attacks from bacteria, fungi, insects, harsh weather, and other types of environmental stress. Resveratrol is, in effect, a natural antibiotic that plants produce to help protect from infections. Real quick, just to define some terms, plants contain a broad class of "good stuff" that is referred to as "polyphenols" (there are over 10,000 different polyphenols in the plant kingdom). "Flavonoids" are actually a large group of components underneath the polyphenol class, while "proanthocyanidins" and "anthocyanins" and "phytoalexins" fall under the flavonoid group. OK, so back to muscadines. They also have 40x the antioxidants of red grapes and contain extremely high levels of quercetin (a healthy flavonoid) and more dietary fiber than oat bran or rice.

If you search PubMed.gov, you'll see that there have been over 2,500 studies on red wine, over 800 studies on grape seeds, and over 600 studies on red grapes. Red wine and red grapes are incredibly healthy and the studies on heart health and longevity have been nothing short of amazing. But muscadines actually take all the health benefits of the red grape and "kick it up a notch."

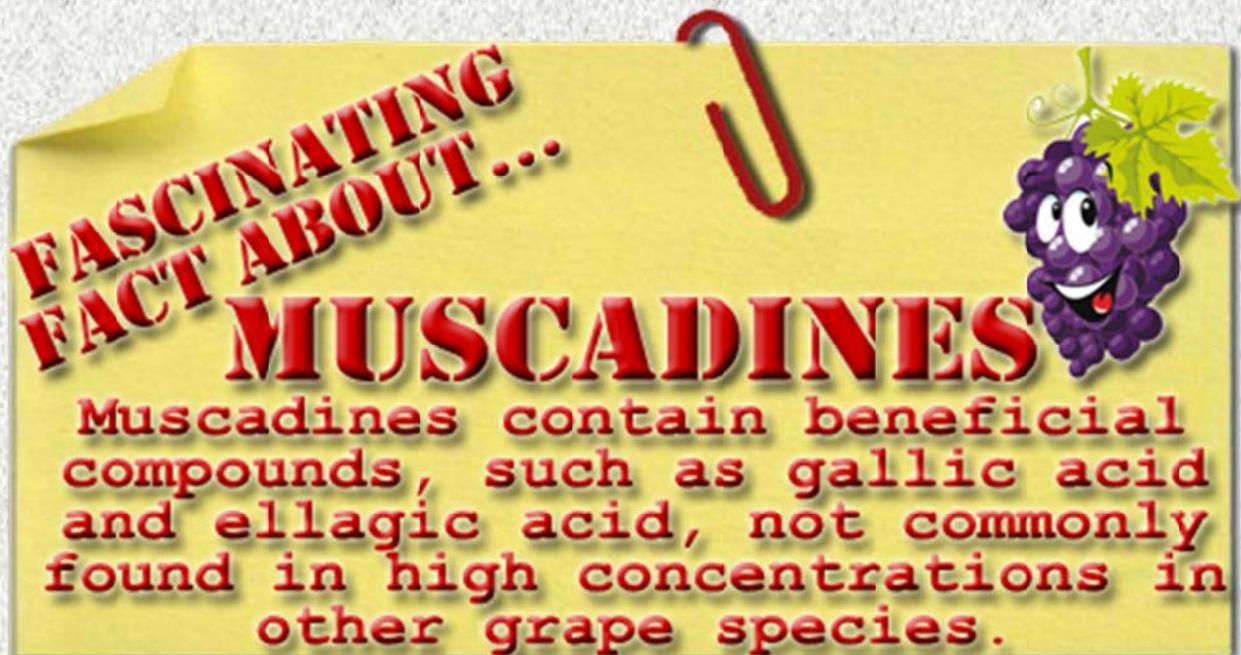
Another fascinating facet of muscadines is that they are the only grape that contains ellagic acid, which has been the focus of a plethora of studies due to its anti-cancer and tumor fighting properties. Ellagic acid may assist in "chemoprevention" (i.e. preventing cancer). There is great interest in chemoprevention (not to be confused with chemotherapy) because it may be the best way to fight cancer: prevent it from growing before it reaches a level that causes problems.

On September 1, 2007 the National Institute of Health (NIH) and the National Cancer Institute (NCI) published the results of their study on muscadine grape skins in the

Cancer Research Journal. Rather than us telling you what the study found, let's look at some direct quotes from the study.

- ✚ "Laboratory experiments show that an extract of the skin of muscadine grapes can inhibit growth of prostate cancer cells in the laboratory."
- ✚ "Using a series of human prostate cancer cells, representing different stages of prostate cancer progression, the researchers showed that Muscadine Skin Extract (MSKE) significantly inhibits the growth of cancerous, but not normal, prostate cells, primarily by inducing a process called apoptosis, or programmed cell death."
- ✚ "The fact that all of the cells studied, which cover the different stages of prostate cancer tumor progression, responded to MSKE suggests that the active compounds in this extract may inhibit tumor development at very early stages."
- ✚ "Although MSKE has significant inhibitory effects on the prostate cancer cell lines, it did not alter the growth variables of normal human primary prostate cells. This strongly suggests that the effects of MSKE may be specific for transformed cells, even at early stages, and that MSKE may be potentially very useful as a chemopreventive agent."

The above NIH Study shows that the ellagic acid in muscadines can inhibit the growth of cancer cells by inducing programmed cell death and resveratrol works by blocking the cell cycle. Both are important mechanisms to prevent the development of cancer. Muscadine grapes provide all the health benefits that have been associated with red wine and grapes... plus all the benefits that come from the ellagic acid!



**FASCINATING
FACT ABOUT...**

MUSCADINES

Muscadines contain beneficial compounds, such as gallic acid and ellagic acid, not commonly found in high concentrations in other grape species.

OLEANDER

"Desert Rose"

Interesting Facts:

The term "oleander" refers to two plant species, Nerium oleander (common oleander) and Thevetia peruviana (yellow oleander). Both species contain chemicals called "cardiac glycosides" that have effects similar to the heart drug digoxin, which can be toxic. Oleander should always be handled with gloves, since it is very toxic...to both cancer cells and normal cells. However, when we are able to dilute it in the appropriate proportions, then it is still toxic to cancer cells but harmless to normal cells! This level of dilution and toxicity is now well-known. The highly preferred way to take oleander is to take it as a capsule or extract, since they have already been mixed to be at a safe level for humans but are at a toxic level for cancer cells.

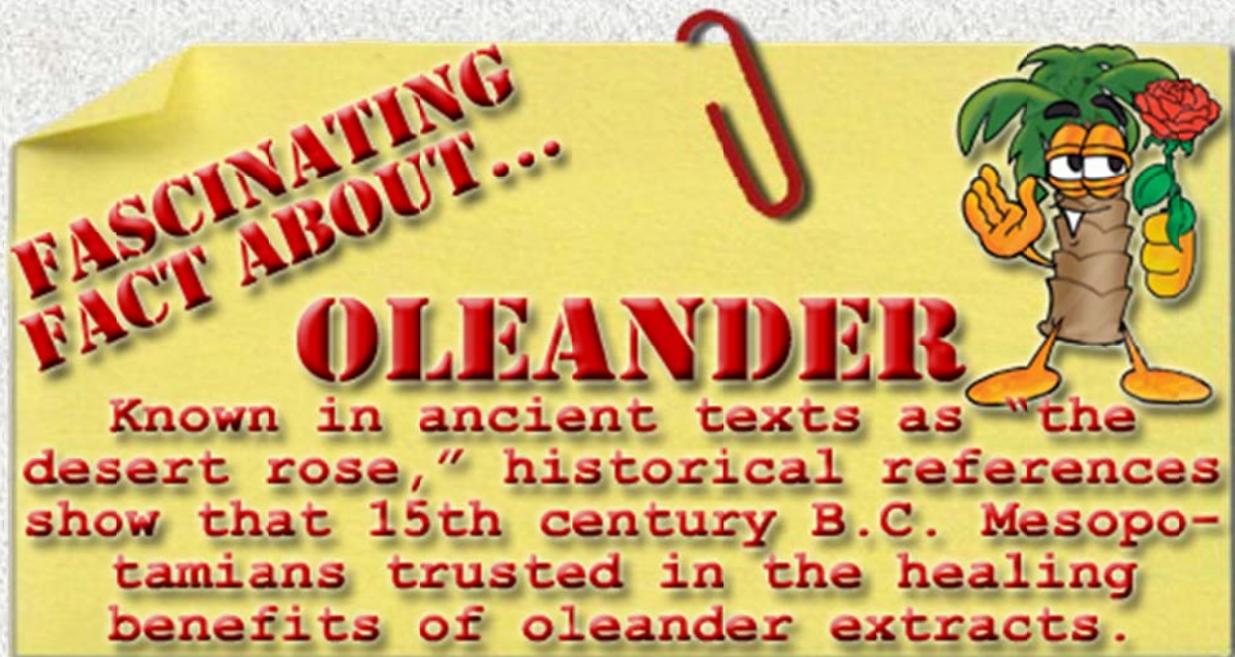
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In the early 1960's, a Turkish doctor named H. Zima Ozel discovered a group of rural Turkish villagers who were amazingly healthy and disease free, compared to other similar villagers. When he investigated further, he found that the healthy villagers were all taking a folk remedy that had been used in the Middle East for over two millennia. This remedy was based on a common plant referred to in the Bible as the "desert Rose," or more commonly to most of us, the oleander plant. This plant is a highly toxic plant when ingested raw, but the source of a wonderful remedy when properly prepared.

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My friend, Tony Isaacs, has written what is, by far, the best eBook on oleander, entitled *Cancer's Natural Enemy*.





OREGANO OIL

"*Origanum Vulgare*"

- * Antiviral
- * Antifungal
- * Antibacterial
- * Relieves Pain & Inflammation
- * Helps with Toothaches
- * Stimulates Bile Flow
- * Fights Bad Breath

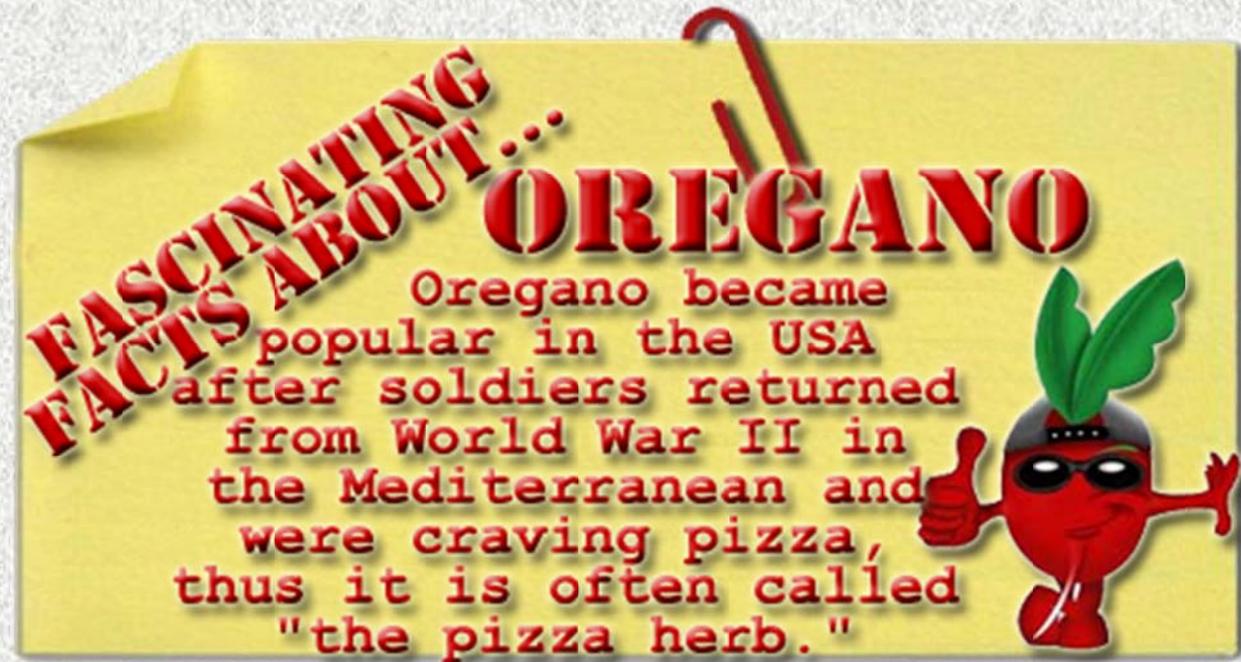
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An awesome natural antiviral, antibacterial, & antifungal is oil of oregano, a natural substance that is extracted from wild oregano plants. Two key compounds found in it are carvacrol and thymol. Studies have shown that both of these compounds have significant effects on harmful micro-organisms that cause many illnesses in humans. It is important not to confuse oil of oregano with common oregano that is used as a spice for cooking. Common oregano is typically *Origanum Marjoram*, while oil of oregano is derived from *Origanum Vulgare*. Oil of oregano has been shown to be an effective pain killer.

An article published in *Phytotherapy Research* describes how oil of oregano surpassed anti-inflammatory drugs in reversing pain and inflammation and is nearly as powerful as morphine as a pain killer. But be careful - pure essential oil of oregano will BURN if you

rub it on your skin or lips. When we feel like we're getting sick, we rub it behind our ears and drink 8-10 drops mixed with orange juice. When you have a toothache or have any kinds of sores or abscesses in your mouth, try using oil of oregano. Since it's very strong, mix with olive oil and rub around the infected tooth.

Interestingly, the thymol in oregano oil is the ingredient in Listerine that fights bad breath! The oil also stimulates the flow of bile, which greatly aids digestion.



PAU D'ARCO

aka "Taheebo" or "Lapacho"

- * Contains N-Factors
- * Treats Malaria & Syphilis
- * Effective For Flu & Colitis
- * Fights Fungus
- * Natural Pain Killer
- * Snake Bit Antidote
- * Cancer Treatment
- * Fights Infection



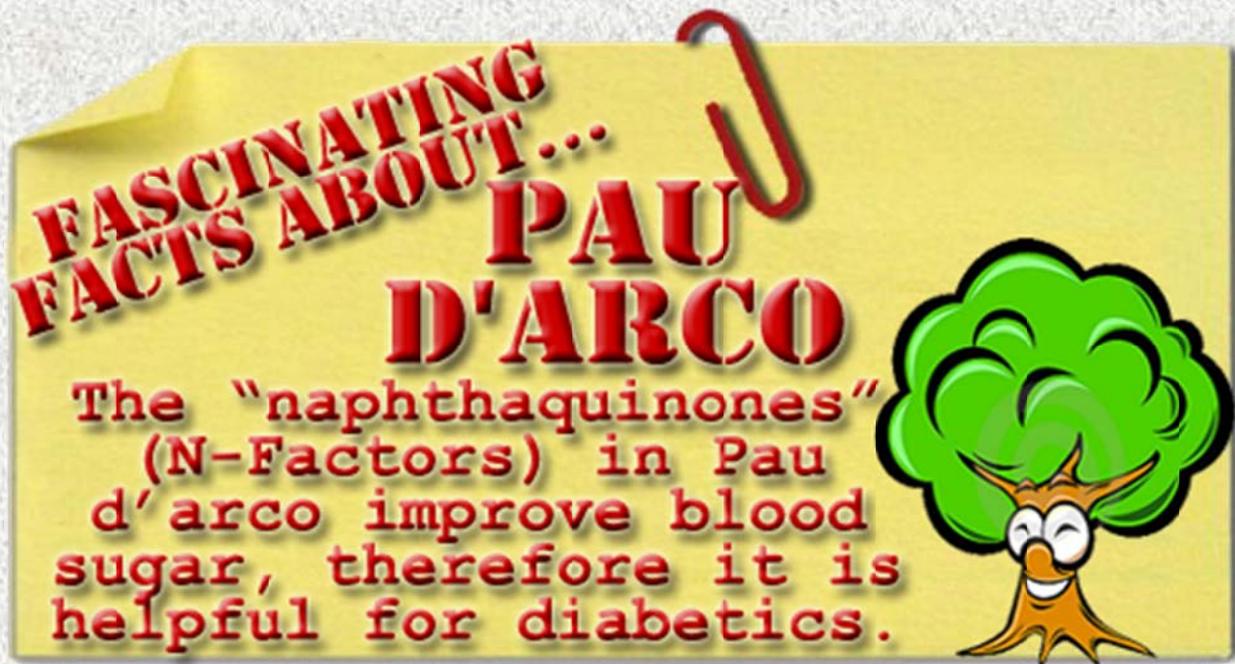
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Lapacho is a huge evergreen canopy tree found in the rainforests of South America, specifically Paraguay, Brazil, and Argentina. The medicinal part of the tree is the inner lining of the bark (called the "phloem") which contains compounds known as "naphthaquinones" (aka N-Factors).

Lapacho is more commonly known by its Portuguese name of "pau d'arco." It is also known by tribal names such as "taheebo" and "ipe roxo." Throughout South America, tribes living thousands of miles apart have used pau d'arco for the same medicinal purposes for thousands of years, including the treatment of malaria, influenza, lupus, respiratory problems, syphilis, colitis, and fungal infections. It has also been used to relieve pain (arthritis and rheumatism), kill germs, increase the flow of urine, and even as an antidote to poisons and snakebites.

Pau d'arco has become a standard form of treatment for some kinds of cancer and for all kinds of infections in hospitals throughout Brazil, Argentina, and other countries in South America. Not surprisingly, using pau d'arco is still considered "tribal quackery" in the USA. However, it's interesting to note that Big Pharma regularly screens pau d'arco for the presence of substances (like lapachol) that could be the basis for new drugs.

Of course, once Big Pharma tries to isolate, copy, and patent a natural substance, it never works as well as the natural substance. Also, no isolated component of pau d'arco comes anywhere close to being equal to the combined activity of all constituents (i.e., the whole herb).



**FASCINATING
FACTS ABOUT...
PAU
D'ARCO**

**The "naphthaquinones"
(N-Factors) in Pau
d'arco improve blood
sugar, therefore it is
helpful for diabetics.**

PEPPERMINT

"World's Oldest Medicine"

- * Contains Essential Minerals
- * Abundant Vitamins and Fats
- * Improves Respiration
- * Useful in Dental Care
- * Helps with Digestion
- * Potent Anti-Cancer Effects
- * Eliminates Bad Breath
- * Used in Cold Rubs

WWW.CANCERTRUTH.NET

Peppermint (a cross between watermint and spearmint) has historically been known for its medicinal uses, hence it is often called "the world's oldest medicine." You might recognize the oval, toothed leaves similar to lemon balm. Native to the Mediterranean, this fresh herb contains abundant amounts of vitamin C, vitamin K, vitamin B12 (cobalamin), folic acid, thiamine, riboflavin, and omega-3 fats. Peppermint also contains essential minerals such as zinc, iron, copper, calcium, potassium, manganese, and selenium.

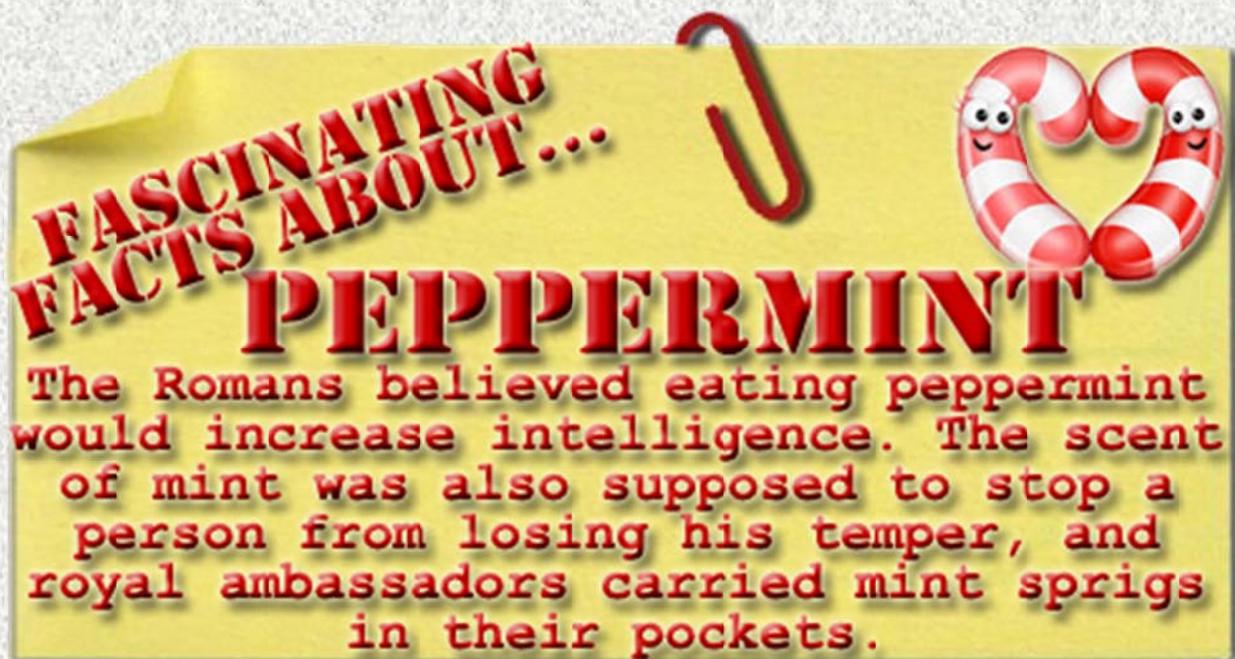
Due to the abundance of menthol, menthone and menthyl esters, peppermint and peppermint oil find wide applications in manufacture of soap, shampoo, toothpaste, chewing gum, tea, and ice cream. Menthol helps in clearing the respiratory tract and is an effective expectorant and therefore provides instantaneous relief in numerous

respiratory problems including nasal congestion, sinusitis, asthma, bronchitis, cold and cough. As a result, it is used in numerous cold rubs.

Peppermint oil (due to its antiseptic properties) is useful for dental care, as it eliminates halitosis (bad breath) and helps kill germs in the teeth and gums. This is why it is added to numerous toothpastes and chewing gums. It is also useful for treating toothaches.

Peppermint may help individuals suffering from irritable bowel syndrome (IBS) according to a recent Italian study. It is believed that the menthol in the mint blocks calcium channels, thus relaxing the muscles of the intestinal wall, which in turn relieves bloating, diarrhea, and abdominal pain.

Peppermint is also a potent herb to fight cancer and the deleterious effects of radiation. According to a 2010 study, peppermint extract acts as a chelating agent (removing heavy metals), an antioxidant, and also repairs damaged DNA. It was shown to have positive effects with skin cancer, lung cancer, colon cancer, liver cancer, and pancreatic cancer.



**FASCINATING
FACTS ABOUT...**

PEPPERMINT

The Romans believed eating peppermint would increase intelligence. The scent of mint was also supposed to stop a person from losing his temper, and royal ambassadors carried mint sprigs in their pockets.

PLANTAGO

- * Antimicrobial
- * Reduces Pain
- * Treats Bee Stings
- * Treats Ant Bites
- * Natural Laxative
- * Helps minor cuts

Common Plantain
("Plantago Major")

Psyllium
"Plantago Ovata"

"Plantago Psyllium"

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Plantago is a genus of about 200 species of small, inconspicuous plants commonly called "plantains." This should not be confused with a dissimilar plantain, which is a kind of banana.

Common plantain ("Plantago Major") is a weed commonly found in the wild and (much to suburbanites' embarrassment) the lawns of almost everyone living in temperate climates. You can find it quickly when you see the green, nubby spikes, which stick up out of a cluster of round leaves. Common plantain was used in time past to heal the bites of "mad dogs, snakes, and venomous creatures." On this side of the ocean, Native Americans learned to use plantain in the same way. In colonial America a slave would be freed if he taught them how to use plantain to cure rattlesnake bite. Take a few fresh leaves, crush or chew them, and see how quickly they stop the

bleeding of an open wound or the pain and inflammation of bites and stings. My family uses plantain poultices for treating bee stings and ant bites. Plantain can also be used to treat minor cuts and a wide range of skin disorders, including dandruff, eczema, or sunburn.

The active chemical constituents in plantain are "allantoin" (which stimulates cellular growth and tissue regeneration), "aucubin" (anti-microbial agent), and "mucilage" (which reduces pain). Plantain has astringent properties, and a tea made from the leaves can be ingested to treat diarrhea and soothe raw internal membranes. Common plantain is also a highly nutritious wild edible, that is high in calcium and vitamins A, C, and K. Plantain is like a "first aid kit" growing in the lawn! A cup of strong Plantain tea will calm indigestion, and the leaf will relieve the pain of a toothache.

"Psyllium" is the common name used for several members of the plant genus *Plantago* whose seeds are used commercially for the production of mucilage, the 2 most common of which are "*Plantago Ovata*" (aka blonde psyllium) and "*Plantago Psyllium*" (aka black psyllium). They are used in the common over-the-counter bulk laxative and fiber supplement products such as Metamucil and are useful for constipation, irritable bowel syndrome, dietary fiber supplementation, and diverticular disease. Psyllium is mainly used as a dietary fiber which is not absorbed by the small intestine. The psyllium mucilage absorbs excess water while stimulating normal bowel elimination.



**FASCINATING
FACTS ABOUT...**

PLANTAGO

**A natural remedy for constipation,
plantago psyllium regulates bowel
functions by stimulating the diges-
tive system and bowel elimination.**



Resveratrol is a “polyphenol” found in the skin of dark grapes that is produced naturally when the plant is under attack by pathogens such as bacteria or fungi. What is a “polyphenol”? Polyphenols are often associated with compounds that are antioxidants. This is because they can react with free radicals to form a more stable molecule; one that is less toxic than the original radical. Since resveratrol’s prime function in nature is to protect the fruit against pathogens, it only makes sense that it would exhibit potent antifungal activity in the human body, which it does. It also helps with candida albicans. Reseveratrol has been shown to exhibit “selective toxicity” toward cancer cells.

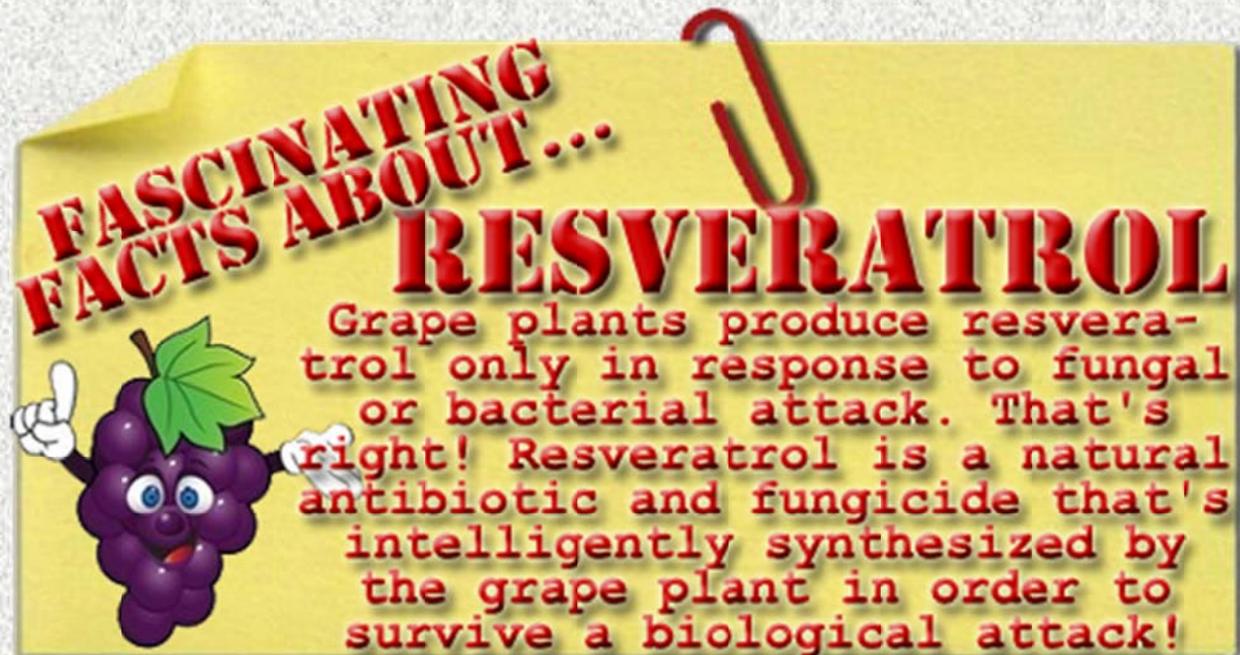
How? Reseveratrol is virtually non-toxic since, after oral ingestion, it is quickly metabolized by the liver, attached to a detoxification molecule called “glucuronate,”

which renders it harmless. However, at the tumor site, the resveratrol is unzipped by an enzyme called "glucuronidase" that uncouples it from the glucuronate and makes it available to "go to work" on the cancer cells.

In the April 2004 *Journal of Alternative and Complementary Medicine*, researchers at Cornell University's Weill Medical College published the results of tests on breast cancer and brain cancer cells. In these tests, resveratrol was shown to induce apoptosis (normal cell death) via the p53 gene, which repairs DNA. In addition to inducing apoptosis, resveratrol appears to kill off cancer cells by depolarizing (demagnetizing) mitochondrial membranes within tumor cells, which results in a decrease in the cell's potential to function. Resveratrol is a dozen cancer-fighting drugs all wrapped up into one. It is another of God's natural cancer killers and fights cancer in so many ways that researchers can't find a cancer-promotion pathway it doesn't inhibit.

It has been suggested that resveratrol underlies the phenomenon known as the "French paradox" (the unexplained fact that the French, who have the same cholesterol levels as the rest of us, have only one-third the rate of heart disease). Why? Because the French drink wine with meals, and red wine contains a high concentration of resveratrol. The W.H.O. has suggested that resveratrol can reduce cardiovascular risks by up to 40%, since it blocks platelet "stickiness," prevents oxidation of LDL's, reduces triglyceride levels, and (most importantly) reduces tension levels, thus relaxing and dilating the arteries. Other beneficial effects include increases in collagen synthesis and amelioration of depression.

To date, no side effects, toxic symptoms, or drug interactions have been reported in connection with resveratrol consumption.

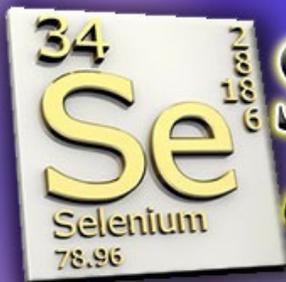


**FASCINATING
FACTS ABOUT...**

RESVERATROL

Grape plants produce resveratrol only in response to fungal or bacterial attack. That's right! Resveratrol is a natural antibiotic and fungicide that's intelligently synthesized by the grape plant in order to survive a biological attack!





SELENIUM

"Essential Trace Mineral"

- * Powerful Antioxidant
- * Potent Anti-Cancer
- * Improves Immune Function
- * Fights Viruses & Bacteria
- * Scavenges Free Radicals



When first discovered in 1817, selenium was thought to be a poison. In 1957 it was accepted as an essential trace mineral. And now it has become a "hidden superstar" among nutrients. And selenium (like most healthy things) is something that many of us are not getting enough of ... most Americans get less than half of the recommended dose of 200 micrograms a day, according to Life Extension Foundation's Disease Prevention and Treatment.

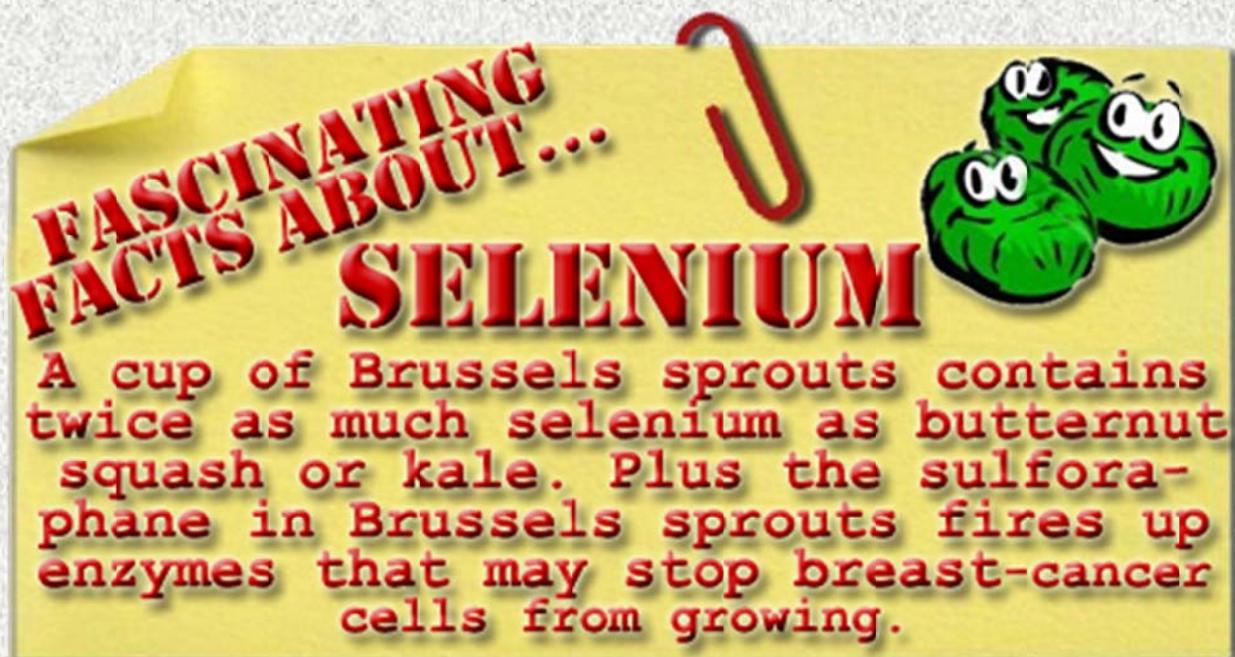
You probably first learned about selenium in high school chemistry class, but did you know that it is just about the cheapest "anti-cancer" pill you can buy? Selenium was initially used in conventional medicine as a treatment for dandruff, but our comprehension of the mineral has dramatically increased over the past half century years. It is an essential component of a powerful antioxidant (glutathione peroxidase)

manufactured by the body which defends specifically against peroxides, a type of free radical that attacks fats. Like other antioxidants, glutathione peroxidase also reduces the risk of developing cancer and heart diseases and stimulates the immune system's response to infections.

In the 1970's, studies by Dr. Gerhard Schrauzer produced a 70% reduction in breast cancer tumors by adding trace amounts of selenium to the diet. Then, a study of over 1000 healthy men (published in May 2004 *Journal of the NCI*) showed that men with high blood levels of selenium had a 50% reduction in prostate cancer rates. The most important blind study on selenium and cancer was a double-blind intervention trial conducted by Dr. L.C. Clark (and colleagues) at the University of Arizona Cancer Center. When all the results were tabulated, it became clear that the selenium-treated group developed almost 66% fewer prostate cancers, 50% fewer colorectal cancers, and about 40% fewer lung cancers as compared with the placebo group.

Some of the best natural sources of selenium are Brazil nuts, cashews, walnuts, garlic, broccoli sprouts, and Brussels sprouts. Of course, the amount of selenium in the foods also depends upon the soil. In the USA, the soils in the high plains of northern Nebraska, the Dakotas, and Montana have the highest levels of selenium. Selenium is also found in eggs and seafood (tuna, shrimp, and salmon).

Selenium not only helps improve the immune system against cancer cells, but it also fights bacterial and viral infections as well as herpes virus, cold sores, and shingles. It's interesting to note that people who live in selenium-poor regions of the world suffer from dramatically increased rates of cancer, infections, and inflammatory diseases.



**FASCINATING
FACTS ABOUT...**

SELENIUM

A cup of Brussels sprouts contains twice as much selenium as butternut squash or kale. Plus the sulforaphane in Brussels sprouts fires up enzymes that may stop breast-cancer cells from growing.

SODIUM BICARBONATE

also known as Baking Soda

- * Alkalinizes the body
- * Absorbs heavy metals
- * Absorbs radiation
- * Purifies air
- * Extinguishes fires
- * Deodorizes
- * Soothes bug bite itching
- * Natural toothpaste
- * Non-toxic deodorant

WWW.CANCERTRUTH.NET

Bicarbonate of Soda (aka sodium bicarbonate, NaHCO_3 , and baking soda) is a simple low-cost substance that is a useful remedy for a variety of ailments and chronic diseases. Discovered in 1840, baking soda (not to be confused with baking powder which typically contains aluminum) is a proven treatment for flus and colds, and recently this amazing substance has been in the "spotlight" as doctors like Tullio Simoncini and Mark Sircus have used it to treat cancer patients.

Perhaps the success is due to the fact that baking soda floods the cancer cells with a shockwave of alkalinity and oxygen, thus reversing the hypoxia (lack of oxygen) which is always associated with cancerous tissue. Or perhaps it works because a comparison of cancer tissue with healthy tissue indicates that cancerous tissue always has a much

higher concentration of toxic chemicals and pesticides than normal tissue, and sodium bicarbonate possesses the property of absorbing heavy metals, dioxins, and furans. Perhaps it's a combination of the two.

Baking soda has a plethora of additional uses. Baking soda is commonly used as an antacid for short-term relief of an upset stomach, to correct acidosis in kidney disorders, to "alkalinize" urine during bladder infections, and to minimize uric acid crystallization during gout treatment. It is frequently used to purify air inside refrigerators. We've all seen the opened box of baking soda in the fridge door, haven't we? Keep a container of baking soda in your garage as well as in your car to put out a fire, since it will extinguish a fire without damaging anything else it touches. It also works as a deodorizer for carpets and other materials and can be used for laundry and as a household cleanser (when mixed with vinegar). The baking soda/vinegar mixture will even unclog drains! And if you have itchy bug bites, try using a poultice of baking soda and vinegar.

Get rid of those toxic antiperspirants and replace them with baking soda. The same goes for those fluoride-filled toothpastes. Try brushing and cleaning your teeth with baking soda and hydrogen peroxide (H₂O₂). Yes, baking soda is one of the most versatile substances that everyone should have in their medicine cabinet.

I take 1 teaspoon of baking soda in water each night before bed. It's a great way to alkalize your body.



SOURSOP

aka "Graviola" or "Guanábana"

- * Selectively Toxic to Cancer
- * Displays Anti-tumor Potential
- * Kills Parasites and Microbes
- * Alleviates Headache Pain
- * Lowers Blood Pressure
- * High in Vitamins and Minerals
- * Helps with Insomnia

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The soursop fruit, also known as graviola (Portuguese) guanábana (Spanish), or corossol (French) is a large, green fruit with a dull spiked surface, found mainly in tropical regions. It comes from a small evergreen tree with dark green leaves. You can eat it ripe by tearing off the green surface. A ripe soursop fruit can be very soft and easy to tear apart with the fingers. On the inside is a soft creamy pulp embedded with numerous black seeds. The pulp, the seeds, and even the leaves and bark can be of significant health benefits.

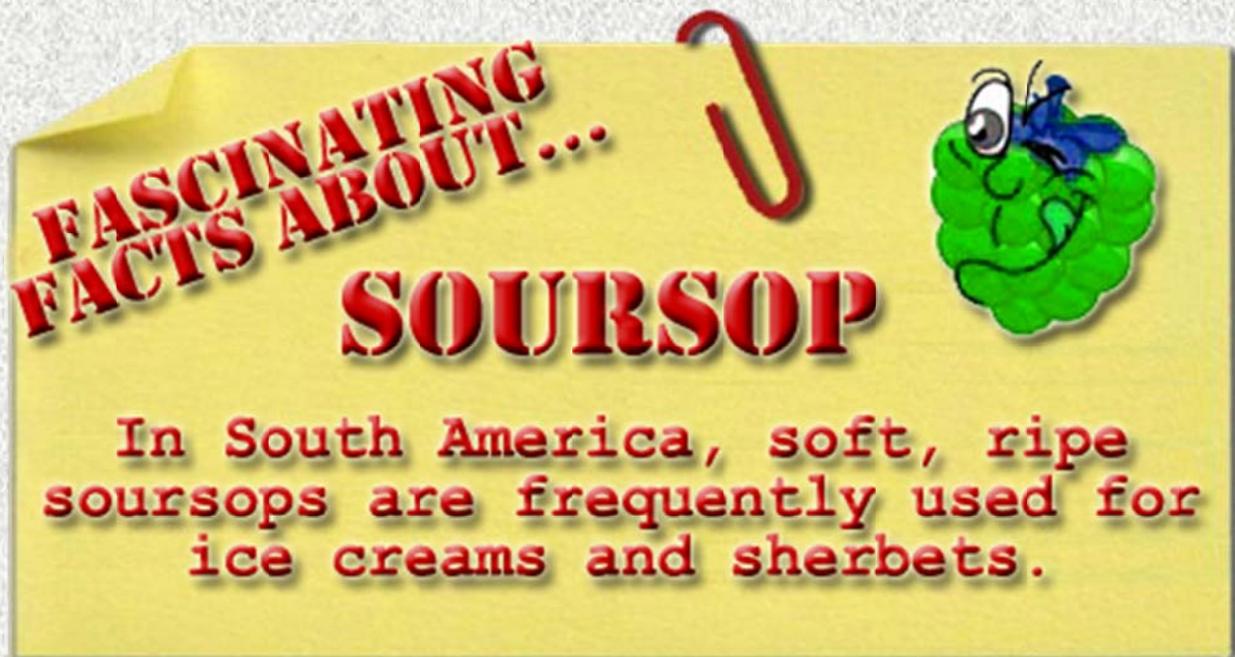
Over three decades ago, in 1976, the National Cancer Institute performed a study on the soursop fruit which demonstrated amazing cancer-fighting potential. Results of this research showed that graviola was quite effective at attacking and destroying the malignant cells. As a matter of fact, graviola was found to be "selectively toxic" to

colon cancer cells and was also calculated to be 10,000 times more potent than Adriamycin chemotherapy (also known as doxorubicin). Adriamycin is oftentimes called "red devil" due to its deep red color and terrible side effects, which include life-threatening (sometimes fatal) damage to the cardiovascular system. Even though Adriamycin is NOT selectively toxic to cancer cells (i.e. it kills ALL cells – even healthy cells), it has been a first choice of chemo for over 50 years.

Soursop contains a unique set of chemicals called "annonaceous acetogenins" (produced in the bark, leaf, and seeds) display tremendous anti-tumor potential and are selectively toxic against various types of cancer cells and cause no harm to regular healthy cells. These acetogenins have also been documented to be anti-parasitic and anti-microbial. Three separate studies have shown that these acetogenins are superb inhibitors of enzyme processes only found in the membranes of cancerous tumor cells. This is why they are toxic to cancer cells but have no toxicity to healthy cells.

In 2011, researchers found that graviola fruit extract (GFE) suppressed so-called oncogene (or cancer-causing gene) expression in breast cancer. The oncogene known as epidermal growth factor receptor (EGFR) is commonly over-expressed in breast cancer, and therefore an ideal target for therapy.

You can also make a delicious soursop tea using either fresh leaves or dried ones and only need one or two leaves for one person. Steep the leaves in boiling water, just like making ordinary tea. Benefits include alleviating migraine headaches, diarrhea, cough, back pain, stress, high blood pressure, and nerve ailment. If you are suffering from insomnia, try drinking this tea before going to sleep.



**FASCINATING
FACTS ABOUT...**

SOURSOP

**In South America, soft, ripe
soursops are frequently used for
ice creams and sherbets.**



SPROUTS

"Live Food Nutritional Powerhouse"

- * Rich in Vitamins
- * Loaded with Enzymes
- * Neutralize Phytates
- * "Live" Food
- * Low in Calories
- * Easily Assimilated & Digested
- * Good Source of Minerals

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For an inexpensive way to obtain fresh, nutrient-dense food, try sprouting (germinating seeds). Sprouts are rich with vitamins, minerals, proteins, and enzymes and deliver them in a form which is easily assimilated and digested. Interesting, since sprouts are live foods, they will continue to grow slowly, and their vitamin content will actually increase after you harvest them.

Compare this with store-bought vegetables and fruits, which start losing their vitamin content as soon as they're picked and often have to be shipped thousands of miles. Interestingly, germination initiates a chemical transformation in the seed grains that naturally neutralizes the phytates (enzyme inhibitors), thus making them super healthy. Sprouting is a very effective way to add raw foods to your diet. If you can supply a jar,

some screen or netting, and rinse the sprouts twice a day, you can grow delicious, organic sprouts in less than a week.

Growing your own sprouts means having your own private supply of fresh organic vegetables every day from a couple square feet of counter space. And seeds can multiply up to fifteen times their original weight. Excellent sprouting choices include alfalfa, almonds, broccoli, cabbage, fenugreek, garbanzos, lentils, mung, peas, radish, red clover, and sunflower seeds. Be sure to refrigerate your completed sprouts. Ideally you want to eat them right after you pick them. Those sprouts are still growing in your plate! Now that's fresh!



**FASCINATING
FACTS ABOUT...**

ALFALFA SPROUTS

Alfalfa was first discovered by the Iranians. They dubbed the plant the "Father of All Foods." They fed alfalfa to their horses because it made them swift and strong.

TURMERIC

"The Bright Spice of Life"

- * Boosts immune system
- * Natural painkiller
- * Anti-cancer
- * Helps with Alzheimer's
- * Kills parasites
- * Improves digestion
- * Fights inflammation
- * Detoxifies the liver
- * Tastes great

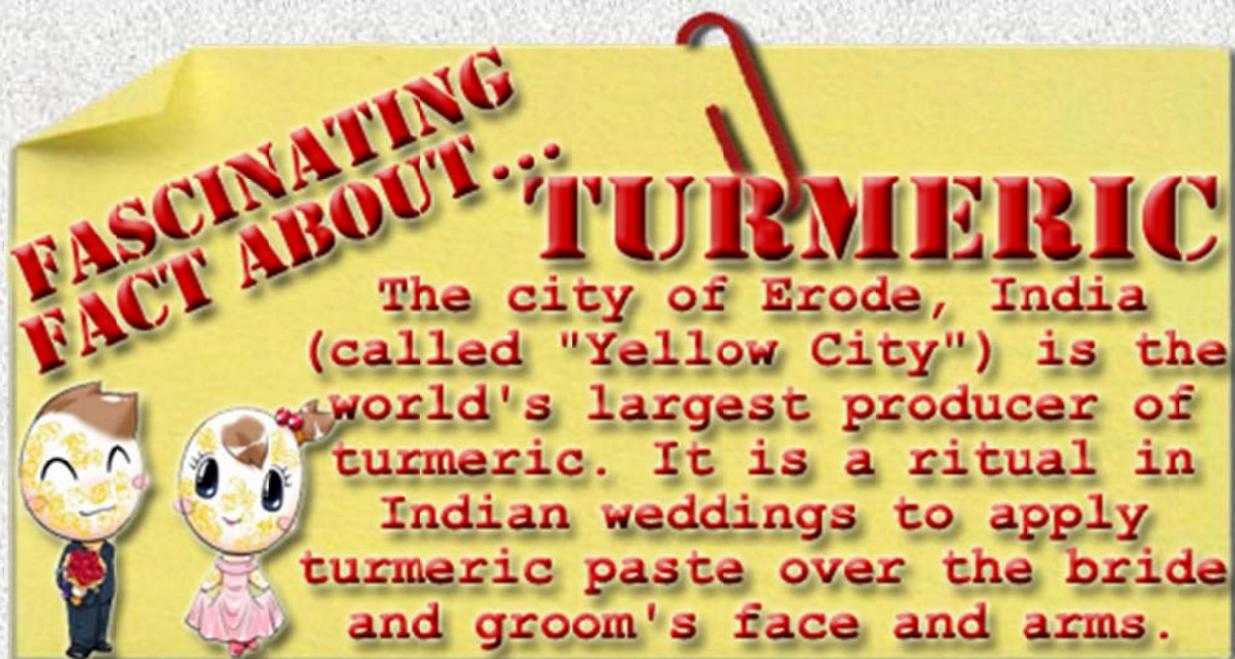


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Turmeric (*curcuma longa*), a bold bright yellow spice native to Southeast Asia, is a true "super food" shown to have remarkable healing properties. The use of turmeric can be dated back as far as 3,000 BC, and Marco Polo mentioned it in his notes as early as 1280 when speaking of his travels to China. It has been used for thousands of years in India as a dye and during medieval times, turmeric was actually referred to as "Indian saffron." Turmeric has been found to be effective when used for peptic, gastric and duodenal ulcers as well as irritable bowel syndrome (IBS). More recently it has been found through research to be helpful in the treatment of several different forms of cancer, including colon cancer, duodenal cancer, leukemia, mouth cancer, stomach cancer, and even pancreatic cancer. A Phase II clinical trial conducted at MD Anderson Cancer Center found that turmeric was equal to or better than all currently available FDA approved drugs for pancreatic cancer, except that it

does not cause the same negative side effects. When combined with other powerful nutrients like fish oil, olive oil, and/or black pepper, turmeric's anti-cancer effects are even further amplified, as the spice is not very well absorbed by the body on its own. Turmeric can also protect cells against xenoestrogens ("synthetic" estrogens) because it can fit to the same receptor as estrogen or estrogen-mimicking chemicals. In a study on human breast cancer cells, turmeric reversed growth caused by a certain form of estrogen by 98% and growth caused by DDT by 75%.

Concerning Alzheimer's disease, turmeric inhibits formation of, and breaks down, Amyloid-beta oligomers (entwined fibres) and aggregates (lumps). In other words, it keeps the brain neuron synapses free of plaque and keeps the brain functioning normally. Also, a number of studies have suggested that curcumin (the biologically active constituent in turmeric) protects against Alzheimer's disease by turning on a gene responsible for the production of antioxidants. A December 2003 study published in the *Italian Journal of Biochemistry* discussed curcumin's role in the induction of the heme oxygenase (HO) pathway, a protective system that (when triggered in brain tissue) causes the production of the potent antioxidant "bilirubin," which protects the brain against oxidative (free radical) damage. Turmeric can help fight inflammation in the body (and arteries), and this subsequently helps prevent heart disease. Turmeric can also help the body detoxify and protect the liver from the effects of toxic drugs (including "legal" prescription drugs), alcohol, pesticides, heavy metals, and countless other chemicals. The liver's main job is to expel these toxins from your bloodstream so you can continue to live. But if your body is overloaded with these harmful substances, your liver is going to need a "boost." Curcumin stimulates production of bile by the gallbladder. The liver uses bile to eliminate toxins, and bile also rejuvenates liver cells that break down harmful compounds. For this reason, turmeric has been used in Ayurvedic and Chinese medicine to treat digestion and liver disorders.



**FASCINATING
FACT ABOUT...**

TURMERIC

The city of Erode, India (called "Yellow City") is the world's largest producer of turmeric. It is a ritual in Indian weddings to apply turmeric paste over the bride and groom's face and arms.

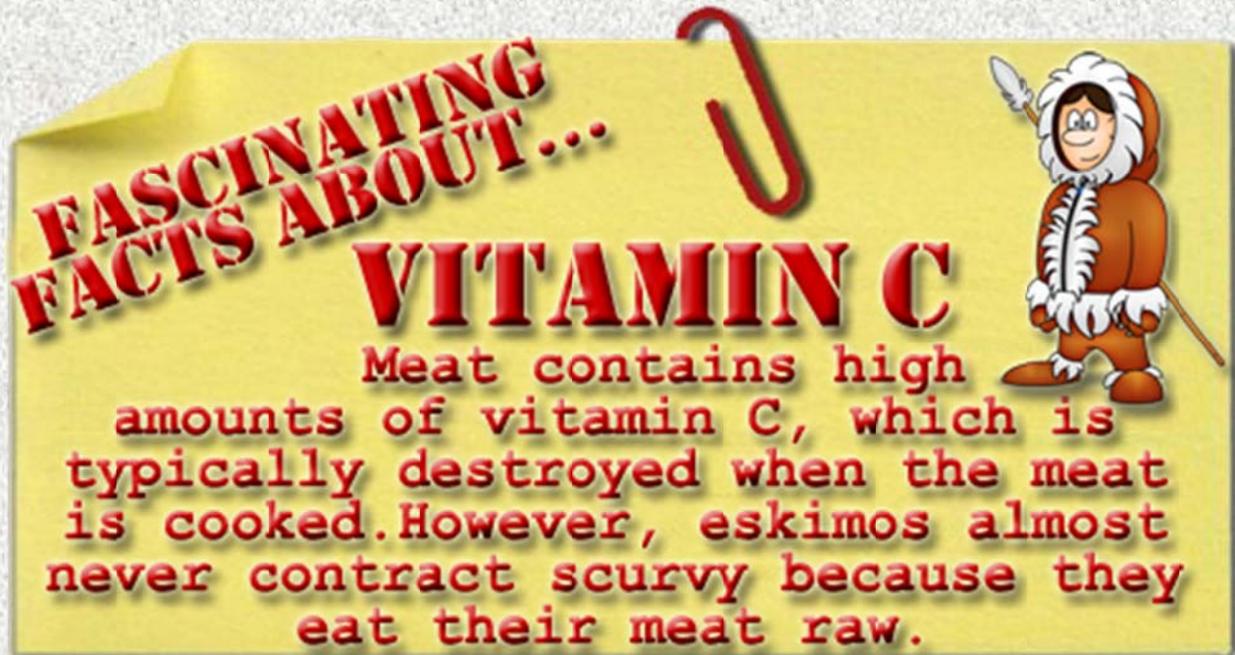


Vitamin C is one of the most consumed nutritional supplements with a long history of health benefits. Before it was discovered in 1932, the English navy had used citrus fruits to prevent fatal diseases such as Scurvy.

Vitamin C is essential to the formation of collagen, the protein "cement" that holds our cells together. Think of cells like bricks in a wall. The strength of a brick wall is not really in the bricks but it is in the cement between the bricks. Collagen is this cement that holds your cells together. If collagen is abundant and strong, your cells hold together well. If cells stick together, tumors have a tough time spreading through them. Strong collagen can thereby arrest the spread of cancer.

Vitamin C is required for our immune systems to generate and mobilize the leukocytes that fight cancer. In a 1995 publication, several physicians presented evidence that vitamin C (ascorbic acid) is preferentially toxic to cancerous cells. In other words, vitamin C kills cancer cells while leaving normal cells alone.

Vitamin C is also necessary to produce hemoglobin, the oxygen-carrying pigment in red blood cells and helps improve iron absorption from the intestine. And if that's not enough reason to take vitamin C, vitamin C is a powerful antioxidant effective at neutralizing free radicals.



**FASCINATING
FACTS ABOUT...**

VITAMIN C

Meat contains high amounts of vitamin C, which is typically destroyed when the meat is cooked. However, eskimos almost never contract scurvy because they eat their meat raw.

VITAMIN D



- * Reduces Risk of Cancer
- * Lowers Inflammation
- * Boosts Immune Function
- * Regulates 2,000+ Genes
- * Reverses Depression
- * Lowers Blood Pressure
- * Optimizes Body Weight
- * Prevents Bone Loss
- * Helps with MS & Autism

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It is estimated that 3/4 of the US population is vitamin D deficient. Are you one of them? Did you know Vitamin D deficiency has been linked to cancer, diabetes, osteoporosis, rheumatoid arthritis, inflammatory bowel disease, multiple sclerosis and autism?

Vitamin D isn't really a "true" vitamin, as we don't need food to attain it. Natural sunlight allows our body to create vitamin D and even destroys excessive amounts. How does that happen? When the sun's ultraviolet B ("UVB") rays hit your skin, they trigger a precholesterol molecule (7-dehydrocholesterol), which is then turned into Vitamin D3 (aka "cholecalciferol"). The mechanisms by which vitamin D reduces the risk of cancer are fairly well understood. They include enhancing calcium absorption, inducing cell

differentiation, increasing apoptosis (programmed cell death), reducing metastasis and proliferation, and reducing angiogenesis (formation of new blood vessels).

Researchers in Belgium appear to be the first to show that vitamin D also lowers C-reactive protein (CRP), a measure of inflammation in the body, in critically ill patients. CRP is elevated when there is inflammation in the body, and chronic inflammation is a risk factor for a number of conditions including coronary heart disease, diabetes, and cancer. Research studies have shown a direct connection between Vitamin D deficiency and heart disease. The authors of a 2006 article in the *American Journal of Public Health* state, after a review of more than 60 studies on Vitamin D and cancer, that cancer occurrence and death could be reduced with improved levels of Vitamin D in the body. The incidence of breast cancer could be reduced by 50% and colon cancer by 80%! And a June 2007 Creighton University School of Medicine study indicated that appropriate levels of vitamin D3 (and calcium) reduced the risk of cancer by a staggering 77%! A 2009 study by a group of Leeds University researchers actually found that higher levels of vitamin D were linked to improved skin cancer survival odds, while other studies have found that vitamin D has a connection to a strong immune response in the body.

Don't fall for the "sunscreen myth." The idea that sunscreen prevents cancer is a myth promoted by a greedy "tag-team" effort between the "cancer industry" and the sunscreen industry. Sunlight is actually good for you (especially the UVB rays), and sunscreens filter out UVB! The main chemical used in sunscreens to filter out UVB is octyl methoxycinnamate (aka "OMC") which has been shown to kill mouse cells even at low doses. Plus, it was also shown to be particularly toxic when exposed to sunshine. And guess what? OMC is present in 90% of sunscreen brands! The most popular brands of sunscreens also contain other toxic chemicals (such as dioxybenzone and oxybenzone) that are absorbed through the skin where they enter the bloodstream, generate free radicals, wreak havoc on the immune system, damage the liver and the heart, and even promote systemic cancer. Titanium dioxide, another common ingredient in sunscreens, has been classified as "a potential occupational carcinogen" by the National Institute for Occupational Safety and Health. If you want to use a natural sunscreen, try aloe vera gel. Also, we use Dr. Mercola's "Natural Sunscreen with Green Tea" for the kiddos if we are going to be out in the sun for prolonged periods of time.

I am not saying that you should sit out in the sun until you're red and crisp like a lobster! Burning will damage cellular DNA, which leads to cancer. If you're pale as a ghost, you probably want to start out with just a few minutes in the sun each day. My wife, Charlene, can sit in the sun for an hour (or more) each day and not get burned. But you need to understand that antioxidants (in fruits and vegetables) and proper nutrition (specifically the B vitamins) will prevent sunburn. Here's a little trivia: the term "Red Neck" actually originated from the early American colonists (in the South) who would get sunburned necks during the summer. But their "red necks" were not just a result of being in the sun all day. They were a result of a nutritional deficiency. You see, the colonists didn't understand how to properly process corn like the American Indians did. The Indians processed corn using potash (which is highly alkaline) that makes the B vitamins in corn available for assimilation during digestion. But the American settlers (too

arrogant to follow the food preparation ways of the Indian “savages”) would simply grind up their corn and consume it as corn flour (corn meal). This resulted in vitamin B deficiencies, which (when coupled with too much sun exposure) would result in their “red necks.” By the way, the nutritional deficiency link to sunburn has been supported with multiple studies, including a study published in the 2004 *American Journal of Clinical Nutrition*.

In addition to its anti-cancer benefits, vitamin D is responsible for the regulation of over 2,000 genes in the human body. It also boosts immune function, helps to reverse depression, reduces the risk of colds and flu, optimizes body weight, prevents bone loss, and lowers blood pressure. However, as winter time is fast approaching, if you want to obtain all these benefits, you’ll need a good vitamin D3 supplement. Take note that the vitamin D in milk and in most vitamin supplements is vitamin D2 and is synthetic. Vitamin D2 is also called “ergocalciferol.” It is not the form of vitamin D that you need to prevent cancer and degenerative diseases. The form of vitamin D which you need is vitamin D3 (“cholecalciferol”) and, as I mentioned above, it is produced from the UVB rays in sunlight. That’s why I frequently refer to sunshine as the “most affordable cancer-fighting nutrient in the world.” Think about it, you can get a lifetime supply for free!



**FASCINATING
FACTS ABOUT...**

VITAMIN D

**SPF 15 sunblock decreases
vitamin D absorption by 99%.**



WATER

"You are not SICK ... You are THIRSTY"

- * Composes 70% of The Body
- * Regulates Body Temperature
- * Transports Nutrients to Cells
- * Flushes Histamine / Relieves Pain
- * Building Block of Cartilage
- * Removes Waste from Cells
- * Essential for Proper Circulation
- * Transports Oxygen to the Cells

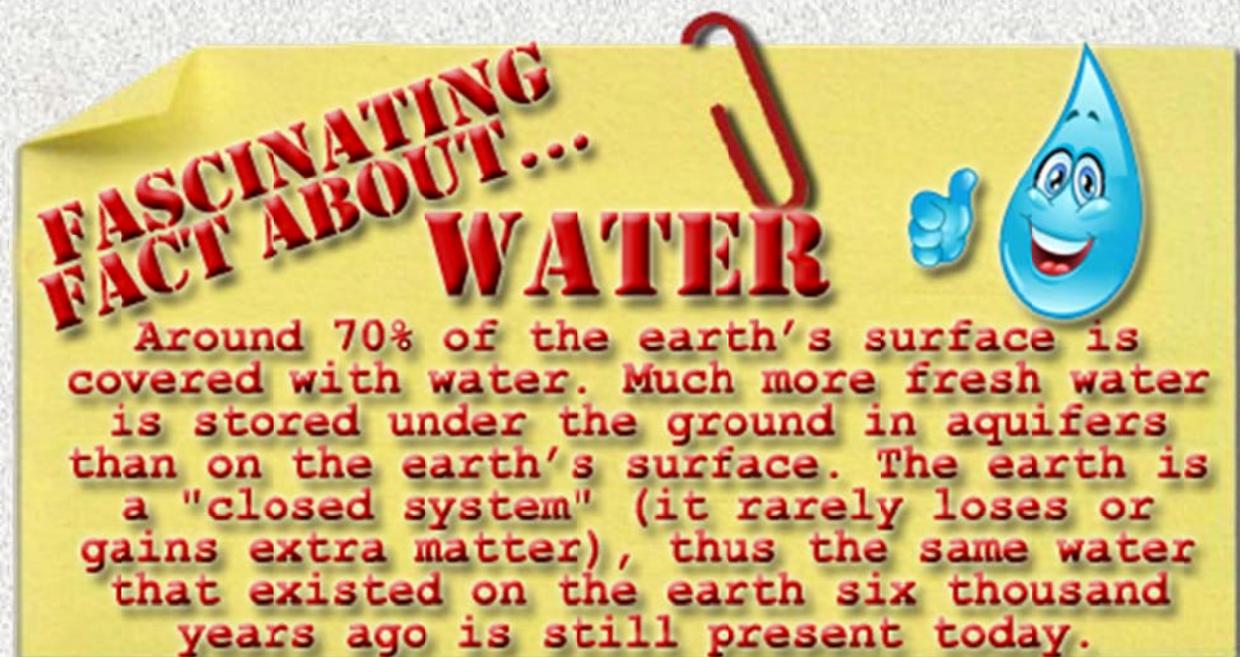
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Drinking enough water is probably the easiest way to prevent disease, yet it's something that most people neglect. Blood, muscles, lungs, and brain all contain water. As a matter of fact, our bodies are approximately 70% water, which assists in digestion, absorption, circulation, and creation of saliva. We also need water to regulate body temperature and to provide the means for nutrients to travel to your organs and tissues. Water also helps transport oxygen to your cells and removes waste. And you can help wash away pain injuries with water! Whether it's your feet, your knees, your elbows, or your shoulders that are throbbing, you can "kick-start" your recovery in one week just by drinking eight 8-ounce glasses of water daily. That's ½ gallon of water. Why? Experts say water dilutes, and then helps flush out, histamine (a pain-triggering compound produced by injured tissues). In addition, water is a key building block of the cartilage that cushions the ends of your bones, your joints'

lubricating fluid, and the soft discs in your spine. When these tissues are well-hydrated, they can move and glide over each other without causing pain.

Physicians rarely promote the curative properties of water, but the late Dr. Fereydoon Batmanghelidj (aka "Dr. Batman") studied water's effect on the human body and found it to be one of the best pain relievers and preventative therapies. Dr. Batman was born in Iran in 1931, and he practiced medicine in the UK before returning to Iran where he played a key role in the development of hospitals and medical centers. When the Iranian Revolution broke out in 1979, Dr. Batman was placed in the infamous Evin Prison as a political prisoner for thirty-one months. It was there he discovered the healing powers of water. One night, Dr. Batman had to treat a fellow prisoner with crippling peptic ulcer pain. With no medications at his disposal, Dr. Batman gave him two glasses of water. Within several minutes, his pain completely disappeared. He was instructed to drink two glasses of water every three hours and became absolutely pain free for his four remaining months in the prison. While in prison, Dr. Batman successfully treated over 3,000 fellow prisoners suffering from stress-induced peptic ulcer disease with water alone.

On his release from prison in 1982, Dr. Batman escaped from Iran and came to America. He wrote his ground-breaking book "Your Body's Many Cries for Water" in 1992, which has been translated into 15 languages and continues to inspire readers worldwide. Dr. Batman's message to the world was, "You are not sick, you are thirsty. Don't treat thirst with medication." As a guideline, you need 1/2 ounce of water per pound per day. Example: a 200 pound person needs 100 ounces per day. But beware – during rigorous exercise, you sweat out many vital minerals (not just sodium and potassium) so be sure to add a high quality vitamin/mineral supplement to replace what you excrete in your sweat.



**FASCINATING
FACT ABOUT...
WATER**

Around 70% of the earth's surface is covered with water. Much more fresh water is stored under the ground in aquifers than on the earth's surface. The earth is a "closed system" (it rarely loses or gains extra matter), thus the same water that existed on the earth six thousand years ago is still present today.

WHEATGRASS

"Nature's Finest Medicine"

- * Alkalinizes the Blood
- * Boosts Immune System
- * Anti-cancer
- * Improves Energy
- * Assists with Digestion
- * Detoxifies the Liver & Blood
- * Increases Hemoglobin
- * Benefits Cardiovascular Health
- * Delivers Oxygen to the Cells
- * More Protein than Beef

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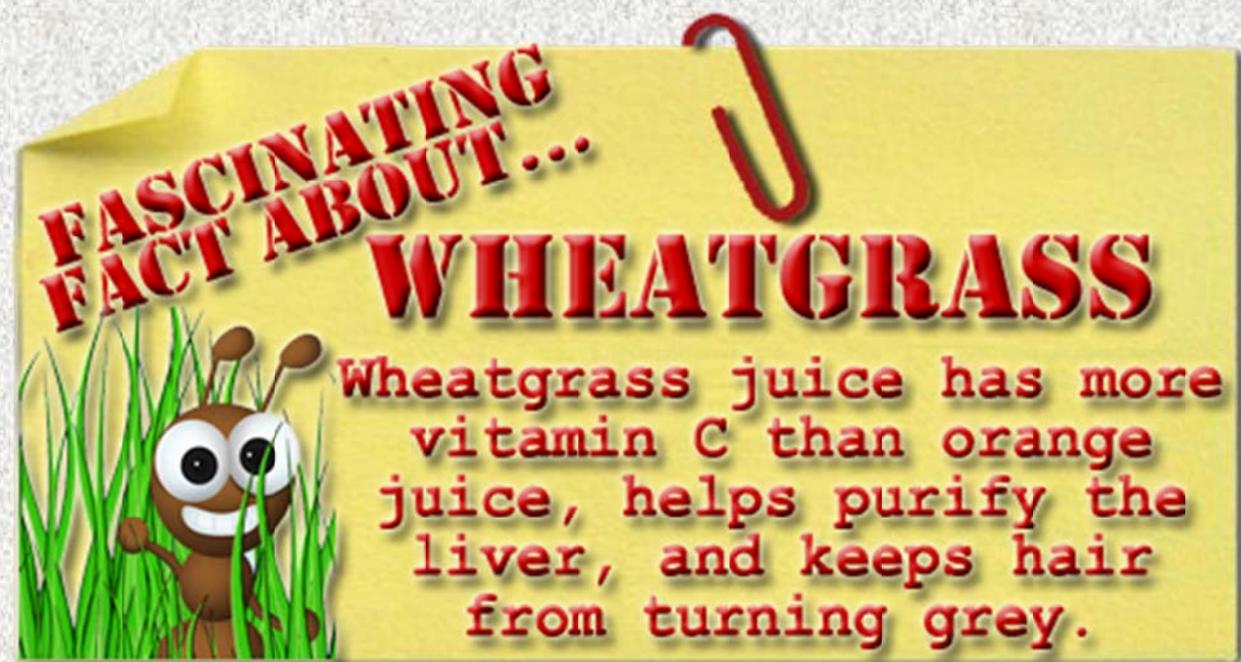
Triticum aestivum (common wheat plant) is a result of centuries of the cultivation of agropyrons, perennial wild grasses of temperate and cool regions. Its absolute place of origin is obscured, but was likely within the Fertile Crescent, the Tigris-Euphrates basin. Wheatgrass is the young version of Triticum aestivum and is oftentimes considered "nature's finest alternative medicine." As a matter of fact, Hippocrates mentioned wheatgrass as a medicinal herb.

Wheatgrass has been used for thousands of years as herbal medicine due to its therapeutic and nutritional properties. In the 1970s, Dr. Ann Wigmore opened the Hippocrates Health Institute in Boston, nourishing terminally ill patients back to health with fresh squeezed wheatgrass juice, which restores alkalinity to the blood (due to the abundance of alkaline minerals). Wheatgrass improves energy levels, strengthen the

immune system and slow the development of various types of cancer. It is useful in treating colitis and other bowel conditions. Wheatgrass detoxifies and cleanses the large intestine and liver, and is beneficial to blood, and is used to treat blood disorders including anemia.

Wheatgrass contains chlorophyll, which increases hemoglobin production. Selenium and laetrile are also in wheatgrass, and both are anticancer. Chlorophyll and selenium also help build the immune system. Chlorophyll also benefits heart function, the vascular system, the uterus, intestines, and lungs. Dr. Yoshihide Hagiwara, president of the Hagiwara Institute of Health in Japan, believes that since chlorophyll is soluble in fat particles, and fat particles are absorbed directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.

Wheatgrass is of benefit to those exhibiting signs of retinal disturbances and to those with early-phase macular degeneration. The most effective way to obtain the plethora of nutritional benefits of wheatgrass is to juice it and then take a "shot" of the wheatgrass juice. Interestingly, dried wheatgrass contains 47% protein (three times that of beef).



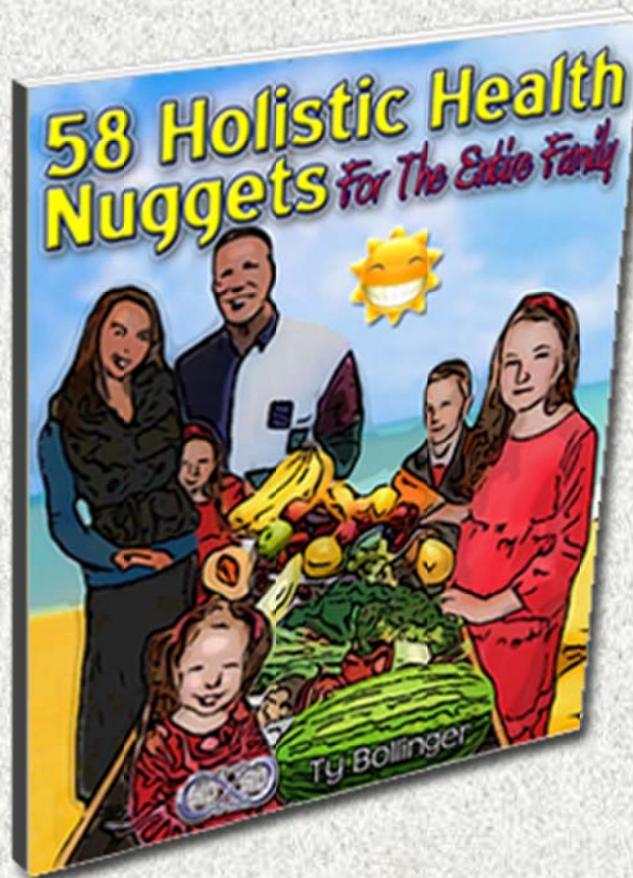
**FASCINATING
FACT ABOUT...**

WHEATGRASS

Wheatgrass juice has more vitamin C than orange juice, helps purify the liver, and keeps hair from turning grey.

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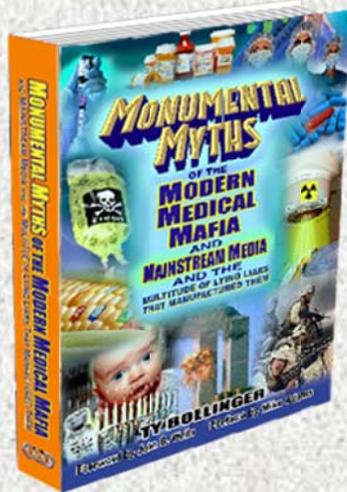


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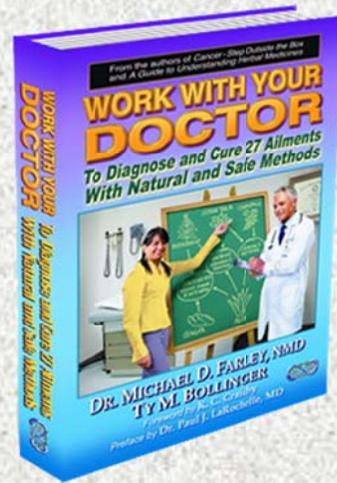
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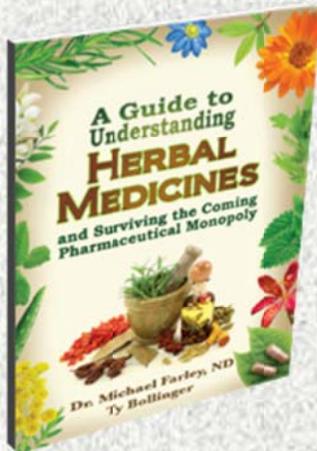
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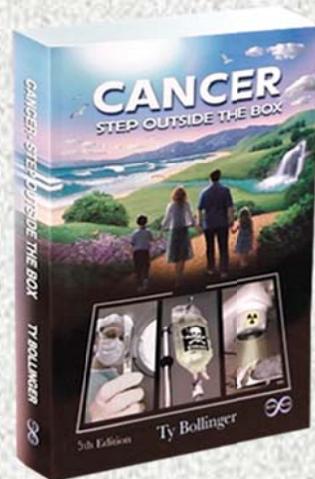
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Cancer-Step Outside the Box
<http://www.CancerTruth.net>

I truly hope that you have enjoyed this book. The health tips contained herein are truly life changing. Empower yourself with knowledge, and you can stay healthy in today's toxic world.

May God bless you!

Ty Bollinger

(on behalf of the entire Bollinger Family)

