

# Cancer: Helping to Win The Battle with Nutritional Therapy

Last Update: July 2009

"A new cancer paradigm; one that is based on an understanding that cancer is ultimately caused by multiple interacting factors that combine to invite primary yeast and fungi infections to destroy your life." Cancer is a prime example of how heavy metal toxicity, free radical damage, pathogen infection, mineral and vitamin deficiencies, inflammation, mitochondria dysfunction, (Causing oxygen deficiency) immune system depression, and oxidative stress all come together into an end stage life threatening condition. Cancer treatment can be approached in many ways but the best way would be to address all these problems simultaneously

## **Bicarbonate plus Molasses Treatment**

The information - Bicarbonate plus Molasses Treatment, is based on the observation that cancer is symbiotic with advanced Candida Albicans fungal stage in an **acid** and **low oxygen** cellular environment. With this knowledge we must redouble our efforts to alkalize the body in the long term with suitable diet and remedies such as [Barley Grass Juice Powder](#) and [Alka-Vita](#) and overcome Candida with remedies such as [Colloidal Silver](#), [Iodine](#) and [Alka Vita](#). Further, to promote cellular oxygenation we suggest [Organic Germanium](#) and [Zell Immunocomplex](#) The suggestions in the new information below should therefore be combined with this understanding.

## **How it Works**

when sodium bicarbonate reaches the stomach it is normally neutralised by hydrochloric acid in the stomach. However in the process of this happening sodium bicarbonate is created in the blood.

***"There is not a tumour on God's green earth that cannot be licked with a little baking soda and maple syrup."***

(We prefer to recommend Molasses method detailed below) That is the astonishing claim of controversial folk healer Jim Kelmun who says that this simple home remedy can stop and reverse the deadly growth of cancers. His loyal patients swear by the man they fondly call Dr. Jim and say he is a miracle worker.

"Dr. Jim cured me of lung cancer," said farmer Ian Roadhouse. "Those other doctors told me that I was a goner and had less than six months to live. But the doc put me on his mixture and in a couple of months the cancer was gone. It did not even show up on the x-rays."

Dr. Jim discovered this treatment accidentally somewhere in the middle of the last century when he was treating a family plagued by breast cancer. There were five sisters in the family and four of them had died of breast cancer. He asked the remaining sister if there was anything different in her diet and she told him that she was partial to sipping maple syrup and baking soda. Since then, reported by a newspaper in Ashville, North Carolina, Dr. Jim dispensed this remedy to over 200 people diagnosed with terminal cancer and amazingly he claims of that number 185 lived at least 15 more years and nearly half enjoyed a complete remission of their disease.

When combined with other safe and effective treatments and other items like plenty of good sun exposure, we should expect even higher remission rates.

It is very important not to use baking soda which has had aluminum added to it. The Cancer Tutor site reports that Arm and Hammer does have aluminum but the company insists that is not true. One can buy a product which specifically states it does not include aluminum or other chemicals. (e.g. Bob's Red Mill, Aluminum-Free, Baking Soda). Sodium bicarbonate is safe, extremely inexpensive and unstoppably effective when it comes to cancer tissues. It's an irresistible chemical, cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Studies have already shown how manipulation of tumour pH with sodium bicarbonate enhances some forms of chemotherapy.

A therapy with bicarbonate for cancer should be set up with strong dosage, continuously, and with pauseless cycles in a destruction work which should proceed from the beginning to the end without interruption for at least 7-8 days. In general a mass of 2-3-4 centimeters will begin to consistently regress from the third to the fourth day, and collapses from the fourth to the fifth," says Dr Simoncini.

### **Oral Bicarbonate options**

Extracted from the Book **Sodium Bicarbonate-Rich Man's Poor Man's Cancer Treatment. Mark Sircus Ac., OMD** Director International Medical Veritas Association.

Go to the [www.winningcancer.com](http://www.winningcancer.com) site to download and purchase this very important book of 275 pages. It is the first medical review of the subject and goes deeply into bicarbonate physiology and reviews its use for many health conditions. The information in this book is absolutely essential for all of us. It also, as you will see below, is a bomb that is going to explode with force in the halls of modern oncology. I would not want to be an oncologist knowing what is exposed below.

The great question when considering the oral intake of bicarbonate is whether or not to take it with maple syrup, molasses, honey or even with lemon. (My personal choice would be with Molasses, as you can see from the book *Crude Black Molasses by Cyril Scott* that Molasses used as a sole therapeutic agent has been successful with some individuals in resolving their tumours.) We also know that molasses has such a concentration of all the minerals and trace elements, that it will provide a broad-spectrum mineral/alkalising support to work well with the sodium rich bicarbonate ed.)

Bill Henderson author of cancer free, Your Guide to Gentle, Non Toxic Healing mixes 3 parts grade 3 maple syrup with one part baking soda and heats the mixture for a couple of minutes on the stove. As soon as the baking soda foams up, he takes it off. He keeps it in the fridge and twice a day stirs it up (it settles) and eats one teaspoon. There follows an extract for the same chapter giving an example of how Sodium bicarbonate can be combined with molasses in the treatment of Bone cancer. As Bicarbonate is not specific to any particular cancer and as bone cancer is usually regarded as the most difficult, serious and usually end stage cancer it is a good example....

### **For Bone and Other Cancers**

(Note some of this text has been edited for space and clarity)

"My first PSA test registered 22.3 and my doctors made appointments for a biopsy. The biopsy report indicated that I did indeed have prostate cancer. This called for the next step—a bone scan. The report from this scan as well as a pelvic Cat scan is where the doctors decided I was afflicted with aggressive prostate cancer dated March 17, 2008 reviewed CT and Bone scan. Bone scan showed metastatic disease at R sacrum and L iliac wing" So they patted me on the back and told me I had aggressive prostate cancer that had spread to the bone.

A second opinion from another oncologist gave me this report " Ancillary studies: these are largely mentioned in the history of the present illness. The pathology confirms the presence of Prostate carcinoma of high grade. The T stage three, but without obvious invasion into the seminal vesicles on CT scan. The radionuclide bone scan and plain films confirm the presence of skeletal metastasis, in the sacrum and left ilium. In addition, on review of the CT scan of the pelvis, a number of other small sclerotic lesions are noted within the pelvis. Pre-treatment PSA was 22 but decreased to 5.88 after institution of finasteride and Casodex.

He went on to discuss probable and improbable treatments. What he basically said is that there are none. In fact he even mentioned he found even more spots that the first team of doctors missed. I was becoming used to the fact that I was a walking dead man. I was anxious to try Caesium chloride treatments but my order got lost in the mail. That is when I decided to do baking soda therapy except that I decided to add blackstrap molasses as the carrier. I started 2nd June 2008 and quit 12th June 2008. I quit because I was scheduled for another bone scan on 13th June 2008. On the way to this test I was hoping for hope. I don't know why I was hoping, because all my research indicated that once cancer got into the bones you are toast. Anyway I got bone scanned and waited for the report. The report arrived in the mail a few days later. I was nervous and did not want to open it. As a matter of fact I am crying right now just thinking about it. I finally opened it to these words: "No convincing evidence of an osseous metastatic process"

I bawled like a baby-Two days later I got another report in the mail about my blood tests: PSA is now 0.1...that is zero point one! My son, by turning me on to adjusting the bodies pH from acidic to alkaline as a possible way to create some hope, was a good hit. Arm and Hammer to the rescue!

**Day 1 to 4** - I am sure many people are interested to know what proportions of baking soda to molasses I used. I started out with one teaspoon of baking soda with one teaspoon of black strap molasses to one cup of water. Not warmed or heated water, just room temperature. (I see no reason not to dissolve the molasses first in hot water then add the bicarb ed) Next day same thing, Third day-same thing, Forth day-same thing I am feeling fine and decide to up the dose.

**Day 5** - I started taking the solution twice a day. I also started taking better notes and finally got some pH papers and sticks so I could measure my pH. My goal was to get to 8.0 or 8.5 pH and hold it for 4 or 5 days. I read that cancer cells become dormant at pH 7 and kills them dead at pH 8.0 and 8.5 (note both saliva and urine pH must be taken into consideration as saliva pH can at times completely fail to reflect blood pH ed.) That was my goal. To kill them dead and hoping the bone cancer was a willing victim.

My pH measured 7.0 on the 4th day when I did a saliva pH and 7.5 when I did a urine test.

**Day 6** - Still 2 teaspoons of baking soda with 2 teaspoons of molasses and 1 cup of water twice a day. (No mention in the article of when he upped from one to two teaspoons Bicarb per dose, but the essential thing to consider is that this became his regular dose, and the reason for starting low and building up was a confidence building exercise, one could always start at 2 teaspoons baking soda per dose ed.) The pH measured 7.25. Am I getting symptoms ?, yes I am feeling a little nausea. Not much, but a little queasy. My stool has a yellowish tinge.

**Day 7** - First dose was 3 teaspoons baking soda, 1 teaspoon Molasses. Got a little nervous so second dose was back to 2 teaspoons baking soda.

**Day 8**- Two teaspoons baking soda with 2 teaspoons molasses three times over day-I want to get the ph up.

**Day 9** - a little diarrhea, but not much, I am feeling a little weak, but again not much, Later as I thought back it would have been a good idea to up my potassium intake. Out of 5 ph readings taken over the day 4 were over 8 (7.75 8.25, 8.5, 8.75, 8.5) Felt oxygen euphoria throughout the day. Like my body was breathing pure oxygen. (Note the more alkaline the tissues the more oxygen seems to act, but high pH such as these cannot be maintained for weeks, as a dangerous state of alkalosis would be reached ed)

**Day 10** - My headache is more persistent and I am having body sweats at night. Again the sweats duplicate cesium symptoms (An extremely alkali mineral salt that has been used in cancer therapy for the same reasons as sodium Bicarbonate ed) I cut back this day to a solution twice a day (2 teaspoons sodium bicarb and 2 teaspoons molasses twice over the day) all 4 pH readings taken over the day are in the mid 8's

**Day 11** - My last day before I am scheduled for the big test. The body scan, that is, to check on the condition on my bones to see what is going on with the cancer. Dropped back to 1 1/2 teaspoons backing soda and molasses twice today to see if it would control my headache...more diarrhea with slight yellow tinge, cutting back because I felt like it, felt I was overloading. I probably would not have dropped back if I was not going to have a body scan tomorrow ph ranged from 8.35 to 7.25 over the day.

### **General Sodium Bicarbonate Dose Instructions and Cautions.**

(note completely non-toxic at the doses advised, as the body uses/produces sodium Bicarbonate in its daily activities, but like salt and water too little or too much and eventually we die.)

Sodium Bicarbonate can be used orally in doses of 1/2 a teaspoon in 4 onz. water every two hours for pain relief as well as gastrointestinal upset, not to exceed 7 doses per day. That's basically the receipt on every box of arm and hammer sold in every supermarket in the country. Here are the exact

instructions for use of the oral use from Arm and Hammer baking soda package. However for Cancer, personally I would follow the method described above as closely as possible e.g. one teaspoon Sodium Bicarbonate twice daily with either the Maple Syrup or preferably Molasses, for up to two weeks maximum. Do not take more than the following amounts in 24 hours: 3 teaspoons. One and a half teaspoons if you are over 60 years.

Do not use the maximum dosage for more than two weeks

Testing papers should be for the range covering 5 or 5.5 to 9 and preferably graduated in 1/2 pH divisions of colour recognition. One such company supplies suitable papers is

<http://www.feelgoodfood.com:80/>

### **After Treatment**

Once you have undertaken a course of intensive Bicarb treatment a good example being the above one. It is sensible to keep an eye on ones pH. It is probably a very good practice too keep taking molasses on their own twice a day on a more or less permanent basis to keep up the alkaline minerals in the body, and if pH slips too low i.e. below 6.5 on a consistent basis (urine) introduce some bicarb again e.g. one teaspoon daily until pH comes up. The regular use of Iodine will also help keep bad bugs away including fungal invasion, and help to preserve an alkaline pH

Although there is no controversy to the virtue of raising pH for a week or two into the 8's in dealing with a serious-life threatening condition, regular long term pH levels are a matter of controversy and also not at all straight forward to understand, as there are compensatory mechanisms that can lead to, for example, saliva pH showing as highly alkaline, when in fact the blood is not. Generally pH readings are more acid first thing in the day. One expert in studying pH and Health is Dr. Reams. Perhaps surprisingly he recommends that the most healthy pH to aim for, for the urine and Saliva (saliva tests must only be done when there is no trace of food or drink in the mouth and some time after eating) is 6.5, whereas the popular health advice is around 7. I have known of chronically sick people that have a saliva pH of around 7.5

It does seem that the general agreement is that both saliva and urine pH should be ideally be the same. Personally I have not yet come to a definite conclusion on this. Dr Reams has detailed knowledge, of the body's bio-chemistry and states that the saliva and urine pH is not the same as blood pH and everyone agrees blood pH should be in the narrow region of around 7.35

Clinical research by Dr M T Morter (Arkansas, USA) has shown that if the anabolic urinary and salivary pH (measured immediately upon awakening) is below 6.8, we can be relatively certain that digestive support must be provided. Controlled clinical studies by Dr Paul Yanick (Pasadena, USA) have confirmed Dr Morter's findings and recorded that intracellular assimilation of nutrients is significantly decreased when the anabolic pH is below 6.8

### **Valuable Information for a Full Nutritional Support Program and Long Term Well-Being**

For long term alkalisation and well-being all the minerals are required, not just sodium bicarbonate as a means of alkalisation. Furthermore the balance of sodium to potassium, calcium to magnesium and so on should be fostered and maintained. A low cost way of doing this is to take one dessertspoon of organic Molasses in a cup of hot water twice daily. This is very rich in minerals and has been responsible for cancer remissions as detailed in Cyril Scott's little book Crude Black Molasses. Adding refined sugars or refined grains to the diet (such as bread and biscuits etc that are not 100% whole grain) is recognised as a good way to get/keep sick. One of the reasons for this is that these items acidify the cells. The minerals that have been removed from these foods are the elements that alkalisate the body. That is why whole, especially raw, fruits move one towards health and alkalisation. A good example is the sugar cane. The sugar cane juice may be considered a whole food like a fruit juice, very rich in minerals. Sugar is produced, basically by removing the valuable minerals from sugar cane. Regular consumption of refined sugar causes mineral depletion in the body and an acid state. On the other hand the minerals that have been left behind in the sugar making process are super concentrated and are therefore a good source of minerals, and tend to heal and alkalisate the body. Molasses does have some remaining sugar content, but this is lower % wise than the original sugar cane, so the concentration of alkalisating minerals is more than able to balance this.

The most therapeutic supplemental way to add minerals to the body in the long term, in to use live products that have not been heated and also contain enzymes, anti-oxidants and a full range of vitamins and other phyto-nutrients. The two most obvious ones are [Barley Grass Juice Powder](#) or wheat grass (Barley grass juice powder enzyme rich without heat treatment is available as a supplement) and cold temperature dried sea weed, (Available as a supplement such as [Seagreens](#)). Barley grass juice powder should ideally be taken in quantity, e.g. one dessertspoon blended in cold juice or water once or preferably, twice daily.

#### [MSM Organic Sulphur.](#)

This is another remarkable nutrient; it is included in the cell detoxification/heavy metal detoxification mixture [Deep Cell Detox](#). MSM helps to make the cells more permeable this in practice means that all unwanted items in the cells such as pesticides, heavy metals, fungus, virus and unhelpful bacteria can pass out of the cells where they can be eliminated by the rest of the nutritional program and immune system. Also essential nutrients will more easily pass into the cells, to help with their return to healthy function. MSM also supports cellular oxygenation as does Barley grass, [Zell Immunocomplex](#), [Alka-Vita](#) and [Organic Germanium](#) each in their own way as a team (Although the roles of Alka-Vita and Organic Germanium overlap).

#### [Colloidal silver](#)

This is safe to take on a continuous basis. It is far more effective if small amounts are regularly taken, rather than drink larger quantities once or twice a day. 1ml (one third of a domestic kitchen teaspoon) has been suggested as an optimum dose (although more can be used but is less economic). It should be held in the mouth for a minute or two to mix with saliva before swallowing, and repeated every waking hour. Whilst this has been suggested as the optimum way to take it, it will still work if taken less frequently (e.g. every two hours). Not only is this method more effective it will keep down the costs of the product enabling a 300 ml bottle to last up to one month. As Colloidal Silver mixes with protein carriers in the mouth and it is the positively charged ions that kill Candida and other infections (without touching the beneficial bacteria) it is the Ionic Colloidal Silver that is most effective.

As Candida is symbiotic with cancer and Colloidal silver has been demonstrated to eliminate Candida infections and tends to revert damaged and deranged cells towards normal, it would seem sensible to use colloidal silver on a regular basis. Colloidal silver is also extremely broad-spectrum as an eliminator of virtually all virus, parasites, fungi and other pathogenic micro-organisms that may be contributing to the cancer or other health disorders. Further more pathogenic micro-organisms cannot mutate to achieve resistance and beneficial bacteria are not killed by Colloidal silver. For legal reasons we only suggest the remedies listed here are for cancer support. We do not claim any remedies are a cure for cancer. Please see our full Legal Disclaimer at the end of this article.

To view all of the recommended products / overviews in the online shop [Click Here](#) but please do read this article in full.

Please also see our [Dietary Guidelines](#) article, as there are common every day things you may take for granted that can limit your chance of recovery.

There are a tremendous number of nutritional remedies / protocols that have helped individuals in the battle with cancer. In fact, if one goes into the subject one can be bewildered by the plethora of remedies, diets and methods suggested. It is against this background, that over many years we have kept an open mind for the best possible solutions to emerge. The criteria for such solutions is that they are easily obtainable, not excessively expensive, have been demonstrated to be effective on people (called in vivo, not just in the laboratory - 'in the test tube' referred to in 'vitro'). This effectiveness can really only be demonstrated by simple trials where a group of persons suffering from cancer are all given the same remedy and after months and preferably years their condition is assessed. Also, a variety of cancers and degrees of progress of the disease, right up to stage 4 and 5 in the group of patients tested, would give a clearer indication as to the effectiveness of a remedy. It is rare to obtain such results for non-pharmaceutical remedies as the lack of organisation and finance of therapists providing 'natural' solutions. Also you will not get the so called 'double-blind' trial, with natural remedies as the persons delivering these treatments, believing in the effectiveness of the remedies, do

not have the heart to take two groups of sufferers, and not reveal which group will be receiving the remedy, hence condemning one group to a higher mortality rate.

Besides this, remedies such as [Alka-Vita](#) and [Organic Germanium](#), in most cases quickly remove pain and improve the mental and physical state of the patient; no therapist with any compassion is going to pander to the straight jacket of a double blind trial. The reality is that a very high percentage of people with advanced stage 4 or 5 cancer will succumb to the disease. If even a small proportion of these can be relieved of suffering and even better turned around to regain full health then double blind or not, the remedy is a valuable tool.

It also helps if the 'natural' remedy has a means of helping overcome the disease in a way that is understandable and backed by scientific research. Cancer has been very well researched by many eminent scientists, but unfortunately it does seem that the bulk of this information has not been taken up by the Pharmaceutical companies or the Health Services who work primarily from the same outlook.

For example, Dr. Otto Warburg received the Nobel prize as far back as 1931, for clearly demonstrating that Oxygen deficiency at a cellular level is a primary condition for cells to turn to a more primitive life form, i.e. cancer. This work was followed on and confirmed by other scientists in Germany just prior to World War 2, including Dr Seeger at the department for cyto and virology of the Robert-Kock institute of Berlin. He demonstrated in around 1938, that in cases of cancer, oxygen from the blood was not effectively combining with the hydrogen in food substrate; in other words, hydrogen can no longer be combusted (combined with oxygen.) The positively charged hydrogen accumulates in the cells and forces the cell to cover its energy demand by fermentation, (converting sugar to lactic acid) instead of obtaining energy from oxygen and hydrogen combining. When this happens, the cells are converted to cancer cells. At the same time he found that there is a reduction of cell mitochondria, (the microscopic entities in each cell that enable cells to take in oxygen). This was confirmed 6 months later by Nobel prize winner Prof V Euler of Stockholm.

From this understanding of the importance of cellular respiration, was born the development of nutritional strategies to rectify the pathological biochemistry that supports cancer. Further research was able to identify nutritional elements that will restore the numbers and activity of cellular Mitochondria, and hence re-establish healthy cellular respiration. It was this work that led to the development of a German product called [Zell-Oxygen](#) and more recently the enhanced [ZellImmunocomplex](#). This is a "live cell" nutritional yeast that has been grown in a high oxygen environment, causing the production of oxygen processing enzymes within the live 'baby' yeast cells. By taking this nutritional product, cellular respiration is improved, undermining the process of cancer. It has proved helpful in cancer support over many years including being used clinically By Prof. Dr. Serge Jurasunas in Portugal as part of a cancer treatment protocol for about 30 years. We are not aware of any clinical trials with [Zell Immunocomplex](#), and clearly its success rate as a single remedy is limited. However it usually rapidly improves the overall condition of many patients, improves immune response, and at larger doses, for example 4 or more dessert spoons daily, can offset much of the nausea and other symptoms associated with 'chemotherapy'. [Zell Immunocomplex](#) is said to aid the detoxification process, i.e. it makes detoxification easier.

Many remedies that are said to detoxify can lead to an increase in toxic burden in the body until the vitality and eliminative organs of the body are able to catch up. [ZellImmunocomplex](#) on the other hand aids the detoxification ability of the body, and improves cellular function and organ function via improvement in cell respiration. To summarise the action of [Zell Immunocomplex](#), it improves the uptake of oxygen into the cells by providing enzymes that support healthy cellular respiration. In turn this will lead to the consumption of some of the toxic positively charged hydrogen contained within the cells. In turn this will move the cells that are cancerous or will later become cancerous in the direction of healthy functioning. Live Cell Immunocomplex is more potent - this is based on [Zell-Oxygen](#) with the addition of more Beta-Glucans for immune system activation and additional food state Selenium, this is an important trace-element in the battle against cancer, Immunocomplex also includes plant based anti-oxidants. So in practice the improved version of Zell (Zell Immunocomplex) is recommended.

Another researcher worthy of note is Dr Kazuhiko Asai PhD, who spent much of his life devoted to finding a way to synthesise [Organic Germanium](#) from coal, and elucidating its beneficial effects. He came to the conclusion after many years of study and clinical experience, that [Organic Germanium](#) is non-toxic, and can be extremely helpful in overcoming most health disorders. This is because most health disorders have an element of oxygen deficiency. (Supplementing with liquid oxygen products, whilst they have some benefits, in the medium to long term can stress the body and overall the benefits are far inferior to Organic Germanium). He went on to state, that Organic Germanium's main mode of operation is to release electrons that latch on to the un-burnt positively charged hydrogen (or toxic dust as he calls it), that is resident in the blood and all cells of the body. This then causes the hydrogen to combine with oxygen and be released from the body as water. Germanium also has the ability to quickly absorb damaging positive charges (the basis of free-radicals) and discharge them from the body. Whereas [ZellImmunocomplex](#) is enzyme therapy to help the cells use oxygen, [Organic Germanium](#), according to Dr Asai, helps conserve oxygen in the tissues and it does this electronically. The complexion (e.g. from a pale colour) rapidly improves, as does the disposition of the patient. In most cases pain from cancer is rapidly reduced when taking [Organic Germanium](#), although sometimes up to 4 grams may be required, according to Dr. Asai.

Dr Asai suggests in his book "[Miracle Cure - Organic Germanium](#)" that in most cases, metastasis can be prevented by taking Germanium, and indeed cured himself of throat cancer with Germanium. He also quotes many recoveries from cancer in his book. Sadly we do not have clinical trials or significant data of the success rate of Organic Germanium at our disposal in helping to win the battle against cancer. However, after reading his book, taking Germanium, and seeing its action on our own customers, we are drawn to the conclusion that [Organic Germanium](#) is indeed a very potent remedy, and works in a way to undermine the basis of cancer as elucidated by Warberg, Seeger and others.

Germanium works in a different way to the supply of respiratory enzymes as in the case of [ZellImmunocomplex](#)- works to improve cellular uptake of oxygen, whereas Organic Germanium immediately and directly, works electronically (at the heart of the process), to eliminate positive Hydrogen radicals and conserve oxygen within the blood and tissues. By combining these two approaches it is logical to assume that we are providing more all round support in the battle against cancer, or at a very least providing support to the patient, who may be utilising other therapies.

### **Iodine.**

For full information on Iodine it's safety and use see [Iodine Why we Need It](#)

Iodine has several properties that make it a priority in cancer prevention and amelioration as part of a therapeutic regime. It tends to help rid the body of unhealthy cells and induces apoptosis, helps to eliminate/destroy rogue cells in the body. It also at the correct amounts will kill harmful micro-organisms and fungi that are part of the cancer process. Used at the correct dose it can be used as a sole agent for eliminating these harmful micro-organisms removing the need for Colloidal silver. This simplifies the regime and is also cost saving.

For hormonally related cancers Iodine is specific i.e. for breast, ovarian and prostate. This is because Iodine has an affinity for those areas of the body and it will help to balance hormones and also carry its other healing properties directly to those areas.

### **Iodine Suppresses Tumor Growth**

[Funahashi et al.] Japanese researchers have found that iodine suppresses tumor growth in experimental animals and they have demonstrated that seaweed, that is high in iodine, induces apoptosis in human breast cancer cells Japan and Iceland have the highest intake of iodine and the lowest incidence of goiter and breast cancer).

Dose of Iodine best for protecting against Cancer ranges from 6-50mg a day. To enable Iodine to work properly and also for immune system help and cancer protection [Selenium](#) is also required. Selenium is well known to be important in helping the Immune system and anti-oxidant cycle in the natural resolution of cancer. Selenium is available in food state tablets and also in food state form as part of [Live cell Immunocomplex](#). Getting the Thyroid-metabolism to work effectively in conjunction with mitochondrial correction is a dynamic way to improve the competence of the Immune system, especially if sufficient sun exposure is obtained or failing that the use of the correct dose of [vitamin D](#)

*Iodine is able to penetrate quickly through the cell walls of microorganisms.*

*Iodine is a deadly enemy of single cell microorganisms thus it can be our best friend. Iodine was not available to these life forms at the beginning of evolution and it was not until seaweed concentrated it did it become involved in higher life forms. It is for this reason that the simplest level of life cannot tolerate iodine. Iodine kills single celled organisms by combining with the amino acids tyrosine or histidine when they are exposed to the extra-cellular environment. All single cells showing tyrosine on their outer cell membranes are killed instantly by a simple chemical reaction with iodine that denatures proteins. Nature and evolution have given us an important mechanism to control pathogenic life forms and we should use it and trust it to protect us in ways that antibiotics can't. As we shall see directly below, so powerful is iodine in a protective sense that it also helps us rid the body, not only of harmful chemicals and heavy metals, but also rids the body of abnormal cells meaning it qualifies as an anticancer agent.*

"It takes 20 to 40 times the amount of Iodine needed to control breast cancer and fibrocystic disease than it does to prevent goiter".

**For Chronic Infections, including Candida.** (extracted from the article [Iodine Why we Need It](#))

24 drops daily Of 7% [Lugol's Iodine](#) for one week, thereafter 12 drops daily until cleared. However take into account considerations such as basal metabolic rate referred to above if continuing 12 drops or more daily for more than two weeks. For support during Infections and detoxification reactions companion product is [Live cell Immunocomplex](#). Order [Lugol's Iodine](#)

### [Alka-Vita](#)

In some ways [Alka-Vita](#) is similar to [Organic Germanium](#), in that it is a semi-conductor and electron donator please see our [article](#) for a fuller discussion. This means it is a 'mother' anti-oxidant and as such is a potent free-radical neutraliser. It also helps to detoxify and improve tissue oxygenation. Further more it is a very potent alkaliser, and hence fulfills a number of important roles in cancer management, improving the chances of a successful outcome. It is cost effective and easy to take (Intensive use 40 drops daily in at least half a pint of water). It will help complement the action of [Organic Germanium](#), and need not increase the total cost of the selected remedies as the dosage of the [Organic Germanium](#) can be reduced somewhat due to their mutually enhancing action. [Alka-Vita](#) helps with tissue and cell pH, i.e. it helps eliminate acidity and associated toxins so is recommended along side Organic Germanium. There have been successes using [Alka-Vita](#) alone (see main article on [Alka-Vita](#)).

### **The full Oxygen Solution**

There are 3 complementary ways to improve oxygen uptake and delivery to the cells. Warburg has proven that cancer can only live in a cellular environment that has less than normal (e.g. 35% less) levels of oxygen. We have discussed two ways of helping to provide adequate oxygen to the cells, namely the use of [Immunocomplex](#) and Organic Germanium. (Also Alka-Vita supports cellular oxygenation, and may be used as an alternative to Germanium) Another crucial factor is the correct form of essential fatty acids. If sufficient raw, unheated Omega 6 oil is supplied this acts as a transport system for oxygen across the cell membranes, and has been found to improve the recovery rate and success of cancer sufferers as detailed by Brian Peskin. The details of how to supply the correct oil is given next. Also you can go straight to Brina Peskins articles on essential fatty acids and cancer prevention and management.

<http://www.brianpeskin.com/reports/Cancer-PEO-CAMB.pdf>

<http://www.brianpeskin.com/townsend-2007/townsend07.pdf>

By providing this 3 way method of oxygenating the cells, possibly we have found the practical method of achieving the solution to the problem that was identified by the great Nobel Prize winner Warburg- that with sufficient oxygen in the cell cancer cannot be maintained or develop.

### **Important Information Concerning Essential Fatty Acids**

This subject can appear complicated and contradictory, so if you consider yourself up to speed then it is essential that you read the information from Brian Peskin, a world leading researcher on the subject. [www.brianpeskin.com](http://www.brianpeskin.com)



If you are relatively new to this subject then the task is easier. Just supplement your diet with unprocessed oils that have not been heated or processed in any way (such as a handful of raw nuts every day - mainly use walnuts, and almonds - if you have trouble chewing, grind them in a coffee/food grinder - you can add some sea salt and olive oil to make a raw nut spread - keep in the fridge and eat daily - about one dessertspoon). If you would like a ready made supplement I cannot recommend a more therapeutic supply of unprocessed, unheated, oil than Black Seed Oil (Available from Regenerative Nutrition). [Black Seed Oil](#) this will compliment the raw nuts.

Avoid all processed and heated oils like the plague. These are the biggest single threats to your health. Most processed food has processed and heated oils added such as hydrogenated oils, vegetable oils (heat extracted normally) trans-fatty acids and so on. Frying with vegetable oils produces degraded oils that Brian Peskin discusses in his writings. If you must fry, coconut oil is the least toxic, on heating, olive oil coming in second...but best to use low temperature frying, or even better not to fry at all.

Do NOT avoid Cholesterol containing foods. All of the newspapers and health services are simply copying the incorrect information given on this subject (this is discussed further in the article [Statins and Increased Cancer: The Hidden Story and a New Solution](#) by Brian Peskin, BSEE. Cholesterol is an essential nutrient and without it we could die. It does not clog the arteries, and has been contained abundantly in the natural diet of man for thousands of years with no link to heart disease.

### **Fish Oils and Vitamin D Deficiency:**

Do not take fish oils as your main supplement for essential fatty acids or even as part of your essential fatty acid supplements. Previously I gave the advice, like many other nutritionists to take regular cod liver oil as a way of not only combating essential fatty acid deficiency but also as a way of reducing vitamin D and A deficiency. Brian Peskin describes, and as always gives true results not just theory, as to why supplementing with fish oil is often counterproductive.

Many people suffer a sunlight deficiency and hence Vitamin D deficiency. It does not matter how good the diet and supplements are without sufficient vitamin D. This is essential for optimum health. Research has established that at least 1000IU a day of vitamin D is required, and preferably double that for the first few months, to overcome chronic failure to expose the skin regularly to sunlight. This is available in supplement form as [Vitamin D capsules](#). Vitamin D, especially alongside Iodine is a prime support for the immune system, and anyone with a serious health problem would be foolish not to obtain either regular non-burning sun-exposure without the use of sun block- (coconut oil can be used instead) or adequate Vitamin D exposure. There is now much evidence that the cancer epidemic is to a great extent worsened by Vitamin D deficiency

As can be seen in the chart below nature provides vastly more omega 6 than 3 in nuts and seeds, and this corresponds to our bodily needs. Linseed does contain more omega 3 than 6, but in a natural situation as they are so small it would be difficult to obtain a large amount on a regular basis. We do not recommend Linseeds or linseed oil as a supplement due to the need for more omega 6 than 3 as discussed in this article, and Brian Peskins articles and extensive research. Of the common nuts walnuts do contain the most amount of omega 3 in proportion to Omega 6 but still contain far more omega 6 than omega 3.

Summary: We now recommend [Black Seed Oil](#), as a high quality source of Parent Omega 6, (maintenance use 1 teaspoon daily but more for serious health problems) supplemented with a variety of nuts, e.g. Walnuts, Almonds, and pumpkin, and sunflower seeds, (or their unheated cold extracted oils) preferably in their whole form, eaten raw and fresh. Just one heaped dessertspoon of any of these daily is sufficient, or more if used in the treatment of a serious health disorder. Do not consume roasted nuts as this will supply a source of degraded oils.

Heated, degraded, hydrogenated oils are transferred to cell membranes and create the basis of serious disease including Coronary heart disease and cancer. Raw unheated Parent essential oils especially omega 6 is required to nourish the cell membranes and are essential for many metabolic functioning including delivery of oxygen to every cell in the body. Cholesterol is the transporter of these essential oils around the body, so cholesterol deficient diets or cholesterol lowering drugs reduce the transport of these essential nutrients to the cells.

For the full article and more information on the correct EFA balance [click here](#)

The 'scientific' approach of providing support for all the different aspects of cancer management rather than trying to select from a plethora of traditionally used 'natural remedies' means that we will stand a better chance of a successful outcome. Also we are providing a balanced nutritional regime with overall health promoting benefits that is also suitable as part of a health regeneration program for anyone. In other words we are working with nutritional remedies to support the self-healing powers of the body in a balanced manner, thus:

**Promoting a strong yet balanced immune system.**  
**Optimizing the oxygen metabolism.**  
**Supporting the healthy functioning of the organs including the liver.**  
**Restoring correct cellular pH**  
**(cancer can only thrive in low oxygen and acidic environments)**  
**Supporting collagen repair**  
**Providing a full range of anti-oxidants, including electron supply (mother anti-oxidants)**  
**Providing a full-spectrum of nutrients to support overall healing and detoxification**  
**Eliminating heavy metals that are contributing to the disease**

### [Organic Germanium](#)

Adding colloidal minerals to germanium (available in capsule form) combines the benefits of [Organic Germanium](#) with Colloidal minerals in the form of Para-magnetic minerals and trace elements, ([Superbiomin](#)) The energy of the colloidal minerals is potentiated by the Germanium. This makes the effect quite energising (In terms of stimulating metabolic activity) This can be felt as a little strong by sensitive and delicate individuals, but can be adapted to by the majority of sensitive individuals within a viable time, e.g. a week or two. Organic Germanium is also supplied without Colloidal minerals for sensitive and delicate types so that the dose of germanium can be raised more quickly. One they have adapted to the Germanium without colloidal minerals, then the more potent formulation that includes the colloidal minerals can be tried.

It is interesting that Dr. Asai (Organic Germanium developer) makes the point that to gain the best possible advantage over disease (whether it be cancer or any other chronic disease) with [Organic Germanium](#), the blood and the cells should be kept in an alkaline condition. He discusses the role of diet in helping to maintain a healthy cellular alkaline state. He goes on to say that occasionally when the Organic Germanium does not remove pain, that this is because the cells are too acid. Alka-Vita can restore cellular alkalinity. Cells should be at a slightly alkaline pH of 7.35)

Heavy metals, fungicides, pesticides and other organic poisons are thought to be one of the original causes of failure of cellular respiration by the German researchers in 1930's. Additionally, it has been found that people who have received Chelation therapy are 9 times less likely to subsequently develop cancer than the general population!

The combination of [Organic Germanium](#), and Alka-Vita will also act as a chelating agent. See also [Deep Cell Detox](#)

A recently published article from the University of Zurich in Switzerland reported an 18-year follow-up of a group of 56 Chelation therapy patients. When comparing the death rate from cancer with that of a control group of patients who did not receive Chelation therapy, the authors found that patients who received EDTA Chelation therapy had a 90% reduction of cancer deaths. Epidemiologists from the University of Zurich reviewed the data and found no fault with the reported facts or the conclusions. This adds weight to the observation that heavy metals including cadmium and mercury, that are removed by chelation therapy, may significantly contribute to the development and maintenance of cancer.

[Magnesium Chloride](#) This oily like liquid is massaged into the body and absorbed via the skin. This is a fast way to raise the magnesium levels that are always low in persons suffering from cancer and generally in the population as a whole it is recommended Mark Sircus Ac., OMD Director International Medical Veritas Association as being one of the most important nutrients in the battle against cancer. It raises the immune system and tends to normalise many

biochemical processes. We supply Magnesium Chloride as, [Mag Sea Pure](#). Magnesium Chloride can also be taken in Juice at 5 to 10 ml daily.

### **The Use of Enzymes in the Battle Against Cancer**

About 100 years ago, a British embryologist John Beard, started the research concerning the use of protein digesting enzymes and the treatment of cancer. He had some success using enzymes taken from the pancreas of young animals. He injected them into his patients and achieved some good results, but there were side effects from the immunological reactions of injecting components of raw pancreas into the blood stream. He was later followed by Kelly who treated thousands of cancer patients and claimed very high success rates. Today enzymes are produced, by in large using bacteria, their activity units are measured meaning stronger and more effective enzyme blends are now available. Using large amounts of activity units of enzymes to treat advanced cancers requires clinical supervision. Toxins released from the tumors break down, when there are large, or many tumors present, these toxins are a possible danger to the patient, therefore this break down should only be achieved at the rate the system is able to detoxify them.

For this reason, we recommend [enzyme therapy](#) at lower doses than generally used to try and dissolve tumors, but at a dosage level sufficient to (a) Balance the immune system, (b) Reduce inflammation, and (c) help the immune system to absorb any dead or dying cancer cells. It is safer to allow as many cells as possible to revert back to normal once cellular alkalinity is re-established, rather than having to deal with large amounts of broken down cancer cells and eliminate them from the body with organs already weakened by the disease and especially by chemotherapy. It is therefore sensible to combine a low to moderate enzyme dose between meals in conjunction with the other nutritional remedies listed.

[Multi-Enzyme Protect](#) is a high potency enzyme supplement that is suitable for enzyme therapy. Prof. Wolf continued the study of these wonderful biological agents, (mainly [protein digesting enzymes](#)). He noticed that by using purified mixtures of enzymes there were no risks of frequent allergic reactions. Each cancer cell has on the surface of its membrane, specific antigens. It is naturally ideal when the body can recognize these markers by being released from the fibrin, because the cancer cell can be destroyed after this. Although the cancer cell is destroyed however, the antigen remains. By means of a change in its membrane, the cancer cell can sometimes throw off its antigen. It seems that cancer cells do this, so that our defenses go in the wrong direction. Regrettably, this trick really works. If the number of formed immune complexes is kept within the normal limits and our defenses are all right, then our macrophages can embrace and dissolve these immune complexes. If the number of immune complexes is superior to the strength of the macrophages, then some immune complexes remain un-dissolved in the blood, as well as in the lymph.

The immune complexes can weaken the body's defenses in another way. Too many immune complexes inhibit the activity of the macrophages, which are the main destroyers of the cancer cells. Their capacity to destroy and to clean out the system is paralyzed. Thus cancer cells can grow without being bothered by macrophages. What the enzymes do to help, is to discover the receptors. Enzymes also facilitate the reaction of recognition. Another important action is to improve immunity, by breaking the circulating immune complexes by activating the natural killer cells and the T-cells, and by inducing mediators and cytokines, such as TNF, Tumour Necrosis Factor B. Enzymes have the ability to reduce the thick fibrin layer which is abnormally 15 times thicker than normal. By reducing this fibrin layer the stickiness of the cancer cells is also diminished, and by this means we can prevent metastasis.

### **Summary of Natural Remedies for Cancer Support**

#### **[Organic Germanium](#)**

The dosage range varies quite considerably. It is non-toxic at dosages way above the maximum effective dose, and leaves the body within 24 hours of administration. Like the other suggested remedies, better results are obtained by taking divided doses over the day. Good results have been obtained in doses 300mgs to 2 or more grams daily (2,000 mgs). For persons with cancer, generally the minimum recommended dose is around 450mgs a day (1 x 150mg capsule three times a day). For those in pain from cancer, increase the dose daily until the pain is relieved. If it is not relieved significantly by about two grams a day, then [Alka-Vita](#) may provide additional pain relief. Germanium instructions: For sensitive individuals, and for those that are not in the advanced stages of cancer, and who become easily over-stimulated, are hyperactive and have trouble sleeping, start at one capsule daily and gradually build up to

three capsules daily. If more over-stimulation occurs and remains for more than 48 hours stop the Germanium for one day and resume at a lower dose or if only taking one capsule a day continue at this level until adaptation occurs. Try to get up to a minimum of 3 capsules daily. For advanced cases (stage 4 or 5) and even more so those undergoing 'chemotherapy' higher doses such as one gram daily are more effective.

[Zell Immunocomplex](#) - The typical daily maintenance dose is two dessertspoons, but for intensive use and generally for those suffering from cancer 4 dessertspoons is more appropriate. Very sensitive or fiery individuals may have to build the dose slowly. If undergoing chemotherapy or if immune system is very under-active, then 6 dessertspoons daily is more appropriate.

[Alka-Vita](#) is convenient to take. Simply add drops to water or juice. Maintenance use is 20 drops daily and intensive use, to help win the battle against disease, is 40 drops daily. Ideally it should be spread out over the day. Example, if drinking 4 glasses of water daily add ten drops to each glass. Unlike Organic Germanium, 40 drops daily can be used from the start, even for sensitive individuals, although there may be exceptions. As with any nutritional support some individuals will need to introduce remedies incrementally to slow down the rate of detoxification in certain situations. Your therapist can advise.

### **Iodine.**

For full information on Iodine it's safety and use see [Iodine Why we Need It](#)

Iodine has several properties that make it a priority in cancer prevention and amelioration as part of a therapeutic regime.

For eliminating infections including fungal infections that help to maintain a cancerous state, (Of 7% [Lugol's Iodine](#) at about 4mg per drop- 24 drops daily for one week, thereafter 12 drops daily until cleared. However take into account considerations such as basal metabolic rate referred to in the Iodine article if continuing 12 drops or more daily for more than two weeks.

### **Enzyme Therapy**

This should preferably include protein digesting enzymes such as Protease and also [Serrapeptase](#). These are both contained in [Multi-Enzyme Protect](#). If taken with food these will help the digestion of food but act less on the immune system etc. To help the immune system, take doses between meals and on an empty stomach, for example; 2 capsules three times a day on an empty stomach. People who have Gastritis or Gastric or Duodenal Ulcers may experience a burning sensation when taking Protease. Some persons may also experience nausea if taking Protease either on its own or as one ingredient in a multi-enzyme product. In such cases do not take on empty stomach, but try with food. Also in these situations [Serrapeptase](#) as a single enzyme remedy, is especially valuable. This must be taken on an empty stomach and will not produce nausea or burning. It helps the immune system keep a balance, helps eliminate inflammation, and helps to break down old, dead proteins, and thin out mucous and the lymph fluid. If there is swelling in the lymph nodes and ducts and general lymphatic congestion [Serrapeptase](#) will help with this, especially if used in conjunction with [Lugol's Iodine](#). However a combination of high potency enzymes as discussed in the article [Multi-Enzyme Protect, Introducing enzymes](#) is more effective than [Serrapeptase](#) alone.

### **Combining the Remedies**

As each patient is different, it is not always good practice to start on all remedies, especially at full dose at once. It would seem wise to start with one to 3 remedies, (if there is pain then the first remedy or combination of remedies should be selected from; Germanium, [Alka-Vita](#)), and then after a period of time, dependant on the individual, increase the dose to a certain level before introducing the next remedy and so on. For example, when introducing protein digesting enzymes, there may be nausea, if these had been introduced at the same time as other remedies this may put the person off taking any remedies. Due to the detoxification induced by the remedies, the process should not be too fast, [Zell Immunocomplex](#), can aid detoxification process, rather than just dig out more toxins for the body to process, but a gradual stepping up process. There are exceptions to this guide; for example, when the patient is either undergoing 'chemotherapy', when the body will 'soak-up' remedies and larger doses of remedies are required, and these will offset the negative effects of 'chemotherapy' such as nausea and general organ and immune system destruction, or for patients who have received chemotherapy and or radiation therapy in the past

and the immune system is functioning at a very low level. While using self treatment as cancer support, a person with experience of remedy reaction (therapist) is advisable to guide one through the process, but if no such person is available, then one is advised to proceed with one remedy at a time and add the next one in when adapted to the previous one. (We also offer an email help line with any queries you may have).

### **Water**

Drink plenty of water to facilitate the changes and detoxification your body will be going through. Water must absolutely not contain any chlorine, it should be well filtered or still spring or mineral water.

Adding moderate Ionic minerals will further enhance its effects. Suggested Use: Add a 5ml medicinal teaspoon of **Ionic Liquid minerals and Trace Elements**

### **Coconuts and the Ideal Environment to get well.**

If your diet contains a lot of water in the food such as a high fruit diet, and a largely raw diet then less water will be required. (Cooked food, grains etc all dehydrate the body) If you live in the tropics then as much coconut water as you can take is suggested as a perfect way to hydrate, also eat the flesh of the coconut. I believe that a diet high in young fresh coconuts is the best diet for recovery from virtually any illness, and the healing powers of the oils in the coconut meat (It is soft and gelatinous in the young coconut, not the hard flesh in the older coconuts available in the shops in the west) Young coconuts complete with the coconut water are available in the west e.g. UK but have to be obtained from Chinese wholesale suppliers and cost about £1 each. Since at least 3 a day should be consumed this would work out very expensive. Living next to the beach in a tropical country with a daily supply of sun, coconuts, fresh fruits, especially the mango, papaya and pineapple, fresh air and barefoot walking is the ideal environment to get well. Regular consumption of coconut or failing that application of the non-heated produced oil to the skin tends to make the skin go brown quickly (If white in the first place!) and prevent burning. Experiment to find out how long you can sun bathe without burning. The Ultra-violet light is especially beneficial to the healing process and only presents a hazard on skin that has not got the benefit of coconut oil and essential anti-oxidants in the diet combined with sudden excess exposure that the skin is not used to. Sun light as therapy should be a minimum of half an hour daily but one hour is more appropriate. Gradually build up to this if you need to, and have some coconut oil on hand to relieve any feeling of soreness or burning on the skin.

### **Sunbathing and Cancer**

Unfortunately there has been much misinformation about the relation of sunlight exposure to health and we have to conclude that the source of this unbalanced approach has originated from the manufacturers of sun block creams. Studies have revealed that lack of sunlight increases the cancer rates/tendencies. Some therapists have recommended sunbathing to help recover from cancer and it can be the missing link in the chain, in a resolution of your cancer, even just from the point of view of vitamin D synthesis in the skin from sunlight exposure. However, there is more to it than that. Sunlight contains a complex mixture of visible and non-visible radiation that is good for us. All we have to do is to practice safe sunbathing by not getting burnt. This is basically achieved by sunbathing only in the period of up to two hours after sunrise or up to two hours before sunset when the UV factor is low. (At high altitude, possibly only one hour window after sunrise and prior to sun set may be safe).

Tragically, using sun-screen creams can have adverse effects on our health, as the creams break down in the sun and form toxic chemicals that in themselves can encourage the development of cancer. The skin is an absorbent organ of the body, do not apply any chemicals to the skin if you wish to optimize your chance of recovery and do not block sweat with underarm applicators. Possibly the only safe oil to apply to the body is coconut oil.

“So far as internal cancers are concerned, few physicians seem to have actually used sunlight therapeutically. One notable exception is the American physician Dr Zane Kime. In his book, “Sunlight Could Save Your Life” published in 1980, Dr Kime describes how he encouraged one of his patients with breast cancer to sunbathe. He took this rather unusual step following a consultation with a 41-year-old woman whose breast cancer had spread to her lungs and bones. She had already undergone a mastectomy and chemotherapy but to no avail. Dr Kime did not treat the cancer directly but instead introduced a programme to improve the general health of his patient. She was only allowed to eat whole foods, and all of the refined polyunsaturated oils and fats were removed from her diet. She was also encouraged to spend time sunbathing; and the combination of diet and sunlight seems to have achieved remarkable results. Within a few months the patient was back at work and in the years that followed there were no apparent

symptoms of her metastasized cancer. Unfortunately Dr Kime did not devote much of his book to this episode, nor did he state how many years of remission his patient enjoyed”

It should be noted that the good results obtained by Dr. Budwig's method involved encouraging exposure to the sun, so by combining the use of oils as discussed with the correct sun exposure we optimize the chance of recovery.

Insufficient exposure to ultraviolet radiation may be an important risk factor for cancer in Western Europe and North America, according to a new study published in the prominent Cancer journal that directly contradicts official advice about sunlight. The research examined cancer mortality in the United States. Deaths from a range of cancers of the reproductive and digestive systems were approximately twice as high in New England as in the southwest, despite a diet that varies little between regions. An examination of 506 regions found a close inverse correlation between cancer mortality and levels of ultraviolet B light. The likeliest mechanism for a protective effect of sunlight is vitamin D, which is synthesized by the body in the presence of ultraviolet B.

Sea bathing is also recommended as the absorption of sea water through the skin is highly beneficial. If you cannot do this walking in the water e.g. up to your knees for half an hour or more a day is helpful, as is at least a half an hour walk on the beach daily. If you cannot do either of these sitting or lying on the beach with the soles of the feet in contact with the sand will help to relieve electro-stress the body has built up, relax the system and generally aid the healing process. This can also be combined with barefoot walking, sea walking etc. See also the information below titled Sun Bathing and Cancer and Linseed oil/hemp oil.

#### **Additional Nutritional Supplements for Cancer Support**

[Seagreens](#) - sea weeds are the most concentrated source of food state minerals and trace elements, and contain a wealth of other nutrients that provides all round support for the immune system, glandular system and metabolism. They have been used extensively as natural food/remedies for thousands of years and have been especially in use in Japan and China and as part of Ayurvedic medicine. Sea weeds contain polysaccharides (apparently 5 or the 8 essential 'sugars' used in cell to cell communication) and a substance called fucoidan.

Research in Japan demonstrated that fucoidan administered to cancer cells in a laboratory dish were virtually wiped out within 72 hours. The process by which these cells withered away was self-induced, in that the DNA within each of the cancer cells was broken down by digestive enzymes contained in the cells themselves. This process is known by the technical term "apoptosis". This does not mean that consuming regular uncooked sea weed will eliminate cancer in a high proportion of people, but there have been studies with people, that show promising results but unfortunately lack of funding has curtailed follow up studies. There is some evidence that uncooked seaweed can be helpful as part of a holistic approach to winning the battle against cancer.

Evidence suggests that cooking or excessive heating of sea weeds will render this fucoidan inactive. It is interesting to note that Okinawa, Japan has the lowest cancer mortality rate in Japan where the people eat their seaweed mostly uncooked, in contrast other parts of Japan where it is used mostly in cooking. However, in general, breast cancer rates are lower in Japan than in western countries, and this may be due to seaweed consumption. A common way to obtain seaweed is via Kelp tablets. However these are not suitable as the sea weed has been heated to very high temperatures during processing. Also to continually take high doses of dried kelp, in some individuals may lead towards an over-active thyroid. Both these issues are overcome with the introduction of the seaweed product in capsules called [Seagreens](#). This product has been gently heated just above blood heat at 40 C, hence preserving the valuable enzymes and fucoidan activity.

Sea weeds (raw, not heated above 40 C) can also be used as part of a heavy metal detoxification Formula. Taken with [MSM Organic Sulphur](#) and [Alpha-Lipoic-Acid](#) forms a team that will remove heavy metals and other toxins from the cells, that is subsequently removed from the body by the sea weed. [Deep Cell Detox](#) is a ready combination of these nutrients formulated specifically for this purpose.

Zell Immunocomplex and colloidal silver will help the system from being overwhelmed with toxins and trapped infections (Including Candida) released from the cells. Heavy metal contamination is one of the prime causes for the generation of any chronic disease including cancer, as the correct biological processes cannot properly occur even

with minute amounts of mercury and other heavy metals effecting the cells. If you have or at any time in your life, had mercury fillings then Mercury is an issue that needs to be dealt with.

[Barley Grass Juice Powder](#) (Please also see Multi-Green Nutrition below) - this is available as a 'live' product since it has been low temperature dried therefore is still enzyme rich. The expressed juice of cereal grasses, wheat and Barley have been used therapeutically, especially for cancer, by many individuals growing their own at home in trays, and in clinical situations as a main treatment for cancer. The properties of wheat and barley grass juice are virtually identical. Barley grass grown on volcanic soil until it reaches a few inches high has been found to be more concentrated in some vitamins than home grown grass, but obviously it would depend on how much sun the home grown variety had and the quality of the soil it was grown on.

One of the reasons that wheat and Barley grass has helped people recover from cancer takes us back to the Work of Seeger and failure of respiratory enzymes and consequent oxygen starvation of cells, a basic cause of mutation:

[Barley Grass Juice Powder](#) contains relatively large amounts of chlorophyll, this has the ability to break down poisonous carbon dioxide and release free oxygen. Both chlorophyll and hemoglobin (red blood cells) are molecularly similar. The only actual difference is that the central element in chlorophyll is magnesium and in hemoglobin it is iron. Chlorophyll therefore is able to help transport oxygen from the lungs and increase blood levels of oxygen. This completes the oxygen circuit, as Organic Germanium conserves oxygen, makes more available to cells and tissues and the special respiratory enzymes in [Zell Immunocomplex](#) enable the cells to take in and react oxygen with Hydrogen radicals in the cells. In a study reported in the journal Mutation Research comparing the anticancer effect of chlorophyll to beta-carotene, and vitamins A, C and E, chlorophyll was proven to be the most effective antimutagen. Cereal grasses also contain superoxide dismutase, a powerful anti-oxidant that converts one of the most dangerous free radicals Reactive Oxygen Species (ROS), into a hydrogen peroxide molecule (which has an extra oxygen molecule to kill cancer cells) and an oxygen molecule. And finally cereal grasses contain laetrile (Vitamin B17 that is toxic to cancer cells) and selenium that helps the immune system in relation to cancer.

[Barley Grass Juice Powder](#) is a convenient form of taking cereal grass juice, and as dried juice is highly concentrated (the dried grass is less concentrated). Simply mix two dessertspoons of the powder (or blend) with a pint of chlorine free water and drink on an empty stomach. Until adapted, it is probably wise to sip over the day to reduce any possible nausea that some people experience as toxins are released from the stomach.

Another way of increasing oxygen uptake is to use a little raw beetroot juice (about 200 grams daily). Obtain organically grown Beetroot and extract the juice using an electric juicer. Do not heat this or the barley juice as heat above 44 C can kill enzymes. Raw beetroot juice can also be mixed with raw carrot juice for all round good raw vegetable nutrition. It takes virtually no digestive effort to absorb raw vegetable juices including Barley Juice and assimilation is easy. The nutrient value of raw juices is higher than that of cooked vegetables.

[Multi-Green Nutrition](#) This provides a mixture of powerful nutrients with Barley Grass Juice Powder and [Seagreens](#) being the main ingredients, and a range of others to help support the immune system. It is recommended as an elegant way to provide all-round nutritional support, and is available as a powder or capsules. If using the powder, you can add Linseed or Hemp oil with water and blend as discussed below, alternatively it can be taken conveniently as capsules three times daily.

Seagreens (Pelvetia Canaliculata) 24%  
Barley Grass 22%  
Bee Pollen 10%  
Wild Crafted Rosehip Powder (whole fruit inc seeds) 10%  
Vitamin C as Sodium Ascorbate 10%  
Acerola Cherry Extract (17% food state vitamin C) 10%  
Ginger certified organic 8.02%  
Propolis high potency extract 4%  
Liquorice 5xs concentrate 1.6%  
Serrapeptase 0.38%

The seven-time Nobel Prize nominee, Dr. Johana Budwig, a pioneer of E.F.A research, reported success in treating heart infraction, arthritis, cancer and other common diseases with massive doses of E.F.A.'s. Budwig's research indicates that many of these killer and crippling diseases may be caused in part by our diet that includes heated vegetable oils, hydrogenated oils (found in most processed foods). According to this healing Doctor, heated and processed fats (this includes margarine) befuddle the electronic charge of the unsaturated oils, which are present in cell membranes.

'This decreases the cells ability to receive and store electrons from the sun, which according to Budwig is a key factor in human health.' Alternatively, a balanced diet of E.F.A's keeps the charge of the unsaturated fats in the cells membranes working properly and electron rich. As Budwig herself explains:

"The sun's rays are very much in harmony with humans. It is no coincidence that we love the sun. The resonance in our biological tissue is so strongly tuned to the absorption of solar energy that physicists who occupy themselves with this scientific phenomenon, the quantum biologists say that there is nothing on earth that has a higher concentration of solar energy photons than humans. This enrichment with solar energy depends strongly on the like energy aspects, a wavelength that is compatible with humans, and this is supported when we eat foods that have electromagnetic waves of solar rays--the photon. An abundance of these electrons, which are tuned to the solar energy frequency, exist, for example, in many seed oils. Scientifically these oils have even been designated as electron-rich, essential, highly unsaturated fats. (Budwig 1992)

Budwig states that when we began to process vegetable oils in order to improve their storage ability, we unknowingly changed their E.F.A. content into trans-fats during the heating process. These E.F.A. are thus electron poor "promote the emergence of cancer.... They behave like tar, as insulators relative to the transport of electrons in living tissue". Alternatively, "electron-rich highly unsaturated oils, (raw unheated oils, cold pressed, stored carefully and consumed directly from the bottle), increase the absorption, storage and utilization of the sun's energy".

Budwig relates that after her ailing patients have been treated with an E.F.A. rich diet and then "lie in the sun, they notice they feel much better-rejuvenated"; (Budwig 1992) "On the other hand, nowadays we frequently observe that the heart fails on sunny beaches, and not infrequently heart attacks occur. We can observe some individuals in our time experiencing stress from exposure to the sun's energy, whereas others respond with dynamic improvement in all vital functions. The stimulating effect that sunshine has on the secretions of the liver, gall bladder, pancreas, bladder, and salivary glands is easy to observe. These organs only dry out upon exposure to sunshine when the substance that stimulates secretions is missing. The decisive factor in all these observations is whether the surface-active, electron-rich, highly unsaturated fats are present as a resonating system for solar energy, or, if they are missing. The doctor tells cancer patients to avoid the sun; that they can't tolerate the sun. As soon as these patients - also cancer patients - were placed on my oil-protein diet for just 2-3 days, i.e. a diet that contains an abundant supply of essential fats, they were able to tolerate the sun very well. Yes, they emphasize how well they suddenly feel in the sun, how the life forces are stimulated and that they feel dynamically energized." (Budwig 1992)

We are not against raw saturated fats such as found in [raw eggs](#) as discussed in the article [Dietary Guidelines](#). Raw animal fats have solvent properties on accumulated trans-fats, (as do raw cold pressed vegetable oils) and will help to remove them. These raw saturated, and poly-unsaturated fats will also help the body to deal with the detoxification process during cancer recovery. Persons lacking fat have a lower chance of making a recovery. Another beneficial source of raw fat is the [avocado](#) (these contain mainly omega 9 fats). By having a mixture of these different kinds of fats in the body, a more balanced body chemistry ensues. The first fats we consume when we are born are raw saturated fats as supplied by mother's milk, and the bulk of the fats we have consumed for millennia have been saturated fats. So raw, saturated fats are beneficial and complement the different nutritional profile of raw polyunsaturated fats. Coconut oil is probably the most therapeutic saturated oil in the world. This can be taken at one to 4 dessertspoons a day, and will prevent the free radical effects of any unsaturated fats consumed (produced with a method that does not involve heat, and most likely labeled organic...it has a fresh coconut smell with no smell of burnt material and is clear and colorless above 25 C, below that temperature is solid.

### **Supplementary Remedies for Consideration**



As mentioned above, certain herbal remedies have been used with some success in cases of cancer support, however in many instances, the body is not in a state to take the full therapeutic input of herbal remedies and more potent solutions are needed. We believe that the protocol detailed above is the most effective approach, however, there are some additional products which may be of interest.

[Apricot Kernels](#) contain "Amygdalin" (Vitamin B17). It is contained in hundreds of foods, but those particularly rich in Amygdalin have largely disappeared from our Western diet. Peoples who still eat a traditional, natural diet, have been found to be largely free from cancer. Amygdalin seems to be unique in that it directly attacks cancer cells and can certainly be added to the products previously described if required, please see the full [Apricot Kernels](#) article. Apricot kernels have become quite well know as a natural treatment for cancer, but their main role has been found to be a preventative. In cancer that has progressed to stage 4 or 5 when it is considered terminal the reported success of Apricot kernels is only in the region of around 10% as a single therapy.

One problem with using Apricot Kernels is that it can be a burden to the patient to take so many remedies and the Kernels require either chewing (very bitter) or they can be ground and added to food. Personally I find that the bitterness can be reduced by grinding and mixing with honey and used as a spread. If there is any likelihood that taking many remedies will put the person off the whole support process it is best to exclude the Kernels from the nutritional program

We also supply Rene Caisse's [Essiac Formula](#) , (now generally called Caisse tea due to copyright reasons) in concentrated liquid extract; Burdock Root, Sheeps Sorrel, Slippery Elm, Rhubarb Root. Plus potentising amounts of Kelp, Red Clover, Blessed Thistle & Watercress. It's use was first propagated in 1923 by Rene Caisse, who treated many cancer patients with Essiac Tea and it has gained a good reputation since. Geopathic and electromagnetic stress

### **Geopathic Stress**

Geopathic Stress, or harmful earth radiations occur in quite a high proportion of the buildings we work or live in. Indeed research has found that cancer and other serious health issues are much more common for persons who have lived in geopathically stressed houses for considerable periods. It creates stagnant energy in the body, renders the immune system lower and can encourage constitutional diseases to manifest. Geopathic Stress can also prevent your body absorbing vitamins, minerals and trace elements from your food and supplements.. In cases where geopathic and/or electromagnetic stress is strong, this could stop a therapy from working, or at least weaken it. It is for this reason that it is important to address this unseen, yet powerful influence. Geopathic stress can be dealt with in two ways . First of all it is important to get out of the room or the house/flat that is contaminated. A history of sickness in certain buildings over a period of time, i.e. disease hot spot is evidence of geopathic stress. Sometimes the GS is confined mainly to one room or even part of a room so moving the bed/chair can reduce the stress. In some cases moving out of the building altogether is the best solution. Some dowzers claim to be able to locate GS. There are various devices on the market to help relieve GS that can be placed in the house, although their effectiveness varies.

[For effective devices to raise the vitality and eliminate the effects of geopathic stress and reduce the effects of electromagnetic stress click here](#)

### **The Process of Cure**

The supports suggested in this article are tools that can help. However we recommend that you consult with a therapist that has experience in the healing of cancer, although it may be hard to find such a person. For example, swelling usually occurs, either in various sites around the body due to toxins being released into the Lymph system, or the tumors themselves can swell as part of a resolution phase e.g. swelling of tumor then becoming softer. In some cases, tumors remain for many years but are no longer active; they stop growing and change from a malignant to a benign status. Cancer is a systemic disease, and especially in cases where there has been tumors in various locations, as the body begins to win the battle, the immune system is improving, and cellular oxygenation and pH is improving, the body will then start to detoxify. These toxins come out into the Lymph system, the blood, etc.

The body uses various methods to eliminate them. This can be a difficult process and with some individuals, particularly those. who have a long history of poor diet, stress, and possibly toxic recreational or pharmaceutical

drugs, can be particularly difficult. It is important at these times to have some understanding of the healing phase, as it may appear that one is losing the battle. It is important at these times to have some support from persons who are experienced with this process, or at least understand the process of detoxification. This highlights the difference between conventional treatment and 'natural' treatment. Conventional treatment is aimed at reducing or eliminating (i.e. through surgery) actual tumors, but pays no regard to the overall process of the efficiency of the immune system or cell-respiration for example. It must be seen that they are doing something to destroy the tumors. Natural treatment is almost diametrically opposite, as it works to improve the overall status of the persons self curative systems, during this process increased symptoms and swellings do often occur.

## **Treatment/Support Essentials**

### **A simplified list of the basic essentials**

This is given for the sake of clarity and for persons who are overwhelmed by the idea or practicality of multiple supplements.

### **Bicarbonate plus Molasses Treatment.**

This can be employed intensively for up to two weeks as described in this article, e.g. up to 2 teaspoons daily of Sodium Bicarbonate + Molasses. You may choose to monitor Urine pH. After that period you can take half a teaspoon of sodium bicarbonate in your drinking water daily and continue with some molasses use. If need be you can periodically increase the Sodium Bicarbonate, but it is intended as emergency treatment, to try to resolve a dangerous situation speedily. In the long run however to maintain general well-being and to detoxify the body and correct the physiology to a point it cannot ever again be susceptible to cancer.

### **Lugol's Iodine**

This is simple to use and generally recommended for anyone who wishes to maintain health and well-being. Just add the Lugol's drops to water or juice and you can add the Immunocomplex to the same water or juice. If you follow the directions given with the Lugol's and in the article Iodine why we Need It you will see than intensive use for a period will knock out infections that are supporting any cancer or other health issues. Maintaining at a lower dose e.g. 3 drops a day indefinitely, especially if Immunocomplex or failing that some selenium supplementation is taken, will in the vast majority of cases help to normalise metabolic rate, the hormonal system (especially important for the hormonal cancers as discussed) and keep the immune system up to a level where conditions like Candida that support the disease process are very unlikely to occur.

### **Zell Immunocomplex**

The regular Use of this live food state complex of nutrients, will have a very effective influence on cellular respiration, Immune system and anti-oxidant status. 30 mls daily in water or other drink.

### **Alka-Vita**

Regular use of this cost effective liquid added to water (do not mix with other supplements) will tend to keep away pathological infections, maintain correct cellular pH and aid in cell oxygenation. It is also a 'mother' anti-oxidant. Aids re-hydration

### **Magnesium Chloride**

Again, another liquid supplement, and like the others listed above easy to absorb even by the weakest digestions. May also be applied directly to the skin (dilute with 2 parts water to one of magnesium chloride if your skin reacts to it)

### **Vitamin D capsules**

Take 2 capsules daily, unless obtaining daily U/V exposure-see articles for more details, these can be found via links from the shop link [Vitamin D capsules](#).

### **Geopathic Stress.**

This can be surprisingly important to deal with, as the effect of the remedies will be reduced if there is significant draining energy in your residence or workplace. [For energy devices to boost chi/life energy click here here](#)

**Avoid all processed and heated oils like the plague.**

These are the biggest single threats to your health. Most processed food has processed and heated oils added such as hydrogenated oils, vegetable oils (heat extracted normally) trans-fatty acids and so on. Frying with vegetable oils produces degraded oils that Brian Peskin discusses in his writings. If you must fry, coconut oil is the least toxic, on heating, olive oil coming in second...but best to use low temperature frying, or even better not to fry at all.

For the full article and more information on the correct EFA balance [click here](#)

To view **Basic Essentials** in the online shop [Click Here](#)

**Finally**

If you are undergoing or considering undergoing 'Chemo' for its relationship to 'Alternative' or Natural therapy / support: [click here for information](#)

We do not claim Germanium, Zell-Oxygen, Zell Immunocomplex, Alka-Vita, Barley Grass Juice Powder, Seagreens or any other health supplements are a cure for cancer.

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Reference website: <http://www.regenerativenutrition.com/natural-supplements-cure-cancer-cancers-tumors.asp>