

A photograph of a man, Jim, in a white long-sleeved shirt, cheering with his right arm raised high. He is shown in profile, facing right, with his mouth open as if shouting or cheering. The background is a blurred green, suggesting an outdoor setting.

# CANCER

## Breakthrough

# USA!

A GUIDE TO  
OUTSTANDING  
ALTERNATIVE CLINICS

*By Frank Cousineau*  
*With Andrew Scholberg*

Jim, a retired carpenter,  
refused chemotherapy and  
got rid of his cancer at  
an alternative clinic

# **CANCER** *Breakthrough* **USA!**

*Little-known American clinics that turn around even  
“hopeless” cancer cases*

by

Frank Cousineau

With Andrew Scholberg

# **Cancer Breakthrough USA!**

**Little-known American clinics that turn around even “hopeless” cancer cases**

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With Andrew Scholberg

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## **IMPORTANT CAUTION:**

By reading this special report, you are demonstrating an interest in maintaining good and vigorous health.

This report suggests ways you can do that, but — as with anything in medicine — there are no guarantees.

You must check with private, professional medical advisors to assess whether the suggestions in this report are appropriate for you. And please note, the contents of this report may be considered controversial by the medical community at large.

The authors, editors and publishers of this report are not doctors or professional health caregivers. They have relied on information from people who are. The information in this report is not meant to replace the attention or advice of physicians or other healthcare professionals. Nothing contained in this report is intended to constitute personal medical advice for any particular individual.

Every reader who wishes to begin any dietary, drug, exercise or other lifestyle changes intended to treat a specific disease or health condition should first get the advice of a qualified health care professional.

No alternative OR mainstream cancer treatment can boast a one hundred percent record of success. Far from it. There is ALWAYS some risk involved in any cancer treatment. The authors, editors, and publishers of this report are not responsible for any adverse effects or results from the use of any of the suggestions, preparations or procedures described in this report. As with any medical treatment, results of the treatments described in this report will vary among individuals.

**PLEASE DO NOT USE THIS REPORT IF YOU ARE NOT WILLING TO ASSUME THE RISK.**

The authors report here the results of a vast array of experiments and research as well as the personal experiences of individual patients, health care professionals and caregivers. In most cases the authors were not present themselves to witness the events but relied on the accounts of people who were.

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## About the Authors

**Frank Cousineau** is a California-based researcher, author, and consultant in the field of alternative health. He is also the president of two non-profit organizations devoted to informing cancer patients about effective alternative therapies and helping them take advantage of those therapies.

Frank's interest in alternative health was aroused 35 years ago when his mother developed cancer for the third time in 17 years. The futile attempts of his mother's doctors to arrest the disease frustrated Frank, and led him to launch a lifelong quest to identify effective natural alternatives to conventional cancer treatment.

Over the last 35 years, Frank has visited 6 countries and logged more than 150,000 miles to investigate dozens of treatments and clinics. In the process, he's been among the first researchers to inform Americans about health breakthroughs that have improved and saved lives.

His years of research have made him a prized consultant to physicians and clinics seeking information about alternative and complementary cancer treatments. He has also organized and conducted more than 80 consumer tours of North American alternative cancer clinics. Many cancer patients who join the tours return to the clinics and are successfully treated.

When Frank isn't traveling the world seeking out new treatments and first-rate clinics, he lives in Modesto, California with his wife Chayo, and enjoys spending time with his children and grandchildren. Frank and Chayo also run Life Support, which supplies nutritional supplements to physicians.

**Andrew Scholberg** is a freelance writer living in Chicago, Illinois, as well as a devotee of alternative medicine. He was the defendant in a landmark First Amendment case before the Supreme Court that was ultimately decided in his favor. In his spare time, Andrew is an adventurous outdoorsman.

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# Chapter One

## The “secret” American clinics that defeat cancer — In spite of fierce persecution

Few Americans know this, but a few hidden clinics in America are routinely helping patients get rid of cancer — even “hopeless” and “terminal” cancer. In this Special Report I’m going to tell you all about these rare clinics that only a few people know about.

You’re probably wondering why this information is secret and why hardly any of these clinics advertise that they can defeat cancer. I can tell you exactly why these special clinics are hidden and rare.

The shocking answer is this: We no longer have health freedom in this country. Maybe you think America is still a free country. That’s what Dr. James Privitera, M.D., used to think till July, 1974, when 15 government agents burst into his office and arrested him. They charged him with the “crime” of using non-standard methods to cure cancer!

The 15 agents didn’t accuse him of harming any patient. On the contrary, they charged him with “selling Laetrile and other substances in the diagnosis, cure, and alleviation of cancer.” In short, he was arrested for using nutrition to help cancer patients.

He beat that charge when a municipal court judge declared the law unconstitutional.

### **‘Dr. Privitera, please put your hands behind your back’**

But the government wasn’t through with him. On October 4, 1974, the police called Dr. Privitera at 1:00 a.m. and told him his office had been broken into. He went down there immediately to inspect the damage. But there was no damage. Nor had there been any break-in. Instead, Dr. Privitera found two government agents who ordered him

to put his hands behind his back so they could handcuff him. Because he couldn’t post bond till the next morning, he spent the night in jail.

I’m not making this up. The government only pulls such Gestapo-like ruses when they really want to harass someone.

Dr. Privitera ended up going to jail for doing his utmost to help his cancer patients. During his jail time he did hard labor on a road gang — like the Georgia chain gangs you might have seen in the movies. This injustice was too much even for then-Governor Jerry Brown of California. Brown pardoned Dr. Privitera after he’d worked 56 days on the road gang.

Today, more than 30 years later, Dr. Privitera is still helping desperate patients get rid of their cancers and other diseases. But to avoid getting into trouble with the government, he doesn’t treat cancer. Nor does he advertise that he treats cancer. Nor does he mention cancer on his Website. Instead, he treats the *patient*. When his patient’s health improves, the cancer disappears.

You’ll read exactly how Dr. Privitera treats his patients in the chapter about him.

Dr. Privitera isn’t the only doctor who’s suffered government persecution. Dr. David Steenblock, D.O., has been harassed. So has Dr. Renee Welhouse, N.D. Most of the doctors in this report have been persecuted or hassled. Most of them don’t advertise cancer treatment on their Websites — for obvious reasons.

### **Why America’s best-known holistic doctor doesn’t accept cancer patients**

One of the doctors I interviewed for this Special Report is Julian Whitaker, M.D., the

founder of the Whitaker Wellness Institute. Dr. Whitaker, who's probably the best-known holistic doctor in America, doesn't accept cancer patients because of the hostile political climate surrounding cancer treatment. Instead, he refers cancer patients elsewhere. He told me he doesn't want to practice medicine with a bull's-eye painted on his back.

In this Special Report you'll learn the name of the alternative clinic to which Dr. Whitaker refers cancer patients.

I'm going to tell you about alternative cancer treatments that are hard to find in America. These treatments produce extraordinary recoveries from cancer. Some of these recoveries are so spectacular that some people call them miracles. And I'm going to tell you which American doctors stand at the very top of the medical profession worldwide in the treatment of cancer.

Let me explain why I wrote this Special Report.

You see, my own Mom died of cancer. She struggled with it — on and off — from 1956 till her death in 1973. This was an agonizing ordeal not just for Mom but also for our whole family. In 1956 the doctors recommended a pan-hysterectomy for her uterine cancer. In other words, they wanted to remove her uterus and both ovaries. She underwent this drastic operation, and she seemed to be well.

But her cancer snuck back 10 years later, appearing as full-blown colon cancer. The doctors again recommended drastic surgery: the removal of a large portion of her colon. After that ordeal she was never the same again.

**Chemo caused my Mom  
to retch so violently she said,  
'No more chemo, ever again!'**

Then in 1973 the doctors told her she had an "advanced" case of cancer. They recommended a form of chemo that's still widely used today. The chemo didn't just make her vomit; it made her retch violently. It was so harsh she said she'd

rather die than undergo one more round of it. She kept sliding downhill until the cancer finally killed her.

Fortunately, if you or your loved ones ever get cancer, you don't have to go through the same drastic, painful, and futile treatment my Mom suffered through.

If you ordered this Special Report because you're seeking hope for a loved one or for yourself, I'm going to give you a bright ray of hope.

After my Mom died of cancer I embarked on a quest to find out if something could've been done to save her. I didn't want to see any of my other loved ones waste away and die of this horrible, dreaded disease.

**I believe the information  
in this report would have  
saved my Mom**

My quest led me to become involved in the alternative health movement. For more than 30 years, I've volunteered my time with two California-based not-for-profit organizations that assist cancer patients and provide information about alternative cancer treatments.

Through my volunteer work I've become friends with some of the finest physicians in America and in the world — doctors who are turning around "hopeless" and "terminal" cancers.

In fact, if I'd had the information I'm about to share with you when my Mom learned she had cancer, I believe she'd still be alive — or she would've died years later of old age instead.

I know the alternative doctors' scientific insights, methods, clinics, treatment options, and track records. I have more connections with alternative cancer doctors and clinics in America and abroad than perhaps anyone else in the alternative health movement.

In this Special Report, I'll recommend only the doctors and clinics I know to be outstanding.

## **The medical establishment is lying about your cancer treatment options**

You see, I have a passion for alternative health and a passion for the truth. Not long after my Mom's death I discovered that the American medical establishment isn't telling Americans the truth about cancer and the treatment options.

Basically, the American medical establishment offers three treatment choices: surgery, radiation, and chemotherapy. In other words, you have to choose between getting cut, burned, or poisoned.

But as I'll show you in this Special Report, many other effective treatment options exist. And unlike the conventional treatments — the best cancer treatments deal with the root causes of the cancer.

In my opinion and that of the most successful alternative cancer doctors, a tumor is only a symptom that something in your body has gone haywire. That's why tumors so often grow back after conventional treatments by American doctors.

For more than 30 years I've seen people come to alternative clinics and — their cancers disappear. The treatments they receive have been proven to help. These former cancer patients might die 10 or 20 years later of cardiovascular disease or something else, but their cancer is GONE!

My colleague Andrew Scholberg and I interviewed the following doctors:

- Dr. Renee Welhouse, N.D., Ph.D.
- Dr. Richard Olson, D.C.
- Dr. David Steenblock, D.O.
- Dr. Julian Whitaker, M.D.
- Dr. Jim Privitera, M.D.
- Dr. Ferre Akbarpour, M.D.
- Dr. O. Carl Simonton, M.D.
- Dr. Tim Birdsall, N.D.
- Dr. Donna Abfall, N.D.
- Dr. James W. Forsythe, M.D.

Let me explain the initials. M.D. stands for Medical Doctor, of course. N.D. stands for Naturopathic Doctor, D.O. stands for Doctor of Osteopathy, and D.C. stands for Doctor of Chiropractic.

## **Some pros and cons of your cancer treatment options**

Let me summarize your four basic treatment options for cancer.

1. The conventional treatment: surgery, radiation, and chemotherapy
2. The conventional treatment PLUS the mind-body methods of Dr. O. Carl Simonton, M.D., which we describe in the chapter about him
3. Non-toxic alternative (holistic) treatments that build up your immune system and get rid of toxins in your body
4. A complementary approach that includes both conventional and holistic therapies

If you choose option number one, it's true that you might survive. As Dr. Julian Whitaker, M.D., told us, radiation and chemotherapy are "dangerous placebos." Placebos sometimes work, but the risks of toxic therapies are obvious. They can certainly kill the cancer. But they sometimes kill the patient, too.

If you're thinking about surgery, you should know that cancer surgeries carry a greater risk of certain complications than do similar surgeries on patients who don't have cancer. A cancer patient incurs at least twice the risk of postoperative deep vein thrombosis (DVT) and more than three times the risk of fatal pulmonary embolism than non-cancer patients who have similar procedures.

Option number two gives you a much better chance of survival than option number one. And statistics prove this through sound scientific studies, as you'll see in the chapter about Dr. Simonton's mind-body methods.

I believe options three and four give cancer



patients an excellent chance of survival. No clinic, doctor, or course of treatment can guarantee that every cancer patient will survive. There is always a risk of failure and the patient must be prepared to assume that risk if he or she decides to try the treatments described in the coming chapters. But the information in this Special Report can help put the odds in your favor and give you a better quality of life as well.

How much do the various cancer treatments cost?

If you choose non-toxic treatments, alternative clinics usually charge \$10,000-\$20,000. Medical insurance generally doesn't pay for such non-toxic treatments.

If you choose conventional treatments, your medical bills will hit six figures so fast it'll make your head spin. It costs about \$350,000 to die of cancer in America, by the time you add up all the costs of surgery, radiation, chemo, hospitalization, and so on. But insurance usually does pay for conventional treatments.

It's puzzling that insurance companies aren't willing to cover less expensive treatments that are more effective. Perhaps they're uninformed about the alternative treatments.

You're responsible for your decisions about health care, and no one can make them for you. You can call your own shots. But no matter what option or clinic you choose, after you've read the

chapter about Dr. Simonton you'll almost certainly want to add his mind-body methods to your treatment program.

The Wellhouse Center has had astonishing success in using non-toxic therapies ONLY — no chemo, drugs, or radiation whatsoever. So has Dr. Privitera. Dr. Steenblock has, too, though he isn't opposed to prescribing a drug to, say, bring a cancer-causing infection under control.

Some of the other doctors and clinics we profile in this Special Report use an integrative, complementary approach, which we might call "the best of both worlds." The complementary approach, which uses alternative AND conventional therapies, is remarkably effective. A surprising benefit is that good nutritional support enables patients to go through chemo and radiation with fewer problems. The same is true of Dr. Simonton's mind-body methods.

All of the holistic doctors we profile in this Special Report have a profound respect for the healing power of the human body. One of the greatest physicians of all time, Paracelsus (1493-1541), advised:

"Follow nature, and she will be your instructor. The ways of nature are simple, and she does not require any complicated prescriptions. The invisible forces in the body are powerful and may be guided by the imagination and propelled by the will."

# Chapter Two

## The Doctor Who Cures the “Incurables”

*“We’ve seen patients go into full remission with aggressive, stage 4 cancers, and we see continued positive responses in others with chemo-resistant cancer.”*

*~ Dr. James Forsythe*

Seventeen-year-old Valerie M. from Texas was pretty much on her deathbed in 2004, according to James Forsythe, M.D., when her family brought her to his cancer clinic in Reno, Nevada. She had Ewing’s sarcoma, a deadly cancer that arises in bone.

Valerie had been treated with conventional cancer therapies at the finest cancer hospitals in Texas, but to no avail. Her doctors gave up on her. They told her to go home and get her affairs in order because “nothing more can be done.”

As her cancer spread, both of Valerie’s lungs developed large nodules. And there was a big hole in the left side of her pelvis. She could hardly walk. Her left leg was swollen. She was in a lot of pain.

Dr. Forsythe offered Valerie’s family hope and said he’d do his best to reverse her cancer.

After just two weeks of alternative cancer therapy, Valerie could walk around without difficulty. By the time she got home, her lesions of the lung had disappeared. Her doctors in Texas were flabbergasted.

At this writing, Valerie is 21 years old and doing fine. Her astonishing and seemingly miraculous cure was featured in a video called “The Incurables.”

How did Dr. Forsythe cure this “incurable” 17-year-old? He used three main therapies:

- A patented natural food called Poly-MVA. Incidentally, Poly-MVA is recommended in one of our Special Reports, *Natural Cancer Remedies that Work*. (See [www.natural-cancerremedies.com](http://www.natural-cancerremedies.com).)

- A series of intravenous treatments known as Forsythe Immune Therapy. It’s a proprietary blend of vitamins, minerals, a homeopathic medicine, and homeopathic benzaldehyde
- A low-dose regimen of chemo. But unlike conventional high-dose chemo, which hits the patient like a sledgehammer, Dr. Forsythe’s low-dose regimen doesn’t cause side effects such as nausea, hair loss, or low energy. Nor does it destroy the patient’s immune system.

### **Dr. Forsythe is a rare bird among oncologists: he’s “double-boarded”**

You might wonder how a medical doctor specializing in oncology can use homeopathic treatments. After all, you’d think that an oncologist is limited to such treatments as surgery, radiation, and chemo.

The answer might surprise you: Dr. Forsythe is perhaps the only physician in America who’s a board-certified oncologist *and* a board-certified doctor of homeopathy. In other words, he’s “double-boarded.” This gives him the qualifications and the freedom to push the envelope by using conventional medicine or natural medicine or both. Dr. Forsythe often uses both, as in Valerie’s case. He calls this “integrative medicine.”

Not everyone chooses conventional treatment before homeopathic treatment. The Queen of England, for example, can afford any kind of medical treatment she wants. But when she gets sick she sees a homeopath rather than a conventional doctor.

Later in this chapter I'll tell you how Poly-MVA and Dr. Forsythe's homeopathic preparations work.

## **Dr. Forsythe's study proves his method beats conventional chemo!**

As sensational as her cure was, Dr. Forsythe knows that many conventional doctors would just shrug off Valerie's case. Some would say, "She was lucky." Others would say, "It's a case of spontaneous remission," which means about the same thing.

That's why Dr. Forsythe is doing a study of the effectiveness of his therapies. He's compiling statistics that compare the results of his integrative cancer treatments with the results of conventional chemotherapy.

Take 100 cases of tough, stage-4 cancers — the kind of cancers usually considered incurable. If all 100 use conventional high-dose chemotherapy, which is the standard of cancer treatment in America today, how many do you think would still be alive after five years?

The answer is two. That's right. Just two out of a hundred — two percent. This is not only a miserable result, but also 98 percent died in sheer misery — with vomiting, hair loss, nausea, and so on.

Going back to 2004, when Dr. Forsythe started his ongoing study of his integrative method including Forsythe Immune Therapy, he has treated over 200 stage-4 cancer patients. Unlike some establishment cancer researchers, Dr. Forsythe doesn't cherry-pick the patients for his study. Many of them, like Valerie, were practically at death's door when they came to his clinic as a last hope.

At this writing, Dr. Forsythe's study has been going on for just about five years. And he has an 85% positive response.

A positive response means the patient falls into one of these three categories: (1) no cancer can be detected (full remission), (2) the tumor is shrinking

(partial remission), or (3) the tumor is neither growing nor shrinking (stable disease).

A cancer patient in a state of stable disease is no longer dying of cancer; the immune system has *arrested* the tumor.

As an added bonus, Dr. Forsythe's methods have hardly any side effects. Compare that to the miserable two percent survival rate from conventional high-dose chemo with terrible side effects.

Forsythe Immune Therapy wins hands down! It's a "no brainer."

Dr. Forsythe's results are all the more astonishing when you consider that he accepts ANY patient for his study — even those deemed "hopeless." Not only does Dr. Forsythe have an abundance of "anecdotal" success stories of turning around the most difficult stage-4 "incurable" cancers. But he also has the statistical proof to back up the stories.

You'd think the American cancer establishment would beat a path to Dr. Forsythe's door to ask him, "How are you curing those stage-4 cancers that we haven't been able to cure?"

Keep in mind the historical context of Dr. Forsythe's cancer breakthrough.

In 1971 President Richard Nixon responded to America's cancer crisis by declaring a "War on Cancer." This "war" was supposed to be similar in scope to President John Kennedy's challenge to put a man on the moon within 10 years.

Since the start of the "War on Cancer" in 1971, the American cancer industry has spent literally *billions* of dollars, supposedly on trying to find better treatments and even a cure for cancer.

After all those years and all those billions of dollars spent, what have the cancer researchers come up with? All they have is the same old surgery/radiation/chemo they had back in 1971! And this cut/burn/poison regimen still offers only a two percent success rate.

For the American cancer industry, nothing has really changed since 1971! They've accomplished

practically nothing.

## **The federal government beats a path to Dr. Forsythe's door**

Isn't Dr. Forsythe's 85 percent success rate remarkable, especially when you compare it to the cancer industry's two percent success rate? You'd think the federal government would beat a path to Dr. Forsythe's door over his discovery, wouldn't you?

Actually, they did. But perhaps not the way you'd expect.

One February morning in 2005, Dr. Forsythe, was enjoying breakfast at home with his wife in Reno, Nevada. The American flag was proudly waving in the breeze from his front-yard flagpole.

But then his wife noticed something odd through the window.

Three dark sport utility vehicles pulled up the driveway. Out came three groups of agents bearing three different insignias on their flak jackets: four agents were from the FBI, four were from the FDA, and four were from the ICE (Immigration Customs Enforcement).

Mrs. Forsythe asked her husband, "What are those people doing on the driveway?" He replied, "I don't know. I'll go see."

Dr. Forsythe opened the door just in the nick of time because an agent with a "door buster" was on the verge of smashing his door open.

The 12 agents had their guns drawn and pointed them at Dr. Forsythe.

Aghast with amazement, he asked, "Is this a joke?"

An agent replied, "We have a search warrant for your home and your business."

## **Rogue agent holds gun to Dr. Forsythe's head**

The agents pushed him into the room and made him kneel down. Holding a gun to his head, they searched him. They asked, "Who else is in the house?" He replied, "Just my wife."

At about that time, Mrs. Forsythe came down the hallway. She had heard the commotion. The agents also held a gun to her chest and frisked her. She said later that it was like being raped.

Then the agents marched both of them into the house and separated them. They were under custody in their own home — but without any Miranda rights.

Agents searched the house for seven hours, rifling every drawer and taking boxes and boxes of files, financial records, credit card records, and every computer in the house. They found nothing incriminating because there was nothing to find.

You see, Dr. Forsythe is a patriotic, law-abiding American. He had done nothing wrong. His patients love him. He's never been the target of a malpractice lawsuit in his entire career.

At the same time as this home invasion, other agents were zooming in on Dr. Forsythe's clinic. They told the patients, "You should go home because Dr. Forsythe is involved in criminal activity." The agents asked the patients if they could take their confidential medical charts. They all said no. But the agents took them anyway — in brazen violation of doctor-patient confidentiality!

The agents separated Dr. Forsythe's staff members to interrogate them in violation of their Miranda rights. The agents told each staff member, "Dr. Forsythe is engaged in criminal activity. Are you sure you want to work here? Do you know you could be in jeopardy yourself?"

Despite the intense pressure and intimidation, Dr. Forsythe's staff didn't quit. He was able to keep his clinic open during the time of severe persecution.

## **Dr. Forsythe arrested, fingerprinted, strip-searched**

Finally, in September of 2006 Dr. Forsythe was formally arrested — supposedly for irregularities in prescribing drugs. The authorities pounded on his door during business hours. They took him to police headquarters for a mug shot,

fingerprinting, and a strip-search.

At his first court appearance the magistrate asked Dr. Forsythe, “How do you plead?” He replied, “Not guilty, Your Honor. I haven’t done anything wrong.”

### **The jury’s unanimous verdict: NOT GUILTY!**

And that’s what the jury concluded after Dr. Forsythe’s trial, which the Las Vegas press called “the trial of the century.” On November 1, 2007, after only one hour of deliberation, the jury announced its unanimous verdict: “not guilty.”

The “not guilty” verdict gave Dr. Forsythe his reputation back. He still has his medical license, his clinic, and his staff. He’s open for business and eager to help cure more patients.

And the “not guilty” verdict was a terrible setback for the mainstream, conventional American cancer industry.

Why did the federal government beat a path to Dr. Forsythe’s door to harass him instead of heralding him as a hero for his cancer breakthrough? Sadly, the answer is because too much money is at stake.

The typical cost of treating a cancer patient with the standard treatments — surgery, radiation, and chemo — is about \$350,000. But if Dr. Forsythe helps that patient get rid of his cancer for the \$7,000 cost of his intravenous treatments, the conventional cancer doctors will be out \$350,000.

Perhaps the conventional cancer doctors believe Dr. Forsythe is eating their lunch. But if they’re sincere, how could they possibly want to get rich from using outmoded, ineffective treatments that needlessly cause pain and usually result in death?

Perhaps the conventional cancer doctors should take a closer look at Dr. Forsythe’s alternative treatments such as Poly-MVA and Forsythe Immune Therapy.

### **How Poly-MVA makes cancer cells fizzle out**

As mentioned earlier, Poly-MVA is a patented food supplement. Here’s how it works, in Dr. Forsythe’s own words:

“Cancer cells are anaerobic. In other words, they require very little oxygen to function and reproduce. They thrive on simple sugars. They also like low oxygen environments for their metabolism.

“Poly-MVA consists of palladium, lipoic acid, B-12, and thiamine. This combination of ingredients is natural and non-toxic. It interferes with the metabolism of the cancer cell. When administered to advanced cancer patients, Poly-MVA appears to have the unique capacity to negatively affect anaerobic cells while supporting healthy tissues. Simply put, this nutrient attacks the ‘engine room’ of a cancer cell, short circuiting the cell’s energy production, thereby destroying it.”

Dr. Forsythe says that Poly-MVA is most effective on breast cancer, prostate cancer, and non-small-cell lung cancer. His other key therapy, Forsythe Immune Therapy, has shown success with *all* kinds of cancers.

### **Forsythe Immune Therapy starves cancer cells to death**

One of the key ingredients in Forsythe Immune Therapy is a homeopathic medicine.

This homeopathic medicine destroys cancer cells by starving them to death. Cancer cells thrive on sugar. The homeopathic remedy uses an enzyme process to set up a roadblock that prevents cancer cells from getting any nourishment from sugar.

The result is that cancer cells die of starvation.

The other ingredients in Forsythe Immune Therapy are a proprietary blend of vitamins, minerals, and homeopathic benzaldehyde. These substances boost the immune system.

## **Dr. Forsythe's other therapies and recommendations**

Conventional medicine doesn't accept it, but research suggests that dental problems can cause cancer — even in locations far from the mouth. Dr. Forsythe accepts this finding and uses it successfully to treat cancer patients. For example, a root canal can sometimes lead to an infection in the jawbone. Dr. Forsythe contends that the infection can spread, causing breast cancer, prostate cancer, and other cancers.

It does little good to treat cancer if you ignore its underlying cause. That's why Dr. Forsythe employs a biological dentist *on site*. The biological dentist gives each of Dr. Forsythe's cancer patients a dental evaluation to determine whether a dental problem may be causing the cancer. And if so, the problem is fixed right then and there.

In addition to the biological dentist, Dr. Forsythe also employs a naturopathic doctor on site. Naturopaths have specialized knowledge of nutrition and detoxification.

Dr. Forsythe strongly believes in detoxification for cancer patients. That's because reducing the body's toxic load helps the healing process.

Dr. Forsythe recommends several methods to detoxify the body, including chelation therapy, colonic hydrotherapy, and far infrared saunas. He doesn't offer all of these services at his clinic; some of them are available off-site.

As you may know, colonic hydrotherapy irrigates the colon with five gallons of water in a process that takes about an hour. This is perhaps the best method of dislodging the gunk that can accumulate and get stuck in the colon.

Concerning diet, Dr. Forsythe recommends that his cancer patients consume large amounts of the three Bs and the three Cs. The three Bs are beans, broccoli, and Brussels sprouts. The three Cs are carrots, cauliflower, and cabbage.

He also recommends "green powders"

(wheat, rye, barley, and algae powders), which helps alkalize the body. (Cancer cells thrive in an acidic environment.) Dr. Forsythe recommends powders manufactured by a company called Boku.

Dr. Forsythe says to avoid sugar, whole milk products, fried foods, red meats, cured meats, and anything else that's cured. He encourages patients to drink such juices as noni, mangosteen, and acai.

## **Case Study:**

### **Doctors tell Bernadette, "Nothing can be done for your brain tumor"**

Bernadette's life changed the day she was hit by a drunken driver. Within two years of her injury, the pain in her head became excruciating.

Her doctors in New York gave her an MRI, a CAT scan, and other tests. They found nothing. So they told her she had a psychological disorder. They said she was "inventing" her pain.

Every morning at 4:30 a.m. Bernadette started taking the painkillers necessary to start her day. She said the pain felt like a rake with a million sharp prongs scraping through her brain. She also suffered double vision and had to get special glasses so she could see straight.

After years of suffering, doctors gave Bernadette another MRI that revealed a brain tumor! She felt vindicated. She knew her pain had always been real and not a psychological invention. And now she knew the cause of it.

But her doctors told her, "There's nothing we can do for you. Chemo and radiation won't help. And the tumor is inoperable. Go home and we'll make sure you're comfortable."

She asked, "How are you going to make me comfortable?" They replied, "We'll give you pain killers." She responded, "I don't want painkillers. I don't want to live on painkillers."

In fact, Bernadette's tumor was on a CAT scan 4 years earlier, but all of her doctors had missed it.

## **Bernadette now says, “I’m ready to take on the world!”**

Because Bernadette’s New York doctors could do nothing for her, she decided to give Dr. Forsythe’s program at the Century Wellness Clinic a try. After just a week of treatment, she says, “I didn’t need my glasses anymore. I had worn them for six years. That was a miracle!” After two more weeks of treatment, she went home with an oral supply of the homeopathic medicine.

Her headaches were gone. Her pain was gone. Her tumor was gone, as proved by a new MRI. Bernadette says, “What can I say? This is amazing. I had been written off by doctors who said, ‘Make sure your will is signed.’ But now, I can get up in the morning. I don’t need painkillers. I haven’t taken painkillers for months. I was ready to die. I was waiting to die. Now I’m pain free, and nothing is going to stop me! I’m ready to take on the world!

## **Dave’s terminal lung cancer caused total disability**

Dave N., a father of four teenage children, got the diagnosis on January 24, 2006. His entire left lung was full of fluid. When the doctor mentioned the “Big C” — cancer — Dave says, “It devastated me and dropped my wife to the floor.”

Because of his lung cancer, Dave couldn’t do the things he used to do. He went on full disability. Everything in his life fell apart. By the time the cancer reached stage 4, he knew he was going to die. The chemo made his face puffy and his eyelids droopy. It also gave him a rash.

Why did Dave make the trip to Reno for cancer treatment? As he explains, “I didn’t have a lot of options, and Reno sounded like a good choice.” His teenage kids told him, “Dad, We want you to be here. If this is a chance, take it!”

And so Dave decided to undergo the 3-week intravenous treatment known as Forsythe Immune

Therapy. He says it doesn’t hurt, and it doesn’t cause hair to fall out.

After three weeks of IV treatment, he went home with an oral form of the homeopathic medicine for three months. Then he returned to Reno for the follow-up exam. As with most of Dr. Forsythe’s cancer patients, Dave’s treatment lasted four months.” Forsythe Immune Therapy is a four-month package.

## **Stage 4 patient says he’s “ready to beat the band”!**

Dave says, “It felt so warm when I came into Dr. Forsythe’s Clinic. Everyone was so friendly.” After just the second *day* of intravenous treatment, Dave says, “I was ready to beat the band! I haven’t had this kind of energy in almost a year!” And on the third day he felt even better.

According to Dave, “I came up here with a big bag of medications from my doctor back home, and I’m thinking, ‘Why am I taking all these things?’ I come in here. I take the homeopathic medicine. I’m feeling *great*. There are really no side effects. None. I feel refreshed. I’m ready to go out and, you know, just do anything I can do!”

Dave’s wife adds, “Conventional treatment was like a death sentence. There was no hope. Dave lost a lot of hope. Now his mind is different. He’s positive. He wants to live.”

After the first three weeks of treatment, “I’ve been doing 20 minute walks,” says Dave. “I don’t feel like a disabled person anymore. I don’t. I feel o.k. I can walk up and down the street just like anyone else and not be short of breath and have to stop. I feel great.”

At Dr. Forsythe’s recommendation, Dave dropped sugar from his diet and drinks alkaline water.

## **Prostate cancer patient gets his sex drive back!**

Sadly, some of the conventional treatments for prostate cancer leave a man unable to hold his

urine or to get an erection or both.

But even before Gary M. was treated for his advanced prostate cancer, the cancer had depressed his sex drive. Instead of submitting to the risks of surgery, he decided to go to Dr. Forsythe's clinic. After 10 days of Forsythe Immune Therapy, he could feel the difference.

When Gary went home, his doctors at the VA hospital examined him. They found no more nodules, no more swelling, no more prostate cancer. In fact, there was no evidence of cancer any more.

As for his depressed sex drive, 59-year-old Gary says, "That's no longer a problem."

### **Testimonials for wide variety of cancers**

During my two-hour interview with Dr. Forsythe, he told me many stories about remarkable recoveries from the most difficult and stubborn cases of cancer. Here are a few of them:

- 52-year-old Paula L. first saw Dr. Forsythe in 2003 with cancer in her right breast. It had spread to her lungs and bones. As a result of Poly-MVA and other supplements, her tumor markers are normal, and her bone pain is gone. Furthermore, her lung lesions have disappeared. She's in *complete* remission, which means that all measurable signs of disease have disappeared.
- 48-year-old Joseph R. runs a sewage treatment plant in Reno. The cancer in his right lung spread to his central chest. Dr. Forsythe treated him with Poly-MVA, other remedies, and low-dose chemo. Today the results of his medical tests are normal. And he works a 40-hour week at the sewage treatment plant without any problems.
- 83-year-old Bob S. was on his deathbed with prostate cancer. After undergoing Dr. Forsythe's therapies plus low-dose chemo, he's functioning normally. He has no bone

pain, and he's walking on his own with no pain medication.

- 81-year-old Warren J. suffered from colorectal cancer, and the cancer also invaded his lungs and stomach. As a result of Poly-MVA, he's now clear of cancer. His tumor markers are normal.
- 28-year-old Crystal K., suffered from colitis, which turned into colon cancer. Dr. Forsythe treated her with Paw Paw (a nutritional product), Poly-MVA, and vitamins. She's now free of disease and living a normal life.
- 25-year-old Jenna S. had stage four Hodgkin's involving her neck and the lymph nodes in her groin. She refused chemo and radiation and came to Dr. Forsythe in 2004. He gave her Poly-MVA and persuaded her to take low-dose oral chemo for a short time. She's off all chemo and in complete remission.
- 44-year-old Sheryl S. from Reno "flipped" houses when that city had a hot real estate market. In 2003 she came to see Dr. Forsythe with stage 4 non-Hodgkin's Lymphoma (NHL). After being treated by Dr. Forsythe, she's now free of disease, and her tumor markers are normal.
- 28-year-old Diedra C., a flight attendant, suffered from ovarian cancer that had spread to her pelvis. In 2004 she came to see Dr. Forsythe. She's now in complete remission and continues to work as a flight attendant. She sees Dr. Forsythe twice a year for follow-up.
- 57-year-old Georgia B. was on her deathbed in 2005. Her cancer doctors told her to go into hospice; in other words, they expected her to die soon. But instead of going into hospice, she saw Dr. Forsythe. She didn't want any more chemo because that had failed her. Now she's in complete remission, running her mattress business with her husband.

Dr. Forsythe has a big advantage over many other doctors. He's fully trained in oncology, but



he also has a pathology background. That gives him an intimate knowledge of tumors. A doctor coming from an emergency room background or family practice background would lack this kind of knowledge. And, as mentioned earlier, he's also a board-certified homeopathic doctor. Dr. Forsythe is one-of-a-kind.

### **Cost of treatment**

Each case of cancer differs, so costs will vary, depending on the course of treatment Dr. Forsythe recommends. Insurance covers some costs. Other costs are not covered by insurance.

The clinic charges for the initial consultation with Dr. Forsythe, the naturopath, and the biological dentist. But insurance usually covers it.

### **Where to stay and what to do**

Dr. Forsythe's clinic is an outpatient facility, so you'll need to stay at a nearby hotel. Some of these hotels offer special rates for Dr. Forsythe's patients, including the magnificent Vegas-style

Peppermill Resort Casino, two miles from the clinic, and the Marriott's Residence Inn, which is three miles from the clinic. The Marriott even provides free shuttle service.

As you recover from cancer, you'll probably want to visit nearby Lake Tahoe — perhaps the most stunning Alpine lake in the world. It's a jewel. You could also visit historic Virginia City of silver mining fame. The old Carson City Mint is worth a visit, too.

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# Chapter Three

## “I had no idea this kind of health care existed”

It's remarkable that Reno, Nevada, has *two* outstanding alternative cancer clinics. After interviewing Dr. James Forsythe at his Century Wellness Clinic, I walked over to the nearby Reno Integrative Medical Center where I interviewed Pam Bond, the administrator.

Cancer patients from all over North America travel to the Reno Integrative Medical Center.

The clinic's two doctors are Dr. Robert A. Eslinger, D.O., H.M.D., and Dr. David Holt, D.O., H.M.D. Besides being osteopathic doctors, these two men are also homeopathic doctors. Their approach to cancer treatment is similar to that of Dr. Forsythe, who was on the staff of Reno Integrative Medical Center until he left in 2002 to focus on his own clinic.

The Reno Integrative Medical Center has an impressive track record at whipping even the most difficult and stubborn cases of cancer.

In a moment I'll describe the Center's treatment methods. But first let me give you some true stories of terminal patients who got rid of their cancer at the Center.

### **71-year-old boasts the energy of a 40-year-old!**

First I want you to hear 71-year-old Joe L. tell his story – in his own words. He came to Reno with advanced cancers of the lung and pancreas after conventional doctors had given up on him.

Joe says, “For three weeks at Reno Integrative Medical Center, I was treated for cancer, taught what to eat and what not to eat. I went home and made some major lifestyle changes. I returned to Reno later for additional treatments and training. I learned to monitor and build my body's immune system to maintain lasting health. I have also learned to handle stress in a more productive way.

“Today, I am free of cancer, without the trauma of chemotherapy or radiation. My energy and stamina have returned to that of a 40-year-old man, (not bad for a 71-year-old!)

“Reno Integrative Medical Center combined the best of God's natural remedies with solid science to restore me to optimal health. Without reservation, I highly recommend Reno Integrative Medical Center for anyone who wants to be free of cancer and live life to the fullest!”

### **Breast cancer patient says NO to poisonous treatments**

When Patty A. got breast cancer, she knew her doctor would recommend chemo and radiation. But at least the doctor was honest enough to admit that even with the most aggressive chemo and radiation, the cancer would probably come right back.

Such honesty is refreshing but rare.

Fortunately, Patty heard about the Reno Integrative Medical Center. She says, “It just made so much more sense to me. I have never regretted that decision I made because it took me down the path of healing that only made my body stronger without any ill effects.

“I reported for 3 weeks of ‘boot camp’ at the Reno Integrative Medical Center. You can be sure the doctors and staff leave ‘no stone unturned’ when you go there for treatment. I was busy everyday ‘getting well.’ I was impressed with Dr. Bob and the multiple tools to assess the status of the internal terrain. My sessions with Dr. Holt were amazing. Among many things, he worked with me on the emotional aspects of cancer and how we can reverse it. I trust them completely.

“A family member of mine accompanied me every day to the clinic and was with me for a

follow-up visit. Her response to this experience was, 'I had no idea this form of health care existed, it's absolutely amazing.'

"I was told to expect the cancerous lymph nodes to start shrinking and eventually go back to normal. And that is exactly what has happened. I can barely feel the affected lymph node in my neck. I thank God and the universe every day for everyone at Reno Integrative Medical Center. They are true healers."

### **"You can laugh about your cancer because there's hope!"**

In November 2004, Dorothy H. was diagnosed with stage 4 colorectal cancer. Here's what she says about her experience at the Reno Integrative Medical Center:

"The doctors, nurses and staff are wonderful. They are loving, kind, encouraging, and treat everyone as if they are the only one there. The atmosphere is bright and cheery. You meet new friends and share with each other. It is a place where you can even laugh about the cancer because there is hope. It's not a scary place, but one that brings peace, and the treatments aren't painful. The whole staff has a positive cheerful attitude.

"There is a lot of laughter too, which one needs during this time.

"I know the reason I bounced back so fast is because I chose not to do chemo or radiation. If you find out you have cancer, please, I beg you to go to the Reno Integrative Medical Center and talk to the doctors before you decide to do the traditional method. The doctors are up front and honest and will let you know what is best for you.

"I can't say enough for the center. They saved my life. I should be home with the Lord, but He used that treatment to spare me for a little longer."

### **Jonna's doctor gave up on her pancreatic cancer**

Jonna W. was diagnosed with a neuro-endocrine tumor in the pancreas. Her doctor

explained that surgery, chemo, and radiation were not treatment options for her cancer. She replied that she didn't want to go that route anyway because she wanted to do alternative medicine.

Her doctor encouraged her to find an alternative because conventional medicine had nothing to offer her.

Jonna already knew about the Reno Integrative Medical Center because that's where her aunt had gone for treatment.

Here's what Jonna says about her treatment at the Center:

"I made an appointment which was the beginning of a wonderful healing experience. The staff has been so helpful and caring. The positive energy is overwhelming. The practitioners have seen me through many problems, and they have found a cure or solution to almost all.

"My cancer is receding. All in all, I believe Reno Integrative Medical Center is 'the place' for cancer treatment from knowledgeable, caring and truly wonderful people."

### **Agent Orange victim finds cure for his cancer**

Doctors diagnosed Vietnam veteran John S. with prostate cancer. The prognosis was poor. The doctors told him that even with surgery or radiation, he'd need a miracle to survive. He didn't like that message, so he sought a second opinion and even a third one.

But all the doctors said the same. His prostate cancer was terminal.

John resigned himself to his "inevitable" fate. But then he heard about the Reno Integrative Medical Center. With nothing to lose, he scheduled an appointment.

John says, "After consultation I was put on an immune boosting protocol to fight my cancer. After a year and a half my cancerous tumor started shrinking and today almost 4 years from my original diagnosis I am healthy and happy with no symptoms of the disease. I continue to take my supplements and can only thank the

wonderful caring staff at the clinic. The staff is always pleasant and takes care of my needs, whether it is on one of my once-every-six-month visits or just quickly getting my supplements sent to me in a day or so.

“I contracted my cancer from a tour in Vietnam and from Agent Orange. I have lost seven other Platoon mates from Agent Orange cancers. I only wish my disease would have attacked me sooner so that I might have been in a position to talk to them about Reno Integrative Medical Center. Unfortunately, all of them had passed away before I knew about my illness or alternative treatments available.”

### **Uterine cancer patient's immune system saves her**

Judy W. underwent harsh conventional treatments for her uterine cancer, including radiation five days a week for five weeks.

She says, “This brought my immune system so low, I knew I had to do something more to build my immune system and prevent a recurrence of cancer. Because of my sister’s success 25 years ago in a similar program, I went to the Reno Integrative Medical Center. I had a live blood cell test, which showed an extremely low immune system.

“After a lengthy visit with the doctor, I started a three-week course of daily IV treatment. I also started a program of supplements and was given a list of foods to avoid.

At the end of three weeks, I felt I had made friends with the staff because of the loving care and concern I was shown. I return every three to six months to have my immune system monitored.

“In the past seven years, I have experienced only two slight colds, one sore throat, and no recurrence of cancer. I thank God I was led to this ‘Haven of Hope.’”

### **How the clinic defeats cancer**

A new cancer patient at Reno Integrative Medical Center gets a two-day evaluation. Each

patient spends an hour-and-a-half to two hours with each of the two doctors.

The doctors do a thorough examination, going over the patient’s records and health history. They pull everything together to come up with an individual treatment plan.

The initial evaluation also includes two crucial tests: a 12-hour urine test to detect any heavy metal toxicity and a full-mouth x-ray to determine whether a dental problem might be the cause of the cancer. If the dental exam reveals an infected root canal or infected jaw-bone, the patient is referred to a biological dentist to fix the problem.

The clinic’s goal is to get the body into a state where it can heal itself. So if there are problems in the mouth, they must be fixed. If the body is carrying around a toxic load of heavy metals, detoxification is necessary.

The core of the treatment plan is a three-week “boot camp” that features an immune boosting system of IVs developed by the clinic’s founder, the late Dr. Douglas Brodie. These IVs contain various substances including cesium, a natural mineral that goes right to the cancer cells and puts them in an alkaline state.

An intravenous treatment is given every day, Monday through Friday, for three weeks. Thus, the IV therapy consists of 15 treatments altogether. This can be completed within three weeks if the patient starts on a Monday; otherwise, the IV treatments would go into a fourth week.

The patient also goes through a detoxification program, which may include colonic hydrotherapy. Although colonic hydrotherapy isn’t currently available on site, there are therapists nearby.

After the three-week “boot camp,” one of the doctors coaches the patient by phone for the next three months. These phone calls are regularly scheduled long-distance “office visits.”

Patients come back once a month during those three months for a three-day follow-up

when they have IVs each day and meet with the doctors.

Some patients do so well they don't have to come back every month. The doctor might say, "You don't have to come back every month. Why don't you come back in two or three months?" But other patients might need to come back in two or three weeks.

### **Unique twist on Insulin Potentiation Therapy**

One of the most effective alternative cancer treatments is insulin potentiation therapy (IPT). This therapy uses the cancer cells' craving for sugar in a clever way.

The doctor gives the patient insulin to starve the cancer cells of sugar. And then, when the cancer cells are craving sugar, the doctor gives them some – along with some low-dose chemotherapy. IPT has a devastating effect on cancer, and the Reno Integrative Medical Center used it for several years.

But in recent years the clinic gave IPT a unique twist. Instead of giving the cancer cells low-dose chemo along with the sugar, the clinic gives cesium with the sugar. Cesium, as mentioned earlier, is a natural mineral that goes right to the cancer cells and puts them in an alkaline state.

For IPT, the clinic prefers cesium to chemotherapy because cesium isn't toxic.

### **Hidden cause of many cancers**

The doctors at the Reno Integrative Medical Cancer do what few other clinics do today: they identify the emotional and psychological cause of cancer. The doctors ask the patients, "What was going on in your life before your body allowed this cancer to grow?"

And the doctors have found that just about every cancer patient has experienced some kind of emotional shock that weakened the body, allowing cancer to get a foothold. These emotional shocks include divorce, problems with children

or grandchildren, or other situations that cause anger, hate, resentment, and bitterness to build up inside.

These resentments must be resolved to help the body heal. And the doctors are skilled at bringing about emotional healing while the other therapies give a big boost to physical healing.

The clinic firmly believes it's necessary to treat the *whole* patient, not just the body.

### **Dietary recommendations**

Some cancer patients who come to the Reno Integrative Medical Center have been vegans all their lives. As you may know, a vegan is a *strict* vegetarian that eats no fish, eggs, or dairy foods.

One vegan came to the clinic in tears, saying, "I have cancer. I shouldn't have cancer!" How can this be? How can vegans who've been trying to eat healthy their whole lives get cancer?

When a vegan comes to the clinic with cancer, the doctors usually find that the problem is not enough protein. For that reason, the clinic doesn't *strictly* recommend vegetarianism. If you're going to eat meat, the clinic recommends organic chicken. If you're going to eat beef, eat grass-fed organic beef. Be careful of fish because of the mercury. The fish's mercury content depends on where it was caught.

The clinic highly recommends the Budwig diet for cancer patients. This diet, which mixes flax oil with cottage cheese, is named after the legendary Germany physician Johanna Budwig, M.D. Dr. Budwig wrote a book describing this remarkable diet, which has helped countless cancer patients get well.

The clinic also recommends sitting out in the sunshine to get some vitamin D. Each patient receives individual recommendations for diet.

In addition, the clinic offers specialized forms of massage to relax the patient and give the patient more energy.

Clinic administrator Pam Bond told me,

“People feel the difference when they walk through the door. We just love our patients. We go the second, third, and fourth mile for them. We try not to be ‘clinical.’ We try to be homey, as you can tell from the décor of the office. We just really care about our patients. When they leave their three-week intensive, there are tears in their eyes because they’ve felt cared for and safe. And this is a place of hope.

“Our doctors are just amazing. People have come out of their offices after spending close to two hours with the doctor, with tears in their eyes, saying, ‘That’s the first time I’ve ever had a doctor really listen to me’ or ‘That doctor just told me my whole life. How did he know that?’ Just knowing what questions to ask is a gift. Both of our doctors are gifted men.”

### **Cost of treatment**

The initial two-day evaluation normally costs a little over \$1,000, but it might be less. And insurance may cover it.

The cost of the three-week “Boot camp” is about \$15,000 to \$17,000, which includes lab draws, supplements, and time with the doctors. This is a reasonable price.

### **Where to stay**

Because the Reno Integrative Medical Center is an outpatient clinic, patients from outside the area stay at a hotel or in an apartment. There are several excellent hotels within two or three miles of the clinic, including the magnificent Vegas-style Peppermill Resort Casino and the Marriott’s Residence Inn, mentioned in the previous chapter.

The clinic has accounts with several hotels to give patients a good deal. Some hotels have shuttles, and some have kitchenettes. The clinic can advise you about the best options for lodging.

### **Contact information**

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# Chapter Four

## The amazing Persian doctor who beats 'hopeless' cases of cancer with natural methods

Ferre Akbarpour, M.D., has been turning around “hopeless” and “terminal” cases of cancer in Southern California for decades. Her clinic occupies the entire ninth floor of the tallest office building in Huntington Beach.

Her patients love the panoramic view of the Pacific Ocean, Catalina Island, and the mountains. But they love Dr. Ferre (pronounced “fairy”) and her life-saving treatments even more.

We visited Dr. Ferre in her office, and she generously let us interview her. She did such a fine job of telling her story that we decided simply to print it as she told it to us:

### **Dr. Ferre's story in her own words**

I have been here in Southern California since 1978. Every day I get three or four thank-you letters from patients. It's really amazing. It's so positively energizing. It's just unbelievable.

I thank God for allowing me to be in this field and do what I'm doing now. It's important for me to read these letters. And it gives me so much energy to help even more patients overcome cancer.

Let me tell you a memorable story. About six and a half years ago a gentleman named Robert came to me from Australia with Stage Four colon cancer. Stage Four means that it has spread to some other places. Most doctors consider it terminal. Doctors didn't give him more than two or three months to live. That's why he decided to come here.

Robert was short of money, so his local church donated money to pay for his treatment. Some people at his church had heard about our success rate with advanced cancer patients. So he came here with his beautiful wife and with his good

sense of humor.

When I asked him, “Robert, what Stage are you at?” He said, “Stage Five.” I said, “There is no such thing as Stage Five. Either it is a Stage One or Two or Three or Four.” He said, “No doctor. The cancer has spread to all my organs, so I think I'm above a Stage Four.”

And then he said, “I know I'm going to get better.” I didn't give him any promises because it's not ethical. You don't know that will happen with late-stage cancer. I said, “I promise I'll do my best. Let us start working on you.”

This man's colon cancer had spread to the kidneys, liver, bladder, and even the lungs. He was in terrible shape. He had elevated liver enzymes. He had lost a lot of weight. And he had severe fatigue and jaundice. Furthermore, he couldn't go for any more oncological treatments because he had maxed out all the chemotherapies.

So we started working on him. Thank God, he improved a lot. After staying with us for four weeks, it became obvious he was getting better and better. So the church donated more money, enabling him to stay longer — about seven or eight weeks. And then he went back to Australia.

### **From the brink of the grave to the golf course!**

For a man who was given two months to live, he lived for four-and-a-half extra years. And the beauty is that he was able to do what he loved: play golf. He was enjoying his life at the ocean in Australia, and he was happily married. He was traveling; he was doing everything he enjoyed. A few days before he passed away, he called me. I was constantly in touch with him. We were e-mailing. We were having phone consultations.

I was changing his protocols. I was ordering blood work.

So a few days before he passed away, he called me and said, “Doctor Ferre, it looks like I’m ready to go.” He was dying not of cancer but of kidney failure, and dialysis wasn’t going well. So he said, “I think I want to say good-bye to you. I’m really thankful that you gave me the opportunity to live four-and-a-half years. I have been the happiest person.”

The day he passed away, his wife sent us an e-mail. She said, “Robert passed away, but I wanted to thank you for the years you gave us. Robert lived happier, healthier, and he was stronger spiritually, physically and emotionally since he was under your care. And I wanted to thank you for that.”

So this is a memorable story. It will always be in my mind and in my heart.

### **Farmer beats deadliest lung cancer**

I had a farmer from Connecticut come to us with one of the deadliest cancers of the lung. He kept saying, “If I die, I’ve lived a good life. If I live, I’ll be thankful to God.” He wasn’t afraid of dying.

This beautiful man came with his daughter. He was here at least four weeks. He started to do better and better and better. Conventional medicine offers no treatments for this kind of cancer — no chemo, no radiation, nothing — because it’s not sensitive to anything. So the only thing that helped him was our natural treatment.

We were so proud of him; we had his CAT scans, taking them everywhere and showing them to others. And with this treatment, he got better and better and better. The tumor totally disappeared as proven by a CAT scan. He did so well that he went back home and went back to work. Three years passed. It’s unheard of for anyone to survive this kind of lung cancer for three years! Three years passed, so we were all so happy and so proud.

His lung cancer never did come back. He later died of another cause.

### **Young dentist thought his life was ruined by nasopharyngeal cancer**

I have a written testimonial of a young dentist. He came to me in August of 2005 with an unfortunate case of nasopharyngeal cancer. That’s one of the worst cancers, not only because of its gravity but also because of the way it progresses. Conventional doctors can’t do much for these patients. Also, because it occupies the oral cavity — ear, nose, and throat — usually the patients become deformed and lose their hearing, their speech, and their ability to eat.

So it’s one of the worst cancers that people could ever get.

This dentist was practicing in Texas. He was going to one of the most prestigious cancer clinics in Texas, and the treatment seemed to be successful.

But one day when he was playing ball with his 6-year-old son, his son accidentally kicked him in the groin. So he started to have pain and swelling. He went to his doctor and said, “Listen, this is hurting too much.” A CAT scan revealed that his cancer was back and had spread to his abdomen. It was bad.

### **Dentist says NO to chemo and prepares for death**

The doctor told him, “Let’s start chemotherapy immediately. We may squeeze two or three months out of your life.” He said, “No, thank you, I don’t want to do it.” He had been through chemo before, and he didn’t want any more of it — especially since the chemo only offered him another two or three months.

The dentist had already made plans to move to California. Thinking he was healthy, he had sold his dental practice in Texas and had already purchased a major dental clinic in California. All of a sudden, his plans lay in ruins.

He came to California anyway but couldn’t



practice dentistry because of his ill health. One of his friends, a religious woman, told him, “Go and see this lady. I’ve heard a lot of good things about her.”

So he came to see me in August of 2005. He was sitting there with his wife. I tried speaking to them, but he seemed out of it — as if he were thinking, “I’m dying. What’s this lady talking about?” So I talked with his wife. His wife said, “We’re starting with you tomorrow.”

The man started with me. He was here for three weeks. Every day he felt better and better and better. Then I told him, “Let’s do genetic testing analysis for your cancer. Let us send your blood to Germany for some genetic analysis, and they will do the gene testing and they will let us know what kind of treatment your body would best respond to.”

So we did that, we sent it to Germany. The results came back, showing that his cancer was ultra-sensitive to hyperthermia. He was already receiving hyperthermia every day. It also indicated that his cancer was sensitive to a certain kind of chemo. He was against chemo because of his past experience with it. But I assured him he would have no problem with a low dosage. He said O.K.

With my treatment and the low dosage chemo, he responded well. The lymph nodes got smaller, he was in no pain, and he didn’t have any recurrence in the nasopharyngeal area. He’s in total remission now after a year and a half. And this man is going to go back to work. I have a lot of cases like this.

### **Opera singer miraculously recovers her voice**

I had a patient from Texas named Bernadette. She came to me again about seven or eight years ago. She had multiple problems including cancer.

One of Bernadette’s major problems was Guillain-Barré Syndrome, which paralyzed her extremities and also the muscles of her lungs.

She had been an opera singer but no longer had enough lungpower to sing. She had lived in hospitals for the previous 12 years. And they had done everything that standard medicine has available — even a high dosage of a steroid therapy. But they couldn’t help her.

Amidst this agony, she came down with serious muscle aches and muscle pain. So she got hooked on morphine and morphine derivatives. And she became addicted to all these narcotics.

I’ll never forget. She called me and she said, “Doctor, I’m coming for detoxification because I have Guillain-Barré syndrome and I am hooked on these medications. Can you help me?” I said, “I’ll try.” She said, “How long do you need me?” I said, “At least two weeks to detox your body and blood.”

So she came here. After five working days, she said, “Doctor, I don’t think my body even desires any narcotics any more. I think I’ve forgotten all about narcotics. I’m doing fine without them. And my muscles are getting stronger. I’m able to breathe better. I don’t need oxygen, and I am just feeling stronger!”

Her second week of treatment took place during Thanksgiving. I told some patients, “I’d better leave earlier today for my TV interview. And Bernadette just stood up and said, “Can I come with you?” I said, “Yes, of course you can. But it’s a Persian program, and you don’t speak Persian.” She said, “But someone could translate my message. I want to come and tell the world. Since it’s Thanksgiving, I want to share my blessing with the world and let them know there’s still hope left.”

So I took her with me. Another doctor was the host. I was that doctor’s guest. And he interviewed Bernadette, who told him about her amazing health results.

When the doctor realized Bernadette was an opera singer who hadn’t been able to sing for years, he asked, “Do you think you could sing now?” She replied, “Sing? Oh, my gosh. I don’t

think so. But I'll try." And she started to sing opera. I was crying. She was crying. She was hugging me. That was such an emotional thing.

### **Bernadette beats melanoma with *totally natural* remedies**

That's not even all. During this time she was diagnosed with malignant melanoma, a serious cancer of the skin. She was concerned she wasn't going to survive the melanoma. She started to eat healthy. She continued with detoxification and other therapies. And then I started her on immune boosting for her melanoma.

Melanoma is a disease that spreads *quickly*. But it didn't spread anywhere in her body, and she recovered from melanoma. Melanoma is a cancer that responds beautifully to immune boosting. And we did that with non-chemical, totally natural remedies, *totally natural*.

And her anemia got better. Her melanoma has never come back, which her oncologist confirmed. She is in total remission with her melanoma. And the good news is that she got married last year in a beautiful castle in Scotland. Her husband is from Scotland.

In fact, she wants me to put her wedding picture on my Website. She said, "Doctor, I beg you, please do that." She's that thankful to me. It's so beautiful, so beautiful.

And I talked with her four or five days ago, and she said, "I have never felt this good in my life. I'm going to school, and I'm right now doing everything myself. But I have so much energy, and I'm doing so much better." She's still taking my supplements. She's still under my direction for supplementation and everything.

And another beautiful thing is that since she improved so much with all these natural treatments that I am doing, she is becoming a naturopath herself. She is going through the second year of naturopathic school, and she said in a few years she's going to become a doctor.

### **Doctors said her bilateral ovarian cancer was 'hopeless'**

Three years ago a young lady came to see me from San Francisco. She was about 45 years old and never married. She told me she wasn't from a rich family. She said she really needed my help.

I had helped her niece get rid of a spinal tumor. That's how she knew me.

So her brother-in-law, the father of the girl who got rid of the spinal tumor, told her he was going to sell his Laundromat, get some money, and send her to me. Her doctors said her case was "hopeless."

At the time of diagnosis, the cancer had already spread *all over her abdomen*. The tumor was so big that they couldn't even do surgery. And she was afraid of chemotherapy. And she told me her doctors had drawn at least 12 or 13 liters of fluid from her lungs and abdomen. Her cancer marker was close to 4,000 when we started with her. A normal marker is not more than 35.

So this was an unfortunate case.

### **Crying patient says, 'I don't want to die'**

When she first came here, she cried all the time. She put her head on my shoulder and cried, saying "I don't want to die. I don't want to die." And I told her, "Listen, no one is God, and I don't want to promise you too much, but we're doing our best. You've got to stay positive. Don't lose your faith. Stay positive. Good things will happen."

So during her first week of treatment I had to give her a lot of encouragement and spiritual support.

The second week she realized the treatment was helping her because she wasn't accumulating water anymore. She wasn't bloated. She was feeling better, less nauseous. She could breathe better. There was no more fluid in her lungs.

Since her case was so bad, I told her, "Listen, I want you to understand that I'm your support. We need a combination treatment here. We need

to integrate the standard treatment with what we are doing because of the seriousness of your case.” She started to cry and said, “I’m scared the chemotherapy is going to kill me.” I said, “No. I’m going to send you to another oncologist, and I promise we are going to start you with the lowest dosage of chemotherapy. And if you tolerate it and you feel okay with that, then we are going to go to the standard dosage.”

And that’s what we did with her.

She trusted me and agreed to go see another oncologist. We started the combination chemotherapy and my natural treatments at the same time together. And, thank God, because she was getting our natural treatments, she didn’t have too many side effects. She didn’t have much fatigue, nausea, or loss of appetite.

So she was with us for four weeks. And then we sent her back to her oncologist and surgeon in San Francisco. The surgeon did a scan. Amazingly, the tumor had shrunk in just four weeks. And the cancer markers had dropped to almost less than half in one month. So the oncological surgeon told her, “Now we can do surgery.” She survived and she came back to normal life in no time. No complications, no problems.

Again, two or three months later, after she improved from her surgery, she came back here. I gave her more treatment; I sent her back to her chemotherapy. In less than six or seven months she was in total remission. Her cancer has never returned. She’s alive and doing fine. This is another beautiful story.

### **Doctors called his lung cancer ‘hopeless’**

Seven or eight years ago I helped a man overcome advanced prostate cancer. He did fine.

Then three years ago he called me all of a sudden. His situation was sad. He came in with his wife and told me, “Unfortunately, I was just diagnosed with lung cancer a month ago. In surgery they removed a little bit, but they said I’m in Stage 3 to 4. It has gone to the lymph nodes.

They don’t have too much hope for me. You saved my life once before, and I want you to help me.”

Again, I did the same thing with him. He was here for five weeks. He was in bad shape, coughing a lot. He had multiple tumors.

He started to get stronger and better every day. He was coughing less. After three weeks I told him, “Mike, I want you to see another oncologist and let us try a *small* dosage of some chemotherapy, because there are some chemotherapy patients with lung cancer who are doing fine with it, and yours is the kind that may respond.”

So he said, “Doctor, if you think so, I will.” I told him, “If it doesn’t work or you can’t tolerate it, we’ll just stop.” He trusted me.

The tumor shrank so much that he was able to go for another surgery. This time they were able to remove it. Again he came back for my treatment after the tumor was removed, and he got my treatment for another month. And at Christmastime he came here. He said, “You gave me the gift of life, Doctor Ferre. I can’t thank you enough. I’m back to my work. No one believed I was going to survive this cancer.” That was three years ago.

### **Patients need hope, but not false hope**

Sometimes I see patients who’ve maxed out their chemotherapy and radiation therapy. Some of them have also had unsuccessful multiple surgeries. And then they come to me. These are bad cases.

And when I see the patients with nearly hopeless cases, I try to give them hope. I don’t tell them “I’m going to cure you.” I will tell them “I’m going to do my best.” I have had some patients who did well. I have had some patients who didn’t do too well because they came too late. So I’m honest with my patients.

You know, there have been lots of times when I sit and cry with my patients. These people are hopeless. Sometimes they don’t even have any

family support left. So they come here on their own. They have no one else. And I help them and talk with them.

### **Patients pray and meditate in clinic's chapel**

We pray together. We have a little chapel in our clinic. Our patients go there no matter what religion they have. Just the connection with your Creator is important. Some people go there to pray. Some meditate. Some have their private time with their family. They do whatever gives them comfort.

We ask them to have prayer in their daily program because I strongly believe if you want to treat a patient successfully, you have to believe in the connection of mind, body, and spirit. If you don't have these connected together, then you cannot treat any diseases.

I'm a strong believer in Hippocrates, the Father of Medicine. Amazingly, medical science is now proving Hippocrates right. For example, Hippocrates said the best way to treat disease is through the immune system. And he talked about the need for harmony and unity. He said if you want to be healthy, your mind and body must be in harmony with your environment.

Can you believe he said those things 2,500 years ago?

You can give a patient the best treatment, but if he has disharmony with his God or his family or his past, or if he has too much stress at work, the patient won't do well.

I tell my patients, "This is the time for you to be at peace. You have to allocate all your energies to get better. This is the healing time. You have to forget about anything that bothered you. And you have to have forgiveness. That way, your body and your spirit and your mind are going to be in harmony."

If these things are in harmony, no matter what kind of disease the patients have, they're going to have better success in fighting that disease.

So I bring this to my patients' attention. If they need any spiritual healing, they let me know. I will find help for them. I have psychologists and spiritual healers who work with my cancer patients. They work on the mind, body, and spirit. And they get so much better. They feel so much better.

And of course I'm the one who focuses on the patient's body. I check their immune system and their kidney/liver function. I check them for anemia and for antioxidant deficiency. I check their Vitamin D level and their electrolytes. I'm monitoring them constantly.

And I have two doctors who are working with me for my research. So if I need the latest article, for example, about brain tumors or skin tumors or anything like that, they deliver it to me immediately.

I try to use the best of everything from all over the world. There may be something that a doctor in Israel is doing that I didn't know about. And then I ask my research doctors to find it for me. They bring it to me, and the new research may influence me to adjust the treatment. I try to be on top of all the newest information so I can do the best.

### **Natural treatment secrets revealed**

The treatments I give are *totally natural*.

Number one, when the patients start with me, I check all their body functions. I check their kidney, liver, heart — everything.

And then I start with the daily treatments. I start with massage therapy for 45 to 60 minutes for lymphatic drainage. I have a certified massage therapist who gives this therapy, which helps relax the patients throughout the day. So they start with massage therapy, and they love it. And they look forward to that massage therapy every single day.

Why do I feel so strongly that massage therapy is necessary? It's because all these patients with cancer or chronic diseases are toxic. If their bodies were not toxic they wouldn't have gotten

the disease. And most have gone through chemotherapy, which results in a lot of toxins in their body. So the massage and the consequent lymphatic drainage are not only going to relax them, but also help them get rid of toxins.

And the lady who gives the massage is also going to give them some reflexology. And that is something else that the patients look forward to because it balances their energy and helps them get rid of pain. They love it.

So this is a key part of the treatment: Massage therapy, lymphatic drainage, detoxification, and reflexology.

Right after massage therapy, the patients go into the infrared sauna. It's a special kind of sauna that helps the patients detoxify. And the beauty of it is that even the patients with lung disease and heart disease can tolerate the heat of the infrared sauna. Of course, a nurse or one of the doctors watches the patients during their time in the infrared sauna. They start with 10 or 15 minutes a day in the sauna, and then as they tolerate it we increase the timing. And usually we give them about 20 minutes in the infrared sauna.

### **Cancer hates heat!**

Why do I do this? It relaxes the patients as they get rid of the toxins through sweating and perspiration. But the most important reason is that *cancer cells hate the heat*. So the infrared sauna helps weaken the cancer cells, making them easier to kill off.

After the infrared sauna, the patients get intravenous therapy for three or four hours. I give them multiple minerals and some antioxidants intravenously — especially a high dosage of Vitamin C. That's because Vitamin C in high doses has a toxic effect on cancer cells without hurting the healthy cells. The Vitamin C helps release hydrogen peroxide in the cancer cells, and the hydrogen peroxide is going to act like a cancer-killing substance.

This IV therapy is a safe way of doing something for these patients. It strengthens the

immune system while weakening the cancer cells. So if the patient also gets chemotherapy the result will be better than with chemotherapy alone.

While patients are getting this IV therapy, they are going to be relaxing in a spacious room. I don't have a crowd of patients. I don't take more than five patients per week. The patients are friendly with each other. They have TV sets, and I encourage them to watch comedies because laughter boosts their immune system. We have a good selection of comedies, or they can watch a movie they bring from home.

The patients can also enjoy a spectacular panoramic view of the Pacific Ocean, Catalina Island, and the mountains from our floor-to-ceiling windows on the ninth floor.

### **Helping patients visualize whipping cancer**

Also I show them a video cartoon that helps patients visualize their own healthy immune cells destroying their cancer cells. Watching this video really energizes and encourages them. It really gives them a positive attitude that they're going to whip their cancer.

Let's face it. When someone is diagnosed with cancer, the big "C," it's scary. A lot of times patients lose it. They lose their positive attitude. They think cancer is going to take their lives. But when I show them the animated cartoon of the immune system killing cancer cells, they realize a strong immune system can destroy their cancer cells." [Editor's note: See the chapter about Dr. O. Carl Simonton for more information about this powerful visualization technique for healing.]

After the first IV is finished, we give them the second IV — a natural supplement we get from Canada. This supplement is an extract of ginseng. It's expensive. To make just one bottle of it takes at least 100 pounds of ginseng! It's that potent.

And then there's a third IV that prolongs the effect of the Vitamin C.

So these are things that patients will do every day.

In addition, we do a nutritional consultation. Our certified nutritionist is one of the best. She has helped a lot of emaciated patients — patients who've lost a lot of weight because of the cancer or AIDS. She sees the patients and their families, spending at least an hour with them to explain the importance of diet.

### **Cancer's best friend: sugar!**

For example, I truly take the sugar out of my cancer patients' diet. And before they see me, most patients have no idea why sugar is so bad. And not only do I explain it to them, other doctors who work with me also talk with them about the importance of diet.

My nutritionist explains that the cancer cells have more receptors for sugar than a normal cell. So eating less sugar weakens their cancer cells. Cutting out sugar is sometimes tough for patients because sugar and sweets are delicious. Our dietician gives them recipes. Patients can see the dietician as many times as they want.

And then we start the patients on a lot of natural supplements. Some supplements are for detoxification. Some supplements help build the patients' strength. This is especially important for patients who have pancreatic cancers, since they're nauseous and vomiting a lot. These patients are weak. I give some patients food supplements high in calories and protein. My cancer patients take a lot of supplements.

Diabetic patients get different supplements for their diabetes, and I have a lot of supplements for immune boosting. That's important.

And some of the supplements are going to be used to repair damaged DNA. It took a scientist 25 years to develop one such supplement, which is proven to work through studies in mice and even in human beings. If DNA is damaged, it can initiate cancer. So we want to prevent further damage.

And also I have an all-natural supplement that blocks circulation to the cancer cells. This supplement has a lot of science behind it. It has been studied and compared with standard medications.

It's totally safe and far less expensive than the standard drugs. And it has no side effects.

I tell the patients, "We want to help your body. Let's see what your own body is going to do with your cancer."

In addition to the massage therapy, infrared sauna, IVs, and oral supplementation, we use hyperthermia. Patients enjoy going into the hyperthermia tent, which raises the body temperature. This helps them detoxify, and cancer hates heat. All of our equipment is approved by the FDA or registered by the FDA.

[Editor's note: In our other report *Natural Cancer Remedies*, Dr. Morton Walker devotes an entire chapter to the story of hyperthermia: How it was discovered, and how it literally cooks cancer out of the body. Visit: [www.naturalcancerremedies.com](http://www.naturalcancerremedies.com).]

### **Natural treatments are included in one flat fee**

The natural treatments we give here at our clinic cost a flat fee of \$4,900 per week. We inform the patients that insurance doesn't pay for our treatments. Rather, they'll be paying out-of-pocket. Of course, they could pay by credit card or check. And that includes all the natural treatments from the time they start until they leave.

No one is going to be left unattended. Sometimes I give them about \$2,000 per week in oral supplements. I use expensive stuff — the finest that money can buy. I don't care about the money. I seek the best quality. So I'm not going to sacrifice quality to try to get the price down. I'm just going to give my patients the best, period. So it's all included: the dietician, the massage therapist, the infrared sauna, the IVs, the hyperthermia, and everything else is included in that \$4,900.

The only thing we don't pay for is the lab work, which is covered by the patient's insurance. Since I'm a licensed medical doctor, we have never had any problem with the lab work for the patients. And insurance normally covers that.

If patients are at Stage 1 or 2, they may be

here for only a couple of weeks. In that case we give them detoxification and advice for diet, supplementation, and IV treatments.

But if they come to me at Stage 3 or 4, they're really in bad shape. In that case I'll probably need to treat them for four weeks. A few of these patients are in good shape after just three weeks. If I'm satisfied they're getting stronger, their liver function is getting better, and they're able to continue their supplement treatment at home, I will tell them three weeks is enough. But with the Stage 4s, usually I will keep them for four weeks.

I believe that combining the best of both

alternative medicine and standard medicine makes good integrative medicine. That's how we're going to save the patient's life.

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# Unforgettable love story

## How a Persian doctor in California saved a dying six-year-old Iranian girl, and found love at first sight

Editor's note: Ferre Akbarpour, M.D., got her education in Persia but has practiced medicine in Southern California since 1978. Iraj Kiani, an oil tycoon who was based in London, told us the remarkable story of how a desperate Iranian mother found healing for her dying six-year-old daughter. We transcribed his riveting remarks, which appear below:

### By Iraj Kiani

It happened November 1, 2001. On that day my life was turned upside down.

I had just flown in from Zurich to London to prepare for a multi-million dollar oil deal. I was supposed to leave the next day for West Africa. The president of one of the African countries wanted to discuss a big oil deal with me, since I had the right to explore and produce gas and oil in that country.

I came home that night. I was alone, relaxing with a drink and getting myself ready to go out for dinner and thereafter to fly to Africa. I turned on the TV to watch the Iranian channel. I saw a doctor on the TV, talking about a drug that had just been approved by the FDA for actually curing leukemia. After discussing the drug, he opened the telephone lines to the public if they had any questions.

The first caller was a lady calling all the way from Iran. She was crying so hard she had trouble speaking properly.

She asked that doctor, "How can I get this drug? My six-year-old daughter was diagnosed with leukemia last year. We've spent all of our money for the treatment of my daughter, but it didn't work. And my daughter now is dying in front of my eyes. Please tell me where I can get this drug and how much is it?"

### Mother loses all hope for her six-year-old girl's recovery

The doctor replied, "The drug is available in America, but unfortunately it is a little bit expensive: about \$3,300 a month. And the poor

woman was still crying when she said, "Doctor, I'm from a poor family, and I can't afford even to buy this drug for one month." And the doctor said, "I'm sorry. I'm just a scientist. I can't do anything for you."

The poor woman continued to cry and, without even saying goodbye, she hung up on him.

I knew the owner of that TV station. So I picked up the phone and asked to speak to the owner. I told him, "I have an offer for you, but I want you to promise me that you won't mention my name on the TV." He gave me his word. So I said, "Here's the deal. I'm going to give you my credit card number. As long as I'm alive I want to buy that drug every month and send it to this poor woman to save her baby's life."

He started asking me and begging me to let him mention my name on the air. I said, "No. I'm not doing it for publicity. I'm doing it for my heart. I'm doing it for my God."

### URGENT message for the desperate, crying mother!

The TV station owner went on the air in front of the camera and said, "Ladies and gentlemen, I'm sorry to interrupt the program, but I have an URGENT message for the lady who was crying a few minutes ago because she was not able to buy a cancer drug for her baby. Please call us immediately. Call us back. I know a gentleman who wants to be a sponsor of your baby and buy the drug for your baby. Call us."

Because a child's life was at stake, I called the chief protocol for the African head of state to postpone my meeting. I said, "Please tell the



President I cannot be there tomorrow.” And that president is famous; when he gets angry he’s like a tiger. I don’t want to mention his name or his country. It wasn’t easy to postpone that appointment because I knew the delay would irritate him.

I couldn’t think about the money, the oil deal, or meeting the President. I just wanted to accomplish my mission to save the girl’s life. I had to follow my heart, no matter what.

I was supposed to go out for dinner that night, but I cancelled that, too.

My phone rang. The call was long distance from Iran. It was the poor woman who had cried over her dying daughter. We spoke for an hour and a half.

### **‘Are you human or an angel?’**

The mother’s first question to me was, “Who are you?” I said, “Ma’am, my name is Iraj Kiani.” She said, “No, I mean, are you a human? Are you an angel? Why do you want to help my daughter?” I said, “Just consider that this is a mission from God. Give me your number and let me help your baby, and your baby from now on will be my baby.”

It took me nine days to get the drug and send it to her. It was embargoed. We couldn’t send the drug directly from America to Iran. I found somebody in Europe; I bought a ticket for someone to take it to Europe. And when I was assured she had the drug, then I flew to Africa to do the oil deal with the head of state.

I flew from London to Africa, and when I arrived at the President’s mansion, he was sitting and having barbeque chicken with one of his girlfriends.

I sat down and he said, “Good afternoon, Kiani.” I replied, “Good afternoon, Chief; please forgive me. I know you were waiting for me for the last 10 days, but I had a family problem. I hope you’ll forgive me.”

The President told one of his generals, “This gentleman is not allowed to leave my country without my permission.” I said, “Mr. President, am

I under arrest?” He said, “Yes, sir, I’m going to teach you a lesson. You do not keep the President of this country waiting for 10 days.” I knew I wasn’t *really* under arrest, but the 10-day delay certainly irritated him.

The President asked one of the officers to bring me a shot of whiskey.

### **Cell phone rings at the worst possible time!**

I thought I had switched off my cell phone, but that day I forgot. As the President was sitting there like a tiger, angry with me, my cell phone started ringing. I said, “I’m sorry, Mr. President. I do apologize. I forgot to turn it off.”

He said, “Answer your phone.” I said, “Mr. President, I will pick up the message later.” He said, “No, answer your phone!”

I answered my phone. It was the woman from Iran, the mother of the baby. She was crying again. I said, “Now why are you crying? You received the drug last night.” And she said, “Yes, I have the drug. I took it to my baby’s doctor this morning, and he told me it’s not good for my baby. It doesn’t work on this particular leukemia.”

I said, “Please, give me two or three hours. I’ll call you back. Don’t cry, please. The same God who brought us together will handle this. Don’t cry.”

And I switched off my cell phone and put it away. And the President said, “What was that?” I said, “Mr. President, that was a personal call.” He said, “That phone call changed your face. What happened to you?” I said, “It’s a private matter. Would you please leave it alone?” And he said, “No, I want to know!”

I was already in trouble with him, and I didn’t want to lose his friendship and his business. So I told the President the whole story.

He got up, hugged me, and he started kissing me. And he said, “Kiani, at least one or two people every week come to my mansion to request consideration for timber, gold mining, copper mining, everything. But I don’t invite them to sit

here in my house next to my girlfriend and drink with me. And thanks to my God, I was right about you. You're my man. I'm sorry if I was not polite with you. Now, what are you going to do?"

I said, "I don't know." He said, "Would you allow me to help you?" I said, "No, Mr. President. I started this myself. I want to finish it myself. And God is great. He will help." He said, "Fine, what are you going to do?" I said, "I don't know. My hands are full, and I have to call the doctor."

The President handed me his satellite phone and told me to use it.

### **'Only one doctor in the world can save this little girl'**

I called the doctor. Amazingly, he picked up the phone on the first ring. I asked him for advice, explaining that the drug doesn't work on the baby. He said, "I'm sorry, I cannot do anything any more." I begged him to show me a way. And he told me he knew of only one doctor in the world who could save this baby. I said, "Okay. Give me the name." And he gave me the name and telephone number of Ferre Akbarpour, M.D., in Huntington Beach, California.

And it took me 10 days to be able to talk to her.

When I called her, she was in Chicago delivering a lecture. She said, "Mr. Kiani, I know for the last several days you asked me to talk to you, but I'm sorry. I'm a busy doctor and was not able to talk to you. But I promise you I'll do anything I can for your daughter." I said, "Doctor, she's not my daughter. I want to be her sponsor. I want to buy a drug for her."

Dr. Ferre said, "Wow! I thought people like you didn't exist in this life any more." I said, "No, Doctor, there are millions. We just don't know them."

### **It was love at first sight**

Four weeks later I was on a plane to meet Dr. Ferre in person for the first time. I arrived here in Huntington Beach with a ring in my pocket. I proposed marriage immediately. She said yes.

I put the ring on her finger, and we got married on the first night. And here I am.

I walked away from all those million dollar deals, oil projects, gas projects — everything. I said goodbye to all those kings and presidents, money and business and millions of dollars.

I came here, and now I'm the chairman of this clinic.

My wife treated the little Iranian girl by long distance. She sent her the finest nutritional supplements money can buy and was in close communication with the girl's oncologist. The oncologist was amazed at the girl's recovery. He called Dr. Ferre and said, "What I see with this girl I have never seen it in my entire life at work. I'm really interested in your work. I'd love to work with you closely, and I'd love to send you patients."

The little girl's mother sent us her pictures, letters, and paintings. She was always thanking us.

Just a few years ago this clinic had only a few hundred patients. Now we have 5,000 patients. We were chosen by the American Medical Review as a symbol of an alternative treatment center in the United States of America. They made a film of our clinic, and that film will be broadcast in 172 countries in seven different languages.

Most religions teach that in the next life there is a hell and a paradise. I believe I'm in paradise right now. We're treating people. We're helping people who have no hope.

I'm in paradise because at this clinic we're saving lives.

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# Chapter Five

## The legendary doctor who harnesses his patients' mind power to whip 'hopeless' cases of cancer

Dr. O. Carl Simonton's most startling and revolutionary discovery about cancer treatment is this: Your beliefs influence your health — for better or for worse. In other words, your imagination can help heal you or it can make an illness worse. It can even kill you.

Dr. Simonton generously let us interview him by phone from his home in Malibu.

As Dr. Simonton explains, "The impact of counseling on the course of cancer is solidly documented. Three randomized, match-controlled studies now prove that counseling doubles the expected survival time and improves the quality of life. With counseling, we see increased numbers of long-term survivors. And the 'side effects' of counseling are desirable. But there's a resistance to embrace new concepts. That's the problem."

### Skeptic converts to believer

In fact, one skeptic, David Spiegel, M.D., a psychiatrist from Stanford University, did a study in 1989 to *disprove* the effectiveness of Dr. Simonton's counseling methods on cancer patients.

The results shocked Dr. Spiegel because *all* of the cancer patients in the control group were dead within 48 months of entering the study, but one-third of those in the other group — the cancer patients who got counseling — were still alive!

Those in the control group survived an average of 19 months; those who received counseling survived an average of 36 months.

The Spiegel study, published in the prestigious medical journal *The Lancet*, surprised the world-wide medical community. This study carries a lot of weight because Dr. Spiegel started out as a skeptic but couldn't ignore the facts. [Editor's note: Here's the reference for Dr. Spiegel's study: *Lancet*

1989; 2: 8668: 888-91.)

Though Dr. Simonton's discovery is well-established, most doctors today are still treating **ONLY** the body — as if the body were separate from the mind. That's just plain wrong because the mind and the body are one.

According to Dr. Simonton, when a doctor treats the patient as if the patient's mind has **NO** role in the treatment process, he fails to see the mind as the single most powerful force for healing.

Dr. Simonton treats the patient as a whole, instead of separating the mind and body. His methods have spread to holistic medical centers here and there throughout America. A few conventional doctors, too, are discovering and applying his ideas.

### With severe throat cancer, Jim had only 'three months to live'

Dr. Simonton treated his very first patient, Jim M., back in 1971. Jim was 61 at the time. He had advanced throat cancer. By the time he saw Dr. Simonton, a doctor had given him the dreaded news: "You have three months to live."

Dr. Simonton turned Jim's "terminal" cancer completely around by teaching him how to use his imagination to create mental images in three key areas:

- 1) Healthy images of his body's healing mechanisms
- 2) Healthy images of the treatment he was receiving
- 3) Healthy images of cancer as a disease

That third point may seem odd. After all, how can you create a "healthy" image of something as ugly and dangerous as cancer?

As Dr. Simonton explains, most cancer patients have an unhealthy image of the disease. They believe cancer is a powerful and deadly foe that's difficult or impossible to beat. They may visualize cancer as some kind of juggernaut or steamroller that's going to run them over.

This kind of imagery is bad because it can be a self-fulfilling prophecy.

But as Dr. Simonton explains, cancer isn't as strong as most people believe it is. In fact, he says cancer cells are actually weak, deformed, and confused. No cancer cell has ever been known to attack a healthy cell.

Cancer can't even grow very well inside a strong, healthy body. Cancer can only thrive inside a weakened, unhealthy body. It's that simple.

Within a month, tests showed Jim had no evidence of cancer in his body. Just as surprising, he had no side effects from the high-dose radiation he was receiving. Following this victory, Dr. Simonton went on to heal countless patients using the same counseling method.

### **Bob, with abdominal cancer, was at the 'end stage'**

In 1974 Dr. Simonton began working with another "hopeless" cancer patient. Bob G., a 39-year-old man from Houston, was at the end stage of his cancer. His cancer had spread throughout his abdomen. His doctors offered him no hope because the chemotherapy wasn't shrinking his tumors. What's more, the chemo was giving him terrible side effects.

Bob had heard about Dr. Simonton's psychological approach to fighting cancer. It seemed to be his only hope.

Dr. Simonton was in Ft. Worth, Texas, at the time. His phone rang, and Bob told him, "I want to come and see you." Dr. Simonton replied, "I'd be happy to work with you on the phone." Bob responded, "I'll come to your office, and you can decide what to do with me there."

Bob spent three days in Ft. Worth, learning

Dr. Simonton's methods. In just six weeks he went from extensive disease to no evidence of disease. He's remained free of disease to this day. In fact Bob won the senior racquetball championship for North Carolina in 2005. Not bad for someone who'd been at the "end stage" of a battle against cancer he was "losing" in 1974.

Dr. Simonton has maintained a close personal friendship with Bob over the years. He told us he'd spoken to Bob recently.

### **Woman whips breast cancer and lung cancer with mind power**

Five years ago, a woman who'd had two bouts with breast cancer came to see Dr. Simonton with advanced lung cancer. Using his methods, she was able to go through radiation and chemo with no significant side effects. She's been free of cancer for five years. Dr. Simonton says, "She's thriving."

As you probably know, lung cancer is one of the toughest cancers to beat. The famous TV journalist Peter Jennings couldn't shake his lung cancer — even with all of his money. But Dr. Simonton says, "It's not a matter of money. You have to tap into your body's healing process." Dr. Simonton says this idea isn't new at all. It goes back to Hippocrates, the Father of Medicine, who lived 500 years before Christ.

Surprisingly, Dr. Simonton says our *thoughts* affect our physical health even at the microscopic, sub-cellular level. The key thought for better health is hope. Cancer's best friend is the thought and feeling of hopelessness. "Hope is an essential ingredient in living life and regaining health," says Dr. Simonton.

Dr. Simonton warmly encourages long-distance patients to go through his self-help books and CDs. And he also offers retreats for those who believe they could benefit. Patients who want to attend a retreat must first read the two books in his "Patient Package" and start applying the mental imagery techniques.

## **How to get Dr. Simonton's self-help 'Patient Package'**

You can get Dr. Simonton's unique "Patient Package" of lifesaving information and self-help methods. It includes two books and four CDs. To order this package, you can call Dr. Simonton's office toll-free at 800-338-2360. Or you can log onto his website at [www.simontoncenter.com](http://www.simontoncenter.com) and click on "tapes and literature." The cost of the "Patient Package" is \$75.

Best of all, there's no downside to Dr. Simonton's methods, and potentially a huge upside. His methods are proven to increase your odds of whipping cancer — even if you opt for standard treatments such as surgery, radiation, and chemo. Plus you can apply his methods even without having to see Dr. Simonton in person.

As you might expect, there's much resistance in the medical and pharmaceutical establishment

to Dr. Simonton's revolutionary and inexpensive lifesaving techniques.

He says everyone in the healing profession should honor the mind as a HUGELY important component in health. But if that ever happened, he says it "would change the power structure, which would change the economics of physicians, hospitals, and the pharmaceutical industry." In short, huge sums of money are at stake in the U.S. cancer treatment industry.

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# Chapter Six

## The best of both worlds: Cancer Treatment Centers of America

If you're looking for the "best of both worlds" in cancer treatment — the best conventional therapies combined with the best holistic therapies — you'll find them all under one roof at the Cancer Treatment Centers of America (CTCA).

The Centers employ medical doctors, naturopathic doctors, acupuncturists, counselors trained in mind-body medicine (Dr. Carl Simonton's method), and spiritual counselors. Thus, the Centers offer state-of-the-art surgery, radiation, and chemotherapy, along with state-of-the-art nutritional support, spiritual care, counseling, and other holistic therapies. And everyone works together as a team to heal the cancer patient.

Experience has proven that combining conventional therapy with holistic therapies makes it much easier for patients to handle the side effects of radiation and chemo. That's because holistic therapies — such as nutrition and mind-body medicine — strengthen the patient's immune system.

Right now there are four such Centers spread throughout the country. They're located in Zion, Illinois; Philadelphia, Pennsylvania; Tulsa, Oklahoma; and Seattle, Washington. The Seattle Center is for outpatients only. The other three centers are hospitals that can accommodate in-patients. And a new Center will soon be opening in Phoenix, Arizona.

In fact, we interviewed the head of naturopathy, Dr. Tim Birdsall, N.D., who spoke to us by phone from Arizona. He was in Phoenix preparing for the opening of the new Center.

Dr. Birdsall told us a remarkable story about Lynette B., who was 34 when she discovered a lump in her breast. Upon examining her, her family doctor told her, "It's nothing to worry about. Go home." Two weeks later she discov-

ered she was pregnant. She went to her obstetrician, who told her the lump was "probably just a benign cyst."

Later she learned the shocking news: it wasn't benign. She had a vicious form of breast cancer that had spread to her lymph nodes.

A surgeon told her she had to have an abortion immediately. He said her cancer was "estrogen-responsive" and that the hormones of pregnancy would feed the disease. What's more, he said the chemotherapy would hurt the baby.

But Lynette didn't want an abortion. She wanted to protect her baby while getting rid of her cancer. She did have a single mastectomy, which revealed that the cancer was particularly nasty.

Lynette was interested in healthy habits and nutrition, so she asked several doctors what she could do to improve her odds of survival. They gave her a variety of unsatisfactory answers, such as "I don't know" and "nutrition doesn't matter."

Lynette's doctors insisted that she *had* to have an abortion — no ifs, ands, or buts. She realized they weren't going to let her be a partner in her care; instead, she'd be a bystander.

### **Six doctors tell Lynette, 'You must have an abortion NOW!'**

By the time Lynette came to the CTCA in Zion, she'd seen six doctors. All six had stubbornly insisted that she undergo an abortion right away before her cancer treatment could proceed.

But at CTCA, Lynette found a completely different atmosphere. Instead of telling her what to do, the doctors opened their ears and listened to what she wanted. She told them she wanted to protect her baby AND get rid of her cancer. She told them she wanted nutritional support and

other natural and complementary therapies.

And that's what she got. CTCA put Lynette's desires at the center of her treatment plan, letting her be a full partner in all of her healthcare decisions.

The doctors at CTCA realized they were dealing not with one patient but with two — Lynette and the baby in her womb. They were determined to save both.

CTCA doctors agreed with the pathology report that Lynette was in great danger from an aggressive cancer that had spread. They believed it was important to treat her right away. Delaying her treatment wasn't an option. This was a tough dilemma: destroying the cancer without harming her baby.

Fortunately, CTCA in Zion employs one of the few gynecological oncologists in America. Normally he doesn't treat breast cancer, but he did treat Lynette because she was pregnant. Researchers at CTCA discovered that chemotherapy in the second trimester, if carefully administered, will probably be safe for the baby. So instead of giving Lynette giant doses of chemo all at once, the doctors spread it out. She got the same quantity of chemo, but in a milder way.

This treatment plan worked.

### **Cancer-free Lynette breastfeeds her healthy baby boy!**

Lynette went on to deliver a normal, healthy boy. Chemo during delivery would've made breastfeeding impossible, and Lynette told her doctors that breastfeeding her new baby was important to her and to her baby's health. The doctors cooperated with her, enabling her to nurse the baby. Today her "baby" is nearly nine years

old. And Lynette remains cancer-free.

The doctors who told her she had to abort her baby were just plain wrong.

Lynette gives high praise to CTCA. After all, CTCA saved her life *and* her baby's life. She says, "This is a place of healing. It's not a place where sick people go to die. It's a place where people go to heal, and that's what it feels like every single time you walk into the hospital."

Insurance plans usually pay for treatment at CTCA, though HMOs don't cover it.

### **Contact information:**

Cancer Treatment Centers of America  
Toll-free number for all locations: 800-615-3055  
Website for all locations: [www.cancercenter.com](http://www.cancercenter.com)

#### **Midwestern Regional Medical Center**

2520 Elisha Avenue  
Zion, IL 60099

#### **Southwestern Regional Medical Center**

10109 East 79th Street  
(81st Street & Highway 169)  
Tulsa, OK 74133

#### **Cancer Treatment Centers of America:**

Seattle Cancer Treatment and Wellness Center  
122 16th Avenue East  
Seattle, WA 98122

#### **Eastern Regional Medical Center**

1331 East Wyoming Avenue  
Philadelphia, PA 19124

By the time you read this report, the CTCA's Phoenix Center may be open.

# Chapter Seven

## The grandmaster of hyperbaric oxygen therapy

Hyperbaric oxygen therapy for terminally ill cancer patients is lifesaving,” says Dr. David Steenblock, an osteopathic physician and pathologist. “It gives the body a blast of fresh air. It pumps massive amounts of oxygen into the brain. It gives you eight to nine times the oxygen you normally breathe.”

It’s well-established that cancer HATES oxygen. That’s why it astounds Dr. Steenblock that most doctors ignore this lifesaving tool. He should know, because he operates four hyperbaric chambers in his clinic in Mission Viejo, California. He can’t imagine practicing medicine without them.

Dr. Steenblock gave us a tour of his clinic. And then we enjoyed a fine dinner with him, during which time he gave us his views on the best treatment options for cancer patients today.

He told us, “An advanced cancer patient who’s been tortured and radiated and chemotherapized and has lost his appetite is MISERABLE. If you put that patient into a hyperbaric chamber once or twice a day and give him intravenous Vitamin C, within a day or two he’ll want to start eating again.”

Dr. Steenblock explained further, “The hyperbaric oxygen therapy and intravenous Vitamin C stimulate the immune system to clean up the debris from the dying tumor. This debris poisons the body and shuts down the immune system and appetite. High doses of natural digestive enzymes would have prevented that by digesting the junk in the body.”

Even a cancer patient who looks “hopeless” to other doctors may have hope when Dr. Steenblock uses his natural therapies.

For example, a “terminal” lung cancer patient came to his office, pulling his little cart with his

portable oxygen tank. He had an oxygen mask on his face and was huffing and puffing. His face was red, and his capillaries were dilated.

Dr. Steenblock asked him, “What’s the problem?”

The man replied, “They say I’ve got cancer. It’s in my lungs. They won’t operate because if they take out any more of my lung, I’ll die. And if they give me radiation, that’ll kill my lung, and that’ll kill me. And chemo won’t work on it. So I’ve come to you to see what you can do. They gave me about a month to six weeks to live. Can you help me?”

Dr. Steenblock replied, “I don’t know. I’ll try.”

He put the patient on a Gerson-type vegetarian diet, but the man wouldn’t follow it. So Dr. Steenblock put him on hyperbaric oxygen therapy plus intravenous Vitamin C at more than 100 grams a day. He also gave him Tagamet. Dr. Steenblock says, “I was the first doctor to treat a patient with Tagamet and high dose Vitamin C.”

The man didn’t die in the predicted month to six weeks. In fact, Dr. Steenblock treated him for about two years. And he did well. He showed up once in a while to get his vitamins.

One day the man called Dr. Steenblock and said, “I’ve got this terrible pain in my lower abdomen — in my groin.” The doctor replied, “Get to the hospital as soon as you can.”

The man died on his way to the hospital — not of cancer but of an aneurism. He just bled out. And the autopsy showed that his cancer hadn’t grown one bit during the last two years.



## **Professor of pharmacology gets hot under the collar**

The effects of intravenous Vitamin C never cease to amaze Dr. Steenblock. He once had a conversation with a professor of pharmacology from the University of Chicago who declared, "Vitamin C is dangerous! Anybody who gives Vitamin C is crazy and should be put in jail. Vitamin C causes uric acid and kidney stones."

Dr. Steenblock replied calmly, "I disagree. I've given Vitamin C intravenously to 20,000 patients, and I've never seen it cause kidney stones." Instead of listening to and learning from a doctor who knows what he's talking about, this know-it-all professor shut his ears, got hot under the collar, and walked off in a huff.

One day a good-looking 24-year-old college kid walked into Dr. Steenblock's office. He said his father was struggling with pancreatic cancer, and he had some questions. So they started talking, and Dr. Steenblock was explaining the technical aspects of cancer and how the various treatments work.

The young man asked deep, penetrating questions about biochemistry. They were tough questions, but Dr. Steenblock answered them well because he knew the chemistry. Finally he told the young man, "You're not here for your father. You're here for the government, aren't you? Where do you go to school?"

The kid was a student at Berkeley and was working undercover for the state medical authorities. Because of his academic background, he'd gotten keenly interested in their discussion, and he'd allowed his intellectual curiosity to get the better of him.

Dr. Steenblock says he was a smart cookie who knew what he was talking about: "So I offered to hire him because I'm always looking for smart people to work with. They're hard to come by," Dr. Steenblock told us.

Few doctors understand cancer as well as

Dr. Steenblock. That's because he has a great deal of experience as a pathologist, and it takes a pathologist to truly know cancer.

## **Why pathologists know cancer better than other doctors**

As Dr. Steenblock says, "As a pathologist, you do a lot of autopsies. So you get to see how disease affects the body. Everyone's body is different, no matter what.

"When you do autopsies on cancer victims, you get to know what cancer looks like in the bone. You've sliced the bone and put your fingers in the cancer. You see how it destroys the body, how it goes to the kidneys and into the lung and how it acts in the lung. You get an understanding of how it spreads and how it grows. If you don't see it and feel it, you really don't know it.

"You see the common diseases and the rare ones. You really get a broad spectrum of diseases. Whenever anyone mentions 'rare' diseases, I've usually seen them at the autopsy table."

Dr. Steenblock's interest in cancer goes back decades. Twenty-five years ago, he and his wife spent the first part of their honeymoon attending the Cancer Control Society's annual convention. He didn't want to miss the opportunity to learn about the most effective cancer treatments for his patients.

Over the years, Dr. Steenblock has amassed one of the largest libraries in the world on holistic and alternative health. He doesn't just collect the books; he reads them. There's almost nothing he doesn't know or hasn't heard of.

Through his vast reading and personal experience, he's found that infections are a major problem in cancer patients. "Cancer patients have deficient immune systems," he explains, "so they often have infections. And you have to get rid of those darn infections. Anti-fungals and anti-bacterials enhance cancer treatment.

"Most doctors still don't believe yeast is a problem, which is incredible! Patients who've seen

15 or 20 doctors without good results have come to me, and I say, 'Aha. Yeast!' They ask me, 'Why didn't any of the other doctors diagnose this?' and I tell them it's because other doctors don't think yeast causes any problems."

### **Dr. Steenblock's darkfield microscope reveals the culprit: yeast!**

For example, Dr. Steenblock told us about an anemia patient suffering from chronic abdominal pain and a bloated stomach. When she came to him she was dying of pain. His darkfield microscope instantly showed she had yeast, so he put her on some anti-fungals. Within a week, all of her pain was gone. With a laugh and a twinkle in his eye, he told us, "Then she went back and told the other doctors what a genius I was."

The other doctors could've seen the yeast. They just weren't looking.

Make no mistake, yeast and fungus are linked to cancer. As Dr. Steenblock says, "The esophagus and the ileocecal valve are the two weakest parts of the body. They're the dirtiest, and they have the most fungus. That's what you find when you do an autopsy of a cancer victim. You also find swelling in that ileocecal area because of back-pressure from the liver." (The ileocecal valve is the valve between the large and small intestines.)

It's important for cancer patients to commit to better nutrition and a healthy lifestyle, says Dr. Steenblock. Otherwise, "You might as well send the patient back to surgery, radiation, and chemo."

But Dr. Steenblock has harsh words for oncologists who scoff at patients who have a rough time going through chemo and radiation. He says their attitude stinks. He says these conventional doctors need to bring holistic doctors into their clinics to work together and better serve the patient. He says it's time for the two camps to stop the fighting.

### **Chemo kills the cancer — and too often kills the patient, too!**

As a pathologist, Dr. Steenblock did numerous autopsies on people who were cured of cancer but died from the chemotherapy. He says, "You see one body after another with no sign of cancer, but there they are: lying on a cold slab. You start to say, 'Well, wait a second. This chemo and radiation may not always be appropriate.' The younger doctors in particular tend to be too aggressive with the chemo. Using high doses, they kill the cancer — AND the patient!"

Dr. Steenblock says that chronic sinus infections are a hidden cause of cancer and that most doctors don't know how to diagnose it. It's simple, he says. You just tap on the cheekbones or above the eyeball and ask the patient whether it's tender. Then tap between the eyes and ask whether it's tender.

Here are some other signs of hidden sinus infections: If (1) you feel sick and have no reason for having chronic fatigue, (2) if it started when you had a cold six months ago, and (3) if you've been sick and tired ever since then, that's a sign. Pus is getting into your system and damaging your whole body.

### **These common infections can kill you**

According to Dr. Steenblock, sinus infections can kill you. So can gum disease. Letting these infections run loose in your body is disastrous.

He says the life expectancy in certain parts of the Congo is 29 years; at 29, these people look as if they're 75. They've lost their teeth to gum disease, and they're dying of "old age" at 29. Why? Because they've had chronic infections since childhood. "Infections cause aging like you wouldn't believe, and infection leads to inflammation and aging as well as cancer."

### **Caffeine kills cancer, if you take it the right way**

Surprisingly, one of least expensive and most

effective ways to fight cancer is with coffee. “Caffeine is a great killer of cancer; it has a direct effect. This is factual and well-established. It’s published. You can look it up,” says Dr. Steenblock. But here’s the rub: Drinking coffee does cancer patients no good whatsoever. You can get the anti-cancer benefits only by taking the coffee rectally, through an enema.

The idea of a coffee enema may sound strange. But Dr. Steenblock says it’s well-established in the medical literature that coffee enemas flush toxins out of the liver and stimulate Tumor Necrosis Factor, a substance that kills cancer.

For that reason, he believes coffee enemas should be done FIRST, followed by colonic hydrotherapy to clean out the patient’s colon.

### **The patient who called Dr. Steenblock an unprintable name**

The day we interviewed Dr. Steenblock, he told us about Nedva, a loyal patient he’d seen earlier in the day. Nedva is now 90. Back in 1981, when she was 65 years old, she came to Dr. Steenblock with a shoulder problem. He gave her steroids, but that didn’t help. Four months later when she mentioned she was also constipated, Dr. Steenblock told her, “Have a colonic.” She replied, “O.K. I’ll have one.”

A couple of days later, Nedva saw Dr. Steenblock and exclaimed, “What the hell is wrong with you?” He said, “What?” She said, “You \*ss hole!” He said, “What? What?”

She asked, “Why didn’t you tell me about a colonic? You let me suffer for four months, and after one colonic all my pain is gone. You turkey!” Dr. Steenblock is a gifted storyteller, and we had a good laugh over this story.

### **Colonic hydrotherapy supports the cancer patient’s immune system**

Dr. Steenblock said a colonic, surprisingly, often solves joint pain and back pain in a way that makes patients “feel like a million bucks.” But getting rid of all the accumulated junk in the

colon also helps the immune system, which is crucial for cancer patients.

Dr. Steenblock is deeply interested in cancer, has studied it for decades, and has helped countless patients get rid of cancer and other diseases. But he declares, “I don’t treat cancer. I clean up the body. I help bring the infections and inflammation under control. I strengthen the immune system.”

The reason Dr. Steenblock doesn’t treat cancer is simple: “If you’re not doing cut-burn-poison [surgery, radiation, or chemo], you’re not practicing ‘standard medicine’ for cancer treatment. That’s where we’re at right now in America.” Because he doesn’t practice medicine the way conventional doctors do, the medical authorities have hassled him.

### **Dr. Steenblock is hauled before the medical board**

For example, the medical board once accused him of using substances that weren’t listed in the Physicians’ Desk Reference (PDR). He’d prescribed natural substances — zinc, lactobacillus acidophilus, and other nutritional products — to a patient suffering from chronic diarrhea.

The board accused him of medical malpractice, not because he had harmed the patient — he hadn’t — but because he wasn’t using standard prescription drugs!

Dr. Steenblock won this fight. But it was a hassle.

He says, “Where is it written that I must prescribe drugs? Why are medical doctors ‘drug doctors’? It’s not a law. It’s not written up. The medical boards are brainwashed by the pharmaceutical industry and the medical schools. The medical schools don’t teach natural medicine at all. They don’t teach anything about vitamins.

“I took a course in pharmacology at the University of California at Irvine Medical School about six years ago. This is the ‘drug course’ —

the course for all the medical students to learn about drugs. Out of that whole course, there was one paragraph about vitamins: two sentences. That's it! They're teaching esoteric, weird stuff that has no bearing whatsoever on the practice of medicine."

Dr. Steenblock has helped many cancer patients and will keep doing so. If he believes another doctor can better serve the patient, he doesn't hesitate to refer the patient to another clinic.

But because of the lack of health freedom in America, Dr. Steenblock doesn't advertise for cancer patients. Nor does he mention cancer on his excellent Website. That's because he doesn't want to have a target on his back.

In recent years, Dr. Steenblock's focus has been on helping victims of strokes and brain injuries. His hyperbaric oxygen therapy and other cutting edge therapies enable such patients to achieve astonishing recoveries. What's more, he's found that the same therapies that help cancer patients also do wonders for stroke victims.

For example, he uses an external counter-pulsation device that pushes blood up from the legs during the rest phase of the heart. This stimulates blood vessels to expand and to make new blood vessels, causing increased oxygenation of internal organs.

Remember, cancer hates oxygen. That's how

external counter-pulsation gives patients a new lease on life.

Dr. Steenblock has set an ambitious goal: to live to be 120 years old. To reach this goal, he eats right and injects himself with stem cells. He also gives his patients the benefit of stem-cell therapy where appropriate. (He doesn't use the controversial embryonic stem cells, which have produced disappointing results. Rather, he uses adult stem cells, with amazing results. He's on the cutting edge of ethical stem-cell research.)

Other doctors have invited Dr. Steenblock to join their practices, but he turns these invitations down. He says, "What would I do without my hyperbaric oxygen chambers? Practicing medicine without using hyperbaric oxygen would be like losing a testicle."

Costs at Dr. Steenblock's clinic vary, depending on each case.

One advantage of going to his clinic is that you get to see Dr. Steenblock himself — one of the great medical pioneers of our time.

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# Chapter Eight

## The ‘vitamin doctor’ with the healing touch of a country doctor

[Editor’s note: After Dr. Privitera gave us a tour of his clinic, we sat down to interview him over lunch in his favorite nearby restaurant, which serves fresh, healthy food.]

Like several of the doctors mentioned in previous chapters, Dr. Jim Privitera has mastered the darkfield microscope. This amazing microscope gives him the super-magnification he needs to see what’s REALLY going on with the patient’s health.

Dr. Privitera has another thing in common with some of these doctors: He’s suffered persecution for not conforming to conventional beliefs and practices. Indeed, the great medical pioneers down through the centuries have suffered persecution. Most doctors, it seems, stubbornly resist new discoveries in medicine, even though discoveries are what science is all about.

Here’s what Dr. Privitera told us about the lack of health freedom in America:

“In California, a doctor is jailed for treating cancer if he isn’t Politically Correct. I practice in California, and I’m Politically Incorrect. So I don’t treat cancer. The good news is, I don’t have to.” Political correctness in cancer treatment, of course, means using toxic therapies such as chemo and radiation.

As Dr. Privitera explains, “Sometime in the 21st century, treating cancer will become mostly old-fashioned. Since cancer is almost always triggered by nutritional or immune deficiencies — or both — the doctor of the future will prevent and heal cancer by boosting nutrition and the immune system. I have no doubt that elementary common sense will one day prevail.” Dr. Privitera is a doctor of the future — far ahead of his time.

He goes on to say, “Nothing is more important in restoring the immune system than increasing oxygenation. Cancer cannot live in a high oxygen

environment. Therefore, I use lots of antioxidants, in large amounts, which forces oxygen into the aerobic pathways.”

He also says it’s wise for cancer patients to take two to four enzymes containing pancreatin before meals because “enzymes digest the coating on cancer cells so the immune system can recognize and attack them.” He adds that enzymes are beneficial to everyone — not just cancer patients.

“With few exceptions,” says Dr. Privitera, “blood clots are the hidden culprit in metastatic cancer. That’s because clots restrict oxygen, which encourages cancer cells to thrive. Clots also produce a substance called ‘platelet derived growth factor’ that suppresses the immune system, thus promoting the spread of cancer in the body.”

What’s the best way to detect blood clots? Darkfield microscopy.

As Dr. Privitera explains, “The darkfield microscope is a powerful tool for gauging the patient’s risk of cancer, heart attack, and stroke. I’d like to know why this method isn’t widely used. The fact that it isn’t is utterly amazing.”

Detecting a problem is one thing. Solving it is another. Dr. Privitera gives his patients the nutritional supplements they need to solve the problem of blood clots. If you have any questions about supplements, you can call Dr. Privitera’s office at 626-966-1618.

The darkfield microscope has another advantage: it shows the patient’s blood on a giant video monitor. Both Dr. Privitera and his patient can see the blood magnified 14,000 times, and Dr. Privitera can identify and explain the problem

areas on the screen. This helps the patient understand the nature of the illness and gives the patient a strong incentive to comply with the treatment.

Follow-up visits will show, on the screen, that the patient's blood is improving — or that the patient is “cheating” (that is, not following Dr. Privitera's dietary recommendations or taking the recommended supplements).

### **Pearl Harbor survivor says 'to hell' with Jackie Onassis's cancer doctors**

One of Dr. Privitera's most memorable patients is John H., who survived the sneak attack at Pearl Harbor. At age 78, another sneak attack hit him: he lost 35 pounds in two months. He was hacking and coughing, which caused sharp pains. The doctors took x-rays and told him he had lung cancer.

A few years earlier, John had read that the government was trying to put Dr. Privitera behind bars for helping patients get rid of cancer. He says, “I knew I wanted him to be my doctor.” So he drove 240 miles from his home in the desert to Dr. Privitera's office.

Dr. Privitera gave John a urine test that showed the other doctors were wrong in diagnosing him with lung cancer. But the test showed he was pre-cancerous. Other tests revealed major nutritional deficiencies and an overload of iron in John's system.

Every week John drove a 480-mile round trip to see Dr. Privitera for follow-up visits. He followed the program and got stronger. During his treatment, John gave this testimonial:

“I was pretty low when I started treatment — like two or three on a scale of 10. Now I'm up around 7, I guess. My weight's coming back — up to 150 from 135. Now I'm always eating. This is the treatment I wanted. Jackie Onassis with all of her millions could still be alive. Instead, she went to chemotherapy doctors. Those doctors killed her. To hell with them.”

### **Thirty-six-year-old's ovarian cancer was huge**

In August, 1977, 36-year-old Elizabeth L. was going through a nasty divorce that caused major stress in her life. (Dr. Privitera says, “Stress reduction is extremely important in fighting cancer.”)

Tragically, Elizabeth developed serious ovarian cancer. The growth was huge. Luckily, Elizabeth was thin, so doctors could easily diagnose her cancer by physical manipulation. Had she been overweight, they might not have detected the cancer.

Elizabeth knew about Dr. Privitera. She recalls, “My uncle had gone to Dr. Privitera too late with pancreatic cancer. We lost him, but my uncle was pleased with the program. When I went to see Dr. Privitera, I was such a mess that he didn't even want to look at my blood. Instead, he put me on intravenous vitamin therapy and gave me a list of eating instructions: cut down on meat, no coffee, and no drinking or smoking. That was in November of 1977.

“I took 90 nutritional pills a day. I took the tests. I was feeling better. I had gained weight. After a year, Dr. Privitera cut the supplements back. Today my family doctor says I'm healthy. Until a few years ago, the hospital called my sister every year, asking whether I was still alive. I am. I work as a bus driver. Look for me the next time you take the Sunset Boulevard route to downtown Los Angeles.”

### **Patient fried by radiation**

Fifty-year-old Beverly L., a personnel clerk for a California school district, was the victim of breast cancer surgery and radiation. Following radiation, she lost the ability to eat and couldn't keep anything down. Her HMO doctors called it “irritable bowel syndrome” but couldn't help her. Her radiation oncologist denied that her illness had anything to do with radiation. She was desperately ill — sicker than she'd ever been in her life. It was even worse than her cancer.

In desperation, Beverly came to Dr. Privitera,

who told her, “Radiation affects the entire body.” He put her on the path to recovery.

Beverly says, “Dr. Privitera saved my life. He told me his entire goal is for the patient to get well. I’ve never heard any other doctor say that.”

### **Dr. Privitera says, Stop the medical insanity!**

Dr. Privitera offers this thought about toxic therapies: “One of the most toxic drugs is the chemo drug 5 FU. One of the side effects is death. It’s written right in the fine print. I wonder how many doctors tell their patients about the side effects.

“You don’t give chemo or radiation to a well person, but conventional medicine doesn’t hesitate to give these to a sick person — as a first hope rather than as a last resort!” He says chemo and radiation tear the immune system down. To whip cancer, the patient must build the immune system up!

To back up his point, Dr. Privitera quotes Hippocrates, the Father of Medicine: “‘Leave your drugs in the chemist’s pot if you can heal the patient with food.’ In other words, use nutrition and foods first, and drugs last.”

Dr. Privitera takes seriously the Hippocratic Oath he took when he graduated from medical school. With all the other graduates, he raised his right hand and swore to work “for the good of the sick, to the utmost of my power.”

Too many doctors today violate the Hippocratic Oath on a daily basis. Here’s how the Oath ends: “If I keep this Oath faithfully, may I enjoy my life and practice my art, respected by all men and in all times; but if I swerve from it or violate it, may the reverse be my lot.”

### **Dr. Privitera’s *healing touch* saves a dying teenage beauty**

Besides his vast knowledge and experience, Dr. Privitera has the healing touch of a country doctor.

A beautiful teenage girl (whose initials are B.B.) was dying. She couldn’t overcome her eating disorders: anorexia and bulimia. Conventional doctors were unable to help her. She was going downhill fast — losing weight and even her hair. Her parents were at the end of their rope.

In desperation and as a last resort, they went to see Dr. Privitera — the “vitamin doctor.”

B.B. says, “Other doctors talked to my parents about me in my presence. Dr. Privitera didn’t talk to my mother. He talked to me. He wouldn’t force me to take pills. He didn’t act like the typical doctor who wants you to get in and out. He was personal. Long ago a doctor said I looked like a beached whale. But Dr. Privitera took my hand and told me, ‘You’re such a very beautiful girl. I don’t understand why you need to keep losing weight.’

“Without Dr. Privitera, I know I could have died. There was no drug that could have helped as fast as vitamins. I developed a desire to get better. My appearance improved. My color returned. I built muscle. The hair loss stopped.”

When Dr. Privitera last spoke to this beautiful young lady, she was 18, her weight was a normal 135, and she was entering college as a freshman. With her health back, she now has a bright future ahead of her.

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# Chapter Nine

**The cancer victim who fired her doctors, healed herself,  
and became a holistic doctor to heal others**

**‘In 21 days you can just about get rid of any cancer,’  
said Dr. Renee Welhouse, N.D., Ph.D.**

**In 1971 Renee Welhouse, a Midwestern woman from Wisconsin,  
was just in her 20s when she got the heartbreaking news: She had cancer —  
the big “C.” Her doctors said drastic surgery was necessary.  
They rushed her onto an operating table for a bilateral mastectomy.**

But that was only the start of her cancer nightmare. The cancer kept sneaking back, appearing in various organs of her body.

So between 1971 and 1985 Renee underwent 15 surgeries including a hysterectomy, a thyroidec-tomy, and an unsuccessful bone marrow transplant.

In 1985 her doctors told her she needed two more drastic surgeries to save her life: a leg amputation and a liver transplant. By then Renee was weary of all the surgeries, radiation treatments, chemotherapies, and drugs.

## **A ‘Miracle’ in Bible class**

Because her illness was grave, Renee turned to her faith and prepared to meet her Maker. Then a woman in her Bible study class said she knew a lot about natural healing methods. The woman told Renee, “Oh, you can get over this. You just don’t poop right, and you have parasites.”

Renee thought she was nuts! It sounded like the most ridiculous thing she’d ever heard.

Then the woman handed her a book, *Tissue Cleansing through Bowel Management*, by Dr. Bernard Jensen, N.D., D.C. When she read the title, Renee rolled her eyes and thought, “Give me a break!” After all, her doctors said she needed a leg amputation and a liver transplant. How could this woman know more than the doctors?

Renee told me, “When you don’t have long to live, you do some pretty unusual things. My hus-

band rented a villa on Jamaica Beach in Texas for a month. We went down there, and after about two weeks I finally read that book because I didn’t have anything else to read. And it changed my life.

“At the time, I had an arsenal of industrial-strength prescription drugs in the bathroom: Prednisone, steroids, oral chemo — all kinds of stuff. And I flushed them all down the toilet! My liver enzymes were shot because of all the Prednisone, and my liver went crazy. It was just one thing after another. And so I just threw all those drugs away and never went back. That was 22 years ago.”

## **How Renee healed herself after firing her doctors**

When I interviewed Renee, she was still completely free of cancer. She still had both legs, and her original liver was in tiptop shape. She was the picture of health. She regained her health by *dis-obeying* and *firing* all of her doctors.

She concluded that her doctors were *just plain wrong*. And time proved her right.

How did Renee heal herself? She cleaned out her colon and got her guts working right. She got rid of her parasites. She detoxified her whole body. And she started eating right — with special attention to proper food-combining principles. In short, she followed to the letter the advice of Dr. Bernard Jensen, the author of the book she’d read at Jamaica Beach.



Having whipped her “hopeless” and “terminal” case of cancer, Renee was astounded by the natural healing power of the human body. To say that Dr. Jensen’s book gave her a new lease on life would be an understatement. So she sought out the man whose book had saved her life and studied directly under him, learning all of Dr. Jensen’s health secrets.

Dr. Renee thought long and hard about what might have caused her cancer. She strongly suspected the culprit was the polio vaccine she had received as a child.

### **Cancer: look beyond the symptom to the cause**

Eventually Renee became a naturopathic doctor herself and entered private practice to share her remarkable health secrets with cancer victims and others. Along the way she also earned a Ph.D. in nutrition.

In 1996 Dr. Renee also interned at American Biologics to master the Bradford BVPM® High Resolution Microscopy System for peripheral blood assessments. O.K., I admit that’s a mouthful. So I’ll just call it a darkfield microscope from now on.

A darkfield microscope is far superior to the typical microscope a doctor might have in his office. This incredibly powerful scientific instrument costs about \$20,000 and magnifies the patient’s blood 14,000 times. It also displays the magnified image on a large flat-screen monitor for both the patient and the doctor to see.

Only about 200 to 400 such microscopes are in use in all of America’s clinics at this time.

Dr. Renee called her darkfield microscope “indispensable” in her practice. This amazing tool, along with analysis of the patient’s saliva and urine, gives a razor-sharp picture of the patient’s health.

It’s puzzling that so few doctors in America are using the darkfield microscope, which would show them at a glance what’s really going on with their patients’ health.

Dr. Renee told me, “Cancer is just a symptom of a deeper underlying problem. When you identify and solve this problem, the cancer disappears.” She added, “In 21 days you can just about get rid of any cancer.” And she proved it over and over — one patient at a time.

She helped so many people get rid of cancer that the government took notice of her.

### **Government officials burst into Dr. Renee’s office to seize her \$20,000 microscope**

One day in 1999, government agents burst into Dr. Renee’s office and told her they were going to confiscate her darkfield microscope. They said it was illegal for her to use it.

Dr. Renee fought them. She told them she had a Ph.D. in nutrition and needed the microscope for her research. She also told them she was a member of the research board of the Bradford Institute in Chula Vista, California. She explained that her research for the Bradford Institute required a dark-field microscope.

### **Microscope shows what the government doesn’t want you to see**

The government agents grudgingly backed off from their threat to confiscate her costly scientific instrument.

Why would the government or the medical establishment care whether Dr. Renee used a darkfield microscope? She speculated that the medical establishment doesn’t want patients looking at their own blood under ultra-magnification because they’d see all the junk floating in it — such as undigested fragments of prescription drugs, parasites, spirochetes, and slime mold.

### **Dr. Renee Welhouse suddenly dies in collision with semi-trailer**

As we were going to press with the first edition of this Special Report, we got the shocking news that Dr. Renee had suddenly died at the age of 57. It happened on Wednesday, March 7, 2007. At

10:35 a.m. while driving to her clinic, her car collided with a semi-trailer. Emergency personnel rushed her to the University of Wisconsin Hospital in Madison, where she died shortly before noon.

All of Dr. Renee's patients and co-workers were stunned and heartbroken. Their grief was beyond words. Everyone who knew her felt a deep and irreplaceable loss.

Tragically, Dr. Renee's clinic closed following her death. But there was too much valuable information in the chapter about her clinic to delete it from this new edition. So we've reprinted the chapter with appropriate changes.

To make up for the readers' disappointment that Dr. Renee's clinic is no longer open, we've added chapters to the new edition highlighting two *outstanding* clinics in Reno, Nevada (chapters two and three).

### **Case study: Patient was given 30 days to live!**

In 1996 a cancer patient named Pam Woolen came to Dr. Renee's clinic and had to lie down on the clinic's floor for lack of strength. She had ovarian cancer with metastasis to the liver, and her doctor had given her only 30 days to live. Dr. Renee turned her cancer around, which inspired Pam, too, to become a naturopathic doctor. Today Dr. Pam Woolen is in private practice in Monroe, Wisconsin.

Sadly, conventional doctors ignore the underlying problems that cause cancer and focus ONLY on the symptom: the cancer itself.

### **Jim had bone cancer and was sinking fast**

Back in 1993, Jim M., a 61-year-old carpenter from Chicago, got the bad news: he had prostate cancer. The doctor's solution was simple: "We take it out!" So his doctor rushed him onto an operating table to remove his prostate.

Jim was O.K. for the next nine years, but the doctor kept him on prescription drugs. The doctor still monitored Jim's PSA score to make sure the

cancer was gone. By 2002, Jim's PSA was starting to rise — a bad sign.

He developed a low-grade fever, for which he took antibiotics. He was losing weight. Jim describes his alarming condition: "I was sinking and sinking and sinking."

The low-grade fever lasted months. His doctor referred him to an oncologist, who gave him various drugs and injections. Jim was *still* losing weight. It turned out to be bone cancer, which was attacking him from head to toe.

Jim's two ugliest tumors were on his forehead and on his inner thigh, near his knee. But he had other tumors as well.

A specialist recommended that he start chemotherapy right away.

### **Jim's daughter tells her Dad, 'Chemo? NO WAY!'**

But that's when Jim's daughter stepped in and said "NO WAY!" She'd heard of a lady in Wisconsin who'd helped someone get healed of diabetes using natural, holistic methods. She insisted that her Dad go up to Wisconsin to see the lady, saying, "If it doesn't work, you can still have the chemotherapy."

So Jim went up to see Dr. Renee. She told him his cancer was grave, but gave him hope: "I don't heal. You'll heal yourself if you do what I tell you. But if you don't change your lifestyle, you'll be dead within months." Jim got the message loud and clear. He followed the program to the letter and does so to this very day.

Jim had asked a conventional doctor about a mole on his leg and was told, "It's O.K." But Dr. Renee told him, "It's *not* O.K. *It's got to go!*" The mole was actually cancer trying to erupt from his body. Dr. Renee gave him an herb to put on the mole to draw the cancer out.

### **A tumor the size of a fist comes out of Jim's leg!**

The big tumor on Jim's leg was like an octopus. As it began shrinking, he could feel the tumor's tentacles pulling loose from his groin to

his ankle. Then one day when he was at home, the tumor just came out of his leg. It was the size of his fist. This left a hole in his leg “big enough to drop a jumbo egg into,” says Jim.

But within a few days — without surgery — the hole closed up! Incredible as it sounds, the skin came back together and healed naturally, leaving a fresh new layer of skin.

The healing, regenerative power of the human body never ceased to amaze Dr. Renee.

The same thing happened to the ugly tumor on Jim’s forehead. Because he followed Dr. Renee’s program, it just came out naturally, with no surgery whatsoever, and the hole filled in naturally with a fresh new layer of skin.

Jim made a commitment to make permanent lifestyle changes, especially dietary changes. As Dr. Renee told him, if he ever goes back to his old eating habits, his cancer will come back *with a vengeance!* That’s because the body has a sort of “memory” of the cancer. And when the body’s environment returns to its previous state, cancer gets the message that it’s welcome to come back.

### **Parasites and cancer are linked, according to this doctor**

Dr. Renee put Jim through a program that cleansed the major organs of his body of toxins and eradicated his parasites. Parasites and cancer THRIVE in a weak, sickly, polluted body.

Dr. Renee said that parasites, such as the common roundworm, hookworm, whipworm, pinworm, and heartworm, are unbelievably easy to pick up. You can get parasites from food or water, from mosquitoes, or through the nose or skin. Some parasites are easily visible with the naked eye; others are microscopic.

To get at the root of Jim’s health problems, Dr. Renee started with Jim’s colon, putting him through a rigorous program of colon cleansing. That’s because death often begins in the colon. So for 70 days straight Jim underwent colonic hydrotherapy.

After that, Dr. Renee said it was O.K. to scale his colonics back to every other day for a while. A colonic only once in a while is all Jim needs now to maintain his superb colon health.

Instead of getting colonic treatments from a professional, Jim bought a colema board. This enabled him to do his colonic treatments in the privacy of his own bathroom at home — a significant saving.

A professional colonic hydrotherapy session costs between \$50 and \$100, depending on where you live. In smaller towns, the cost is lower; in bigger towns, higher. But Jim’s colema board cost him \$250, and with proper care it should last a lifetime.

You might find this hard to believe, but Dr. Renee said that someone with a colon in tiptop shape will have a bowel movement about 30 minutes after each meal. That’s three eliminations a day. Once a day isn’t enough. She said the reason most Americans eliminate only once a day — or less — is the typical American diet, which causes the colon to become sluggish and lazy.

She maintained that the most effective way to get the colon back in shape is through colonic hydrotherapy, a parasite-cleansing program, and a healthy eating plan.

### **How to get rid of the unmentionable cause of cancer**

Shocking as it may sound, Dr. Renee said the typical American is carrying parasites. Unfortunately, the parasites make themselves at home after entering us. Parasites, too, have to eliminate their waste, so they excrete substances that poison our bodies.

Parasites can come into the colon through our food or water. From the colon they can migrate to the various organs of the body and into the blood. Getting rid of parasites isn’t a simple matter. It takes about three months because of the parasites’ reproductive cycle.

The absolute best and most reliable way to get rid of parasites is to work with a knowledge-

able holistic doctor who has experience in this area.

Dr. Renee's nutritional counselor gave Jim strict guidelines for eating, which he followed to the letter.

Here's a brief summary of Dr. Renee's food plan:

- **BREAKFAST:** Fruits and juices (no fats, vegetables, or protein). Organic, if possible.
- **LUNCH:** Vegetables together with healthful fats such as extra-virgin olive oil or flaxseed oil (no protein). Organic, if possible.
- **SUPPER:** Protein together with vegetables (no starch or fruit). Organic, if possible.

Sweets are permitted, but no refined sugar. Honey, authentic maple syrup (not the fake stuff), and stevia are allowed because they're natural sweeteners. Carob is also allowed.

You can find more details about food combining as well as delicious recipes in two books by Lee DuBelle: *Proper Food Combining Works: Living Testimony* and *Proper Food Combining Cookbook*.

The genius of Dr. Renee's eating plan is its simplicity: it enables the stomach to digest each meal COMPLETELY before the next meal arrives. People who eat with this plan, and whose colons are in tiptop shape, will have a good bowel movement about half an hour after each meal. And each elimination will feel complete.

Did you know that's how the colon is supposed to work? When your colon is working right, it moves the waste out of your body fast — in just hours. A sluggish colon causes ill health because the slow-moving sludge can get stuck in pockets of your colon, providing the ideal habitat for parasites. And the parasites create toxins that drag your health down.

### **'Death begins in the colon'**

That's why Ilya Mechnikov, the Russian born bacteriologist and 1908 Nobel Laureate, warned: "Death begins in the colon." Conversely, the return to health begins with cleansing the colon.

Besides cleansing the colon, Dr. Renee stressed the need to help the skin eliminate impurities. After all, the skin is the body's largest eliminative organ — even larger than the liver.

Like many holistic doctors, Dr. Renee recommended that people give every square inch of their skin a good dry brushing every day — that's right, brushing. You can obtain the two brushes she recommended — a facial brush and a body brush — at [www.bernardjensen.com](http://www.bernardjensen.com). Just click on "skin brushes" and select the "Skin brush combo." At this writing, the combo costs less than \$20.

This dry skin brushing exfoliates the dead skin cells, which renews the skin and helps it get rid of impurities. And brushing stimulates all the body's acupuncture points.

Dr. Renee also recommended hot-and-cold hydrotherapy. For example, she said you should always end a hot shower with a cold shower. Or if you take a sauna bath, you should end it with a cold shower to close your pores.

This hot-and-cold therapy effectively moves the blood from the extremities to the core. This movement of blood helps the healing process.

Besides these therapies, Dr. Renee showed her patients how to cleanse their livers, gallbladders, and kidneys.

### **In a hushed tone, the chiropractor says, 'I can't legally tell you this, but...'**

In April of 2004, Judy M. from Madison, Wisconsin, learned she had an aggressive form of breast cancer. She's a high school economics teacher with 33 years of experience. Doctors gave her six months to live.

Judy's doctor got right to the point: "Meet with the surgeon IMMEDIATELY!"

The surgeon was a nice man. But as Judy looks back on the experience, she says, "Everything was rush, rush, rush: 'You've gotta move on this.' 'We've gotta get this scheduled.' 'I've got an opening in three days.'"

And so she was rushed onto the operating table for a lumpectomy.

As she was coming out of the anesthesia, she learned that the doctors weren't sure they got all the cancer out. They said they needed to open her up again right then and there! So she went under the knife for a second time on the same day.

Unbelievably, the surgeon called her again just five days later and said, "I think we got it all, but I want a safety valve because we might have missed something we couldn't detect. I suggest you be opened up again." And so he cut open her incision for a third time within a week.

Judy was supposed to undergo radiation and chemo after she healed up from the three surgeries.

She happened to mention to a chiropractor she'd worked with that she was undergoing treatment for aggressive breast cancer. The chiropractor took her aside and, in a hushed tone, said, "I can't legally tell you this, but cancer responds well to holistic treatment." He urged her to see Dr. Renee. He'd never met her, but he'd heard good things about her.

It's shocking that health care professionals like this chiropractor are gagged from telling the truth in America, a country that supposedly has freedom of speech!

### **'Give me three months and I'll prove you don't need chemo'**

Well, Judy took his advice. Dr. Renee outlined the program and told her, "Give me three months, and I'll prove you don't need chemo."

Judy discussed the holistic program with her family physician (not with her surgeon). He said, "That sounds fine. Give it the three months. Go for it. Just keep me informed."

After just seven weeks on the program, Judy's thermographic images proved she didn't need chemo or radiation.

You see, wherever cancer is located, there are "roads" leading to it. These "roads" are called

feeder lines. They are pathways that feed cancer. Judy's thermography showed that those feeder lines were dissolving and moving far away from where her cancer had been.

Judy didn't cancel the chemo treatment till they called her name in the waiting room to have her blood worked on. She met with the oncologist and showed him her thermographic images. She told him, "I'm not going through with the chemo."

He replied, "Good for you. If I can help in any way possible, let me know."

Judy then made an appointment with the radiologist to talk to him. She thought she owed him an explanation for why she wasn't going through with the radiation treatments.

The radiologist thumbed through her records and said, "What's up? We're a little behind here. We should be starting the radiation treatment."

Judy replied, "No. I'm here to tell you that I'm not going to do the radiation because I'm having good success with the natural approach."

### **Judy's radiologist blew his stack**

The radiologist's face turned beet red with rage as he blew his stack! He chewed Judy out, basically calling her an idiot. He said he was going to call all the doctors involved in her surgery and tell them she'd chosen the *WRONG* path and that he was going to get her back on the *right* one.

After yelling and screaming at her for a while, he calmed down a little and said, "Look, we all need good nutrition, but it can't heal anybody. Nutrition isn't going to work. You're going to be dead in a couple of months if you don't get on the radiation table as soon as possible. You're not walking out of this building till we've got you scheduled."

It's worth noting that the radiologist gave her that warning five years ago and that Judy is still alive and free of cancer.

Then he told Judy, "We're going out to the main desk to schedule an appointment *right now!*"

He got up out of his chair, and so did Judy. The two of them walked toward the receptionist's desk. It was a Friday, and Judy was weary after a solid week of teaching. The radiologist had beaten her down. She didn't have enough fight left in her to resist his bullying.

But providentially, the phone rang. The radiologist told Judy, "You walk out to the receptionist's desk. I have to answer this call." She walked out to the desk, but no one was behind it. So she kept walking all the way to her car, then drove away. She never did submit to radiation.

### **Some doctors threaten, some offer support**

The radiologist was furious to discover that Judy had walked out on him. So he made good on his threat to contact all of her doctors to tell them she was a foolish, disobedient, and uncooperative patient.

When Judy's surgeon received the radiologist's bad report, he mailed her a certified letter requiring her signature. The letter solemnly warned her that without radiation and chemo, "you have an unacceptably high chance for recurrent breast cancer." The surgeon said further, "you will almost certainly require a mastectomy."

Instead of trusting her radiologist and surgeon, Judy took responsibility for her health. Thank God, not all conventional doctors are as closed-minded as her radiologist and surgeon. Her family doctor and chemotherapy doctor supported her courageous decision to refuse conventional treatment.

Judy says following Dr. Renee's program was tough, but it was *easy* on her body. She added, "Taking chemo and radiation would have been easy, but they're hard on your body."

### **Executive rams his golf cart into a tree — it was a deadly form of brain cancer**

On Sunday, July 23, 2006, Stewart D. was playing golf with his wife and some friends.

Stewart is a 58-year-old executive with a Milwaukee foundry.

Unexpectedly, he rammed his cart right into a tree and bounced out of it onto the grass. Doctors in the foursome behind him saw what happened and came over to help. They asked, "Are you O.K.? What happened?"

Stewart told them, "I didn't see it. But I'm O.K." They told him he wasn't O.K. and needed to get to the emergency room right away. A CAT scan and an MRI revealed an unidentified mass on the right occipital lobe of his brain.

The doctors would've wheeled him into surgery the next morning, but they had to wait a week so he could wean himself off the prescription drug he was taking. So the surgery took place on July 23, 2006. The surgeons discovered that the unidentified mass was glioblastoma multiforme — a deadly form of brain cancer.

After the operation Stewart went home for four weeks. Then he started six weeks of radiation and chemo, followed by four weeks of rest.

### **A friend tells him about Dr. Renee**

During those four weeks, a friend asked him what he was doing about his brain cancer. The friend told him, "You've gotta talk to this lady near Madison."

Stewart took his friend's advice and saw Dr. Renee. He never went back for his next round of chemo or radiation. The whole process of natural healing fascinated him. He told me he feels great. His last two MRIs were negative. And he has lost more than 30 pounds — an unexpected benefit of following the program.

Regarding Dr. Renee's program, Stewart's radiation oncologist told Stewart, "They never taught us any of this in medical school." But his chemotherapy doctor took a different view: he was miffed that Stewart wouldn't undergo the next round of chemo.

Stewart remains positive. He's confident that his glioblastoma multiforme will never come back as long as he maintains his permanent

lifestyle changes.

## **A nurse who'd seen too many patients die from cancer *treatments***

Eve W., a nurse from central Wisconsin, noticed a dark vaginal discharge in May, 2004. It was ovarian cancer with metastasis to the liver. Her doctors recommended surgery, radiation, and chemo. They scheduled her for surgery.

But she didn't buy their recommendations. She refused surgery.

Having seen too many cancer patients die from surgery, radiation, and chemo, Eve had always said that if she ever got cancer, she'd try an alternative treatment. That time had come.

Eve heard about an alternative clinic in Windsor, Wisconsin, and decided to go there. Dr. Renee saw Eve the same day she called because she knew cancer patients need hope and assurance.

Dr. Renee told Eve and her husband that she was seriously ill. Because Eve had been going about her normal activities, she hadn't fully realized how sick she was. She received instructions about lifestyle changes and went home to follow the program.

When she returned for a follow-up visit 10 days later, it was obvious her health was improving. And her health was even better 21 days later at her next follow-up visit.

After three months on the program, Dr. Renee assured her she was completely healthy. But Eve wanted even more proof the cancer was gone, so she went back to her doctors for conventional testing. When the test came back, it proved she was indeed free of cancer.

Upon reviewing her amazing recovery, one of Eve's doctors remarked, "I don't know how to treat you with diet. We weren't taught that in medical school."

## **A nasty, deadly brain cancer strikes a 36-year-old woman**

One day in 2002, Kris S., a 36-year-old woman

from Oshkosh, Wisconsin, was having a stressful day at work. Suddenly she had a seizure. Paramedics revived her and rushed her to the emergency room. She was diagnosed with oligo-astrocytoma, a nasty form of brain cancer.

On September 2, 2002, she underwent surgery. The surgeon thought he got it all, but cancer cells too small for the surgeon to see are often left behind.

Then in January, 2003, Kris suffered another seizure. The tumor had grown back, and fluid was building up in her brain. To relieve the pressure, doctors put in a shunt to drain the excess fluid. And they told her chemo would buy her some time.

Kris's husband wasn't happy about what the doctors were saying. He began looking for an alternative. He learned about Dr. Renee, whose clinic was a 90-minute drive from Oshkosh.

On February 3, 2003, Kris first saw Dr. Renee, who gave her the good, the bad, and the ugly. Kris says it was mostly ugly because her cancer was severe. If she followed the program, she'd live. She'd have to do the work.

As for the shunt in her brain, Dr. Renee told her, "Kris, you've got to get that out now. That's a foreign object." Kris had doctors remove the shunt. She also went off all drugs, even anti-seizure medications. Instead, she went on nutritional supplements, radically changed her diet, and did the recommended cleanses.

"Everything Dr. Renee told me would happen, happened. It's a miracle I'm alive," says Kris. She has remained cancer-free ever since her first 90 days on Dr. Renee's program, back in 2003.

## **The struggle for health freedom never ends**

Dr. Renee Welhouse (1949-2007) was the *grande dame* of the holistic health movement. Promoting the cause of health freedom is perhaps the most fitting way to honor her memory.

# Chapter Ten

## America's most famous alternative doctor talks about today's cancer treatment options

Julian Whitaker, M.D., is a living legend in the field of holistic medicine, which he simply calls “good medicine.” He’s the founder and director of the Whitaker Wellness Institute in Newport Beach, California, which draws patients from all over America. His newsletter, *Health and Healing*, has had more subscribers than any similar newsletter.

Dr. Whitaker was kind enough to let us interview him about cancer treatment options in America today and other health issues. And after the interview, which we’ve printed below, one of his employees gave us a tour of his clinic, which makes extensive use of cutting edge therapies such as hyperbaric oxygen and external counterpulsation, as well as traditional therapies such as acupuncture.

Here’s what Dr. Whitaker said in our interview:

**Frank Cousineau:** You have a vast knowledge of cancer and how to treat even the cases other doctors call “hopeless” and “terminal.” What advice would you give to a cancer victim?

**Dr. Whitaker:** Well, let me give you my thoughts on cancer. We don’t treat cancer. As a matter of fact we discourage patients with cancer from coming here. When patients with cancer do come here, we treat the patient’s general health and add to the nutritional support of his or her health.

### A unique cancer breakthrough

I routinely refer cancer patients to Dr. Stanislaw Burzynski in Houston. Dr. Burzynski has a unique discovery on the treatment of cancer that deals with undisciplined multiplication, which is, in my opinion, the only breakthrough in the treatment of cancer we’ve experi-

enced in the last hundred years.

[Editor’s note: In 1992, investigators from the National Cancer Institute visited Dr. Burzynski’s clinic and examined the medical records of seven terminally ill brain cancer patients. They concluded that Dr. Burzynski’s treatment caused a complete or partial remission in every case. (Reference: Hawkins, M.G., Friedman, M.A.; *Journal of the National Cancer Institute*, 1992; 84: 22, 1701) You can call the office of Stanislaw Burzynski, M.D., Ph.D., at 713-335-5697 for more information.]

There are some things I think can also be helpful. One of them is a very large dose of Vitamin C. Dr. Hugh Riordan has been doing that, I think for 20 years, in Kansas, and he recently died and his medical practice in part was taken over by Dr. Jeanne Drisko, and she is associated with the University of Kansas Medical Center and has a Hugh Riordan Foundation where they are actually studying chemotherapeutic use of Vitamin C. In that therapy, they infuse Vitamin C and at the same time test blood levels of Vitamin C to hit a level of Vitamin C deemed to be appropriate for the treatment of cancer.

The primary reason we discourage cancer patients from coming is because it is such a highly politicized issue. The reason it’s a highly politicized issue, in my opinion, is that conventional therapy is no more than a dangerous placebo. So when you have the death rate from cancer, and the incidence rate of cancer staying virtually the same for over a hundred years, that is the definition of a placebo: therapies that just don’t work but are believed to work.

### The government targets alternative cancer doctors

Yet the industry of cancer is so bolstered financially that they govern all of the other regulatory aspects of medicine to ensure that choice is not available to cancer patients except



surgery, chemotherapy, and radiation. Anyone who treats cancer in this country with therapies other than surgery, radiation, and chemotherapy has put a very large red target on his back for suppression. I just don't want to do that and I don't want to live in Mexico, so we stay away from cancer for political reasons.

I believe I could be a better oncologist with natural therapies than the oncologists are now with chemotherapy. Now that's just my opinion. I will never test that opinion because I will not put myself in that kind of jeopardy.

**Frank Cousineau:** How did you get into what we generally call "alternative medicine"?

**Dr. Whitaker:** Well, I don't really like the term "alternative medicine." If we look at the term "alternative medicine" and clearly define it, alternative therapies are therapies that are not taught in medical school and not used in hospitals. Now that's an unstable definition because virtually everything in medicine today was at one time alternative. Everything: antibiotics, hand washing, sterile technique, and so on.

However, there are certain elements, for business reasons, that are constantly excluded as medical therapies. I'm talking about natural products such as vitamins and minerals, acupuncture, or low-tech, inexpensive products that would compete for the health care dollar with large pharmaceuticals that have patented substances and the high-tech approaches that are used in hospitals with surgery.

So I don't like the term "alternative medicine." I do like the term "good medicine." That's all I try to practice: good medicine. I do what I consider to be best for a patient.

The best way to define our medicine, I think, is to call it "molecular medicine." That's a term Linus Pauling coined. Molecular medicine is the use of substances that are common and essential to the body in various dosages to facilitate health and to treat disease. This includes Vitamin C, water, oxygen, hyperbaric oxygen, folic acid, magnesium, and the whole array of what we know

as nutritional supplements.

These supplements have only been a part of human civilization for about 60 years; a very new source of innovation is to be able to find these active ingredients and actually put them in a dosable form. So that describes most of what we do here.

Most of the diseases we treat here are not nearly as politically charged as is cancer. And that is high blood pressure, stroke, heart disease, a lot of diabetes, obesity, and the degenerative diseases other than cancer.

**Frank Cousineau:** At what point did you decide that good medicine included all of the things that you just described, as opposed to what you were taught in medical school?

**Dr. Whitaker:** I think the major turning point was when I spent about six months on the staff of the Longevity Institute under the direction of Dr. Nathan Pritikin in 1976. He had an operation very similar to mine. People would come for a residential program in which his therapeutic tools were diet and exercise only. So it was a rigorous lifestyle intervention program, and I followed people who were on that program. And I saw people get well.

## **Patients who take prescription drugs aren't well**

In conventional medicine, you rarely if ever see anybody get well because they're always changing drugs. They always have something that they "require" to have a prescription drug treatment for. People who are taking prescription drugs are by definition not well. That doesn't mean that everyone not taking a prescription drug is well, but if you're on a prescription drug, you're not well. You could be better, but you're not well. But when you use natural, molecular substances, your chances of creating wellness are good.

Seeing people get well solidified the direction I would take in my own medical practice. Hence, we have a residential program. This is not a hospital. Our patients stay in a hotel, but we treat

them here. We educate them on lifestyle.

**Frank Cousineau:** Many cancer patients are also suffering from conditions such as diabetes and obesity. Could you address those conditions?

**Dr. Whitaker:** Yes. Now I've written a book on diabetes, and I'll give you one when you leave.

Here's how I would summarize our approach with diabetes Type I: we do everything we can to reduce the amount of insulin required to keep someone under good control. And the tools that reduce the amount of insulin required to keep someone under good control are the lifestyle. If a Type I diabetic gets involved in an exercise regimen, his insulin requirement is going to drop substantially. If a Type I diabetic gets involved in a diet that is low-glycemic and high in fiber, his insulin requirement is going to drop.

But the area where I think we are most different from conventional treatment of Type I and Type II diabetes is that we vociferously advise and prescribe and put our patients on nutritional supplements. And the reason this is such an integrated part of our treatment for diabetes is because the term diabetes means excessive urination. And "diabetes" is actually the Greek word for "passing through."

The blood sugar acts like a powerful diuretic. So when people have excessive urination, which is one of the cardinal symptoms of Type I diabetes, they are losing copious amounts of urine with sugar in it and with everything else. The sugar in the blood overwhelms the kidneys' capacity to conserve water-soluble nutrients. So the diabetic is dangerously low, almost always, in magnesium, folic acid, Vitamins C, B-12, zinc.

All the water-soluble nutrients are washed out because they have a nutritional wasting phenomenon going on.

I believe that this nutritional wasting is a primary reason, if not the major reason, for diabetic complications. If you were to put someone on an osmotic diuretic daily that caused that degree of nutritional wasting that Type I

diabetics do experience, you'd have the eye problems, the nerve problems, and all of the other problems that they experience just on the nutritional wasting because they waste everything. They have oxidated stress all the time, yet they peed out all their antioxidants.

So in 30 years, and with probably 25,000 diabetic patients, we have never had a single diabetic patient — either Type I or Type II — come in who has been prescribed nutritional supplements to compensate for what everyone knows is a massive loss of water soluble nutrients because of the nature of the disease — not one. It is one of the biggest flaws I can think of.

Not to supply the diabetic with copious amounts of water soluble and freely available and inexpensive nutrients is beyond my comprehension. Not because I believe they work, but simply because any measurement of the nutritional status of the diabetic indicates major loss. So that's the main thing.

We tell our Type I diabetics, "We will institute a variety of methods to control your blood sugar. But so do conventional doctors. However, where we really differ is that we give you extra amounts of high potency vitamins to compensate for the loss."

## **Why Americans weigh too much: culprit revealed**

**Frank Cousineau:** What about obesity?

**Dr. Whitaker:** Well, I've just written a book on obesity, and in that book — and I'll give you one you can take with you — I point out two things. I think I've hit on the primary reason why we have a pandemic of obesity. What do you think it is?

**Frank Cousineau:** Diet.

**Dr. Whitaker:** What about the diet? What's so different now than it was in the '50s and '60s?

**Frank Cousineau:** It's the things that people choose to eat; it's a fast-food nation; it's the lack of nutritional quality in the foods that are grown; lack

of exercise; and people don't take the time to sit down and eat a good, well-balanced meal.

**Dr. Whitaker:** Okay. I disagree. Because everyone says either what you said or else portion size — or lack of exercise. Right? We are all trying to find why people who are obese in this country have exploded by about 50 percent. I have those statistics in the book. It's an explosion, and it has only occurred in this country.

It did not occur in France; it did not occur in England; it did not occur in Italy. It has never been a problem in Asia. Why? Why is the United States so different? Other countries have fast food. England has fish-and-chips restaurants.

Here's the difference: In the 1970s there was a substantial shift in the country toward carbohydrates. The Senate Select Committee on Nutrition, headed by Senator George McGovern, came out with guidelines that said let's make starch a major caloric contributor. And the food industry jumped on the bandwagon and decided to vilify all fat as the reason for heart disease, obesity, and so on.

Yes, the food industry took this message to heart. And when you talk about the food industry, you don't talk about them advocating the fruits and vegetables. You talk about them coming out with non-fat Twinkies, non-fat desserts, non-fat milk, non-fat yogurts, and these types of things.

So the food industry began stripping fat and adding the calories in carbohydrate. And the nation followed, and I have those statistics in the book where the carbohydrate increase only went up about two to three percent. And the fat intake actually reduced. And if that initial belief was accurate, we should have had a reduction in weight, regardless of calorie intake. But we turned the nation into a feedlot. And by altering the food and increasing starch intake, human beings exploded. How do you fatten cattle?

**Frank Cousineau:** Put 'em in a pen and give 'em corn.

**Dr. Whitaker:** Corn. And what is corn primarily? Starch. So we're mammals. We have the same

proclivities and the same chemistries, and the same metabolism of handling starch that all other mammals have that eat starch. We get fat.

## **Dr. Whitaker's weight-loss secret: How he lost 30 pounds**

I've lost about 30 pounds. I hadn't been eating at McDonald's. I wasn't on the fast-food thing, but I was eating a whole bunch of bread and some dessert, and now I'm 30 pounds lighter because I just eliminate bread and eliminate dessert. And now I'm exercising more, so there's a lot to it.

When you talk to someone who's lost 70 pounds, invariably 80 percent of them will say they cut off carbohydrates. The evidence keeps slapping us in the face all the time, and we ignore it, and we say Atkins was an idiot. And yet the people who really do seriously lose weight control their starch intake.

I don't go so far as to eliminate all starches. I say eat fruit. I've never known anybody who was obese from excessive fruit consumption; you probably could do it. Apples help you to lose weight because they're high in fiber. So eat fruit and vegetables, but just stay off starch, and people will lose weight. So that's one thing.

## **How to *guarantee* you'll have the discipline to lose weight**

Another important factor is discipline, because few can stay on a program. They will resolve to lose weight, but they will rarely resolve to change with any kind of discipline the behaviors they need to lose weight. They say, well, I'm not going to eat this; I'm not going to eat that, and there will always be exceptions because there's no consequences to breaking the New Year's resolution.

In my book, I point out how you make a contract with yourself with a negative consequence if you don't follow through on your contract. And the contract has some specifics.

First, it needs to be a behavior, not a result.

Second, it needs to be time-limited so that you

don't make it for the rest of your life. You can always renew.

### **Dr. Whitaker's ingenious punishment if he 'cheats'**

Third, there needs to be a significant punishment for not following through. I recommend a financial punishment. Let me tell you what my punishment is. I despise the ACLU. I think they degrade society, so I would never give them any money. So in my contract I agree not to eat breads or sugar desserts for three months. If I so much as eat any breads or sugar desserts in three months, I will send a thousand dollars to the ACLU.

**Frank Cousineau:** That would be a tremendous motivation.

**Dr. Whitaker:** It is a tremendous motivation. Then I sign it, I witness it, and I put it up on the bulletin board somewhere. We have it downstairs for people to do this. It's amazing how much discipline that can cause to bubble up, to where now it isn't a problem. You just don't do it. And one of the reasons — it's like if you had an invisible guy behind you with a baseball bat and you want to stop smoking, and you instructed him to hit you in the back of the head very hard with a baseball bat the minute you took a single puff of a cigarette — I don't care how much you wanted the cigarette, you are not going to take a puff as long as you know he's back there.

**Frank Cousineau:** Getting back to cancer, I've seen a lot of cancer patients get rid of their cancer at alternative clinics. The cancer would be gone — three weeks, three months — the cancer was under control. And then six months to a year or a year-and-a-half later, some of these patients would die of a heart attack or stroke. I stressed

this to some of the alternative clinics. I said, "You have to broaden your horizons. When you get the cancer under control, you have to follow through with what you say you're doing, and that's taking care of the whole patient."

**Dr. Whitaker:** Many of the people who are treating cancer using non-conventional therapies are strongly into dietary changes that I would agree with. So I think if someone is getting benefit from an alternative therapy in cancer, it is also most likely lowering risk of other diseases as well. Because a natural approach to reduce cancer is not inherently dangerous as far as heart disease, diabetes, and anything else is concerned.

### **Contact information:**

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Contact information for the cancer clinic to which Dr. Whitaker refers cancer patients who seek alternative therapy:

#### **Stanislaw Burzynski, M.D., Ph.D.**

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Website: [www.burzynskiclinic.com/dr.htm](http://www.burzynskiclinic.com/dr.htm)

# Chapter Eleven

## Other outstanding clinics that offer alternative, holistic, or complementary treatment

➤ **Keith I. Block, M.D.**

Block Center for Integrative Cancer Care  
1800 Sherman Avenue, Suite 515  
Evanston, IL 60201  
Phone: 847-492-3040  
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Website: [www.blockmd.com](http://www.blockmd.com)

➤ **Jeanne Drisko, M.D.**

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➤ **Michael Galitzer, M.D.**

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➤ **Garry Gordon, M.D.**

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➤ **Elson Haas, M.D.**

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➤ **Michael Schachter, M.D.**

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Websites:  
[www.secondopinionnewsletter.com](http://www.secondopinionnewsletter.com)  
[www.doctorrowen.com](http://www.doctorrowen.com)

➤ **Charles Simone, M.D.**

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## END NOTE

### How to choose the right clinic for you or your loved one

Each case of cancer is different. Each doctor is different. And each clinic is different.

One size doesn't fit all.

You could check out Websites and send e-mails to the various hospitals, clinics, and doctors we've listed in this *Special Report*. You could phone the clinics to gather more information. But many people don't have the time or the patience to call several clinics or to wait for e-mail responses.

Because I know the doctors, the clinics, the hospitals, and the various treatment options, some people have sought my advice as a "cancer coach." I'm now helping many people this way on a professional basis. I'd be glad to help you, too, find the right clinic.

Any treatment decisions you make, of course, are entirely your responsibility. I'm not a doctor. But I do have a great deal of information and I'd be happy to share it with you.

I'd be glad to help you learn about the clinics in more depth. If you'd like my help, please contact me at the phone number, e-mail address or FAX number below. I'd be glad to hear from you. And since you purchased this *Special Report*, we'll give you a \$ 25.00 discount of my services (regularly \$ 150.00 per hour). To get the discount, just mention that you bought the *Special Report*.

You can reach me through my wife, Chayo, who schedules my consultations. Chayo is super friendly. She really likes people, and I know you'll enjoy talking with her. Here is our contact information:

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Please don't hesitate to leave a voicemail message if Chayo is away from her desk or on the phone. If you prefer you can contact me directly by e-mail: [frankcousineau@sbcglobal.net](mailto:frankcousineau@sbcglobal.net). ■