

Crack the Cancer Code

I defied their odds.....

You can too

Read this book and find out how

If you want to improve your chances, or those around you, you cannot afford to ignore this book.

By Jayne Harvey

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To the Reader:

The information shared with you in this book is for the express purpose of illustrating that there are a variety of methods available to you to assist with the healing process and whilst the writer believes in the holistic approach to health, this information is not intended to diagnose, prevent, treat or cure any disease. Each reader is urged to seek professional help for any medical condition.

The writer cannot be held responsible for any of the choices the reader makes as a result of reading this information and strongly recommends seeking the consent of a licensed healthcare professional before embarking on any practice relating to health, nor does the write advocate the use of any particular treatment discussed in this book.

Acknowledgements

I would like to thank the following people for helping me get to where I am today. Dr Ettienne Callebout to whom I will always be indebted for his commitment to leave no stone unturned in his quest for the truth about what works and does not work best for each individual with a cancer diagnosis. Dr Momem, GP, and Dr BV Palmer, Consultant Surgeon, for their unyielding support of my beliefs. Cilla Davies, outstanding reflexology tutor who opened my eyes to the world of natural healing. For those who could not support my choice I thank you for leaving me alone and not projecting your negativity or doubt onto me, you could have given me no greater gift.

I would like to thank the new friends I found along the way for their non-judgemental support of my choices and the many spiritual writers whose books I devoured; Deepak Chopra, Louise Hay, Bernie S Siegal, Neale Donald Walsh to name but a few.

And finally, this acknowledgement would not be complete without my deepest, warmest, heart filled thanks to my family who helped and supported me in so many ways. I am also indebted to them for their positive attitude and outlook, never showing me any fear or doubt as to the outcome. Words really will never express the gratitude and love I have for them.

Thank you Linda and Steve, from the bottom of my heart.

I love and thank you all, may God bless you and bring you all you desire.

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Introduction

My outcome for this book is to expand your awareness of just what an amazing person you are with the ability to create any outcome you desire in your life by raising your awareness of the possibilities that exist for those with an open, curious mind.

Despite efforts from the medical profession to convince us that survival rates from cancer are on the increase and people are living longer than ever before, a diagnosis of cancer still manages to instil fear, anxiety, doubt and worry in the strongest of us, and far too many are still dying.

Unfortunately, nothing much had changed in the basic treatment regime when I had my personal introduction to cancer. Cut it out, burn it out or poison it, also known as surgery, radiotherapy or chemotherapy. Each of the processes may have some value (depending on the kind of cancer) - but what long-term damage are they doing? **Meantime, there has been a growing mountain of evidence to show that this is not the only way.**

So many people are told after undergoing conventional treatments such as surgery, radiotherapy and chemotherapy that there is nothing else that can be done for them. Only then do they start to investigate other alternatives when their bodies are so ravaged by the cancer and the treatments they have received that it makes any form of healing therapy more challenging. It is clear that more research into natural interventions need to be explored. *This book is not intended to replace the advice and treatment of a physician, I believe the information contained here should be made available to the public.*

I share with you here, how despite a very negative prognosis from the medical profession, I beat cancer without having extensive surgery, radiotherapy, or chemotherapy.

It is also hoped that by sharing my experience with you in this book, it will inspire you to become a member of an ever increasing group of people who look to themselves, as well as others for the responsibility of regaining and maintaining their health; to work on all levels, the physical, mental, spiritual and emotional to regain homeostasis, a balance of all systems and organs to allow them to function at their optimum levels.

The fact that you have taken the time to search and have come across this book, invested time and money to download it, shows you are one of these people and I honour you for that. Too many people are dying from treatments and medications all over the world not just for cancer but for a variety of diagnoses. The fact that you have searched and downloaded this

book indicates to me that you or a loved one may be experiencing such a challenging time, as I did back in 1996.

I was told in no uncertain terms that if I did not do as I was told, within 12 months the best I could hope for was that 'I wouldn't be very well and there would be nothing more they could do for me'!. Does that sound familiar? That was 1996, this is now and guess what, they didn't know best.

The majority of people leave their health in the hands of others. We can no longer afford to do this.

I must stress here that I am not a cancer expert. I feel compelled to share with you what I learned and applied in order to regain my health. Nobody has the entire truth about cancer but I do firmly believe that a person's attitude to their healing is of vital importance.

We must fully participate in our treatment and make our own choices. We must be informed, and be prepared to challenge opinion because we are interested and need to understand. We need to engrain the belief we can recover into every cell of our body, not just with 'positive thinking', we need to use our personal power and take 'massive action'.

Take or leave my thoughts and opinions and those of others it is entirely up to you, all I ask is that you are willing to look at them with an open mind. There is now so much information available about how to obtain maximum health and vitality using nutrition to combat a variety of conditions from asthma to arthritis, candida to cancer Do your own research, challenge, ask questions and educate yourself, you don't have to take my word for it.

What I share with you in this book is simply a point of view, **I am offering you a choice**, albeit one that goes against medical tradition, you do not have to take any of it on board, or just take some. I leave it up to you.

All I can offer you is that I am a healthy, walking, talking, breathing, living testimonial that the odds can be defied, that there is another way.

God bless you for searching for answers.

We Are A Sick Society!

And the epidemic is still rising.

We are continually treated to newsflashes of new 'miracle drugs' that subsequently fail to deliver and which invariably disappear some time later when the damaging results over a period of time become evident and they are withdrawn. And in the UK with the increased pressure on the National Health Service to fund medicines and treatments for a whole myriad of diseases, primarily cancer and heart disease, for many it has become a postcode lottery and people are prepared to uproot and move to the other end of the country (or to another country) even accept the stress of taking their local Trust to court if necessary in order to get the latest treatment

It is remembered by many that in 1971 the then President of the United States, Richard Nixon, famously declared his 'war on cancer' predicting that medical technology would find a cure for it 'within six years' – a boast which rivalled Kennedy's goal to put man on the moon; only one of the two was achieved.

Since then the total amount spent on cancer research and treatment is estimated to have passed the two trillion dollar (\$2,000,000,000,000) mark (Wall Street Journal 16 Oct 2002) and what have we got to show for it?

Dr John Bailor who was a cancer statistician for the US National Cancer Institute in 1985 said in an address to the Annual Meeting of the American Association for the Advancement of Science:

'Cancer death rates continue to go up year after year. These are real increases ... this has been going on quite steadily for a number of years'.

When he looked at the figures again in 1995 he concluded

....years of intense effort focused largely on improving treatment must be judged a qualified failure' (N Engl J Med 1997).

And it is not just in the US. In Britain, death rates from prostate cancer in 1964 were 3300, and 8600 in 1998. Teenage cancers are also on the rise – by more than 1% a year for the last 20 years (Br J Cancer 2002).

We live in a world of knowledge, science and technology and yet as a society we are sicker than ever.

- 1 in 3 people are now likely to receive a diagnosis of cancer.
- Cancer is the leading cause of death for men and women of all ages.

Age 15-34	23% of female deaths due to cancer in 2003 ⁽¹⁾
Age 35-54	46% of female deaths due to cancer in 2003 (1) 25% of male deaths due to cancer in 2003 (1)
Age 55-74	38% of female deaths due to cancer in 2003(1) 43% of male deaths due to cancer in 2003 (1)

- In 2000, 1.9 million cases of cancer were diagnosed in the EU ⁽²⁾.
- 9 million people worldwide and 1.2 million Americans will receive a diagnosis of cancer in any one year ⁽³⁾
- In 2000, the estimated number of people suffering form cancer was 1.2 million with the rate of incidence rising.

If we consider other life taking diseases such as heart disease then these figures need to be multiplied greatly.

- (1) National Statistics Online: 2003 Report (latest report found)
- (2) Cancer Research Website
- (3) Information Please Almanac (electronic version). Cancer in the 21st Century. Boston: Houghton Muffin 1994

- In addition to these figures, we have in the region of 120 million people worldwide with depression.
- Obesity is also at an all time great, not only in adults but in children too.

These are preventable diseases related to lifestyle choices and dietary related choices.

THE TIME HAS COME TO TAKE CHARGE OF YOUR HEALTH, YOU CAN NO LONGER INTELLIGENTLY LEAVE IT ALL IN THE HANDS OF THE MEDICAL PROFESSION. THEY COULD BE KILLING YOU!!!

Your Health In Your Hands

Your body is a wonderful commodity yet for the most part you afford it little or no attention.

You think it can be fed with 'empty foods' or 'dead foods' that can never provide it with the fuel it needs to survive.

As a society we treat our pets and our cars with more love and affection than most of us give ourselves. It astounds me when I hear of people feeding their (some already overweight) pooches with the best cuts of meat, and yet they feed themselves on McDonalds or a processed box meal of dead food, additives, preservatives and chemicals from the freezer in the supermarket.

Your body is a wonderful self-healing organism when it has the right environment in which to function at its optimum ability. When you scratch yourself you need do nothing, it just heals.

This is what the body wants to do naturally. Nature works to a different timetable than us humans. The lifestyles we have chosen for ourselves do not afford us the time to recover as nature intended. Please don't misunderstand me, there is a role for medical treatments, you just have to be selective and not be railroaded into anything. If I were to be involved in an accident and needed life saving surgery or drugs believe you me I would not interfere.

There are times though when if we just slowed down and gave our bodies the correct environment, then nature can and does perform those 'miracles' we hear about, but are they really miracles? It is simply the body doing what the body does best when allowed, and that is to heal itself.

I would like here to share with you an anecdote from a pharmacist friend of mine. He was responsible for dispensing the chemotherapy cocktails at a local hospital and there was a male patient who had been told after all his toxic treatments that he really wasn't well and there was nothing more they could do for him. The cancer had ravaged his body and his bones. If there was anything he really wanted to do he should do it now as 3 months was the maximum he had left of his life.

He and his wife agreed to sell up everything and cruise around the world. 9 months went passed and not only was he still alive, he felt incredibly well so he thought he would go back to his consultant to see what was happening. There was no cancer.

I'd also like to tell you about my friend's mother. She had undergone an horrendous treatment regime to treat cancer at the local hospital and the family were called on more than one occasion with the priest to be with her when she passed over. Eventually her mother requested that all treatment be stopped and that if it was her time to go she would go with dignity.

After several nights of uncertainty, her health started to improve and improve, until several weeks later she was discharged from hospital free of cancer. However, there was a price physically and the treatments have left her with several other physical challenges. It wasn't the cancer killing her.....it was the treatment!. When the treatment stopped, she got well.

Too often we reach or are encouraged to reach for the artificial quick fix, and despite billions of dollars being spent researching the cause of cancer and developing new wonder drugs, the 'war on cancer' is no nearer being won. Death from cancer in the US alone has risen from being number 8 in the ranking in 1970 to currently being the second most likely cause of death.

This is no longer acceptable.

Why are we so sick?

The choices that you make on a day to day basis about how you live your life, what thoughts you have, what food you eat, what chemicals you ingest are all contributing to your current state of health.

If you were to put oil in your car's fuel tank, petrol in the radiator, and water in the engine what is likely to happen? It will breakdown. But no, you put the appropriate fluids in the appropriate compartments to make sure it purrs like a kitten and delivers you safely to your destination.

The law actually requires your car to have an official check every 12 months to make sure it is roadworthy and safe so as not to harm yourself or anybody else. It is a shame there is no such legislation covering human beings.

You are a living, breathing organism that requires certain 'fuels' to keep you safe and carry you through your journey of life.

For most people today the fuel of the body is a mixture of:

- Sugars
- Sweets
- Alcohol
- Biscuits
- Cakes
- Crisps
- Chips
- Milk, cheese, ice-cream
- Refined carbohydrates
- Chocolate
- Cigarettes
- Precooked processed meals
- Negative, pessimistic thoughts
- Worry
- Fear
- Anxiety
- Etc, etc, etc

Most of this food has been irradiated, or is full of chemical colourings and flavourings, or is preserved with chemicals and carries traces of pesticides and chemical fertilizers.

Our bodies have been subjected as they have matured to injection of all sorts of strange chemical or bio-chemical substances.

We have had lead in our paint and in our petrol, there is mercury in our teeth, there is electromagnetic radiation passing through us every minute of the day, we live our lives at a pace with increasingly high levels of stress and are more isolated from our natural support structures then ever before in the history of mankind.

It is little wonder that our bodies are breaking down when faced with such an onslaught of junk mixed with an ever increasing load of environmental toxins.

And all these “achievements” can be laid at the feet of our generation and the one of our parents. To say that cancer is some sort of defect in our genes, which scientists say they can “fix” is asinine.

Where can you go now to breathe good clean air? Even the toiletries we use, the packaging materials of our food; all have been proven to contain harmful chemicals that seep into our bodies.

Even when the body is provided with all it needs it can be a struggle, but it stands little or no chance without them.

I share my solution with you in this book, I also share my own thoughts and feelings around illness and dis-ease. These are not intended to offend or upset, rather they are to maybe challenge your own perceptions. Take them or leave them, it is entirely up to you, all I ask is that you are willing to look at them with an open mind.

Cancer to me is not an illness it is a symptom, it develops to make us aware that something is very out of balance within us, either physically, emotionally, mentally, spiritually, or for most people I believe, a combination of any of the above.

To put it simply, when we live out of balance in any one or more areas of our life, it will take its toll on us physically if we do not take any actions to redress the balance.

What Has Happened?

Worldwide we have been subjected to the belief that everything that happens to us including sickness is because of something outside of ourselves. We are continually being told that we are constantly being bombarded with germs, viruses and bugs which is true, but these need not make us weak and fragile and vulnerable.

We have been conditioned to believe that we can no longer think or work things out for ourselves.

We have been conditioned to believe that somebody else knows what is best for us. That only they can keep us safe.

If enough people tell the same story with enough conviction, enough times, it will be believed, we have been subjected to negative cultural hypnosis.

Through the media we have been subjected to some form of hypnotic suggestion that drugs are the only answer for disease. In his book 'Questioning Chemotherapy, Ralph W Moss Ph.D writes of the media connection

"Since the 1940's, an interlocking cancer establishment of top hospitals, research centres, governments and private agencies, and regulatory bodies, have held sway over the public's perception of cancer. What little criticism there has been remained buried deep in the pages of medical journals. But the selling of chemotherapy was not easy, and could never have been accomplished without a compliant media."

We have been told by some of the most eminent scientists for the last 50 years that a cure for cancer is just around the corner. This charade has to stop.

Statistics

It is not my intention to dwell on this topic, as it is not my philosophy these days to focus on other people's opinions. 'Where your focus goes your energy flows' and I do not want either yours or my energy to flow here for too long, for you can be, just like I am, a person whose outcome makes a mockery of statistics anyway.

To some degree, any statistics can be manipulated to say what we want them to say by only picking out the information that highlights the benefits to ourselves showing our product or solution to be the next best thing to sliced

bread. We wouldn't print information showing our product or solution was anything other than the best, would we? This is also true for drug statistics and survival statistics.

Many people do not have a lot of faith in statistics, as they believe that they can be made to 'say' whatever the originator wants. So is it really the statistics or the statistician they don't trust?

The same can be said for the doctors and researchers of medical treatments. However, the statistics you get will very much depend on the questions that are asked. Do you think that the answers to the following two questions will be the same?

- What did you find to be the best treatment?
- Which treatment did you find was the most cost effective?

Of course the answers may not be the same. The best treatment may not be the most cost effective treatment.

With the growth of computer and internet technology in the last decade, there are now many websites illustrating a host of statistics about cancer, broken down into cancer types, stages, age of patient, gender and so on and so on. Just Google search for cancer statistics and you find many days of reading material if you can actually make sense of any of it. The Government's website, National Statistics Online alone has over 60 reports and charts of incidence and survival figures for cancer. **However, whatever we believe to be the treatment that will work for us, either conventional or alternative, we will always look for the statistics that support our belief.** We must understand this for it is human nature. If statistics are important to you, then please go on and look at these figures for yourself, personally I found them too depressing and had the potential to negate my actions.

However the message is very clear, we are not winning the war using conventional treatments alone.

Incidences are rising and some survival figures have actually worsened and not improved. Where improvements are shown, they are a lot smaller than the hype we are fed in the media.

It is our subconscious mind that absorbs this information but our subconscious mind does not know what is real and what is not, so whatever we 'feed' it with the most, it will believe to be true, purely by the degree of repetition of the information. More about our subconscious minds later on.

What I need to stress, is that statistics cannot tell what is going to happen to you.

If that were true, you would not be reading this book, as I would not be here to write it.

Even if there were 65% of people with exactly the same type of cancer as you, you are all individuals with different biochemical compositions, different tolerances, different beliefs and different mental attitudes.

At best statistics generally highlight the chances of something happening to you in a similar way as it did to somebody else.

You and your situation are unique and you must remember this.

There are no statistics 'out there' that will give you any cast iron answers about your diagnosis or your prognosis, unless you seek to find those that support your belief. What you believe to be true for you, more than likely will be. This is how we get our 'miracles' in recovery from any illness. This is how we get the people who defy all the odds.

The one truth about cancer that we get from the media is that 1 in 3 people are now likely to receive a diagnosis of cancer in their lifetime. Calculations of incidence are done for every type of cancer, again broken down into age groups, genders, cultures and countries. The incidence of cancer by country is interesting because this could shed some light on the causes of different cancers. Breast cancer is often the cancer that most doctors refer to by highlighting that breast cancer is much lower in Japan than the USA or UK but the same as for the general population in Japanese women who live in the USA or UK, indicating that there is more to it than genetic disposition, but could be closely related to life style and the environment.

Survival

Let us be clear about how the medical profession define survival. *Survival is defined purely and simply by whether or not a person is alive 5 years after diagnosis.* It does not mean that they lived for exactly 5 years and then died. It does not mean that they were all cured of their cancer. Some will have been cured, some may have had a recurrence but are still alive. Some will be alive but have a very poor quality of life, be in tremendous pain and lost the will to live. Survival statistics include everyone with a particular type of cancer unless otherwise stated, at all stages and grades.

Disease free survival is sometimes quoted which means that everyone with a particular type of cancer who is alive (without a recurrence of their cancer) 5 years after diagnosis is included in the statistics.

Why Do Some People Beat Cancer And Others Don't?

This is the \$64m question. Cancer survivors have a strong desire to carry on in spite of their circumstances. They really want to live. They have, or acquire a craving for life. There are several factors that have shown to influence a person's outcome.

Nutrition

The quality of the food consumed is a high priority in a person's recovery. How can a body that is consistently fed with junk that has little or no nutritional value be expected to beat the onslaught not only of the cancer, but some of the toxic treatments it may be subjected to?

Drive and Commitment

The level of a person's drive and commitment to get well is vitally important. We must be consistent in our focus, our language and our physiology. If we allow the negative opinions of others to affect our attitude and motivation this will prove a challenge to our recovery. If we book our place in a hospice, (just in case) arrange our funeral (just in case) then we are not fully committed to our recovery and are giving our subconscious the directive to assist in our death.

Stress Reduction

The willingness of a person to make lifestyle changes; to reduce the levels of stress in their life, both internal and external.

Excerpted from *Who Gets Sick*, 1988 by Blair Justice)

Physician Andrew Weil, research associate in ethnopharmacology at Harvard University and author of *Health and Healing*, says, "external, material objects are never causes of disease, merely agents waiting to cause specific symptoms in susceptible hosts. Rather than warring on disease agents with the hope of eliminating them, we ought to worry more about strengthening resistance to them and learning to live in balance with them more of the time"

If we have poor coping skills, deficient social support and high stress, then the internal balance of our bodies may be easily upset and our resistance lowered. Illness or disease, then, occurs more from our vulnerability than

from external agents that are “the cause” of our health problems. The more vulnerable we are, the more risk we run of getting sick.

The way we react to the daily hassles of life or to specific stressful events can mean the difference between “coming down with” an infection or remaining symptom free.

Peer Support

The quality of a person’s peer support can have a huge impact on a person’s recovery. This is a very challenging time for the people closest to us and those around us also. They have their own worries and emotions to deal with and I totally understand this. However, as harsh as it may sound, they need to find their own support. The person with the challenge of beating cancer cannot be their peer support. If their nearest and dearest are breaking down and are full of woe, doubt and fear around them, this has the potential to wear down any resolve and motivation the person with cancer has. This is the last thing they need.

I would not allow anybody around me to express their fears, their doubts or use any language that was not fully supportive of my recovery. Even when in consultation with one of my surgeons I instructed him as to the language I wanted to ‘hear’ while under the anaesthetic.

A Person’s Ability not to be a ‘Passive’ Patient

We mustn’t just do as we are told, no matter what path we choose. *It is often said that the most difficult patient is the one that has the best prognosis.*

An excerpt from a letter about me from correspondence between consultants states *“She is a difficult lady and she has her own views about management of cancer”.*

Question everything, understand everything and if there is something you want to do that will bring you joy, love and laughter (as long as it does not cause harm to yourself or to others), then **DO IT**.

I spent some time doing voluntary reflexology at a hospice and was horrified by the stories of a lady in her 60’s who was not allowed to dance with her granddaughter or do any gardening which was her passion, as she was constantly being told that she ‘was ill’ by her daughter. Rather than upset anybody, this lady did neither of the things that she enjoyed the most in life. The language her daughter used, I believe, was hindering this lady from recovering by reinforcing a negative message, to which the subconscious

mind will respond by keeping her 'ill'. Not the best peer support this lady could have had!

Thousands of people are dying because of treatments prescribed to solve a symptom but not to get to the root cause of the problem.

The root cause is simply the way we live our lives.

Survivors ask questions, they read books, listen to tapes and they scour the Internet. With this level of focus and intent, they will eventually find something that works for them. They are willing to try anything even if it is different to the norm. They do not believe that the medical profession have all the answers.

The heart of the 'war on cancer' lies with the marketing of toxic drugs by the pharmaceutical companies who are the greatest influencer of our medical profession. From where do doctors acquire their information on drugs? The sales representatives of the pharmaceutical companies.

"Dr Martin F. Shapiro explained in the Los Angeles Times that while "some oncologists inform their patients of the lack of evidence that treatments work ... others may well be misled by scientific papers that express unwarranted optimism about chemotherapy. Still others respond to economic incentive. Physicians can earn far more money running active chemotherapy practices than they can providing solace and relief to dying patients and their families"
(Shapiro, M Chemotherapy: snake-oil remedy? It has its purposes but use is dubious in some cancers. Los Angeles Times 1/9/87)

The war on cancer is big business and chemotherapy and drugs have become a major profit centre for hospitals, doctors and drug companies.

By 1995, even the editor of the Journal of the American Medical Association, George D. Lundberg complained at a National Institutes of Health meeting: *"Efforts by those with vested interest to influence decision-makers to use their power are ever more creative; efforts by manufacturers to influence publications so that they position their products in as favourable a light as possible are pervasive and frequently well-disguised... [it's] a marvellous opportunity for rampant deceit. So much money is there to be made that ethical principles can be overrun, sometimes in a stampede to get physicians and prescribers"* (Lundberg, GD. Communicating science and health in the new millennium. In: Lewis, HJ. Science and media then and now. Science Writers 1994-1995;42:14)

Did you hear this on the evening news? Of course not. Nobody in a position of authority will tell the public that toxic drugs are sometimes inappropriately administered because it is financially beneficial for a great many people to do so. Quite the opposite. At all costs, the public must be convinced that chemotherapy works, and that it is in their best interest to be quiet, take their

medicine and leave the thinking on such abstruse matters to those who wear the white coats. Excerpt from Questioning chemotherapy

In my opinion, patients will do so at their peril

Sadly I do not believe that pharmaceutical companies will ever find the promised solution for cancer for I do not believe they have a vested interest in doing so. They and the medical profession exist because of illness. They need illnesses in order to survive. What would all these doctors, specialists, oncologists, pharmacists do, be or have, if they did not have sickness to work with?

They continue to search for treatments for symptoms; any cures would simply wipe out millions of dollars/pounds of profits and make thousands of people redundant. **They are in the sickness business not the healing business.**

One of the most amazing series of books I came across when I was 'doing cancer' were written by Neale Donald Walsch. The '**Conversations With God**' series is for anyone seeking answers, no matter what their illness or their religion.

It will change you, your life and the way you view things I guarantee you. This is a must read for anyone, not just people with a disease or life threatening illness.

Below is an excerpt from Book 1 and God's view of the medical establishment.

God:

"What if I told you your own medical profession holds back cures, refuses to approve alternative medicines and procedures because they threaten the very structure of the "healing" profession?"

Author Neale Donald Walsch:

"I'd have a hard time with that. I know that's the populist view, but I can't believe it's actually true. No doctor wants to deny a cure."

God:

"No individual doctor, that's true. But doctoring and politicking had become institutionalised, and it's the institutions that fight these things,

sometime very subtly, sometimes even unwittingly, but inevitably... because to those institutions it's a matter of survival.

And so, to give you just one very simple and obvious example, doctors in the West deny the healing efficacies of doctors in the East because to accept them, to admit that certain alternate modalities might just provide some healing, would be to tear at the very fabric of the institution as it has structured itself.

This is not malevolent, yet it is insidious. The profession doesn't do this because it is evil. It does it because it is scared."

As if this wasn't enough....

Doctors and drug companies have campaigned with some degree of success to lobby the European Commission to pass laws banning the sale of certain vitamins and supplements.

And if this isn't enough

'National Health Service told to abandon alternative medicine' front page headline The Times, England May 2006 . 13 scientists, who include some of the most eminent names in British Medicine have written to 476 primary care trusts (your GPs) demanding the withdrawal of alternative therapies on the NHS. They conclude in their letter that "At a time when the NHS is under intense pressure, patients, the public and the NHS are best served by using the available funds for treatments that are based on solid evidence."

Yet my father was encouraged to 'trial' many new cancer drugs during his illness that did not have solid evidence of cure or effective treatment, and this was OK because it was protected under the umbrella of scientific research!

The very research that fills many pockets with many millions of pounds and has no proven benefit to the patient!

What We Are Not Being Told

From 'Questioning Chemotherapy' by Ralph W Moss Ph.D :

"It amazes me how much of what passes for knowledge in cancer therapy turns out to be incomplete, inadequate, and anecdotal."

This book is a must read for anyone about to undergo or consider chemotherapy as a treatment for their cancer, as is his book "**The Cancer Industry**". **What you read will anger and upset you, and it will free you from the cultural hypnosis we have been subjected to by the drug cartels and the medical profession.** (It can be obtained from Amazon at little cost for a used copy). Shop at Amazon.com

More people are dying from the solid tumour cancers than ever before and they make up 90% of all cancers. These cancers e.g. breast, non-small cell lung, colon and rectal, skin, liver, pancreatic and bladder, have never been proved to be particularly responsive to chemotherapy and in fact it may do more harm.

- Drugs that kill transplantable tumours or cell lines have rarely been effective in humans. (Dr Gerald Dermer, The Immortal Cell).
- Risk of death is 21% higher for lung patients undergoing radiation than those not receiving radiation. (WDDTY: Cochrane Database Syst Rev)
- Doctors themselves will not undergo chemotherapy. A Canadian survey of doctors revealed that the vast majority would refuse chemotherapy as it was believed to be unacceptably toxic and largely ineffective. (WDDTY: BR J Cancer 1986)
- In a two year study of breast cancer patients, radiotherapy had killed 21% more women than it cured. (WDDTY: Lancet 2000)
- "There is no direct evidence that chemotherapy prolongs survival in patients with advanced carcinoma. May oncologists take it for granted that response to therapy prolongs survival, an opinion that is based on a fallacy and which is not supported by clinical studies". Dr Ulrich Abel, German Cancer Expert (WDDTY: Biomed Pharmacother 1992)
- A huge breast cancer survey concluded that 'adjuvant therapy' (chemo and radiation) did not increase overall cancer survival. (WDDTY: JAMA 1991)

- Oncologists look only at 'response' that is, shrinking the tumour, as a measure of success.
- Major chemo manufacturer Bristol Myers discloses that only 11% of patients taking one of their drugs had a complete response to the drugs; remission lasted on average about a year and patients survived on average only 2 years. And this is for the two major drugs given primarily for ovarian cancers which most responds to chemotherapy. (Physician's Desk Reference 1995)
- In the rush to be seen doing something about cancer, the US Food and Drug Administration has now officially sanctioned that new drugs for cancer can be fast-tracked on the market so long as they show they shrink tumours. There is no need to show that they lengthen the survival of cancer patients (BMJ 1996;312:886)
- "There is no survival disadvantage to leaving tumour cells alone and simply observing the patient". (Making the Right Choice)
- There is no evidence anywhere that combining radiotherapy with chemotherapy and surgery produces substantial gain in overall cures (RCS Pointon, ed, Radiotherapy in Malignant Disease)
- Breast cancer patients may be at risk of developing lung cancer after radiation. (Med Onc, 1994; 11) Some oncologists believe that the lung is especially sensitive to radiation damage which would tend to argue against high-dose radiotherapy for lung cancer. (Strahl und Onk 1995; 171)
- Tamoxifen, the 'miracle wonder drug' for breast cancer for the last 20 years was classified by the World Health Organisation in 1996 as a group 1 cancer causing agent! On 15th May 2002, the FDA issued an official warning against tamoxifen pointing to the "serious, life-threatening or fatal events" caused by the drug. It is still prescribed today!
- Radiation can weaken your heart and vessels around it causing narrowing of the arteries.
- In head and neck cancer, radiation can also injure the brain.
- **Professor Michael Baum, one of the physicians who set up the UK's £50 million a year breast screening service has since claimed that screening for breast cancer should be scrapped because it caused hundreds of healthy women to undergo risky, mutilating and unnecessary treatments. (Evening Standard, 10 December 2002).**

- Gary Hull, American health writer indicates that studies done at the Sloane-Kettering Institute in Manhattan found that a vitamin A derivative caused a remission in 80% of patients with leukaemia – with far greater results than among those receiving chemotherapy.
- It has finally been proven thirty years after Linus Pauling's claim that high-dose, intravenous vitamin C can kill cancer cells. Researchers have established that very high doses of the vitamin can selectively kill cancer cells while leaving alone healthy ones. Pathologists have confirmed these findings and say the cases identified prove a 'clinical plausibility' for Pauling's claims. (WDDTY Website: Canadian Ass Med Jr 2006)
- In a letter to the Lancet it was suggested that a particular form of breast cancer – ductal carcinoma in situ – may simply burn itself out in time. (Lancet 2002)

The following is an article taken from the website of *What Doctor's Don't Tell You* reads as follows: (for full articles visit www.wddty.co.uk)

Lung Cancer – EGFR Blockers

New so-called 'breakthrough drugs like Erlotinib block what are known as 'epidermal growth-factor receptors' (EGFR) and important intracellular signalling pathway involved in cancer growth. The spin is that they do not harm healthy cells whilst killing cancer cells Survival benefit: none when compared with a placebo over 10 months.

Breast Cancer – Taxanes

These are recent chemo drugs which attack the microtubules in tumours. Survival benefit: when combined with a 5-FU cocktail marginal improvement. Side effects are a lot worse than older chemo protocols and have no survival advantage over surgery.

Colon Cancer – Xeloda

Released in 2001 and hailed as a breakthrough, this drug simply metabolises in the body into a 5-FU. *Survival benefit: 13% for stage III patients, none for stage II patients.*

Irinotecan

This antineoplastic (anti-cancer) drug interferes with the growth of healthy cells as well as cancerous ones. Survival benefit: reduced doses give advanced cancer patients a further three months if they survive the drug. One American trial was suspended half way through because of a worrying number of deaths.

Cancers Responsive to Chemotherapy

The list of cancers responsive to chemotherapy in the 1990s was exactly the same as it was back in 1971 (researched by Dr Gordon Zubrod, a leader of the National Cancer Institute) and this after over \$50 billion dollars was spent on cancer research.

Extracted link from Dr Mercola's web newsletter 11th July 2006
By Liz Szabo, USA TODAY

Spiralling prices for new cancer therapies — up to \$10,000 a month for a single drug — are causing alarm among patients and insurance companies.

"These costs are out of control," says Fran Visco, president of the National Breast Cancer Coalition, which is planning a conference focused on drug costs in the fall. "We can't allow it to continue."

The cost of a cancer drug prescription rose nearly 16% last year, compared with 3% for other prescriptions, says a June report by Express Scripts, a pharmacy benefit manager. The average cost of a 30-day prescription for cancer drugs is now nearly \$1,600. The report does not include drugs given at a doctor's office, such as Avastin.

Barbara Brenner of Breast Cancer Action says she is especially troubled by the cost of Avastin, a newer drug used to treat colorectal cancer that now sells for about \$50,000 a year. That price could jump to \$100,000 if Avastin is approved to treat breast and lung cancers, because those tumours are treated with higher doses of the medication.

"It's really exploiting the desperation of people with a life-threatening illness," says Marcia Angell, former editor of *The New England Journal of Medicine*.

In the past decade, researchers have been enthusiastic about Avastin and other "targeted" therapies, which are designed to attack tumours while causing fewer side effects than conventional drugs. These therapies may give patients a few more months, but they are not a cure. Given those limitations, Angell and others question whether the drugs are worth the price.

Tarsha Echols, 34, a flight attendant in Memphis, began taking Herceptin last year to keep her breast cancer from returning. That was before her employer

cut her salary 35%. She plans to stop taking the drug Monday — a year early — because her health plan now requires her to pay 20% of her medical costs, or about \$800 a month. That's more than her rent. "I hope that whatever I've gotten so far is enough," she says.

Rising cancer costs affect all Americans, says Sharon Levine of The Permanente Medical Group of Kaiser Permanente, the country's largest non-profit health maintenance organization. Taxpayers absorb much of the bill because most cancer patients are covered by government insurance such as Medicare.

Drug industry leaders say they try to make sure patients get the drugs they need. Companies gave away more than \$8 billion in cash and products to poor or uninsured patients last year, according to the Pharmaceutical Research and Manufacturers of America.

Walter Moore, Genentech's vice president of government affairs, says profits help pay for research. "One can't be in business without returning a profit," he says. "To get the returns to be able to spend the money to do the things we want to do, we have to price the way we price."

IT IS TIME TO WAKE UP AND TAKE CONTROL OF YOUR HEALTH

The True Cause of Cancer

Does anybody really know the true cause of cancer? It is without doubt a proliferation of fast dividing cells that mutate, causing our immune systems to shut down at the flick of a switch and become harmful to our health running riot through our body. But what causes them to do this?

I have read many great works written by many great people each of whom believe with unrivalled passion in their belief of what really causes cancer.

I believe there are many potential causes of cancer, the most important being lifestyle, the type and quality of the food we eat, exposure to toxins, our outlook on life, how 'valuable' we feel to ourselves and others, how much stress we have in our life, how well we deal with our emotions and how well we can express ourselves. We need to start looking at all of these - like putting the pieces of a jigsaw puzzle together. Sadly the medical profession are so busy trying to find the next deadly drug with which to treat the symptoms of cancer they do not have the time to try and understand its origins.

We are finely tuned machines that have interconnecting parts; our bodies, our minds, our emotions and our spirit, all combined with how they interact with their external environment. Any or all of these interacting parts can influence the development of cancer, for it has been proven that we all have 'abnormal' and 'cancer' cells in our bodies all the time and tumours don't just appear out of nowhere. Some take years to grow to a size that can be identified by current diagnostic methods, and potential cancers are being dealt with by our bodies all the time, so how does cancer become cancer, how does a tumour become a tumour?

Our minds, our body, our spirit are all one with the environment and anything that disturbs the balance inside our body, mind, spirit or relationship with the environment promotes the development of cancer.

For a tumour to develop the cells of our bodies need to undergo some mutation. This can happen through:

1. An exposure to external toxins such as viruses, chemical and radiation, heavy metals rancid fats and parasites.
2. A compromised immune system which can no longer handle all the cancerous cells our body produces and it then takes root.
3. Poor circulation (blood, lymph) leading to 1 and 2 above

4. A sense of hopelessness, overwhelm, lack of purpose.

Remove the cause and you give your body a chance to heal itself.

Hulda Regehr Clark, Ph.D., N.D. in her book “**The Cure For All Cancers**”, another must read for anyone with cancer, says she has discovered that the true cause of cancer is a certain parasite, the human intestinal fluke, which is present in every cancer regardless of the type and set about producing evidence of 100 case studies before publishing her findings which show that it only takes days to be cured of cancer regardless of the type or how far it has progressed. This parasite is not new, it has been studied since at least 1925. Her belief is *Purge the Parasite, Cure The Cancer*, and her 100 case studies certainly support this.

Gilbert Ling in the 1950's worked on **cellular theories** as a possible explanation for the cause of cancer and the **Gerson Therapy** (more of this later) was based on this hypothesis. He believed that it was the sodium/potassium balance in the serum in which our cells live could explain why cells become damaged and deteriorate leading to degenerative diseases such as cancer, arthritis and heart disease. Freeman Cope adapted this theory in the 1970s and discovered degenerative diseases such as cancer begin when damaged cells lose the fight and become subsumed by the sodium that surrounds them. This theory is complex and rooted in advanced biology and many people have been successful in recovering from cancer using the Gerson Therapy.

Jean-Claude Maingay argues that all mechanisms of life are governed by **electromagnetic fields (EMFs)** and these can either be within the cells or outside of the cells. He believes that the structure and organisation of our cells can be distorted by low-energy EMFs and put this theory to the test on five different tumour-cell strains; breast, lung, colon, liver and kidney. His experiment was to determine if it was possible to destroy these cells by exposing them to pulsed EMFs. This experiment was successful over an exposure period of 48 hours, and the destructive process continued for another 72 hours after the EMF pulse was switch off. All the healthy cells remained unaffected.

Dr Ryke-Geerd Hamer, a German cancer surgeon believes in the **Conflict Theory**. Based on his work with 20,000 patients, Hamer noted that cancer seemed to attack one organ only and rarely spread to the surrounding tissue. A woman with cancer of the cervix for example would almost never have cancer of the uterus as well and he discovered that they had suffered a psychoemotional conflict that had never been resolved. Using x-rays taken of a patient's brain, he detected a dark shadow on the brain that correlated with the type of cancer in the body, and the type of unresolved conflict.

On the basis of these findings, Dr. Hamer suggests that when we are in a stressful conflict that is not resolved, the emotional reflex center in the brain which corresponds to the experienced emotion (e.g : anger, frustration, grief) will slowly break down. Each of these emotion centers are connected to a specific organ. When a center breaks down, it will start sending wrong information to the organ it controls, resulting in the formation of deformed cells in the tissues: cancer cells. He also suggests that metastases are not the SAME cancer spreading. It is the result of new conflicts that may well be brought on by the very stress of having cancer or of invasive and painful or nauseating therapies.

Dr. Hamer started including psychotherapy as an important part of the healing process and found that when the specific conflict was resolved, the cancer immediately stopped growing at a cellular level. The dark spot in the brain started to disappear. X-rays of the brain now showed a healing edema around the damaged emotional center as the brain tissue began to repair the afflicted point. There was once again normal communication between brain and body. A similar healing edema could also be seen around the now inactive cancer tissue. Eventually, the cancer would become encapsulated, discharged or dealt with by the natural action of the body. Diseased tissue would disappear and normal tissue would then again appear.

Recent research in Germany, Austria, France, the US and Denmark has confirmed Dr. Hamer's findings; that emotional conflicts create cancer, and solving the conflicts in question stops the cancer growth.

It is not all conflicts that result in cancer according to Hamer, it is only the unresolved ones. He believes that cancer need not be treated by drugs or radiation but with psychotherapy and conflict resolution.

I had the pleasure of seeing Dr Hamer at a cancer conference in 2004 and his theory whilst not supported by scientific evidence, can 20,000 case studies be wrong?

Lawrence LeShan is a believer in the **Psychotherapy Theory** (the role of the emotions as a cause of cancer) which draws a parallel between the disease, the patient's personality and life events.

He has been studying this since the early 1950s and has narrowed down the causes to personality and traumatic life events. As a result of this he has developed a form of psychotherapy that allows patients to re-energise themselves, find their creative passion and their self-expression. He regards cancer as a 'turning point', a 'call to arms' and an opportunity for the patient

to analyse what it is that stops them from living their life to the full in the true essence of who they are.

He has seen patients that undergo this therapy experience a regression in their tumours and their life expectancy increase way beyond the expectations of a patient with end stage cancer. Again, sadly like Dr Hamer his work is not born out by scientific evidence and his work has been the subject of much controversy.

Several studies have been done on mind-body theories that argue that when a person is not in control of their life or they are overwhelmed with a sense of helplessness they are more likely to develop cancer.

The first person to test this was David Spiegel, at the University School of Medicine in California in 1989 and demonstrated that women with late stage breast cancer doubled their survival rate when they took charge of their lives with psychotherapy (Lancet 1989; 2: 888-91)

Poor Nutrition

Clean up your lifestyle. Make some basic changes immediately. Eat only wholefoods, unprocessed foods - **that means nothing out of a tin or a packet** , (unless it is food stored or dried in its natural state), reduce the amount of meat you eat, remove all dairy immediately.

Figure out your **metabolic type** (more in depth on this later). This is the mainstay of the Kelley Cancer Diet which has worked for many cancer patients. You may need a high proportion of carbohydrates or you may need a high proportion of protein. This programme works with you as an individual.

Detox – more on these specific regimes for the cancer patient later.

Remove all unnecessary chemicals; toiletries, cleaning agents, chemicals in your home and garden. There are so many safer alternatives around.

Supplement your diet – there are some basic additions you can make (more about these later) and or work with a qualified nutritionist or metabolic typist or specialist in the field of alternative cancer treatments to find out what you are deficient in. We will never again I believe, acquire all the vitamins and minerals from food alone without buying organic and even then, they are transported from all over the world and subjected to many airborne chemicals in the transportation process.

For me it is evident that there is potentially more than one cause of cancer, although each could be an individual cause it is more likely a set of cofactors. If this were not the case then there would not be vegetarians with cancer, and there are, there would not be vegans with cancer and there are, there would not be meat eaters who are healthy, and there are. We would not have people with what is considered a 'bad diet' with perfect blood cells when looked at under a microscope and there are.

And we have evidence of spontaneous remissions which shows that patients who make a dramatic change in outlook cure their own cancer.

If your body is depleted of energy, if its inner terrain is compromised by toxins (poisons and chemicals) and your mind is depleted of all hope and passion then you will experience dis-ease.

The inner terrain of your body and mind will determine the level of your health.

So far I have shared with you the problems we are facing, how we are being deceived, and highlighted some crucial places of reference for you to research what is really going on behind the scenes of the medical profession.

Now comes the challenge for many of you.

I now share with you my experience, my views and my solution to cancer.

This is the section that will challenge your perceptions, open your mind; it may even cause you anger.

I ask you at all times to keep to the forefront of your mind that what I now share comes from the deepest intention of love. To assist you in making the right choices, to guide you to different approaches that could save your life.

Some of these choices are difficult; some are emotionally painful. Are you living your life to the standards and beliefs of others or do you really want to live?

Our Attitude to Our Health

It's time for some self-responsibility!

This may sound a little harsh to some of you but we cannot continue blaming something, or someone 'out there' for what is happening to us on the inside. Neither do I believe can we continue to place our lives solely in the hands of others.

Dis-ease is the result of overloading your body and or your mind with toxins and toxic thoughts and any disease you are experiencing is nothing more than your body trying to eliminate the toxins and the poisons, yet it does not have the energy to do so. And who is responsible for this overloading? You are. I understand that this has not always been done consciously, and sometimes done without the knowledge and understanding of what you were doing. Now is the time to end this. By the time you finish this book, there will be no excuses, so if we continue with the toxic behaviour we need to look deeper as to why this is.

Now I do truly understand that this concept of being responsible for everything that happens to us is a difficult one for most people to grasp, yet when you can really grasp it, it brings self-empowerment beyond imagination. It is not about apportioning blame; it is not condoning the behaviours of others. Having self-responsibility takes you out of the place of hopelessness and overwhelm and into the place of finding solutions and taking action. If we continue to feel that what we are and what we think is a direct result of the thoughts and actions of others, we will never feel that we can take control of our lives and **WE CAN**.

Every thought, every action has a consequence; we can choose our thoughts and we can choose our behaviours to bring about positive or negative consequences.

Which have you been choosing?

Which would you like to choose from here on?

The Body

Let us first take a look at how most of us behave and what we think in relation to our bodies. What do our bodies need in order to be vibrantly healthy, full of energy? What do our bodies consist of?

Our body is nothing but a bunch of cells. Every organ in our body is made up from cells. It makes sense then to ensure that these cells function at their optimum, for without this our bodies will deteriorate and die. We need to start working at a cellular level for a long and healthy life.

What are Cells and What Do They Do?

In very simplistic terms, they are the building blocks of life, the energy factories of the body. They are, in their various forms the powerhouses that keep us energised. They create the natural chemicals that feed our body and keep us alive.

The cells of the digestive system digest food and absorb it into the bloodstream; red blood cells carry life-sustaining oxygen to every region of the body; the cells of the kidney excrete potentially harmful waste products; the cells of the reproductive organs ensure perpetuation of the species; and the nervous and endocrine cells direct and control all other organ systems so they may best serve the body.

They give us sight, they give us sound, they give us taste, they give us our skin, they give us all our organs; our hearts, livers, kidney, pancreas, stomach, intestines, our brain, they are what we are made of. Therefore it makes good sense to love and nurture them so they can do their job.

This Begs the Question, How Do I Give Them All They Need?

In order to keep us alive they need:

Oxygen
Water
Good nutrition
Healthy, positive thoughts
The right individual alkaline environment

What do most of us give them? – the seven cell destroyers of

Sugar
Alcohol
Drugs, prescription and over the counter
Vinegar
Caffeine
Tobacco
Salt
Plus 'dead' processed foods

1. Oxygen

We can survive days without water. We can survive weeks, months without food.

Most of us cannot survive more than a couple of minutes without oxygen.

This is the number one commodity that keeps us alive.

Breathing

When you yawn, it is the body's way of getting more oxygen into the cells to create energy. When you are healthy on all levels you have boundless energy. You cannot have energy with poor levels of oxygen in your bloodstream.

For the most part we do not breathe properly. I will guarantee that whilst you are reading this book, you are not breathing in the appropriate way to get oxygen into your body to help it perform to its maximum ability. You will probably only be using 1/8 of your lung capacity with what is called shallow, upper chest breathing. This is where most of us spend our time when breathing.

We can improve the amount of oxygen that gets into our cells through movement, exercise and breathing techniques, and there are many ways this can be done.

Diaphragmatic Breathing is the most efficient way of increasing the amount of oxygen into your cells. When you watch a baby breathe, you will see that on the in breath their lower lungs protrude (it almost looks as though it is their stomachs), and when they breathe out their lower lungs contract. This is proper diaphragmatic breathing.

As we have got older we have reversed this process and as you are breathing notice how as you inhale your lower lungs (diaphragm) go in and possibly your shoulders rise as well and when you breathe out they move outwards and downwards. This is upper chest breathing and will guarantee that the least amount of oxygen will reach your cells.

It really is as simple as this. And for the most part you can do this while sitting at your computer or standing in the supermarket queue without making a big show of it. **YOU HAVE TO IMPROVE THE QUALITY OF YOUR BREATHING TO BE HEALTHY.**

If you have a cancer diagnosis it is very likely that your lymph system, the system that eliminates the waste from your body is sluggish and not working effectively. Unlike the circulatory system that has a pump and valves to push our blood around our body, the lymph system has no such help and relies on two things to move around the body, exercise (movement) and deep diaphragmatic breathing.

Whenever you feel sluggish, or lacking in energy, 10mins of deep diaphragmatic breathing will create a huge shift in your energy levels.

Now you may well know this on an intellectual level, **BUT ARE YOU DOING IT?**

WELLNESS IS ABOUT TAKING ACTION . NOBODY CAN BREATHE FOR YOU. YOU ARE RESPONSIBLE FOR THE QUALITY OF YOUR BREATHING.

Aerobic Exercise

Aerobic Exercise is another way to increase the oxygen levels in your body. Now this does not mean you need to spend hours in the gym but aerobic exercise is crucial to your health.

Aerobic exercise simply means a form of exercise that increases your heart rate, this could be speed walking, cycling or swimming at a rate that makes you breathe faster and harder.

Now I appreciate that some of you may not at this moment in time be in a position to get out on a bike or go swimming or have the ability for lots of walking, but I am sure if you are in this position, you will be able to do the diaphragmatic breathing.

Now you may well know this on an intellectual level, **BUT ARE YOU DOING IT.**

ChiKung

Movement and exercise have always existed in the Chinese culture. The earliest reference we have to special 'dances' for warding off illness date from the period of the legendary Yellow Emperor, Huang Ti, who reigned perhaps as early as 2700 BC. And certainly by the 6th century BC scholars had already begun to classify various methods of exercise and breathing techniques for maintaining health - some of which may be depicted in jade carvings dating from this time. Later, during what is known by historians as the



Warring States Period, 480-222 BC. we find the emergence of what are called Tao Yin (daoyin) disciplines, again special exercises for health that may, in part at least, have been derived from the much earlier era of the Yellow Emperor.

Tao Yin means 'guiding and inducing' - guiding and inducing the flow of chi around the body. At the same time, special breathing techniques combined with meditation were also being introduced by the Taoist philosophers. These techniques, they claimed, were effective not only in the treatment of certain illnesses but also in the prevention of disease. It is important to understand that in those times a philosopher was also someone who meditated and probably also practiced medicine. All these subjects were linked, making up what we would today term an 'holistic' approach.

Chi Kung is an exercise system from China that combines stillness, or gentle movement, with calm regular breathing. Meditations for healing the mind, body and spirit. Although there are many different styles of chi kung, the movements themselves are usually easy to learn. The challenge comes from coordinating these with the correct way of breathing. When this is achieved, the body's natural vitality (chi) is circulated far more efficiently than would normally be the case. With daily practice, therefore, chi kung can strengthen the overall state of health and increase resistance to illness.

Chi means 'life energy'. There are sources of chi both within the body and outside the body, the sun, moon, stars trees and animals and we can tap into that energy to create healing. Kung means 'work', how you work with the energy (chi).

It is a way of using posture movement breathing meditation visualisation and conscious intent to cleanse or purify, accumulate and circulate the life energy to get it where it is needed. If there is illness or imbalance there are places of too much or too little chi.

Chi Kung uses mind and posture to regulate chi so that it is released from the blocked areas and the flow is released. You use your body to regulate the flow of life energy, gaining control of normally unconscious biological processes.

Chi Kung is not to be used instead of any other treatment but rather alongside. Even the Chinese do not use these techniques alone but alongside herbs and acupuncture.

The ideal times to practise is the hours of the 'living breath', which is midnight – noon. Early in the morning is the springtime of the day where the seed of what you do will bear fruit. As early as possible in the morning is a good although the ideal is around sunrise 6.00am

I purchased a wonderful series of tapes '*The Way of Chi Kung*' by Ken Cohen, (Sounds True Audio) Shop at Amazon.com which includes: Healing the Body postures and breathing techniques; Therapeutic Chi Kung for addressing individual health needs; Balancing the Emotions techniques and Spiritual Chi Kung. Some of these techniques could be done from your bed if standing or movement is a challenge for you.

2. Water

After oxygen, water is the second most important commodity that a body and its cells need for optimum health, and it is not just the volume but the quality as well.

The cells of our body love nothing more than to bathe in good quality water, just as perhaps you love to bathe in a nurturing, warm bath.

Our body is made up of 70% water, therefore it makes sense to maintain this balance of water in the body and we can only do this by drinking it. **Now we are talking water here not fluids.** Alcohol does not count. Coffee and tea (unless they are herbal) do not count, sugary drinks do not count, fizzy drinks do not count. Fruit juices as good as they are, do not count.

Water is the number one way to cleanse the body; it is absolutely vital for a healthy life, without enough good quality water we dehydrate, dry up, both on the inside and the outside.

When you feel thirsty, this is your body telling you that you need to take on some water. Our bodies start to dehydrate however, way before we feel this need for a drink so it is important to keep a steady intake throughout the day. The recommended quantity is 6-8 8oz glasses a day (1-2 litres). A headache is a sign that you are dehydrated; tiredness is a sign that you need to take on more water: are you constipated? All these can be remedied by drinking more water.

The quality of the water is just as important as the quantity. If you are doing an alternative cancer therapy there are clear guidelines as to which water you are to use. Standard tap water can be full of chemicals, oestrogen's, and other peoples eliminated medicines. Pure, unadulterated water is a must to regain your health and to maintain your health.

Choose bottled mineral water with a low sodium content, at least buy some form of filter jug or under the sink filtration system if you cannot afford a full reverse-osmosis system which filters all harmful bacteria, chemicals, oestrogen's etc. or a distillation unit. You can buy purified water at the chemists for the detox regimes (more on this later).

During my time 'doing cancer' I came across the works of Mr Masaru Emoto, and I strongly recommend you read some of his books on the relationship between our thoughts and our words and the impact they have on water.

To put it very simplistically, from his work we are provided with factual evidence, that human vibrational energy: thoughts, words, ideas and music affect the molecular structure of water, the very same water that comprises over 70% of a mature human body and covers the same amount of our planet. Water is the very source of all life on this planet, the quality and integrity of it is vital to all forms of life. The body is very much like a sponge and is composed of trillions of chambers called cells that hold liquid.

The quality of our life is directly connected to the quality of our water.

Mr Emoto has taken samples of water from a variety of places such as the Fountain in Lourdes, France, thought by many to have healing properties and the Japan Shimanto River, referred to as the last clean stream in Japan. He has taken pictures of the crystalline structures of the water and compared them to water samples taken from highly polluted lakes such as Biwako Lake in the centre of Japan and Yodo River in Japan which flows through most of the major cities in Kasai; with startling results.

He also experimented with the effects that music had on the structure of water. After seeing how the structure reacted to different environmental conditions, pollution and music he and his colleagues decided to see how thoughts and words affected the formation of untreated distilled water crystals, using words typed onto paper and taping them on glass bottles over night. The same procedure was performed using the names of deceased persons such as Mother Teresa and Adolph Hitler. These results were even more startling.

The results of all the experiments showed how highly responsive the water crystals were to every one of our emotions and thoughts. It is quite clear that water takes on the vibration and energy of it's environment, whether toxic and polluted or naturally pristine.

If we can change the structure of water crystals with our thoughts and emotions, we can positively heal and transform ourselves, and our planet by the thoughts we choose to think and the ways in which we put those thoughts into practice.

Now you may well know this on an intellectual level, **BUT ARE YOU DOING IT.**

I strongly recommend you research the work of Mr Emoto starting with his book "*The Message From Water*". If you are not in a position to be able to

buy this book, then you can get a synopsis by logging onto http://www.life.enthusiast.com/twilight/research_emoto.htm

3. Good Nutrition

Have you heard the expression “You are what you eat”!

Well I regret to tell you that you are. You and only you are responsible for what you eat. In this regard you and only you are responsible for the state of your health.

Now again I understand this may be because of lack of knowledge but this will not be the case after reading this book and following the signposts of research. There will be no excuses.

Good nutrition is the third commodity your body needs for perfect health. We are now learning that damage from free radicals can be prevented and even reversed if there are sufficient concentrations in the body of free radical scavengers, called antioxidants.

If most of what you eat has no or little nutritional value it will not provide your body with the fuel it requires to function at its optimum level. If you are experiencing cancer right now **STOP EATING PROCESSED AND LIFELESS FOODS WITH IMMEDIATE EFFECT.** Even if you are undergoing conventional treatment of chemotherapy or radiotherapy **THESE DEAD FOODS ARE MAKING YOU SICKER, at this time your body needs foods full of life and energy to help with the onslaught of these treatments. STOP EATING MCDONALDS, ADDITIVES, PRESERVATIVES, CHEMICALS, CRISPS, SUGARY FOODS, BISCUITS, STODGY PUDDINGS. CANCER LOVES THEM.**

Visit http://www.mercola.com/2000/oct/8/sugar_cancer.htm

If I knew as much about this when my Dad was ill, maybe we could have had a different outcome.

If you want to feel ‘alive’ then you must eat ‘living’ foods. Foods which contain water, natural sugars, vitamins and minerals (fruits, vegetables, grasses, your body can assimilate these at a much faster rate and take all the goodness it needs to be vibrant and healthy.

How you cook your food is of equal importance as to the quality. Did you know that a microwave kills 90% of the nutrients in vegetables. Boiling, frying and roasting are another great way to destroy any value your food may have had.

Whilst 40,000 years ago as a species we had not started cooking foods, and ate everything in its raw state, as a species we have also evolved on a cellular level in the last 40,000 years and raw food is not the best food for everyone. **“One man’s food is another man’s poison”, “one man’s acidity is another man’s alkalinity”.**

I will continue to stress that you are an individual. Nobody has a body the same as yours. No one will have the same nutritional deficiencies, requirements or biochemical make up. To this aim I strongly recommend you find a practitioner certified in Metabolic Typing. (I refer to this again in 'my solution').

So I am not going to tell you that you as an individual must eat everything raw as I do not know anything about you or your biochemical make up, although certainly eating a proportion of your food raw will be of benefit, your biochemical make up may prefer to have lightly steamed food instead.

HOWEVER, NO MATTER WHAT YOUR ‘TYPE’, GET YOURSELF A STEAMER TOMORROW AND START STEAMING YOUR VEGETABLES INSTEAD OF KILLING THEM IN A SAUCEPAN, A MICROWAVE , A DEEP FAT FRYER, A FRYING PAN OR A ROASTING DISH.

You do not need to purchase an expensive electric steamer, Your local shop/hardware store will I am sure have one at a very reasonable price. Not only will you be loving your body by giving it food in a form that still has nutritional value, you will, I guarantee, notice a difference in the flavour of your food.

You can start immediately by adding in more of the following, these can then be modified when you know what are the best foods for you.

Vegetables	Fruits
Onions all Leeks Broccoli Mustard Greens Brussell Sprouts Sweet peppers Hot peppers Cauliflower Yams Squash Eggplant Cabbage Sauerkraut Lettuce (romaine hearts) Kale Collard greens Chard Okra Turnips Beets Asparagus Artichokes Spinach Carrots (juice only) Celery Avocadoes Olives Mushrooms (shitake & maitake) Radish Garlic Ginger	Lemons Limes Grapefruit Tangerines Pineapple Grapes Apples Pears Plums Apricots Nectarines Peaches Berries Cherries Melon (honeydew)
	Green Food / Grasses
	Chlorella Broccoli Sprouts Spirulina Wheatgrass Barley Grass
	Vegetable Juices
	All

BUY YOURSELF A JUICER. Juices are the best and quickest way to get all the nutrients into your body. Juice according to your metabolic type. 'One man's juice is another man's poison'.

Buy the best masticating juicer you can afford, you will get more from your vegetables and fruits than with a centrafrugal juicer. But don't get hung up on this, buy the best you can afford it will be better than none. Even better, ask everyone you know who normally buys you a Christmas present to club together early and buy you a good juicer. Look on e-bay: the costs of juicers have come down considerably in the last 10 years.

I was very fortunate to have my best friend's mum Olive buy me the Champion Juicer, it was at that time the 2nd best ever juice for cancer therapy. I still use it today.

Now you may well know this on an intellectual level, **BUT ARE YOU DOING IT?**

STOP THESE SELF DESTRUCTIVE HABITS – YOU KNOW THE ONES I MEAN – FIND A WAYWINNERS DO WHATEVER IT TAKES....

Smoking

It is a well known scientific fact that smoking causes cancer in smokers.

It is a well known scientific fact that smoking causes cancer in smokers and non- smokers.

It is a well known scientific fact that you cannot be healthy and smoke. You CAN give up smoking – find a way.

Alcohol

Alcohol kills your cells, inhibits digestion, it irritates and alters your blood composition and destroys the oxygen in your brain.

If there is another substance that is just as useless and poisonous to your body as nicotine - it is alcohol. You cannot be healthy and drink alcohol.

Having been a dancer since the age of 5 drinking alcohol was not something I did very often I would fall over (not professional when you are been paid for your skill) however I was partial to the odd glass of wine and was horrified when I was instructed to give even that up. It was red wine, that's good for you isn't it?

As my naturopath Dr Callebout said to me, 'when you are well and your body is in a better condition to deal with this poison, for that is all it is, you do what ever you wish. If you want to put alcohol into your body you can, it is simply a matter of choice, but whilst your body is so depleted of goodness and energy, why would you want to assist in your demise?'. I just sat there're looking at him, for I had no logical answer.

Bear in mind I was also smoking at this point too! Strong words, painful words, but I needed to hear them and so do you.

Caffeine

Caffeine is another substance that brings nothing of value to your body, in fact it is an acid forming substance. We have been socially conditioned into drinking tea and coffee – **GIVE IT UP except for green tea**, (more about the properties of green tea later).

What about decaffeinated tea and coffee?

Now there is a strong argument that the chemicals involved in the decaffeinating process are more harmful and carcinogenic (cancer causing) than the negative effects of caffeine.

During my cancer programme which you will read about later in the book, you will notice that against most of the information you will read about alternative cancer principles, decaffeinated coffee was re-introduced into my diet, much to a squeal of delight from me at the beginning, and when I asked why, it was simply that my blood works had shown Dr Callebout that it functioned better with it than without it? **So I want to stress here again, that you are an individual, with your own set of rules for optimum internal operation so to speak.** Strangely though, now I was allowed to drink it I didn't want it. So if you must drink coffee, drink organic decaffeinated coffee WITHOUT MILK, (more about dairy later).

There is no better tea for a person with Cancer than Organic Japanese Green Tea. An acquired taste for some, and it is interesting how quickly we can acquire a taste for something that has the potential to save our life. Now I would not be without it and I have been a model for many of my friends who have now, thankfully, also acquired the taste.

Sugar

What sugar can do to the state of our body and mind is sickening. It is yet another useless and poisonous substance that has no value to us whatsoever.

There is a great deal of research around the link between sugar and cancer, and in fact to the state of our health in general. **CANCER CELLS THRIVE ON SUGAR.** By using more sugar, the cancer cells produce lactic acid, which seems to help the body produce new blood vessels that carry a fresh supply of blood to the tumour to help it grow. This in turn can help the cancer to spread.

Sugar also weakens the immune system and increases insulin, which causes cells to reproduce quickly. This can contribute to a more rapid growth of the cancer. It has been connected with the development of cancer of the breast,

ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach. * **Doctors have known about this for 75 years and have never told you!**

REMOVE ALL SUGARS (apart from naturally occurring ones and even reduce the quantity of these) FROM YOUR DIET WITH IMMEDIATE EFFECT. IT IS CONTRIBUTING TO YOUR LACK OF HEALTH IN SO MANY WAYS FROM ALCOHOLISM TO OBESITY, ARTHRITIS TO ALZHEIMERS NOT FORGETTING YOUR CANCER.

Visit http://www.mercola.com/2000/oct/8/sugar_cancer.htm and http://www.mercola.com/article/sugar/dangers_of_sugar.htm *

Now you may well know this on an intellectual level, **BUT ARE YOU DOING IT?**

Before I move onto the fourth in the list of what our cells need in order to be healthy, I cannot leave this section on nutrition without spending time on three more important areas of your diet, the three areas that are possibly the most debated.

Remember, you will find research and information that supports both arguments for and against. Below is just a brief synopsis of my beliefs around these topics.

Dairy

If you want to be healthy, you must give up milk and dairy products NOW.

We have again been socially hypnotised into believing that milk is good for us and we need milk to meet our body's calcium requirements.

Some of us are 'young' enough to remember being given free milk at school and the media are always telling us how good milk is for us even though a high proportion of the population are actually lactose intolerant or who react to casein, a milk protein. There are numerous studies that link milk to a whole range of diseases and the allergies people have to it can be the cause of gas, bloating, diarrhoea, headaches, constipation, runny nose, sinusitis, mental depression, abdominal pain and cramps.

Milk and dairy products also create a lining on the walls of your stomach and intestines preventing the absorption of vitamins and minerals. I remember hearing on many occasions when I was younger, the old saying before people went out on a drinking session, "have a pint of milk to line your

stomach” how true this is! Your digestive system will not be able to absorb all the nutrients from the now healthy food you will be consuming.

Apart from this, in order to have the products to the consumer as quickly as possible, cows are given growth hormones to reduce the time it takes to get them to develop and sex hormones to control their birth rates. Calves now typically grow from 100 pounds to 1000 pounds in 2 years thanks to the levels of growth hormones they are subjected to.

These, along with pesticide residues are transferred to us through the drinking of milk and eating milk by products.

And unless you are buying free range or organic products, the cows themselves are kept in inhumane conditions where they do not have clean bedding, or a clean place to rest. They are kept indoors in confined spaces that are at best only cleaned out twice a year, helping to facilitate the spread of disease.

We are the only mammals on this planet that consume the milk and by products of another species. It is not known exactly when we started to consume milk and dairy products but irrespective of this, how did we get our calcium needs met prior to this because for most of our evolution we have successfully managed to do this, or is that we don't actually need as much calcium as we are led to believe?

There are many vegetables, which if eaten regularly will keep us topped up with a much safer form of calcium such as kale, eggs, spinach, broccoli, flax seed and nuts.

If you are drinking milk and eating dairy products and you have cancer - THINK AGAIN. THEY ARE OBSTRUCTING YOUR RECOVERY.

(Look out for the chapter on Dairy from my good friend Eric Edmeades' book 'The Human Diet'. www.thehumandiet.com

Meat

The great debate. To be, or not to be a vegetarian. Is it healthier?

There are many advocates on both sides of this fence, and many change their opinion over periods of time.

There are those who argue that we are not and should never be meat eaters, who believe that every time we ingest animal flesh we are overloading our

bodies with horrendous consequences, that our evolution is that of fruits, vegetables, seeds and nuts which is what our digestive systems are designed for, that we do not have the tools with which to rip into and grind animal flesh, that our teeth are for the most part flat and rounded not sharp and spear like as those of other meat eating species, and maybe they are right.

But we know from evolution that man used to go out and hunt animals for food. Could it be though, that back in our evolution the meat that was caught was of a much better quality than it is now. It was natural meat, i.e. meat not fed with mass produced artificial foods as they are now and given growth hormones or carrying the residue of pesticides.

I know several vegetarians who have gone back to eating meat, but only of a certain kind and quality and feel better than they did when they excluded it from their diet.

If you take into account the work published by Dr. Peter J.D'Adamo, "Eat Right For Your Blood Type", it would seem that we are not all meant to be vegetarians, and that for certain blood types, meat is indeed beneficial for their biochemical make up: namely types B, AB and O. The only blood type he recommends be a true vegetarian is Type A. Now interestingly enough I am Type A and yet my metabolic typing, blood work and various tests during my cancer programme illustrated the need and requirement of my body to have meat, but again only certain meats and of course not any that was mass produced, or subjected to all the things I have mentioned above.

This is also true of Fish. If you are a fish-eating vegetarian, then you are just as much at risk when the fish you eat has been farmed. Farmed fish (which is most of the fish on the market) is fed with artificial, chemical inclusive, preservative inclusive, additive inclusive foods. Tinned tuna is full of mercury.

Where we go wrong possibly, is the quantity of meat or fish protein that we eat. If you were to weigh the chicken thighs, or the chicken quarter or the amount of meat you pile onto your plate for Sunday lunch you will be surprised. The average steak is 8oz, invariably more.

To say we should all be one thing or another is ludicrous. As I continue to stress throughout this book, we are all individuals with individual needs. Find what works best for you and your biochemical makeup. If you must eat meat, resolve to eat only grass fed animals and make sure that your fish is fresh, wild or organic.

Unhealthy Fats And Oils

Another topic which must be covered here and another that is under constant debate is the subject of what is a 'good' fat and what is a 'bad' fat.

Our bodies need fats for many functions. They are essential for weight management, energy, for the health of our heart, our immune system, our digestive system and our brain function for example. WHAT IS IMPORTANT IS THE QUALITY AND QUANTITY OF THE FATS WE INGEST.

Every New Year a lot of us resolve to eat better and to avoid all those goodies that are laden with saturated fats, from full fat cheese and butter to extra fat on our meat. These fats have long been condemned by governments and food experts as the guilty scapegoat for why we have cancer and heart disease.

However, on examining the evidence, it appears that a reasonable amount of saturated fat along with the essential oils, namely Omega 3,6 in the daily diet may be essential for health and longevity – preventing cancer, heart disease and osteoporosis.

Essential Oils

The Essential Oils or Omega 3 and 6 are a must for a healthy diet and the world's foremost expert on this matter is Dr Udo Erasmus (www.udoersmus.com) who had devoted his life to this study, and is author of the must read *"Fats That Heal, Fats That Kill"*. In an interview with Positive Health Magazine he states:

"If you get cancer and you want to take a natural approach to reversing cancer, frying is out, refined oils are out, margarines are out, sugar is out, the hard fats are out, and the only thing you should get is oils rich in essential fatty acids, minimally processed, unrefined with the minor ingredients still in them and rich in omega-3s. And that's standard for degenerative diseases – cardiovascular, multiple sclerosis, cancer and diabetes. The reason why is because essential fatty acids make platelets less sticky, lower blood pressure, lower the other main risk factors for cardiovascular disease, and are required for insulin function. While some other factors are required for immune function, essential fatty acids are required for cell membrane integrity, are required for oxidation rate or oxygen metabolism, metabolic rate, stamina and energy levels. That is important in health."

In his reply to the question "Do you have any experience with using essential fatty acids for cancer? he states:

“Yes. The natural treatments for cancer that work best take about two years to reverse the cancer. It takes about 3-6 months for the tumour to regress, to disappear, but the detoxification that needs to happen takes longer, because cancer is the end stage of a body toxicity and just because the tumour is gone doesn’t mean that the toxicity is gone.”

Saturated Fats

Saturated fats come mostly from animals but are also found in tropical oils like palm and coconut oils. We have ingested saturated fats since the beginning of time and saturated fatty acids are found in breast milk and are essential for infants and toddlers.

Saturated fats cushion and provide energy to the kidneys. People with a deficiency of saturated fats in their white blood cells eventually show a decline in immune function.

Over 60 years ago, Cleveland Dentist Weston A. Price became intrigued as to why it was that children living in isolated regions exhibited physical near perfection whilst the American children in his practice suffered from all manner of ailments.

Further analysis revealed that the native diets included 10 times more the amounts of fat-soluble vitamins A and D, found only in animal fats, organ meats, fish, eggs and shellfish. These vitamins are essential for healthy bones and preventing birth defects and for the prevention of diseases such as colon cancer and multiple sclerosis.

Scientists such as Linus Pauling (the pioneer of Vitamin C therapy for cancer) have long known that while the consumption of saturated fats has declined, heart disease has continued to soar so how can they be to blame? Why do people in Puerto Rico who ingest high amounts of animal fats in their diet have such a low incidence of breast and colon cancer – diseases supposedly linked to saturated fats (Cancer Res. 1975;35:3265-71)?

Another scientist Dr Enig found that contrary to popular belief supposedly ‘good fats’ – polyunsaturated fats from vegetable oils (corn, safflower etc) appear to predispose people to cancer. When she published her findings in 1978 she was the first to point the finger at trans fats, made by ‘hydrogenation’ where hydrogen is added to a liquid vegetable oil to turn it into a solid. In fact it is only now that steps are being taken to remove these harmful fats from our food supply, 25 years later!

Indeed when I did my cancer therapy all such solid fats were disallowed, the only ‘solid’ fat that I could have if I felt I really could not do without was organic butter.

The real culprits are the trans fats which raise 'bad' cholesterol in the blood and lower the 'good' cholesterol..

Polyunsaturates also have evidence of damage as they go rancid easily on exposure to air, heat and light causing them to oxidise causing them to form cell-damaging free radicals.

A study of more than 60,000 Swedish women aged 46-70 found that polyunsaturated fats are associated with an increased incidence of breast cancer, while saturated fats are not (Arch Intern Med. 1998;158:41-5).

A follow-up study of the Swedish Malmö Diet and Cancer Study which studied the fat intake of 28,000 middle-aged people for five years, observed no ill effects of a high saturated-fats intake in either men or women. (J Intern Med, 2005;258:153-65).

Excerpts from WWDTY Vol 16 Issue 10

Again maybe the issue here is more in relation to the quantity and the quality of the fats we ingest not just the types of fats.

The Importance of Nutritional Supplements

For many reasons, our food today is sorely lacking in vital vitamins and minerals. How our food is transported, stored, processed and prepared removes most of our food's nutritional value.

Much of our food is grown in soil depleted of crucial minerals. Research between organic and non-organic food shows as much as 2000% difference in some of the nutrients, and your average supermarket tomato today tastes nothing like the ones we grew in our garden at home 25 years ago. Sadly, most of the food that is available today is not of the same quality as it was 100 years ago.

Today our food simply does not contain the nutrients our body requires to keep it healthy and full of vitality and energy. Even if you were able to obtain your food from natural sources the chances are that you would still not obtain all of the necessary nutrients from your food, particularly if you have a health challenge. There are a few reasons for this:

- The genetic requirements of each individual are different.
- Our busy lifestyles make it challenging for us to eat healthily on a daily basis particularly if we travel a lot, spend time away from home etc.

- If your health is challenged then the chances are your ability to assimilate your food is also challenged in which case you will need to eat an awful lot of food to get what your body needs and if the food is already depleted of nutrients then you need to supplement.

No matter what the government says, the increase in degenerative diseases clearly highlights that we are not getting enough nutrients from food alone to combat the growing onslaught of man made chemicals and toxins.

Good quality supplements have a lot to offer (and you can be assured there are a lot of bad quality supplements available which is why I will always recommend you work with a practitioner who will know which ones to use for you).

- They can help you meet your daily nutritional requirements
- They can compensate for deficiencies
- They can support weak systems within our bodies
- They can help you overcome food aversions.

There is little doubt in my mind that taking supplements can be good for you, just be sure you are taking the right ones for you.

In order to know what are the right ones for you, I strongly suggest you consult with someone certified in Metabolic Typing. Whilst Hippocrates may be well known for the saying “let food be your medicine, let medicine be your food”, we must remember, “one man’s food is a another man’s poison”, and the same applies to supplements. For example potassium can either create an alkaline or acid effect depending on whether you are an “autonomic dominant” person or an “oxidative person”. There is no one diet that suits all, and we must find what works best for us. Metabolic Typing is the only way we can do this (more on this and explanations of the different types later in the book).

In Conclusion

Every system in your body is affected by nutrients or the lack of nutrients. The more you assimilate the easier it is for your body to heal. But they are expensive I hear you cry, and yes good quality ones are. Please do not waste your money on the 2 for 1 offer, or anything that has a 75% discount. You do get what you pay for in the market of supplements.

Good quality ones may be expensive, but expensive compared to what? Give up your cigarettes which are killing you, give up excessive alcohol which is killing you and spend the money more wisely on products that will support your health.

4. Healthy Positive Thoughts

Using the Power of Your Mind

When I refer to healthy positive thoughts, and using the power of the mind, this goes way beyond 'being positive' or 'positive thinking'. Sadly in my own family just this year we lost a lovely young lady to cancer, only 30 years of age, married with two small children. When talking to her family, we were told that 'she is remaining positive throughout her treatment', yet in the next sentence we were told that she was planning her funeral, had booked her bed in the local hospice and her children were undergoing counselling.

I have nothing but love for my family and.....

YOU CANNOT BE POSITIVE ABOUT A SUCCESSFUL OUTCOME WHILST DOING ALL OF THE ABOVE.

THE SUBCONSCIOUS MIND NEEDS CONSISTENT, PERSISTENT MESSAGES AND INSTRUCTIONS TO FOLLOW.

YOU NEED TO GET A GRASP OF THE UNLIMITED ABILITY OF THE MIND TO CREATE WHAT IT FOCUSES ON.

WHAT ARE YOU FOCUSING ON YOUR FUNERAL OR YOUR RECOVERY?

Again, these comments may seem harsh, but they are written to maybe jolt you into some ACTION. There are many books out there on the real power of the mind. BUY THEM AND READ THEM. I strongly recommend you visit www.learnmindpower.com this is the website of John Kehoe who is also author of the book *Mind Power into the 21st Century*. He is a truly inspirational man who really does walk the talk.

A person's state of mind is just as important as what goes into their body and most doctors completely ignore this fact.

You need to learn how to use your mind as a tool to attract what you want.

Ever since Norman Cousins famously laughed away his ankylosing spondylitis by watching Laurel and Hardy films, the interest in the way our

minds can affect our illness has grown. Today thousands of patients all across the globe survive cancer without drugs many having benefited from a range of therapies that concentrate on the mind and the emotions.

I am going to spend a fair bit of time on this section so you can really grasp how important it is that you understand, particularly if you have a diagnosis of cancer, that you need to spend more time focusing on your inner world to create your outer world. The human mind has some interesting intricacies that can influence and affect the things that happen to us in our life.

What I share with you here is some of the teachings and concepts of John Kehoe, because he explains things in every day language using every day analogies that people can understand. And, because he is a master in his field. He has studied and used these principles for 25 years. *If you want to learn anything, learn from a master or one who has actually improved their life with what they are sharing.*

In order to work with the power of the mind you need to grasp the concept that everything you see in your reality is made up of vibrations of energy. The computer you are looking at, or the paper these words are written on are made up of vibrations of energy, the seat you are sitting on is made up of vibrational energy, everything in the physical universe is made up of vibrational energy, even your cells are made up of vibrational energy. Everything is constructed of the same energy force, it just vibrates at different levels in its manifestation. Science has proved this to be the case.

Our thoughts too are made up of vibrations of energy. Our thoughts are the most dynamic and powerful substance in the entire universe and when you begin to think a thought over and over and over again and you begin to imprint it on the conscious level, what happens is it begins to make an imprint into the subconscious and once it begins to imprint there it is like a tuning fork, attracting things to you, the people, the circumstances, the events that match the images that you have within.

Perhaps here we need to look at the concept that we have more than one mind. Most people believe that we have two minds, the conscious and the unconscious. If the mind is the brain, then technically we have only one mind but it has several functions.

You have very real power to create and manifest once you understand the dynamics of consciousness and physical reality and you begin to train and practice with the natural powers that we have all been born with. It has not been reserved for the 'special few' or the 'chosen ones'. It is an ability we all have, it just takes practise.

Everything in our life is happening on two levels, we live simultaneously in two worlds, the outer world, the events, happenings, situations, circumstances, and the inner world, the world of our beliefs, thoughts and reactions. The conscious and the subconscious.

Right now you are reading this in the inner world and you are reading this in the outer world. The outer world which consists of the computer or paper you are reading, the seat you are sitting on, the room you are in, the things you can maybe see as you look out of the window. In the inner world you are also here because hopefully I have your interest but if you were to lose interest in what you are reading, whilst you may very well remain here in the outer world, in the inner world you could have gone off to an entirely different place, maybe the supermarket for your weekly shop, or some tropical island where you have planned your holiday, or something that happened to you earlier, or you are planning to do tomorrow.

We do this all the time. We go to different places in the inner world. For example how many times have you driven somewhere and not remembered the journey (a little dangerous but we do it). If you really want to master and understand the power of the mind you must understand the difference between the outer world and the inner world.

You can affect your outcome in anything by using the power of the inner world, the subconscious mind.

Let me give you an example that I use on my training days. When needing people to get into groups I sometimes use the following strategy.

With the help of a volunteer, we each select group members based on certain criteria, normally the colour of the clothes they are wearing. They have no idea what this criteria is but they know that it is very important to be in my group, how, because I tell them. In the outer world, they are still sitting in the same environment, the only thing that has changed is they are watching a selection process. But, in their inner worlds their thoughts are completely different; why have I not been selected?, why doesn't she want me?, have I said something to upset her? am I not good enough to be in her group?. Also, as delegates are waiting to be picked their inner world is saying 'I hope she picks me', 'I don't want to be left till last that means I am not important or nice or good enough to be selected first'. Some are saying 'I don't think this is fair, I don't like this I'm not coming to her training again', or 'this is interesting, I wonder where this is going?'. As the delegates are being selected an entirely different thing is going on in their inner world. I know this because I have asked them at the end of the exercise.

In the delegate's inner world there is a lot of confusion, fear, apprehension. In my inner world another thing is going on. I am having a great time with the game, I am enjoying it, I know why I am selecting certain people.

This is what happens in our life, things happen to us in the outer world and we react to them in the inner world. Your boss praises you for the work you have just done and offers you a promotion or a raise. Something good happens to you in your outer world and you react in your inner world. You feel great. The exact opposite happens and you get fired. That happens in the outer world and in the inner world you react. You start to doubt yourself, worry, become fearful, your self esteem goes down. All that happened in the inner world.

You have a fight with your partner. That happens in the outer world and what happens, you react to it. 'OK the relationship's over, I don't even know why we are still together, it's a disaster'. Then you make up and suddenly you have a great relationship. For most of us we are constantly living in reaction to our outer world, because nobody has ever taught us that we live simultaneously in two worlds.

It is vital to your health that you understand this.

Your outer world need not dictate your inner world or your reality. Let me remind you ..

I was told in no uncertain terms that if I did not do as I was told, within 12 months the best I could hope for was that 'I wouldn't be very well and there would be nothing more they could do for me'!

In a letter dated 22 July 1996 between two consultants at the hospital to which I was referred stated

"I do not think this lady is facing up to her diagnosis very well".

Why did they think this ... because I was challenging their model of the world, their ideas around health and treatment, I was not willing to play their game therefore there was something WRONG WITH ME.

In another letter from the oncologist to my consultant dated 26th July 1996, the comments read ...

"Unfortunately since the time of her diagnosis back in June, by the time we see her there will be at least seven to eight weeks delay by the time we start the adjuvant treatment which really is not going to help her".

In my inner world of thought and beliefs they could not have been further from the truth, in my inner world I was safe and I had time to continue my research in alternative cancer treatments. **WHERE YOUR FOCUS GOES ENERGY FLOWS.**

This was part of the outer world I was faced with, and I guess maybe part of yours too.

Running parallel with the outer world with regards to your nutrition is the inner world of your thoughts and beliefs. This is where I guarantee you there is work that needs to be done.

We can get completely overwhelmed by the outer world, when things are going well we feel great, when things are going bad we feel down. If in the outer world somebody tells you that there isn't anything that can be done for you and you take this into your inner world, then the chances are that there isn't, because you run it around in your inner world, over and over and over and over and over and over and over and over again, imprinting it into your subconscious because you believe this to be true, it becomes part of your vibration and as a result you stop looking for things that can be done.

And as a result you have no power none.

You are caught like a puppet according to what the outer world is dictating to you.

Working with the power of the mind moves you from reaction into personal power.

Learn the dynamics of both the inner and outer world, they each have their own reality. For example, confidence does not exist in the outer world, confidence is part of the inner world. Fear does not exist in the outer world. Happiness does not exist in the outer world. Euphoria does not exist in the outer world. There is no happiness in the outer world yet everyone is searching for happiness. Happiness is created in the inner world - you will not find it in the outer world.

Through training and practice we learn to distinguish between these two different worlds. We learn how to use one to create and manifest in the other.

Everything in the universe is governed by laws. The law of gravity says that when I throw something into the air it is going to come down. The tides of the ocean ebb and flow twice every day by the attraction of the moon. You can predict where the tide of any ocean is going to be at any time of any day

because it is governed by laws. The speed of sound is 750 miles per hour, and it always travels at 750 miles per hour not just when it feels like it, not when it's in the right mood for it, it's a law.

Everything is governed by laws except of course things that happen to us!!!! That's all luck, good luck and bad luck; some people are just Lucky. Does it really make sense that everything in this universe is governed by laws and we are the one exception. Are we not in the universe too? We are not separate from the universe acting upon it from afar, we are part of the universe. Then I strongly suspect that there are laws that govern what happens to us in our life as well. Only we have never understood what they are.

One of the most important laws is that you are the cause of everything that happens to you, that you are it.

Now I don't know you and I do not know what is going on in your life and this may have raised some hackles and that it good, this means if you are open, you have the opportunity to make a major breakthrough in your thinking.

To get through this next bit I need you for the time being to let go of 'yes but what about people who are abused as children, what about famine and the starving, what about the people who died in 9/11 (US) or 7/7 (UK)'. What I want you to think about in this section is **you**. And what I am saying is that you are the cause of what is going on in your life.

Who you are is an accumulation of all the experiences, all the thoughts, all the beliefs, all the reactions in your life. These have built within you a vibration of energy that has brought you to where and who you are today. And life is always responding to you according to your vibration and energy.

My Jayne Harvey vibrational energy creates my Jayne Harvey experiences. We are the vibrational frequency that attracts vibrational energy to us. And it is hard for us to understand this and it is not always easy to understand these things because we like to believe that our lives do not have anything to do with us. Here is 'me' over here.... and there is 'my life' over there, and why is it following me around, it has nothing to do with me..... You can never run away from yourself.

Your life is a reflection of you. It is a hard pill to swallow, to accept that we are the cause of everything that happens to us. Especially if things are not going well for us, especially around the area of our health or our finances or our relationships. **As soon as you can accept it and not necessarily understand it, what happens isit gives you power.**

It gives you an immense amount of power. And if this is right and you are the cause of everything that happens to you, then you have the power to do it differently. This is the best news you could receive.

One of my outcomes of this book is that you take this and work with it to create positive changes in your life, by letting go of old concepts and beliefs that are no longer serving you and bringing about your desires.

Stop doing and thinking the things that do not bring you all you wish for and deserve. Start doing things differently.

One of the most impotent beliefs we have is that our life is nothing to do with us, that it just happens abstractly.

Science is constantly letting go of its most cherished concepts and beliefs as new information comes to it. It has no problem throwing out old models when new information comes to light. For example for many years mankind believed that the earth was the centre of the solar system; that the sun revolved around the earth. (That was after they let go of the concept that the earth was flat.) And they believed these to be so, simply because it appeared to be so.

Just like it appears to us that it is luck, or fate or chance that things happen to us and yes that's the way it APPEARS to our senses.

In the 16th Century it was proved that the earth actually revolves around the sun and I guess that you all believe this too, and yet have you once seen this planet move? Yet every time you look up and you see the sun in a different place, so you believe it even though it defies your senses. It makes no sense but you believe it.

Believing something that defies your senses sets a precedent and I ask you to believe that you are the cause of the things that are happening to you. That you are a vibration effect that is causing everything to happen to you. Once you can get over the bitter pill, you can begin to move with such personal power you can create and manifest in ways you could not imagine.

What Einstein is really saying is that we live in a universe of cause and effect.

Einstein's most famous equation of $E=mc^2$ is an explanation of energy and matter. He is saying that energy and matter are constants, that if something appears to disappear it really transposes and reappears in a different dimension. For example, you have some wood and you burn the wood. The wood disappears but as a result it creates heat and the amount of heat is

exactly proportionate to the amount and type of wood that is burned. It is all governed by laws.

You have a mouse running around in the forest and an owl sees the mouse and pounces on the mouse and eats it, no more mouse, but as a result of eating the mouse the owl gets to fly around. The owl gets to live as a result of eating the mouse. Einstein is saying that we live in a universe where there is cause and effect, where all is law. So if this is the type of universe we live in, what I would like to know is what is the effect of thinking thoughts? What are these very mysterious things called thoughts that are going on in our mind each and every day?

When thoughts are directed in the ways you are going to learn here, they are the most powerful substance you can be in possession of. But we never really get to understand this when our minds are confused, misdirected or out of control with a mish mash of thoughts.

The beginning of wisdom is when you realise that there is so much that you do not know.

When you start to study the power of the mind, you will quickly come to realise that there is a whole lot of stuff that we do not know about the mind.

The conscious mind is always active, always thinking thoughts, it never stops. You are either absorbing and processing new information, or you are thinking about something in the past or thinking about something in the future. Be aware of this - you are always active in your conscious mind.

The conscious mind is a great con artist. It tricks you, and it deceives you in a multitude of ways. Picture this scenario. A man is taken ill with bad stomach pains at work. He is rushed off to hospital, he is lying there in the hospital wondering 'I wonder what is wrong with me', and then as soon as the thought comes to him that maybe this is serious, there is so much pain it has to be serious, right? he begins imagining in his mind losing his job. He can see his boss telling him how sorry he is, but he has to let him go. The bills start coming in, the bank account is going into the red, his wife is having to go out and look for work while the neighbours look after the kids.

He acts out this whole scenario (does this sound familiar – you can take this into any area of your life), living it as if it is really happening to him now. What happens, the next day is he is sent home good as new, nothing wrong, maybe some indigestion. And he then carries on with his life as if none of that had happened.

But what was going on inside his mind to make him think like that? Think about this in your own life. How many times you have suffered and worried

needlessly over something that never happened to you? Our minds are like this, and our mind knows things about us that we have never told anybody. It knows our deepest inadequacies, our fears it knows everything about us and it likes to play with us the way a cat plays with a mouse. Your mind will take the greatest fear that you have and it will project it up to you and it will say 'guess what is going to happen to you'. So often our minds tell us things are going to happen to us and they don't.

So often our own mind lies to us. Tells us outright flagrant lies, so that we cannot believe what our own mind tells us. **If you can truly get this, this is the first step to personal power. You cannot always believe what your own mind tells you because your mind is a con artist, it will trick you, it will fool you it will deceive you.** From this point on we begin to doubt our doubts. **From this point we no longer have to listen to every single thing that it says because we can take control of your own mind right now.**

There is a lot of useless thought going on inside our minds. What do we mean by useless? Fear is a useless thought. Now there is role and place for fear in our lives, it can protect us, but most time is just stops us from being, doing and having what we truly desire and deserve. We are afraid to approach somebody that we don't know, we are afraid to try something new, afraid of what might happen to us in the future. There is a lot of fear in this consciousness. There is a lot of worry and anxiety in this consciousness. There is a lot of negativity in this consciousness.

Fear and anxiety compromise your immune system

Depression depresses your immune system

Happiness, contentment, laughter and joy stimulate your immune system

What is happening in our life is that we are living our life, our very important life, through a mechanism that is in constant motion, that is tricking us, lying to us, deceiving us and has all this useless thought going on inside it. That is the lens through which we view and perceive our world. And this is what is happening to our conscious mind without training. We have lost control.

You can get control of it. You begin to get control as soon as you awaken to the fact that this indeed is what is happening. Gaining power over your mind is the techniques, training and methods of gaining control of your consciousness.

One of the things you will learn as a student of mind power is eliminating all the negatives that are happening in your consciousness. Even the most positive person has a whole bunch of negatives going on. That is why mind power is so much more than just 'being positive'. You need to understand

that it makes no difference to the conscious mind whether you think constructive thoughts or destructive thoughts. It makes no difference to your mind whatsoever. It does, however make all the difference to you, it makes all the difference to your life, it makes all the difference to the things that are going to happen to you, but it makes no difference to your mind.

Your mind will simply work with whatever material is going through it

You need to really understand this and make diligent efforts to eliminate the negatives.

There are some very good totally independent techniques for eliminating negatives from the conscious mind and I mention just a few here. Research this wonderful thing we call our mind, read all you can find. Be an active participant in your healing.

Cut it Off

The instant that you recognise that you are thinking negative thoughts you just cut them off and insert a totally different thought into your mind. You don't argue with it, you don't analyse it you don't defend yourself against it. What you do is as soon as you recognise it as a negative thought is cut it off and insert a totally different thought into your mind. Don't even let it finish.

Label it

As you recognise a negative thought, you say to yourself: what is happening in me now is that I am experiencing "a negative thought" and you label it but you don't get caught up in it. When you can understand this principle you are 75% of the way of eliminating negatives from your life.

I want this to burn into your consciousness, I want you never to forget this:

NEGATIVES ONLY HAVE POWER OVER YOU IF YOU REACT TO THEM

If you cease to react to the negative it has no power over you.

Negatives get their power from you. When negativity comes to you and you turn it over and over and over in your mind – it has got you, it draws its power from you. **What you focus on grows.** If you cease to react to it, it has no power. So when the negative comes to you, you simply label it and say I am now experiencing a "negative thought". And you keep saying to yourself, 'it's only a negative thought, it's only a negative thought'. Depending on the size of the negative thought, and I'm guessing you may have some pretty big

ones, you just keep going until you no longer feel the need to react to it. It can have no more power other than what you give it.

Counteract the negative with the opposite

Whatever the negative is you counteract it with the exact opposite. When the thought comes to you that 'I am a worthless person', you counteract it with the exact opposite, 'I am a great person'. Whatever the negative is you counteract it with the exact opposite because the mind can only think one thought at a time. It might appear that you are thinking many thoughts at a time but really it is one after another, after another after another. If you take out the negative you are taking the power away from it.

What you are doing by using these techniques is cultivating the mind. Our mind is like a garden, and the weeds are the negatives and so we have to be the conscious and intelligent cultivator of our own garden. Our garden is like a very rich fertile inner field in which any seed that is planted, tendered, nourished and cultivated will grow and will produce and if we don't consciously get involved in cultivating it then it will begin to cultivate itself and by cultivating itself you end up with a lot of weeds, a lot of insecurities, a lot of issues and difficulties and that's the problem with society today, nobody has ever taught us how to cultivate our minds.

We've been taught that it is important to be positive, have positive thinking. This is not about being positive, this is about learning the dynamics of how reality unfolds, to realise the personal power you possess when you come to understand the nature of consciousness and the nature of the physical reality and you learn how to manifest in consciousness.

Your thoughts are pure energy, everything you see around you was once the subject of someone's imagination, and now here it is in front of you manifested into reality.

Make no mistake, your life will always very accurately reflect the condition of your inner garden. So if you have goals in your life that you want to achieve and you are not achieving them, if you have desires that you want fulfilled that are not being fulfilled, if your life is not unfolding perfectly and exactly the way you want it to, then what you do is ask, 'how have I been working in the inner world?'. 'What have I been seeding,?' Because this is your harvest. You only have to look at what is happening in your outer world to see what is happening in your inner world.

John says that if you have problems in your outer world, he 100% guarantees you have faulty beliefs and vibrations in the inner world and that is why the outer world is not manifesting the way you want it to.

You need to consciously work in the inner world. A lot of people are trying to work consciously in the inner world, trying to be positive, trying to do the right thing, trying to live a good life, they are really trying. Now that is fantastic and if you were at school you might get a little star, she/he really tried. But this whole concept of trying has built within it a concept of failure.

You don't TRY and get control of your conscious mind, you don't TRY and use mind power, you either do it or you don't, and if you don't, what happens is the consciousness will then run on its own. It will feed itself and you know what it will feed on, it will feed on your environment and if you have ever noticed the environment is very negatively oriented.

For example, take the media. (I wish somebody would). The more horrendous the headline, the greater the sales of the paper. "If it bleeds it leads." The news media is fixated on negative energy but for every negative item there are a thousand acts of love and kindness and generosity. Sadly they are not counted as news.

John tried to run a series of positive radio slots on New Zealand Radio, just one minute of time on a weekly basis with the help of a radio producer friend and they were to call them 'What's right in New Zealand this week'. When he came to work on the first slot, his producer friend told him that he could not run this slot because the journalists felt it would be too difficult to come up with anything positive to write about, not even one uplifting item a week.

Don't buy into all the negativity, move beyond it and create your own reality. You will either consciously feed this mechanism of your mind, or it will feed itself.

IF YOU WANT TO BE HEALTHY YOU MUST FOCUS ON MENTAL IMAGES OF YOU AS HEALTHY. YOU MUST SPEAK AS THOUGH YOU ARE HEALTHY.

How do we do this?

If a farmer wants a crop of wheat, he sows wheat seeds, if he wants a crop of barley, guess what, he sows barley seeds. There is nothing complicated about this so why do we miss it so badly in our own life. We really need to grasp that:

The conscious manifests the reality.

Most of us are not doing this, for example we say we want an abundance of money, we say we want financial freedom, yet we are constantly focusing on our 'lack', what we don't have, how expensive things are, about the bills coming in, we want abundance but our thoughts are on lack and limitation.

You say you would like to have a new job, something stimulating, creative and well paid but you constantly tell yourself how these jobs are impossible to find. You wish you could cure yourself of your illness and have abundant vigorous health and yet you are constantly thinking, dwelling, worrying about it, focusing on it ...where your focus goes energy flows.

Now you might say that you cannot go around thinking you are something that you are not; that is not realistic. Tell me, is this real? - when you feel fearful or anxious you have a 'feeling' somewhere in your body, normally around the solar plexus, and when you feel vibrant, confident you have a feeling somewhere else in your body. How can that be unless our thoughts are a real force, that they have their own vibrational frequency?

Life is always responding to you according to your vibrational energy.

There are some very powerful techniques on how to manifest and create in your consciousness. Here are a few of them.

Seeding

This is taking a thought, putting it into your mind and holding it there to the exclusion of all other thoughts. Sounds simple, and there are specific ways that you seed and you use your imagination. Your imagination is an incredible faculty.

If I was to ask you to imagine yourself riding a pink elephant naked, you can see that in your mind's eye. The mind can be led very easily. You can direct it, you can suggest to the mind. Seeding is working with a particular vibration of energy.

You can imagine yourself to be anything, and if you see it, feel it, hear the sounds connected to it and what people are saying, really get in touch with what it feels like to believe what it is you see, you will feel it in your body and you begin to imprint this into your subconscious mind. You are directing it, leading it, suggesting to it the outcome you desire, so that it can begin to manifest in your reality.

This is the secret of seeding. Whatever you seed into your mind, you seed it with the feeling that you already have the thing that you want, you already have it. You claim it in the inner world. It is a totally different vibrational energy to positive thinking. This does not mean that you walk around every day, saying 'I have perfect health', 'I am perfectly healthy'. This is an exercise that can take as little as five minutes during which time, whatever it is that you want, you feel the feeling, the vibration that you already have the thing that you want and you bathe yourself in this energy. When you have finished your exercise you let go of it.

Five minutes a day, when done daily is enough to begin to change the energy and vibration in you. You don't hope, you don't wish, you don't beg, you don't plead, you don't positive think you claim it as an absolute faith and certainty and you vibrate with that energy for five minutes.

There are two conditions with seeding, what you seed into your mind must always be seeded with the feeling, with the vibration that you already have it. And it must be seeded regularly. The power of persistence cannot be over emphasised when working with the power of the mind. Persistence is key.

Visualisation

These two techniques go hand in hand, they are two sides of the same coin. Seeding is the feeling, the vibration of what it is that you want and visualisation is the imaging of seeing what you want, it is your inner imaging. You project in the inner world whatever it is that you want to see happen to you in the outer world.

An example of this is a basketball team some of whose players were asked to practice their shots only in their mind, who created the same level of improvement as those who actually went to the gym and practiced for real. Now how is that possible? SIMPLE – by repeating the thoughts over and over and over and over again imprints them into the subconscious and once it is imprinted we can create it in our conscious reality. The subconscious assumed it knew how to do it so when it came time to do it the subconscious took over.

The implications of this go far beyond just sports training. They touch every single area of our life. **Dr Carl Simonlton** who works with cancer patients (**if you have not read his work this is another must read if you are challenged with cancer**), was the first to bring visualisation into the healing of cancer: he gets 3 to 4 times the cure rate of cancer by teaching patients visualisation techniques. You can imprint into the subconscious whatever you choose. It is incredibly receptive for you to programme it or for your culture and society to bombard it with negatives.

I know which one I chose

Which will you choose?

You Need to Take Control of Your Own Consciousness.

Whatever it is that you want, make a little picture of it. If you want to be more confident for example then you begin to visualise yourself as being confident.

NOT, wouldn't it be wonderful if I was confident. Imagine that you already are what you want to be.

Is it happening to you in your outer world at the time you are doing this exercise? No - otherwise you would not be doing it. But remember, we live simultaneously in two worlds, you are not limited in the inner world to your reality. You have to learn to step out of reality and go into the inner world creating and manifesting exactly what it is that you want. Living it as if it is already happening to you NOW. Not that it's going to happen, not that it will happen at some point in the future, it must be done in the NOW. I am not talking about living an illusion, in denial of your present reality, **I am talking about an exercise that takes 5 minutes which will begin to change the energy and vibration within you.**

When you have finished your exercise, let go of it and go about your daily business. Do not concern yourself in the beginning that you don't get the perfect 3d Technicolor images, they may be fuzzy, they may be out of focus, but every time you do it, it will become clearer, more real and more powerful. Think of it as going to a movie; now you know this is not real. Yet if it is a good movie, you can really get lost in it and before you know it, the lights are on and the curtains closed. You are not likely to be saying, wow what production value we are getting here, just look at the backlighting on that scene (unless of course it is something as fantastic as Lord of The Rings!). You are just lost in the movie, and this is exactly what you want to be doing in your visualisation.

The con artist part of your mind will often come and visit you while you are doing this because it knows it is not real, so you just tell it that for the next five minutes you are doing this whether it likes it or not. Sometimes it will feel that you are just going through the motions, but there will be moments of actual truth and these moments will build the more you do the exercise.

As with seeding, it must be done in the NOW and it must be repeated over and over and over and over and over and over to begin to imprint the new reality into your subconscious mind so that it knows what it has to do to create it.

Affirmations

You may have come across this technique before. They are short statements that you repeat to yourself over and over and over and over again. It is a simple statement of what it is that you want to have happen to you. It is not a full blown story or half a page long. For an affirmation it needs to be a mantra that you repeat to yourself over and over again.

I still have some affirmations that I printed out and put into picture frames 10 years ago hanging in my bathroom, which I read every time I am in there. My favourites are:

“Shoot for the moon, even if you miss it you will land in the stars”

“Learn to dance with life, coz it’s going to drag you out onto the dance floor whether you like it or not so you might as well learn some steps”

“Whatever it is, you can handle it.

What happens when you do this is the mind picks up on the rhythm of what it is you are saying to yourself. Your mind then starts thinking the same thoughts as those you are saying.

There are three things to remember when doing affirmations:

They must be short and simple. Maximum one sentence, ideally just one phrase i.e. abundant health, abundant health, abundant health. I still today use a tape produced by Dick Sutphen, called Radiant Health. The affirmations contained within this are very short statements repeated over and over again with the addition of something called RX Mind programming sounds. Positive radiant health is an ongoing quest and can never be taken for granted, even when you are well.

You always make a positive statement out of the affirmation. The subconscious mind for some reason (and we don’t really understand why yet) does not recognise a negative. For example you would not say, ‘I am not ill, I am not ill’. The mind only picks up ‘I am ill’. It needs to be ‘I am vibrantly healthy’. And you repeat it to yourself over and over and over and over again. In most cases you will be doing this internally. Why not do this in the supermarket queue instead of getting angry and frustrated.

I was reminded of this only recently when dealing with rotar cuff damage to my right shoulder, to the extent I could not get dressed, undressed, showered, or wash and dry my hair without lots of pain. I had not been able to exercise for 9 months and I was becoming very frustrated with it. It was pointed out to me that I was constantly referring to it as an ‘injured shoulder’. And it was getting worse. I had been to see a consultant for x-rays for structural damage, and blood tests for degenerative diseases.

I immediately changed my language and started referring to it as a ‘healing shoulder’ and within a matter of days there was a great deal of improvement, to the extent I am now back at yoga and all of my daily activities are pain free. This happened in only 6 weeks. You will notice that I do not refer to it

by saying 'I don't have an injured shoulder' because the don't (the negative) will not be picked up and all my mind would hear is 'I have an injured shoulder'. Does this make sense?

There are materials available to you to help you through guided instruction in the form of visualisation CDs. Do some research, find the ones that work for you.

The third feature of affirmations, and this one will surprise a lot of you who know of and have tried to use them, and it the most commonly misunderstood aspect of affirmations. It is crucial that you understand this next point, despite many books written to the opposite and they are wrong. Listen and learn from the masters such as John Kehoe who have lived this stuff for 25 years and helps millions of people with this.

YOU DON'T HAVE TO BELIEVE THEM. NEVER FORCE YOURSELF TO BELIEVE AN AFFIRMATION!!!

People who should be getting excellent results using affirmations don't, because they try to force themselves to believe it.

Now if you believe it, then that is great. But if you don't believe what you are saying to yourself – **IT DOESN'T MATTER.**

The subconscious mind needs clear, direct, persistent, consistent instructions to begin to imprint these new thoughts, to begin to change the vibration of energy, to begin to create change. This is what affirmations are doing.

You can affirm to yourself whatever it is you choose. You are not limited to reality. You could be saying to yourself, I have unlimited energy, I have vibrant health and the likelihood is this may not be your present reality but by simply by repeating the statement over and over and over again you naturally pick up the vibration of it. You can be doing this for most of the day, controlling the thoughts that are imprinted into your subconscious, or you can allow it to feed itself with fear, worry, anxiety, doubt. In fact if you are limiting yourself to your personal reality then you haven't fully understood exactly what mind power is.

You should always be affirming positive outcomes to yourself; health, abundance, success, wealth. They can be done in a traffic jam, they can be done in a queue (if you are reading this in the UK then you know how many times we can queue in a day,) and if you have a two hours wait to see your doctor/consultant, what a wasted opportunity to not do something so positive, that can change your reality, by not doing affirmations.

Nobody can affirm for you, not your wife, not your husband, your parents nor your children, not your best friend, not your boss. You and only you are the one that can do it. And the great thing about them is that nobody need know you are doing it!!!

I know which one I chose.

Which will you choose?

The 6 Laws of the Mind

1. Thoughts are Real Forces.

Every thought is a substance, a reality. Weak and scattered thoughts are weak and scattered forces, strong and concentrated thoughts are strong and concentrated forces. Every single thought is having an effect in your life.

2. The Mind is a Sending and Receiving Station of Thoughts

We are forever affecting the outside environment with our thoughts and the outside environment is forever affecting us by the thoughts of those around us. Have you ever noticed that when you are in a group of people having a good time and someone comes in who is feeling really depressed, they don't have to say anything, they just sit on the couch sending out their depressed energy and it is not too long before the mood of the whole room gets brought down. Because that person sends out the energy and we receive the energy.

And the reverse is also true, someone joins the group who is very excited about a project they are involved in and they're talking about it and their whole energy is one of excitement, you can't help yourself being lifted by this excitement.

Or you are feeling very stressed and frazzled and you find yourself in the company of somebody who is feeling really calm and peaceful which can be enough to change your vibration, because the mind is a sending and receiving station of thought.

If you are in a relationship or marriage, you are forever affecting your partner and they are forever affecting you by how they think.

3. The Law of Attraction

This law states that thoughts that are emotionalised become magnetised and attract similar and like thoughts.

Have you ever noticed that once you think a negative thought, all the other negative thoughts you have about anything come flooding to the surface and before you realise it, everything is wrong in your life. Thoughts that are emotionalised become magnetised and attract similar and like thoughts.

When you become angry, everything that bothers you and angers you comes to your mind. When you get upset everything that you are upset about comes to your mind. Have you ever noticed that when you are down you are reeaaally down.

Another must for everybody, well or ill is to watch 'The Secret' movie. It can be purchased from www.theseecret.com or it can be downloaded from this website and watched on your computer for only \$4.95. You will truly see the law of attraction working at its best. **And this 'secret' is available to everyone, not just a special few.**

4. The Law of Control

This law states that we have the power and ability to either entertain thoughts or dismiss them.

Therefore any negative thought that is persisting in your mind is only there because you are allowing it to be there. Do you know the old parable about the two monks?

There are two monks walking by the river and by this river is a very beautiful woman and she says "please will one of you kind monks carry me over the other side, the river is too wide and the current too swift". The two monks look at one another because they have taken a sacred vow to never even touch a woman.

Suddenly the older monk bent down, picked up the beautiful lady and carried her over the other side and the younger monk was flabbergasted, he could not believe it.

They carried on in silence for hours, not a word said between them. Four hours went by not a word sent between them until the younger monk could contain himself no longer and said to the older monk "how could you do that, how could you have carried her over to the other side". The older monk looked at him, surprised, and said "oh, are you still carrying her, I put her down four hours ago".

The question is, how much are you carrying around inside you that should have been put down a long time ago. How many regrets, how many failures, how many angers, how many resentments, roads not taken, problems and crises in the past are you still carrying around inside you. And how long are you going to carry this junk around? your whole life?

Any negative thought that is persisting in your mind is there because you are allowing it to be there. Because you have the power and ability to either entertain thoughts or dismiss them.

5. The Law of Insertion

This law states that we have the power and the ability to insert any thought of any type into our mind. It does not say that we must insert only those things that are real. It says we have the power to insert ANY thought of ANY type into our mind. And remember, thoughts are REAL FORCES.

Every day I insert into my mind thoughts of success, abundance, vibrant health, loving relationships, happiness, personal power, now sometimes I may need a little help on this and the greatest investment I ever made of a material item was my ipod. I have contained on this hundreds of hours of inspirational, motivational recordings which I listen to every morning when I am out walking at 6.00 am. Why? WELL WHY NOT?

I would much rather have these thoughts in my mind than those of poverty, lack, sickness, depression, failure. I would be a fool not to take advantage of this law and I can assure you I am now no fool. I have the power to insert any thought of any type into my mind to create a different reality.

I know which I chose.

Which will you choose?

6. The Law of Connection

This law states that the inner world and outer world are connected. They are not separate from each other. We know the outer world affects the inner world, it doesn't influence it, it DOMINATES it, it overwhelms it. Now you know this is nothing new, but because these two worlds are so closely connected, not only does the outer influence the inner but the inner can influence and dominate the outer world. But you only get to experience this when you cease constantly reacting to the outer world.

Let us be clear about this inner world stuff. I am not saying that you deny what is going on in the outer world, what's happening in your life is very real, it's not about denial or ignoring what is happening, that could be very

dangerous. What this means is you have to have the ability to cease reacting constantly to it.

You must have every day, 10 or 15 or 20 or 30 minutes of time where you 'create' a different reality, when you are doing your mind power exercises. You are either creating the reality you desire or you are holding it back by your thoughts. Even 5 minutes a day if you were to do it every day has the power to begin transforming your life.

What is important to you in your life right now? The fact that you have purchased this book gives me a clue that it could be something to do with your health, but you are not limited to just health using these exercises.

You are either attracting these things to you or you are repelling them with your thoughts now.

******* THERE IS NO INBETWEEN – IT IS ONE OR THE OTHER *******

You need to move beyond what is happening in your life right now – don't get stuck in your present reality – work towards creating a new one. You are not limited in the inner world, you can create in the inner world whatever it is that you chose.

You can step out of the 'real world' and go into your mind and start living, feeling, seeing, hearing, vibrating with exactly what it is that you want.

And you do this again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again and again do you get the picture!!

**Get up 30 minutes earlier, turn off the wretched TV 30 minutes earlier
FIND THE TIME.**

Can you begin to feel the difference between hoping, wishing, praying, positive thinking and working with the power of the mind in a very systematic way? And if you have, as I did, a very judgemental consultant against anything non-medical, the great part is, he won't even know what you are doing.

You are going to have fun with this system.

Sadly these techniques can work against you just as easily as they work for you. We know this because this has been happening most of your life. So many people are living very desperate lives because they don't understand the role that thoughts and beliefs play in what happens to them. Their inner world is full of poverty, lack, sickness, despair, worthlessness, they run these programs on a daily basis. Whatever you imprint into your subconscious mind over and over and over and over again will take root. We can imprint into our subconscious whatever it is we desire. That is where our personal power comes from.

Another thing about the subconscious that is so fascinating is that we have an inner guide that will guide and direct us flawlessly in every single step of our life. There is nothing that you cannot get perfect answers to. The perfect answer and solution exists now within you.

You want to know what to do with your life?your subconscious knows.

It is important that each of us wakes up and begins to live our life with power and vision and understanding because we are a great and marvellous creation, we are unique and we can do anything. We can learn a musical instrument, we can learn any craft or trade, we can become an expert in any subject by devoting ourselves to it. We have total free will to create our life in whatever way we choose, all it takes is courage and vision.

We have unlimited power at our disposal, the power of thought. Everyday we wake up we wake up with unlimited power at our disposal. Nobody tells you how to think, nobody tells you what to think. Nobody knocks on your door or calls you up and says "Hi Jayne, here are your thoughts for today", you choose them. And thoughts are real forces.

There is no problem too difficult when you have personal power and you do have personal power.

When working with the power of the mind what you are doing is awakening your own natural powers to be used for the benefit of yourself and for the benefit of others.

There are also a host of specialists working in the field of the role of the mind in the recovery from cancer.

Dr. Ruth Bollentino, a former cancer patient trained and works with Dr **Lawrence LeShan**.

Visit www.cancerasaturningpoint.org

Dr John Diamond, a pioneering figure in alternative and holistic medicine with over 45 years of research and clinical practice on the interrelatedness and interdependence for the inseparable triune of the body, mind and spirit. Visit www.diamondcentre.net

Lothar Hirneise, author of the book '**Chemotherapy cures cancer, and the world is flat**', has research on more than 100 alternative cancer therapies.

He believes that cancer is not a problem it is a solution created by the body in reaction to a problem, that in the course of our evolution our bodies have created tumours in order to survive. In his experience if patients track down the cause of their cancer and truly want to change, even those at death's door can heal. Visit www.healingcancernaturally.com

Klauss Pertl, is course director of **The MindStore System** in Germany which provides participants with mental tools to boost self-belief, creativity and confidence to succeed and enjoy life to the full. Visit www.mindstore.com

Christine Reulback, practitioner in Synergetic Therapy believes that through Synergetics, the immune defence can start activating itself to heal through deep relaxation during which people can access their neuronal connections, patterns and network in terms of 'inner imagery reprocessing' to experience them emotionally and bodily and thereby change them in a 'synergetic way'. This means everybody is capable of altering their own health.

Visit www.learnmindpower.com and research this in greater detail. Buy and read as many books as you can afford. Buy and listen to as many CDs as you can afford or not, the choice is yours

Other subliminal mind programming/self hypnosis products are available from:

www.subliminal-power.com/?afl20005
www.tophermorrison.com

I know which I chose.

Which will you choose?

The Solution - The Journey

Introduction

They say there is a defining moment or event in everyone's life, a moment that changes everything. I was never sure if I believed that because there were many moments that had shaped my character, my personality, my beliefs and my values since the moment I came into the world, some consciously some unconsciously.

For example, the day I was born and removed from the loving arms of my mother, rushed into hospital at 5 hours old, for fear of my death, where I stayed for many months on my own. I was born a 'blue baby' or a rhesus baby to use the medical term. A baby whose blood from its parents become toxic and poisonous when combined in the second and any preceding babies¹, at worst resulting in death, at best they said, resulting in a permanent mental or physical disability; Taking the stabilisers off my bike; or the day I tried to tell my mum I was being sexually abused and she dismissed the notion out of hand; Passing my driving test first time; Climbing my first tree; Getting my first job; or the day I stood in front of a magistrate awaiting a possible custodial sentence for simply protecting my property.....

These, or one of several others could be considered a defining moment or event, and I guess each one was, in its own way, until one Sunday morning as I was relaxing on the sofa, I leant across my body to pick up my mug of coffee and there was a sharp stabbing pain, just like I had been pricked with a needle.

I was starting a new job the next day. I had been out of work for three months since closing my business, it wasn't the ideal job, in fact it was the only one I had been offered, but it would at least remove some of the financial strain. I should have been happy, yet I found myself asking the question "what has driven me yet again to settle for less than I wanted, less than I knew I could have?"

The Beginning

The lump hurt, that was good news wasn't it? I had only shared my findings with a couple of people, my sister Linda, because she had undergone an investigation for a breast lump in her twenties, and a friend who was a nurse. Granted, neither of them were specialists in the field of breast lumps, but rumour had it that malignant lumps didn't hurt, so they did their best to

¹ Modern medicine & technology now allows for this to be corrected whilst the baby is still in the womb .

reassure me. It hurt, so it must be a cyst, probably an infected one. Yet I knew, somehow I just knew, there was more to this than an infected cyst.

This sense of knowing came from such a deep place within me that I could not explain it to anyone. It wasn't a case of my 'looking on the dark side' or 'being pessimistic'. It was the second time in the space of a few short months I had felt this sense of certainty.

A few Months Previously...

I had been thinking about taking an evening class, but I had no idea in what subject. It was on the 'to do' list I had created in the December of 1995. My dearest friend Suzanne had come back to England from South Africa to visit her family and had called me on a Saturday night. Minutes into the conversation after being asked how I was, I burst into tears. I went over to her house and we sat in the dining room that evening and for the first time in a long time, somebody asked me what I wanted instead of telling me what I should do.

I sat with four pieces of paper in front of me, one headed 'what makes me happy', another, 'what is making me unhappy' a third, 'what I need to do' and a fourth, 'things I would like to do'. This was a simple technique she had used when facing challenging times and had found it very helpful. As I sat at the dining table, the tears just kept flowing as I could not find anything to put on the 'what makes me happy' list. Had the locum GP I had visited to get some sleeping tablets when my father was terminally ill with cancer been right, was I suffering with clinical depression? I didn't know who I was any more.

The 'what makes me unhappy list' was filling up nicely, mainly connected to my business, and it was that night the decision to close it was made. All the evidence I needed was right there in front of me, in black and white. Why had I started it in the first place? Because everybody told me I should! I had been made redundant from a small company selling promotional gifts, you know the kind of thing, pens, mugs, calendars, diaries etc, all printed with company names and logos. Everybody around me said I should start my own company as I had a few large orders in the pipeline for the coming Christmas, and so my promotional gift business was born. Had I really enjoyed the work before the redundancy, no! However I managed to keep a business I wasn't enjoying running for 2½ years. Why?

So, I headed into January 1996, a New Year, a new me, a new life. In between writing to clients, suppliers, Customs & Excise etc notifying them of the impending closure of my business and registering with recruitment agencies for full time employment, I scanned every leaflet, and every newspaper advertisement about up and coming evening classes at schools

and colleges within a 20 mile radius of where I lived, yet nothing caught my attention.

Should I learn another language maybe, Spanish possibly, possibly not. I had had a problem with English and French grammar when I was at school, would Spanish be any easier? Flower arranging, or even pottery? I hadn't considered myself to be what I called 'a girly girl', the lovely feminine kind, in pretty flowing dresses and skirts, with heels and handbags, to which I had associated these of activities. I was a trouser or jeans with boots girl. So these activities didn't appeal either. Massage, hair and beauty (more girly things), reflexology (what was that?) aerobics, badminton, keep fit, yoga (isn't that where you bend yourself into funny shapes!). The lists were extensive, the prices reasonable, around £50 - £70 per course, and since I was no longer in receipt of a regular income, this was an important factor to me, yet they held no attraction.

The end of January came, and whilst the 'to do list' around closing the business was completing nicely and my CV had been updated and registered with several recruitment agencies, I still had not managed to find a hobby or something new to learn. That was all about to change and I was to be taken on a journey of which I could have no comprehension of what was going to happen.

My local weekend paper was running a feature on women's health. I was captivated by a half page editorial on reflexology written by a lady called Priscilla (Cilla) Davies, who ran The Academy of Effective Reflexology. She made it sound quite intriguing, somehow magical, a healing art centuries of years old bringing relief to many people for many conditions. I called her the next day to find out more. I was hooked. The cost however made my jaw literally drop. One of those times you are glad there is not a camera around. It was to cost ten times more than any college course, yet I had this overwhelming sense of knowing, from deep within, that this was what I should be doing, and where I should be doing it. All rationale went out of the window, I could not justify the cost to myself, yet alone anyone else but I just had to do it. I thought I was going to learn how to help others, which of course I did, but I learnt so much more. Was I being guided? That is for us each as individuals to decide.

The course was broken down into weekend sessions every 2 months, with homework assignments and study in between. There were to be ten case studies, each receiving ten treatments and a written exam at the end of the study year. There was a payment plan (phew!), I could pay every other month when I attended the weekend sessions, and as I still had a little money in the bank after closing my business, this made it more manageable, at least to begin with.

If you believe that there are some people we meet in life that are sent to us for a specific purpose, (life's angels I call them) then you will understand when I say that Cilla, was one of those people, although I didn't fully comprehend this at the time. The first weekend of the course we were introduced to the concept that our body, our mind, our emotions and our spiritual selves are all interconnected, and that not one element stands alone. That if we had unresolved emotions or an inability to express our emotions, they didn't just disappear into thin air, they settled deep within the mind and the body, allowing the creation of dis-ease. We were also introduced to the concept that the emotional self was also identified in the feet as well as the physical. The concept that the emotional and the physical are interconnected seemed logical, but I was still a little sceptical. It was, at this first weekend session that we were instructed to buy a book written by an author I had never heard of, a lady by the name of Louise Hay, the book was called 'You Can Heal Your Life'.

I brought the book the following week; it was very easy to find in the bookstores, and started reading. Well I couldn't get past the first chapter without laughing (sorry Louise), what was this American woman on about. (I must say that since then, that copy has travelled around most of my friends and I cannot remember with whom it finally came to rest, dog eared, well read and worn out). Unbeknown to me, its relevance was to become apparent sooner than I could have possibly imagined.

My Initiation into the Medical World of Cancer

Following the discovery of the lump, with trepidation I made an appointment with my GP that week, this was March 1996. My regular GP was on leave so I was seen by a newly qualified young locum. His diagnosis was to wait for a month to see if it disappeared as it could have been hormone related to my monthly cycle, this despite my repeated statement that I did not get lumps, I got what I termed 'lumpy'. What I had found that Sunday was a definite hard lump like a dried pea.

This conversation was to be the beginning of my road to assertiveness, something that had eluded me many times in the past. I said I was not happy with this and wanted him to get a second opinion there and then. After much resistance he went to speak to a colleague. 15 minutes later he came back and said he was going to refer me for various tests and biopsies at a local hospital (which for reasons of anonymity I will call Hospital A).

I had started my new job at this point and did not mention any of this to my employers. I took 'sick' days for my hospital appointments. No point saying anything until there was something to say.

I had my first meeting with the breast specialist consultant surgeon on 26 April 1996, during which he noted that they felt like fibro adenomas and advised excision. I also had the first of my investigations on this day.

26 April 1996 - Fine Needle Aspiration.

This procedure involves using a thin hollow needle (18-22 gauge) attached to a syringe needle to draw out some cells and surrounding fluid from the suspected mass. The needle can be guided into the area of the abnormality by several methods. If the lump can be easily felt, the needle may be guided by palpation. Otherwise either ultrasound or X-ray imaging systems are used. Often this does not provide a clear answer and when cancer cells are found another type of biopsy is generally necessary, as was the case.

The result - inconclusive, but with a suspicion of malignancy. However it was only when I received a copy of my hospital notes did I discover that was partly due to the fact that the specimen was heavily blood stained and poorly preserved. Referred for mammogram and ultrasound.

8 May 1996 – Mammogram and Ultrasound

The mammogram procedure involves a specialised X-ray examination of the breast optimised to reveal breast pathology. It can be used both as a diagnostic tool for patients displaying symptoms and also as a screening tool for the general population.

The resulting mammogram is interpreted by a radiologist. This is a highly specialised task because many breast cancers may produce changes in the mammogram that are subtle and difficult to recognise. WDDTY ('What Doctors Don't Tell You' - details are in the signposting section) have written some very informative articles on mammograms and are a must read for anyone facing this examination. (Volume 3, No 10 – The mammogram myth)

The result - inconclusive. Why? "The breast is exceptionally dense, obliterating the majority of detail". Radiology Report 9 May 1996.

The ultrasound involved scanning using ultrasonography to examine the breast, and can give great detail, but there are conditions and organs to which it is well suited, and others which need different techniques in order to investigate them. The scan works rather like sonar does in detecting submarines under the water. A device rather like a microphone is pressed against the area being scanned, often using some jelly to improve the contact. This device sends out very high frequency sound waves which go into the area being examined, and bounce back when they hit an organ (like an echo bounces back when you shout across a valley).

This is all processed by a computer, which produces a map of the area being scanned, similar to a radar screen.

The Result - "The solid nodule was 1.3 x 1.2 x 1.7cm diameter with low internal echos and reasonable posterior acoustic enhancement. This is most likely a fibroadenoma (which transpired to be a Stage III aggressive malignant tumour). A smaller lesion of 1.0 cm diameter noted in upper quadrant, (which transpired to be metastatic malignancy)" no other comments made. Radiology Report 9 May 1996.

The final conclusion following all these investigations were that the consultant surgeon felt sure they were fibroadenomas and after much discussion with myself arranged for their surgical removal.

It was at this point I needed to tell my employer what was happening. I would not be able to hide the fact that I had undergone some form of surgery and so it was time to come clean.

I pretty much carried on as normal during these weeks/months, as much as a person can when awaiting such results. My employer was very supportive at this time as there was still no final conclusion. I was still also attending my reflexology classes and I told Cilla that I would be at the next weekend session in body but not too sure about mind, I explained that I had just undergone a lumpectomy of the breast and was in some discomfort. She was horrified that I had not mentioned any of this to her given her beliefs around natural healing and the power of the body to heal itself if supported in the correct way.

Throughout this time I was bombarded with other people's opinions of what I should do if the results demonstrated that I did indeed have cancer. Of course I would have a mastectomy and chemotherapy and whatever else was recommended wouldn't I? I had to if I wanted to survive. This was my only option wasn't it? I did not want to believe that, I only had bad references for this kind of treatment. A cousin had had breast cancer when I was much younger who had undergone this regime and I had vague memories of visiting a very poorly looking woman in hospital shortly before she died. I also remembered the effect this had on my uncle and cousins.

Then following a sabbatical to South Africa in 1991, I returned home in the June to a father who had been complaining of aches and pains and did not look too good. After much nagging from my mum, my sister and myself he went to his GP who referred him for a series of tests and x-rays with the heart breaking result of being told he had prostate cancer which had spread to his bones and that had been causing the pain in his back, shoulder and hip. He was told they would not be able to cure him, there was nothing they could do

to get rid of the cancer but they would do everything they could to slow it down to give him as much time as possible.

He died in March 1995. Tears fill my eyes as I remember his journey fraught with trials of new drugs, painful injections and radiotherapy. To see a once strong man writhe in pain after his treatments was really hard to bear. We saw his personality change with steroid use, and his body disintegrate before our eyes. He did not have a dignified death at all. Some of the nurses spoke about him as though he belonged in the gutter, as to what a waste of time it was bringing him onto a hospital ward after he was sent in for some respite by his GP, he was dying anyway and there was nothing they could do. In the last few days and nights we kept a vigil by his bed, I clearly remember stomping around the corridors late at night whilst my mum was sleeping in the chair next to his bed, insisting to the nurses that there must be something else. This couldn't be all there was to offer.

So, whilst I did not know exactly what I was going to do, I clearly knew what I was not going to do if I did get a diagnosis of cancer. I was too scared that I would die painfully. There are two reasons why people are motivated to do anything. They move towards pleasure or away from pain. This fear of pain and death was to drive me to find other ways to handle this situation.

20 June 1996 – Admission for Surgery

Open Excisional Surgical Biopsy (Lumpectomy). This procedure involves removing an entire lesion as well as a surrounding margin of normal appearing breast tissue. If the lesion is non-palpable (i.e. it cannot be readily seen or felt) it is first located through the process of needle-localisation using image-guidance. The surgery can be performed under non-general anaesthesia with intravenous sedation or local anaesthesia.

The result - CONCLUSIVE!! *“The larger lesion, specimen 2, firm oval nodule 4 x 3.5 x 2cms, shows a carcinoma of the breast with extensive central necrosis. Only a thin rim of viable tumour is present around the periphery of the mass and here it is a poorly differentiated tumour, grade 3 with numerous mitoses. Parts of the tumour around the periphery have an appearance suggestive of lobular carcinoma, but in other areas it has a more ductal pattern, so precise classification is difficult. Overall the ductal pattern is more prominent. Histology of the smaller specimen, specimen 1, 2 x 1.5 x 1cm, shows a lymph node with a deposit of metastatic poorly differentiated carcinoma similar to that in Specimen 2.”* Pathology Report 20 June 1996

27 June 1996 Appointment with Consultant Surgeon

It came as no surprise to me when I was told the news that I did indeed have cancer. The breast care nurse had been invited to the meeting for me to talk to afterwards if I decided I wanted to.

I had been introduced to the wonderful power of Bach Rescue Remedy and had taken quite a few drops prior to this and when I met my family in the car park they looked in much greater need than myself; my mum in particular. (You are only meant to have about 5 drops on the tongue I think every 3-4 hours, I had taken nearly the whole bottle but it helped me remain calm throughout that whole meeting).

My options as he saw them were laid out in front of me; a full mastectomy including removal of the lymph nodes followed by chemotherapy and radiotherapy. In a letter to my GP he states *"I have outlined the treatment options and advised her that she will be having chemotherapy and radiotherapy"*. Given that there was already metastasis to the lymph system an aggressive chemotherapy regime was the order of the day. **Where was my choice?** At this point I got my first sense of being swept along by other people's opinions, and how we can end up on the merry go round that has the potential to spin us out of any sense of control.

Within 48 hours of receiving my diagnosis I had also received a visit from the district nurse based at the Health Centre to offer empathy and support. (Bad news travels fast). I welcomed her in, much to her amazement with a barrage of questions such as how much support would I get from my Health Centre going down the alternative route, who would be the best GP to work with, what hospitals did she know of that integrated alternative therapies, what financial help could I get? Her support was endless, I am indebted to her for investigating every possibility for financial assistance, and where I could get support from within the medical profession.

I had gone back to my GP following diagnosis to see what support I would get from her should I not wish for orthodox treatment. Sadly I did not get a positive response and she felt I should go for the "belt and braces" approach and take everything that was offered to me! I realised at this point that I could not work with her on this. It was time to change my GP. This was just too serious to leave everything to chance.

Cilla had opened 2 doors for me in as much as recommending I subscribe to What Doctors Don't Tell You (WDDTY) and buying all the back issues relating to cancer in general, breast cancer and their treatments and putting me in touch with, a nutritionist on the South Coast from whom I purchased my first of thousands of supplements, namely Chlorella, Beres Drops, Vitamin C, Co Q10 and Mexican Yam. She told me she had heard of a Belgian Naturopath, Dr Callebout who was working with people with cancer using nutrition and detoxification and gave me his details.

From the back issues of WDDTY I read about another Naturopath, Dr Patrick Kingsley in Leicestershire who had been working with his mother who had a diagnosis of liver cancer. After the doctors gave up on her, he used the same principles as Dr Callebout - his mother is now well and healthy.

It was becoming clear to me that the options as described to me were not the only way to handle this situation and in fact they made so sense to me at all.

The Turning Point

I wanted to talk to someone who knew more about this than I did and so I made contact with both Dr. Kingsley and Dr. Callebout. Dr. Callebout returned by telephone call for an initial free conversation. He asked me lots of technical questions about the pathology of the cancer, none of which I could answer at that point as I had not been privy to that information. This was the very first time I had been asked what I wanted. I told him I was keen not to have orthodox treatment and felt there was another way, only I did not know exactly what. During that conversation I was told to buy 4 books, Questioning Chemotherapy (Dr Ralph Moss); Cancer Therapy, The Independent Consumer's Guide to Non-Toxic Treatment and Prevention (Dr Ralph Moss); Options, The Alternative Cancer Therapy Book (Richard Walters); and Heal Cancer (Dr Ruth Cilento). [Shop at Amazon.com](#)

Questioning Chemotherapy, Ralph W. Moss, Ph.D

“Questioning Chemotherapy” is 191 pages of well documented and reasoned arguments as to the need and efficacy of chemotherapy in every known cancer diagnosis, written by an American doctor who became so disillusioned by the practice and the marketing of toxic treatments for cancer he felt he had no choice but to ‘whistleblow’ his findings as a science writer at Memorial Sloan-Kettering Cancer Institute, one of America’s leading cancer institutions. As a result he was fired and in the 1980’s published his first book “The Cancer Syndrome”, which he then revised and republished in 1989 as “The Cancer Industry” – another chilling read. The aim here is not to re-write his findings, you can find details of his books in the resources section. I strongly recommend anybody who wants to know the truth about this treatment purchase these books and make their own decisions.

Here are some testimonials and information about these books.

“This is an excellent book written by an outstanding journalist. It contains a wealth of information both on the effects and side-effects of chemotherapy. Being committed to truth and not to wishful thinking, its conclusions may be sobering, but to know them is definitely in the interests of the patients.”

Ulrich Abel, PH.D., Biostatistician. Heidelberg/Mannheim Cancer Centre, Germany

“As a practising oncologist for the past fifteen years, I share many of Moss’s reservations about the value of chemotherapy in the adjuvant settings for which it is often employed. I think Questioning Chemotherapy should be

required reading for all medical, surgical and radiation oncologists. My admiration for Moss's energy, scholarship and courage in writing this book!"

M Rigdon Lentz MD

"As a chemist trained to interpret data, it is incomprehensible to me that physicians can ignore the clear evidence that chemotherapy does much, much more harm than good."

Alan C Nixon, PHD, past President. American Chemical Society

"An authoritative and comprehensive critique. While specific sites and drugs where chemotherapy works are few and far between, the book gives a complete report on them. And, unlike most medical texts, it also covers the many chemotherapies that don't work."

Irwin D. Bross, PhD., Former Director of Biostatistics. Roswell Park Memorial Institute For Cancer Research

Cancer Therapy, Ralph W. Moss, Ph.D

"The reader will learn the essence of every question that can be raised about cancer ... Brilliant and Lucid."

Alan C. Nixon, Ph.D., Past President, American Chemical Society

"Combining scholarship and readability, Moss comprehensively surveys innovative therapies. This book is a must for cancer patients and their families who want to be involved in their own treatment."

Samuel S. Epstein, M.D., Professor of Occupational and Environmental Medicine, University of Illinois at Chicago.

"For every patient who is told 'There is nothing that can be done for you,' read this book."

Patrick Quillin, Ph.D., R.D. Author, Healing Nutrients

Ralph W. Moss Ph.D is author of The Cancer Industry, Free Radical, A Real Choice and the award-winning PBS documentary The Cancer War. Pulitzer prize nominee Moss was assistant director of public affairs at memorial Sloan-Kettering Cancer Center. He is founding editor of The Cancer Chronicles.

Heal Cancer, Dr Ruth Cilento

In her book Dr Cilento presents clear evidence as to the cause of cancer and it is not a book of alternative therapies but a basic physiological way to

health. She explains why cancer happens and what we can do to help the mind, body and spirit fight it. In her book she documents many case histories from patient's records and research using her knowledge of nutrition, vitamins and minerals, management of stress, use of visual imagery, colour and counselling. Again reiterating that cancer needs to be tackled from all angles, not just the physical.

Dr Cilento graduated from Medicine and Surgery from Queensland University in 1949.

Options, The Alternative Cancer Therapy Book, Richard Walters

Options was written for people seeking a clearer understanding of the alternative therapies used in the treatment of cancer explaining how each treatment works and presents the scientific rationale underlying each method providing clinical documentation of the results.

July 1996 – Dr. Ettienne Callebout Enters my Life

And so having purchased and read most of the books, at the end of July 1996 I had my first meeting with Dr Callebout at his clinic with my sister Linda in tow for support. During this consultation I was asked many questions, not just about the cancer but also about me. He also asked me about any other health issues that I had had since I was born, had I ever taken oral contraceptives, did I smoke, was I still smoking, how many a day? Did I have high or low blood pressure, how was my digestive system? Did I succumb to frequent colds and flu, did I have cold hands and feet? What on earth was this to do with cancer?

He asked me what had been happening in my life in the years prior to finding the lump. There had been my father's death, closing the business, death of my best friend's father in a car crash, bad intimate relationships, tenants who failed to leave my house on return from South Africa leading to the threat of a prison sentence for removing them, and more. As I kept rattling off all the things that had happened, he looked up at me and said *"any one of these can create enough stress to bring on the onset of cancer, it is no wonder you are so ill. I am amazed you are still alive"*

What was my passion? What did I do on a daily basis that made me happy? Did I have any spiritual beliefs? Was I sensitive? How many friends did I have? What interests did I have? How often did I feel a sense of joy? Did I constantly put others needs before my own? Did I know my purpose for being here? Did I have love for myself? So many questions and all within just 45 minutes!

As I could not provide positive answers to many of the questions I was asked by Dr Callebout, I began to realise that many areas of my life were not as fulfilling as they could be and that I could not remember the last time I felt joy, I had not even thought about why I was here, I sure was sensitive, I was not feeling happy on a daily basis, I had done and was doing things that other people wanted me to do, for which I was harbouring resentments. Yes, I was constantly doing for others and I realised that that was easier than looking at and taking responsibility for myself and my own life.

This approach to consultations was completely alien to me, I had not experienced this before yet it was congruent with the studying I was doing and the books I was encouraged to read in relation to how our emotional and spiritual health can affect our physical health. (See resources for list).

After my first consultation with Dr Callebout, he asked me to find out as much about my cancer as possible at the next meeting with my consultant. What size was the tumour, what grade was it, what was the pathology, was it hormone sensitive. He needed this information to work out the most effective programme for me, not just for "someone with breast cancer".

A lot of things were happening in parallel at this point in time. There were lots of discussions at work as to whether it would be in everybody's best interest if I should stay or leave, it was by mutual agreement that my employment came to an end in August 1996.

I was taking the supplements directed by the nutritionist, sorting out any benefits I was entitled to, cancelling mastectomy operations, annoying the consultant, subscribing to every alternative health publication I could find and generally fending off everybody else's opinions about what I should be doing. I needed to make my own decisions.

I met with an acquaintance of one of my neighbours who had not had any chemotherapy or radiotherapy, but had worked with The Gerson Therapy (more about this alternative cancer therapy later) for a cancerous tumour in the kidney. From her I learnt that there were thousands of people choosing a different path to regain control of their health without compromising it with chemicals and poisons and doing it successfully.

I was given an eating profile questionnaire and a metabolic profile to complete which again was crucial to the products selected for my programme. I was to arrange several tests at a private pathology clinic for full blood testing, hair analysis, sweat analysis, vitamin and mineral deficiencies or toxicity and metal toxicity from which Dr Callebout was provided with a Health Risk Profile. Again this information was to assist Dr Callebout in providing me with a regime that was compiled for me based on my presenting challenges and not for "people with breast cancer".

July 1996 – Second Meeting with Consultant Surgeon

It was a bit of a shock to him at this meeting when I calmly announced that I was not ready to make any decisions about my further treatment at the hospital and that I was in fact researching alternative programmes. I had an appointment booked, I discovered, on 12 August for further surgery! He felt a mastectomy was the only way he would be able to be 'absolutely sure' that he had removed all traces of cancer from the breast. This included removal of all lymph nodes in the right armpit, (potential for acute lymphodema).

As I continued to challenge and question the need for a complete mastectomy, he did then offer the suggestion of having a quadrant of the breast removed (a quadrantectomy – this is where the outer quarter/half of the breast is surgically removed) as a second choice. However I had already had a lumpectomy, so this was not an option.

Again, WDDTY have written some excellent articles challenging the need for such surgery in the treatment of breast cancer and is a must read for anybody facing this procedure.

I had heard from the district nurse of another surgeon in the hospital who was adopting a more conservative approach to the treatment of cancer and so I asked to be referred to him for a second opinion. This referral letter was the one that began *"I do not think this lady is facing up to her diagnosis very well"*

The report following this referral states: *"I am not really sure whether she needs further surgery. She is a difficult lady and she has her own views about management of breast cancer. She is not convinced about the role of various modalities in breast cancer management. She does not seem to believe in adjuvant chemotherapy."*

I have taken this opportunity to explain the available options. I have told her that she has got an aggressive tumour with metastasis to the lymph system. . By the time we see her there will be at least 8 weeks delay by the time we start treatment which really is not going to help her."

July 1996 – Meeting with the Oncologist

I was given a 20 minute appointment with the oncologist to discuss an aggressive course of chemotherapy and radiotherapy, as an adjunctive treatment (given the cancer was very aggressive and fast growing). It was at this appointment the oncologist suggested removing my ovaries in case the cancer was hormone receptive. When I asked him if it had been tested for hormone receptiveness he said it had not. When I asked why, I was told, "we don't do that but we can remove them just in case".

When I asked why a treatment was being suggested for something that had not been tested for and there was no evidence showing the necessity, he could not give me an answer, except 'just in case',. When I questioned as to why all my lymph nodes needed to be removed, and not just the ones at the same level as the malignant node (we have 3 levels of lymph nodes from the chest out to the arm, my malignant node was at level one), I was told 'just in case'. This meeting was to get quite heated on occasions with him banging his fists on the table, but I would not be intimidated.

This appointment was to last over 1 hour and a half. Did I feel guilty that other patients had been waiting? Yes, a little, but again this was my life he was intending to play with. Why had it taken so long? Because I had taken the book 'Questioning Chemotherapy' into the appointment with me and used the information contained in it to question and challenge him as to the efficacy of this treatment for my cancer. How the statistics from several well-known studies were manipulated was also highlighted in this book, a fact which he acknowledged, and confirmed that he would not have told me if I had not found this out. This meeting did nothing to instil any confidence in the treatment being offered, in fact it did the complete opposite because:

How is a person supposed to make an informed decision when the medical establishment are not honest in divulging information?

Interestingly he informed me that back in his homeland, he had watched his father who was a homeopath work and help heal many patients with many conditions including cancer for 30 years using natural remedies, but he was more interested in the scientific approach; yet he had the audacity to challenge my beliefs around natural healing!!

When I left that building the receptionist tried to get me to make a further appointment to begin my treatment, I guess because that is what normally happens after a person has seen the oncologist. Her face was a picture as I told her that I didn't have to make another appointment, as I would not be going back for any treatment. Her response was – "but you have to" to which I replied "no I don't", smiled sweetly and left.

The Decision

At my next and what was to turn out to be my final appointment with the consultant, on Friday 9 August 1996, the week before I was due to go back on the operating table for a mastectomy, on Monday 12 August, I tentatively approached the idea of him working with a Naturopath and this door was slammed firmly in my face. His response was not unexpected as such, however the degree of patronisation and anger was. There was no way he would work with any complementary therapy yet alone with someone he had

never heard of but if I was instructed to eat 1lb of carrots a day whilst in hospital he felt sure they could accommodate me!

And, when I said that I would not be coming in for surgery the following Monday, his comment was simply, “well that’s great, I can’t fill that slot now, it’s too late”.

The letter from my GP to this consultant informing him that I would not be taking him up on his offer of further treatments concluded with *“it is so frustrating that the majority of people these days seem to take very little responsibility for their own health but a few, like Jayne, take on too much.”*

How can you take on too much responsibility for your health? – you owe it to yourself.

The Solution – The Programme

After gathering all my research and this enlightening appointment with the consultant, I made my decision. I was going to work with natural methods to regain my health.

Early August 1996 I received Dr. Callebout's information pack which included some information about himself, the procedures I would be undertaking at some point during the course of the programme and instructions on sprouting seeds and growing wheatgrass. More on these later.

At the end of August I then received the first instructions to commence my path of healing. There was a list of supplements with the dosages, quantity and frequency that I was required to take. This first list contained the following:

Multi-Mineral Complex, Prolive, Super EPS, Beres Drops, Vitamin C Powder, Shark Liver Oil, Vit A, Reduced Gluthathion, Organic Sulphur, Selenium, Kelp, Cayenne Pepper Capules, Silymarin, Kyolic, Quercitin, Anthocyanadin Complex, Modified Citrus Pectin, Oralmat, Naltrexone, Supergest, Phytozyme, Enzygest, Pancreas Enzymes, Niacin (Vitamin B3), Red Clover, Vitamin B15, Phyto BJS, Vitamin B17. Wheatgrass Juice, Green Magma. (See Supplement Appendix). I do not list the dosage or the frequency as these had been calculated for my biochemical make up only.

I was to provide him with my weight, waist, hips and chest measurements taken on 3 consecutive days in the morning before eating. I was also to provide him with my body temperature results taken every morning for a week on waking before getting up. My average body temperature was 36.5c against the average of 37.2c. There is now a heat treatment which breaks down the outer components of the cancerous cell increasing the effectiveness of radiotherapy in reaching and killing the core cells of the tumour. Therefore a person's body temperature is of importance, as it may need to be increased.

I was to begin part of the detoxification process by having a lemon and olive oil drink twice day, one on rising and the second in the evening with which I was to take the instructed quantity of supplements.

I was to add radishes, asparagus and sprouted lentils, peas, mung beans and red clover to my daily diet and start drinking Japanese Green Tea. Radishes were not a problem as my dad had grown them all his life and so I was well accustomed to eating these. Asparagus I had tried a few times and could take or leave, but what were these mung bean things and what was sprouting them? Lentils I was aware of (didn't know you could sprout them),

red clover, again what were these? I didn't realise at this time just how much my diet was going to change.

This was also my first introduction to the coffee enema. I was to start with one every evening before going to bed. If headaches and drowsiness are experienced in the mornings, this is an indication of toxicity and the frequency of the enema is increased with severity of symptoms. (See coffee enema appendix).

The original set of blood tests showed that my Free T3 was under a normal level meaning that on a cellular level my thyroid could not effectively work. However as the cause was not known, I was asked to do an Adrenal Stress Index test. This involved placing a sterile piece of cottonwool in the mouth for a fixed period of time to allow the saliva to be absorbed. This was done at four different times of the day and garlic, onions and mint toothpaste were to be avoided so as not to distort the results. This was to test the level of adrenal stress my body may have been experiencing before trying to increase the effectiveness of my thyroid.

It was also through this test we learned that I had a low tolerance to gluten products.

It also showed that my evening test reading suggested a lack of sensitivity to suppression at the pituitary-hypothalamic-axis. This condition is usually associated with a tendency to endogenous depression and REM sleep disruptions. This I found very interesting because during my father's illness I had visited the doctors to get some sleeping tablets to help redress my erratic sleep patterns. I saw a locum who was only there for one day who was reluctant to give me the prescription without also giving me one for anti-depressants, and a referral for counselling as his diagnosis was that I had clinical depression. This I denied furiously, I just needed to get some sleep with the aid of the sleeping tablets and then I would be OK. How astute he was, his diagnosis was to be supported a year later by this test.

All these results along with the original, blood, sweat, hair and urine analysis were needed to draw up my individual diet programme. Whilst I was waiting for this to be sent, I had researched the Bristol Cancer Centre, a centre that promoted natural healing methods for cancer. The downside to this was the cost, where was I going to find the money to go and stay there for a week?

Bristol Cancer Centre

September 1996 I travelled to Bristol (England) to attend the Bristol Cancer Centre. I had mentioned my intention to visit the centre to my district nurse but I had no idea where I was going to find the money. She suggested that as

the GP surgeries were 'fundholding', I might like to approach them to finance my visit.

In order to do this I had to speak to the treasurer who also happened to be the only GP at the practice that I did not like. I rang them there and then and got an appointment that afternoon. So through gritted teeth I took my literature to my appointment and asked for their consideration in funding this trip. Imagine my shock to be met with the following statement **"I don't blame you for wanting to take this route as the alternative is so barbaric. If I was in your position I would be doing the same!"** He and I were to forge an extremely good working relationship over the next few years, and here I learnt a very positive lesson to not judge a book by its cover.

There was to be a monthly meeting that evening and although the agenda was full he would try and get it in under any other business. I received a telephone call that evening, my application had been approved I could attend and arrange for the invoice to be sent to the practice.

Visit: www.bristolcentrehelp.org they have a wealth of downloadable information.

I had various communications with Dr. Callebout during these weeks as I was experiencing some severe reactions to the supplements in relation to my digestive system – cramping, gurgling, stomach aches, foul smelling wind with no bowel movements, nausea and sweating. The supplements were removed and then added back in gradually to find the culprit/s. With the change of quantity and frequency things finally settled down. "One man's supplements can be another man's poison".

I then received my first dietary programme. I have to be honest here and say that I cried when I read the foods that I was allowed to eat, or should I say the foods that were not on the list.

I was to eat 6 times a day. This was my greatest struggle, Sometimes I would only eat a proper meal 3 or 4 times a week. I was always in a hurry and would grab a snack. Also with the amount of supplements I was taking, I found that I was not hungry.

All processed foods were removed, i.e. anything not in its natural state. There were no:

Roasted or fried foods

Salt and salt-containing foods

Dairy products i.e. butter, cheese (with the exception of cottage cheese), milk, yogurts, cream

Sugar and sugar containing food (cakes, biscuits, jam, chocolate, ice cream etc)

Sweets

Saturated fats and animal fats (sausages, pork, ham, crisps)

Margarine

Refined oils

Stimulants (tea other than green, coffee, alcohol)

Tinned, carbonated drinks or foods

Preservatives or colourings

Meat (chicken, turkey, lamb, beef, offal)

Shellfish

Starchy carbohydrates (potatoes/pasta etc)

I was to eat:

Specified fruits, vegetables, salads

Specified grains only (brown rice, buckwheat, millet)

Oily Fish – Wild Salmon, mackerel

White fish

White meat – chicken and turkey

Almonds and macadamia nuts only

Cold pressed oils only

Avocados

Tahini

Bee Pollen

I was to have the meals in a fixed ratio of protein, carbohydrates and fats for each meal.

I was to continue with the specified programme for 3 months and then go back and see him. Alongside the dietary instructions there were lifestyle guidelines which I was to follow as much as I could.

Do not overeat, leave the table slightly hungry, it will settle.

Don't rush your food. Light a candle and wait 2 minutes before eating.

Chew – chew –chew your food

Eat Organic, avoid pesticides.

No hot baths or saunas up to 2-3 hours after food.

No aluminium cooking materials.

NO MICROWAVES

Avoid protein after 1pm

Study Qi-Qong exercises (more on this later)

Rebound daily (more on this later)

Most people think that detoxing and flushing out is the best way to start this kind of programme. Everyone goes on about detoxing. If you are already undernourished, lacking in vital vitamins and minerals, then this may not be the best plan for you.

This was certainly true for me. I needed to be nourished, built up nutritionally before any form of detoxification regime was introduced.

The Basis of the Programme

Dr Callebout researched the best of all the programmes at that time and modified them to tailor a completely individual regime for me and each patient following step by step criteria. He based this mainly on:

Barry Sears, The Zone; The works of Dr. William Kelly and Dr. Nicholas Gonzales; The Gerson Therapy and Metabolic Typing. More on these later.

During these 3 months, all communication was through The Royal Mail and British Telecom. There was no weekly appointment; only follow up visits at the end of each stage of the programme.

The First Juice Fast

Then came the first juice fast. This consisted of 14 days of apple and carrot juice, a 'green drink' and 3 coffee enemas a day. (see coffee enema section) There wasn't much time in 14 days to do much else than juicing, this was an hourly activity, and laying on the bathroom floor doing the enemas so I used the short spaces of time in between to rebound, meditate, visualise or devour another book to assist my recovery. I purchased the organic apples and carrots in bulk, a huge sack of carrots and 3 boxes of apples per week.

At the end of two weeks, I had without doubt lost some weight, however I had never looked so healthy.

December 1996

Following the juice fast which had not given me any problems, I received another set of instructions:

Re-introduce previous low glycemic diet but add 2/3 of protein blocks, 5 protein blocks a day before 1.00pm. Eat at least 7 carbohydrates blocks a day.

Start growing and juicing wheat grass. (This is just like growing grass only in trays from organic wheat grain using organic compost. This is the cheapest

way to get minerals, vitamins, plant enzymes and amino acids into your body. You will find more information on this amazing health supplement in the appendices. I still always take 'shot' when I see any growing and being juiced in healthfood shops or juice bars. A 'shot' is either 1 or 2oz of juice).

Change supplements to:

Black Walnut Tincture, Artemesia, Cloves, Multi Mineral Complex, Prolive, Super EPA, Beres Drops, Co Q10, Maximised Quercitin, Kyolic (garlic), Anthocyanidin Complex, Complete Thymic Formula, Modified Citrus Pectin, Oralmat, Naltrexone, Supergest, Phyto BJS (Essiac), Magnazyme Forte Plus, Niacin, Vitamin B 15, Silymarin, Phosphatidyl Serine, DHEA, Vitamin B 17, Shark Cartilage,

Plus 1 coffee enema every evening.

I was to do this for 3 weeks, and then do another 5 day juice fast.

January 1997

I was to get a reprieve from the extensive amounts of supplements I was taking on a daily basis and I was to follow the dietary programme for 5 days a week, have one day with food only and no supplements and one day a week juice fasting as before. Coffee enemas also reduced to 3 times a week.

This was to be done for a time period of 6 months.

What was my GP doing for me during this time?

As I mentioned earlier, I had developed a very good working relationship with my doctor about this situation who was very supportive of my choices.

If you do not have this – CHANGE YOUR DOCTOR – YOU HAVE THE RIGHT.

Any blood, urine or stool test that was required by Dr. Callebout was done for me through my GP. Full blood tests and liver function tests were carried out on a monthly basis. I also got to know the Practice Nurses very well as they were the ones taking my blood, and they were very keen to hear about what I was doing. They had not come across this before although they had heard of the Bristol Cancer Centre. I became very well known at the Health Centre. I even managed to get my blood type tested as I had come across the book 'Eat Right for Your Blood Type'.

February 1997

No – another lump!!

I was devastated when drying myself after a bath one morning to discover another lump in the exact same site as the original!

It immediately sprung to mind something I had read somewhere, that if you are going to have a recurrence it will be within 8 months. This was exactly 8 months!

Do We Start All Over Again?

This discovery did not do much for my resolve. After all that effort, the isolation, the courage, the commitment, the determination, was I really back at square one. What had I done wrong?

I had got up at 5am to do my Qi-Gong organ cleansing exercises, I had rebounded, cleansed, visualised and meditated. I had devoured everything I could find on alternative therapies and did not stop at just working on the physical.

I had learned that our unexpressed emotions can affect our physical health and I had certainly been one to keep my emotions tightly under wraps. But they had to go somewhere so I attended emotional cleansing courses such as Louise Hay's "You Can Heal Your Life Workshop", where I worked with my inner child who I had not realised was still in so much pain from the years of sexual abuse.

I read everything I could find about other people who had achieved what I was trying to do to find out what they had done. What was it about them that made them succeed?

My friends dwindled quite rapidly since I would no longer go and spend hours in a smoky pub, join them for a take away, or a pizza. They could not get a grasp of what I was doing, although they said they would have been quite happy to sit with me whilst I underwent chemotherapy. Whilst I knew that by leaving me alone they were giving me a great gift, it still hurt to hear them walk past my window and discuss whether or not to pop in and see me and decide not to. At times I had never felt so lonely.

As the months went by I did make a few new friends. There were my fellow reflexology students, but they came from all over the country, a lovely lady called Charmaine who I met at a local Yoga class. She herself was challenged with bladder cancer, which kept coming back. And a lady who developed into and remains a dear friend, Sheila, who is a masseur and

healer. I met her at a spiritualist church that I turned to for some healing support. They also had a variety of alternative therapy clinics and it was here I was introduced to Kinisiology and Bowen Technique in my own quest to leave no stone unturned to get my body back into balance.

Back to the GP

Naturally I went straight back to my GP. He gave me an examination, it was a relatively small lump compared to before and he tried to assure me that it could just be a fibro adenoma, a result of scar tissue from the surgery. It had been a particularly brutal piece of surgery and I was extremely sore for a long time.

Then he asked me what I wanted to do about it!!! My jaw dropped, for the first time someone in the medical profession asked me what I wanted.

Following quite a lengthy discussion (I had become the queen of extended appointments by this time), we agreed that we would just monitor it, and he would give me an examination on a monthly basis to identify if there were any changes.

Of course I also informed Dr Callebout of this latest development and I performed another adrenal stress test that clearly showed that my body was very stressed. As a result the programme was stepped up a notch.

This devastated me even more. I had been hoping for continued reduction in the intensity of the regime, before I found this lump. I felt that I had lost the light at the end of the tunnel.

Still it was onwards and upwards. I still had faith in my choice of treatment, there was just something else that I needed to do, I just didn't know what it was. I was still under going my reflexology training throughout this time but I needed to find something else other than health issues to focus on so I became a volunteer at the local HQ of a local charity. I started with just a couple of hours a week to get my mindset back to returning to work, that this was not my lot. This soon increased to a couple of mornings and an afternoon. I was very open about where I was in my life and they all gave me tremendous support.

I exercised every day either cycling, swimming, going to yoga, rebounding, walking. I had to give my body the message that it was not sick.

I had also got to grips with the programme by this time and was able to prepare food to allow me to get out and about a bit more. Monthly check ups with the GP showed nothing was changing with the lump, it was the same

size and the same feel so the programme just continued for a few more months.

May 1997 – Shattering News

This month was to bring about shattering news. My sister and her family had gone away for a much-deserved long weekend break and on that Friday morning as they left, my mum was complaining of stomach cramps. Linda had experienced something similar the night before so we laughed it off proclaiming it must have been something they ate.

I was there as I had said I would call in periodically to check on mum. She was still grieving my dad's passing. She was also extremely worried about me, was she going to lose me to cancer too?

I stayed with her for a while, did some shopping and watched some TV. I left her with strict instructions to call me if she got any worse. When I got up on the Saturday morning I rang her to see if she was OK and got no response. I tried for about an hour but there was no answer, I jumped in my car and drove to see her. She had been to the GP and was told that she possibly had a cyst on her ovary and the GP was going to arrange a referral to the hospital the following week.

Without going into too much detail, she got progressively worse over the weekend. Locum doctors on call said she had a digestive disorder as she felt like she wanted to constantly have a bowel movement. I stayed with her throughout Sunday at which time she lost her appetite and became very lethargic. I called another doctor out who gave the same diagnosis and told her to see her GP on Monday. Despite my dad's death, I still had faith in the medical profession and trusted she would be OK. I tell you this story so you can recognise when there is a serious problem and you can take action much quicker than I did.

Monday morning came and things obviously were not right, she was in a lot of pain and barely able to get off the bed so I rang the GP she had seen on the Saturday morning. The moment she saw my mother, this doctor told me to get her to the hospital immediately, saying that her stomach had swollen so much she was to see a gynaecologist straight away. She rang the Consultant from the house to make the arrangements.

The exact order of events are a bit of a blur from here on in, she had one examination by ultra sound which was a waste of time, he could not see anything, it was the wrong instrument to use because of the swelling. And this after we had waited an hour to be seen. She had a chest x-ray, was given some painkillers and taken up to the ward. The other specialists were not available until Tuesday morning so she was made comfortable and I left.

My sister was due back Tuesday morning, and I left instruction with an employee of hers to explain what had happened and to call me as soon as she got home.

I rang the hospital on Tuesday morning to be told that she was undergoing a series of tests and I could visit later on. I don't know what time I got there but I was met by staff in a flurry of activity around my mum, and nobody was telling me anything. I was sent to the relative's room and told a consultant would come in and see me. My stomach lurched, what was going on. He came and told me that the swelling was a tumour and that she was so weak she could not undergo surgery as she would not survive it; was there somebody else I should call, as all her systems were packing up and they were attempting to put her on dialysis.

I got hold of my sister and told her to drop everything and get to the hospital. Whilst waiting for my sister one of the nurses took me off into a side room where I screamed, and screamed, and screamed and shouted and shouted at nobody really, to the doctors, to God, to the walls! By the time she arrived, the consultant had come back in to say that they were giving up with the dialysis, that there was nothing left for them to do, she was taking her last breaths. We dashed into the room where she was and although she was just about still breathing, we could tell by her eyes that she had already gone.

We left the hospital in complete shock. How could this happen, surely no tumour grows that quickly over the course of 4 days! The post mortem revealed she did not have cancer; she died of peritonitis caused by perforation of a diverticulum of the sigmoid colon. Her waste matter had entered her perineum and she poisoned herself to death. Diverticulitis is a manageable condition if correctly diagnosed!

A few days later in between making all the arrangements you have to make at such times I decided to paint my spare bedroom. As soon as I began, there was tremendous pain in my breast where the lump was.

Within weeks, the lump started to change. It was painful.

I had more discussions with both my GP and Dr. Callebout and decided to continue with the current treatment.

Because of the last round of tests, Dr. Callebout wanted to do an oral glucose challenge test.

The Glucose Challenge Test June 1997

I was to make an appointment at 9.30 am on the 6th day of my next period cycle and I had to fast for 16 hours (no food after 6pm) only water, before the

appointment. I drank an 8oz glass of water with a glucose powder and had my blood glucose tolerance checked straight away, after another 30 mins, then another 45 mins and then another 60 minutes. The result on this day showed that I was a slow oxidiser (see metabolic typing).

This was done again on the 14th day of my cycle, which showed at this time of the cycle I was a fast oxidiser (see metabolic typing).

This was done again on the 22nd day of my cycle which showed I was back to being a slow oxidiser.

What does all this mean I hear you ask?

This meant that from here on in I was to have two completely different eating regimes over a 28-day period.

July 1997. Low Oxidiser Diet (alkaline blood)

(Days 1 – 13 and 23 - 28 of menstrual cycle)

Highlighted foods in abundance

Fish – white fish (i.e. cod, haddock, perch, catfish) x 2 weekly only

Honey

Herbs

Mustard

Horseradish

Vinegar

Spices

Soy sauce

Drinks

Soy milk

Rice milk

Decaffeinated coffee

Decaffeinated tea

Oils – cold pressed (flax, sesame, safflower, corn)_

Grains: Buckwheat, millet, brown rice

Vegetables:

Onions all

Leeks

Broccoli

Mustard Greens

Brussel Sprouts

Sweet peppers

Hot peppers

Potatoes

Yams

Fruits

Lemons

Limes

Grapefruit

Tangerines

Pineapple

Grapes

Apples

Pears

Plums

Squash
Eggplant
Cabbage
Sauerkraut
Lettuce (romaine hearts)
Kale
Collard greens
Chard
Okra
Turnips
Beets

Apricots
Nectarines
Peaches
Berries
Cherries
Melon (honeydew)

Proportions: **15% Protein**
 75% Carbohydrate
 10% Fat

Fast Oxidiser Diet (acid blood)

(Days 14 – 22 of menstrual cycle)

Highlighted foods in abundance

Fish – all (wild salmon is best)
Oils: EFA's from the following
Flaxseed
Pumpkin
Sesame
Borage
Walnut
Hempseed
Olive

Soy Cream
Soy sauce
Sea Salt
Herbs
Spices
Worcester sauce
Mustard
Sea salt

Bee Pollen 1 tbsp a day

2 x weekly only

Drinks
Decaffeinated Coffee
Herbal Tea
Milk
Soy milk
Rice milk
Carrot juice

Wheatless bread

All Nuts and seeds (especially macadamia and almonds, Tahini)

Legumes – all (lentils, tempeh, tofu, mung bean sprouts)

Grains: Buckwheat, millet, brown rice

Vegetables

Cauliflower

Asparagus

Artichokes

Spinach

Carrots (juice only)

Celery

Avocados

Olives

Mushrooms (shitake & maitake)

Radish

Fruit

Unripe Granny Smith Apples

Proportions:	Protein	40% (fish, legumes)
	Carbohydrates	40% (fruit, veg, grains)
	Fats	20% (oils, seeds, nuts)

I also agreed with my GP to have an ultrasound of the lump (not a mammogram (see WDDTY Vol 3 Issue 10 – Breast Cancer, The Mammogram Myth) which showed that the palpable lump could not be ruled out as a local recurrence.

As a result of this my programme was changed again.

In addition to the above eating plan I was to:

Add vast amounts of Cayenne pepper with food as the mucosal Barrier Screen gave a result of salivary Secretory IgA of only 6 against a normal reading of 25-60.

- Not eat protein with my evening meal.
- Continue with green tea and Jason Winter's Tea
- Supplements were changed to :

Maximised quercetin, Supergest, Niacin, Vitamin E Succinate, Elagen, Selenase, Naltrexone, CoQ10, unpasteurised Design Protein, Pure Synergy green drink, Kyolic, Pancrogest, Magnazime Forte Plus, Wobemucos, Vitamin B15, Vitamin B17, Liquid Liver Capsules, Goldstake, Beres Drops, Shark Liver Oil, Mycostat,, Cats Claw, Phyto BJS, Gastric Complex, Flour Essence

Detox Routines

At this point apart from the coffee enemas, a few more detox routines were included (see appendices for full details).

- Mustard Footbaths 3 times a week in the evening
- Evening Bath every evening with bicarbonate of soda
- Clean Sweep alternating with Liver Flush once every 3 weeks
- Liver Flush alternating with Clean Sweep once every 3 weeks

As I am going through the file I am stopped in my tracks by some faxes I sent to Dr Callebout in July 1997 and I realise that this recounting of my journey has been quite factual. My eyes start to fill as I read and remember:

"The district nurse is coming to see me tomorrow, I want to talk to her about the possibility of having a 'carer' on the NHS to help me through your program should I decide to continue to follow it. It has been a tough 16 months and I am exhausted, without such help to leave me free to rest and think about enjoying myself during what time I have between eating, flushing, taking tablets etc, to relieve some of the pressure, I am not sure if I can continue with this.

I cannot help but remember the last words my GP said to me 'don't forget your body is just as capable of making benign lumps as it is malignant ones'.

I do feel a little under par of late but that is hardly surprising seeing the results of the glucose tests and the loss of my mum, both of which are probably having an accumulated effect on me.

I am aware that my immune system may well have been upset and I need to get my sparkle and zest for life back. To do this I feel I need to get back to 'normality' for want of a better word, as quickly as possible. There is part of me that feels by just doing what you tell me to do, I am giving control of my life to you.

I understand and appreciate your comments and your position in trying to do your best for me; I am trying to do the best I can within the constraints that I have, your best at this time will be good enough for me. It may not feel like it but I do appreciate your help, and all the work you put into it."

This followed the revised programme I received on 11 July. I had little practical help on a monthly basis yet alone daily basis. I had no husband, partner, close friend who helped on a daily/weekly basis. My newfound friends helped as much as they could, and my family had their own stuff to deal with.

Onwards and Upwards!

Deep inside I still knew that I was on the right path, that there was a reason had to do this, that I would succeed and would share this information with others in future years. I could not go against that. I also decided that it was time to start doing some things I loved to do again and I had the opportunity to travel to Canada for a week with one of my reflexology colleagues staying with some of her family. This was a real tonic and they were very supportive helping me find the food I needed.

I also spent some time with my dearest friend in South Africa whom I had missed dearly since her departure several years prior. Her departure left such a huge hole in my life that for along time I did not know how to fill.

Again her support of my journey was unyielding and went to great lengths to accommodate my strange eating patterns and routines.

I also had the opportunity to stay at a healer friend's apartment in Majorca in October. I had forgotten just how much travelling and being in sunny climates brought joy to my heart.

By October 1997 I had completed 2 liver flushes and a clean sweep. Some reactions to the programme had cleared, i.e. spots on and under my eyelids and many digestive challenges.

The lump was Growing

Things were different at the December check up and my Doctor suggested that I consider going for another ultra sound as he felt that the mass was bigger than in June and my blood tests were continually showing a high ESR reading which can indicate the presence of cancer.

December 1997

Another change in supplement programme following the latest results and another detox routine was included to be carried out for 12 hours a day for three weeks. This was called Cataplasma (see appendices).

January 1998

I had discussed previously with Dr Callebout the possibility of having further surgery to remove this mass somewhere down the line, but I was really starting to get fed up with it all at this point and felt that this option was more likely to be sooner rather than later.

I was feeling a lot stronger physically, mentally and emotionally at this point. Although there was still the possibility that the cancer had returned, it may appear bizarre for you to hear, that physically I felt better than I had for many years.

You see I was not a very healthy living person prior to my diagnosis. I left home at age 26 into my first home on my own. I had 2 jobs to pay the rent, one during the day and another in the evenings and weekends. Often they were late nights into early mornings. I soon discovered that it was easier just to have a sandwich or some cheese and crackers or a jacket potato. At home, we had been brought up very traditionally and very healthily. My Dad ran his vegetable plot at the bottom of the garden and we were never short of good quality fresh produce. Probably considered Organic today.

It soon began that the only good meal I was having was Sunday lunch when I went home to my family.

Being a dancer for a lot of my life, drinking was never a big issue for me, my two biggest downfalls, the main ingredients of my diet were cigarettes and coffee. I could smoke 40 a day at the weekend and drank copious amounts of coffee and these formed the stable part of my diet.

Living on my own food began to become something that I had to 'do' because I was hungry and gave it little or no thought other than that.

I then went on to purchase my first house and I really stretched myself financially to get the mortgage. I still needed two jobs just to pay the bills, and because the house was further away, because it was in a cheaper region, that meant longer hours due to the increased travelling.

This increased my levels of stress, which increased my coffee and cigarette intake. I was always on the go, if not working or helping other people with whatever they were stuck with, I was doing lots of DIY in the house. I took in

lodgers to help pay the mortgage, which at times created even more stress, so I drank more coffee, and smoked more cigarettes, ate less and so it all became a vicious cycle.

I rented out that house for a while and had trouble getting the tenants to leave, on ill given advice I turned them out and was then faced with a criminal charge and the local judicial system wanted to send me to prison. Very little food, more coffee and more cigarettes and LOADS MORE STRESS. What did I do to combat all this stress? Nothing. I was in such a place of numbness and powerlessness that I did not know what to do. Prior to this I had been made redundant from a couple of jobs, my Dad had received his cancer diagnosis, my sister had hooked up with a man I was not very keen on, my dearest friend had moved to South Africa and had challenges of her own so I did not feel I could trouble her with all my woes, so I did nothing and spoke to no-one of how I was feeling.

I had started and finished the business that almost brought me to a nervous breakdown, yet was it just the business or was it everything?

To most people, on the outside I very much looked like I was coping, how wrong they were. In the December of 1995 I had a mini breakdown and spent 2 days at my sister's laying in bed and doing nothing else, yet still I could not talk of how I was feeling.

You see I had always presented myself as being the 'fixer' of the family. If Jayne couldn't, then she knew someone who could. How could this strong independent woman admit she could not cope, when others around her needed her to be strong and dependable?

The cancer had given me a chance to reflect on all of this and I became aware of what a people pleaser I had become in order to be accepted and loved. How I had in a strange way become a nurturer to everyone else but myself. How I had stopped doing a lot of things I enjoyed to focus on trying to make everyone else's lives easier and better. Now these are not bad traits to have, we need to remember though that we need to feed ourselves too. If you keep giving away the fruits of your tree without nourishing the tree, it will eventually become devoid of goodness.

So when I say I felt healthier than for a long time, it is because I had grown to understand the value of food, and felt physically stronger, to understand the importance of my energy and focus on my healing through visualisation methods, mind programming tools and altering the language I used and the thoughts I was thinking and the immense value of mediation to relieve stress. My mind and my body were in a completely different place than they had been 20 months previous, all due to the processes I underwent.

I also began to get angry and frustrated with the control this thing had over my life. Where as in the beginning I felt very vulnerable and afraid and I was just shunted along the process, I had time to reflect on what I wanted to do at this point. And here I think my impatience kicked in, of wanting to have what I wanted NOW.

There are many different thoughts, even in the field of natural cancer treatments about the efficacy of surgery. You need to do what you know to be right for you. This time round I knew there would be additional precautionary measures I could take with the aid of Dr Callebout's knowledge. If you believe that by having surgery your cancer will spread, and there is enough information out there to tell you that it will, then that is likely to be the outcome for you. Or if you believe that it will give your body a chance to begin the healing process faster with the aid of natural 'mopping up' methods, then this is likely to be the outcome for you.

I wanted to get my life back as quickly as possible and my belief here was that surgery was going to assist in that process. At this point we didn't know for sure if this was a recurrence and I needed to know so that I could move on with my life.

Without embarking on the journey I had done so far, I would not have been in such a positive, empowered position to make this decision. This time it was going to take place the way I wanted it to.

Another visit to the GP and still the mass was still larger than in June so I agreed to have another ultrasound. The challenge, was that I was not prepared to go back to hospital A, and consultant surgeon A, therefore I asked my GP if he knew of somebody who would be more supportive of my choices, who would allow me to play music and only partake in positive language whilst I was under anaesthetic, a hospital where I could burn oils in the ward to assist my speedy recovery so on and so forth. He sat there and laughed at me with the comment, *"the qualities you are looking for and the term consultant surgeon do not match. If you can find somebody to work with I am more than happy to refer you!"*.

Well, off I went in search of a consultant surgeon, a little in shock I have to say, yet mildly amused at my predicament. It was so different from the last time when I was carried away on the tidal wave, just turning up wherever it threw me off. And, yet, it felt incredibly empowering. I really was now in control.

How to Find Yourself a Consultant Surgeon

Wherever your cancer may be in your body, there is a department that specialises in that particular cancer. This is where you start. I had learned

from my previous experience that hospitals had breast care nurses, so my first port of call would be to them. I just needed to decide what hospitals to contact.

Out of the 5 local hospitals I rang, (chosen initially for their location as well as their reputation), 3 did not return my call. One I spoke to (a very large well known one) came back with *"he will not be dictated to as to under what conditions he performs his surgery"*.

Then he wasn't for me – there would be no compromise.

The other came back with *"he has not been asked this before, but sees no problem in accommodating you"*.

I had found him.

February 1998

So February 1998 came and off I went to hospital B to see consultant surgeon B. During my initial examination with him, he had no doubt that this was a recurrence, and there was to be no delay in arranging surgery. His dilemma as a surgeon was whom was he going to move down the list in order to fit me in. An ultrasound was arranged.

I explained that I had been undergoing a slightly different journey than most of his other patients and I had strong beliefs in certain areas of my healing that I needed to be sure he could comply with.

Firstly I requested if he could 100% guarantee me only positive language would take place in the theatre around the process of my healing as he was performing my surgery, as it has been proven that we 'hear' everything whilst we are asleep – he agreed this would not be a problem as this attitude was in fact ingrained into all his theatre staff. I had woken up in floods of tears after my first surgery and I often wonder what was said that my sub-conscious 'heard'.

Secondly, I requested that he visualised my healing both during and after the surgery as being quick and pain free. Again this was not a problem.

Thirdly I requested that I be allowed to have music of my choice to support my healing whilst under the anaesthetic and again he agreed.

Lastly, that I be able to burn aromatherapy oils next to my bed to assist in my recovering from the surgery. This he could not give an immediate answer to

as it was up to the Ward Sister, but he would speak with her. I was allowed to do this.

I had manifested the very people and conditions to take me through this next part of my journey.

The result of the ultrasound did indeed confirm that the mass had grown indicating a strong possibility of local recurrence. There had also appeared another smaller lump, which was a suspected satellite tumour.

Surgery was arranged for Thursday 1st April 1998.

April 1998 - Hospital B – Round 2

I smile as I remember the pre-op consultation where my breast was covered in black marker pen ready for surgery, highlighting where the masses were. As I walked into the booth, there were 6/7 people in white coats which threw me a little, and I was asked if I minded the students being part of my treatment, as I was a little unusual with regards to my attitude and beliefs and he felt there was a lot they could learn from me.

He then sheepishly asked me what kind of music I wanted to play; he had forgotten to check this out with me and was a little concerned that it may have been heavy rock. I assured this that this was not the case. It was in fact, *The River*, by *Nigel Shaw*.

Off I then went to the ward to await my trip to theatre.

As I lay on my trolley awaiting the telephone call to say that they were ready for me, a member of the nursing staff tried to take my tape of 'The River' from me quite assertively stating that I could not take anything down with me to the operating theatre. I calmly said that it was OK but she was adamant that it was not, she had not heard of anything like this in all her nursing years. I won the discussion and off Nigel and I went.

Back on the ward and awake, I was amazed at how pain free I was in comparison to the previous surgery. I had a tube coming out of me that I had not had before, and my breast had not swollen to the size of a melon. This was about 6pm on the Thursday. I was told that I would be staying in the hospital until the following Monday so that I could be monitored. I really didn't want to stay that long, so calmly stated that I would actually be leaving the following day, I had decided. I was told that would be highly unlikely, it had never happened before.

You know I was getting quite used to hearing such comments, and chose not to give them any power over me.

The following morning, I kept saying that I wanted to see the Surgeon because I had every intention of going home later that day and he was the only one who could sanction this. I had everybody on standby to be ready to come and collect me at short notice. There was no way I was staying in there all weekend.

The Surgeon came to see me at 2.00pm with a wry smile, having got to know me quite well during the preceding weeks, acknowledging my request to go home. He also spoke one sentence to me that was priceless and that was, *"the surgery went very well, I am very happy with it, you will be OK now"*.

After some, not a lot, of discussion he agreed that provided my blood pressure remained stable for the next 3 consecutive readings (it was somewhat all over the place I have to say) and they could arrange for the district nurse to call on me every day to check my dressing, I could indeed go home that afternoon.

Into play came all the mind power and visualisation techniques I had learned I was discharged at 4.45pm

Another of Life's Angels

Now I have to mention here another of life's angels who played a huge part in my recovery, John.

I had met John at the end of January that year in a nightclub where I was celebrating a friend's birthday. We had met up for a lunch and he had called in to see me once on his route home after a trip away. I had not mentioned anything about my situation but when it became obvious that there could be a lot more to our relationship I had to come clean. I had to give him the choice.

We stayed together and it was to him I was going when I left the hospital knowing that I would never get the level of love and attention on the hospital ward that I would be getting at home. He had arranged to have 10 days compassionate leave from work to come and look after me. I think this was another plus for my being able to leave.

My right arm was much more restricted than previously, and I discovered that all of the level one lymph nodes (7 in total according to the pathology report) had been removed. I had in fact had two sections removed through the one scar (the surgeon was very keen to keep it cosmetically as pleasing as possible). One section was 90x70x30mm the second was 110x30x25mm. I therefore found it very challenging to do basic hygiene routines. John had

undergone and completed a social work qualification and was quite used to caring for people on a personal level so was not phased in the least about what he may have to do.

The diagnosis of section one was a grade 3 invasive ductal carcinoma, with a diameter of 25mm, surrounded by healthy tissue. The second section also had ductal carcinoma in-situ to a diameter of 15mm. This time they had also done a test for hormone receptiveness, which was negative. The lymph nodes were negative.

What to do Next?

Things were different this time. There had been a definite shift in me and I realised that following the first surgery, as positive as I was trying to be, as committed as I was to what I was doing, I had still felt out of control and fearful. For some reason, this time, I no longer felt this. I had made all the decisions, if, where, when and with whom I was going to have my surgery. It had been carried out under my instructions, and I had decided that that was it. The cancer had gone, I had had enough of it and shifted my focus to returning back to some form of meaningful work.

Again I cancelled the oncology appointment, I had no desire to talk again to anyone about chemotherapy and for approx a year I attended follow up appointments at the hospital to be continually met with the opinion that I should really have chemotherapy or at least some radiotherapy and regular mammograms.

Armed with all the information I now had at my disposal I would turn up at these appointments and constantly challenge their point of view. In the end, when the registrar agreed that there was not any screening method that would give me any definitive answers, it was pointless my turning up to keep having the same conversations over and over again. We parted good friends with the knowledge that I could go back at any time in the future if I needed to. I had that inner knowing again, I would not need it. I had finally made the decision to let it all go and start living my life again. I knew I would never need to go back.

I had learned the lessons; I had found the blessings within my cancer. It had literally turned my life around. I learned that needed to put my needs and myself first sometimes in order that I could then nourish others; I had started to express how I felt about things as they happened, not only the 'bad' stuff, but the good stuff too. It feels great to express joy and happiness and gratitude and love. I appreciate good healthy food and actually 'crave' it instead of the junk. I gave up smoking and know I will never have the need to go back to this as crutch during challenging times, I have healthier tools in my tool box.

July 1998

My relationship had not stood the test of time once my surgery and recovery was complete. We had different ideas as to who I should be and what I should do after coming to this point of my life. He was going through a challenging time with himself and his family and I could not fix him or them, I was in so many ways still fixing myself. But I truly know that my recovery would not have been so speedy without the love and care I received from him and for that I am eternally grateful.

I received another programme of supplements from Dr Callebout this month which I was to follow for 5 days a week and continuing with the coffee enemas three times a week.

It was Dr Callebout who introduced me at this time to '*Conversations With God Part 1*'. Neale Donald Walsh

In October 1998 I received another programme of supplements, at least now they were reducing in quantity and frequency. At the peak of this I was taking in excess of 100 tablets a day, plus special drinks. I was now down to less than ¼ of this.

December 1998

Although I had remained doing my voluntary work, I started back at work in paid employment for 7 ½ per week, which is all I could do and not lose my state benefits. I had achieved my goal.

I remained in contact with Dr Callebout, changing and reducing the programme every 3 to 4 months through to April 1999, one year after the second round of surgery, and here my file comes to an end. I had decided that it really was OK and in fact it was time to move on and start the next chapter of my life, and so I gradually ceased contact with him and the hospital.

There were no more lumps, there has not been since, and nor will there ever be again.

In Conclusion - What Does All This Mean?

There are a lot of people who believe they have 'the answer to cancer' even in the field of alternative therapy.

For you it may be purely a dietary change that is required or it may be a change of outlook that is required, or regaining control of your life, or

reducing your stress. It could be any one or a combination of all. One thing is certain; it is a clear message that something within you is out of balance. Your body has tried everything else to regain homeostasis; this is its last attempt to get your attention to **CHANGE SOMETHING**. Whether you get the message or not is up to you.

I have in this book attempted to show you how your reality, be it past, present or future has been and is very much in your hands. Every day you have and make choices. Choices that empower you or choices that dis-empower you.

Choices about what you eat, what you drink, what you think, what you believe and what you say to yourself. There is so much more I would have loved to share with you so I have signposted you to books, websites and resources to help you on your journey as indeed they helped me. Take on board some of it, all of it or none of it. The choice is yours, and the thing is:-

If you keep doing what you're doing you will keep getting what you're getting.

Change your programming.

It's one thing to know what to do, it's another doing what you know.

To what degree you change will to a large extent depend on who you are. What is your personality, how do you think, what are your beliefs, what are your traits, what is your character, how do you really feel about yourself, what is your ability to act in spite of fear, in spite of inconvenience, in spite of discomfort. And what is your ability to act when you are simply not in the mood?

How you do anything is how you do everything.

The reason it is hard for most people to change is 'habits'. We have certain habits that we do – lets call them doing habits. But here is what nobody seems to tell us; just as important as our doing habits, are our not doing habits.

You need to fully understand this. Everything you do is a habit. This is critical for why people find it difficult to change as **everything you don't do is a not doing habit - you are in the habit of not doing it.**

You may have read similar information as contained in this book in other materials before but you are not doing any of it simply because you have a habit of not doing it.

Establishing a new habit is not 'oh I'll try it this week and then if I feel like it I'll do it again in a few weeks time. This is creating a habit of not doing it. You will always create one of the two, a doing or a not doing habit.

We are creatures of habit so let us use this to our advantage and create some new empowering healthy habits.

I know which I chose.

Which will you choose?

The key to success is to raise your own energy vibration through the use of food, exercise and mind power. Most people only work on the superficial level, on the visible world, on what they can see.

There's an old saying – 'I'll believe it when I see it', I say to you 'believe it and you will see it'.

Your thoughts lead to feelings, your feelings lead to actions, your actions lead to your results. If you take on board your negative prognosis this will lead to negative feelings that will lead to negative actions which will lead to your negative outcome.

If you don't understand why you are not getting what you want, it is not because you do not want it enough, not because you are not intelligent enough, not because you are not worthy, not because fate is against you. It is simply because you are not raising your vibrational energy to match the vibration of your desire.

If you are not playing invisible to visible you are not playing to the rules of the universe. Everything is a result, wealth is a result, health is a result, illness is a result, weight is a result.

People ask me what it was that made the difference second time around and when I stop to think about this, there are a few things that were different.

The main difference was that I was in a very different emotional and mental place than I was the first time round. You see I did all the physical stuff, I ate all the right foods and took all the right supplements. I did the breathing, the yoga, the meditation and the visualisation. I cleansed until I was cleaner on the inside than the outside and yet still the cancer troubled me. I could have asked no more of Dr. Callebout, he was 'hitting' me with all he had. And what I realised was that whilst I was doing all this and presenting to the outside world that it would all be OK, my inner world (remember this inner world you

have, it is very powerful) kept butting in from time to time with “yeah, but what if’s!”

Another important difference for me was second time around I was in control of everything. You see, even with Dr. Callebout, I had to some degree put my life in his hands. He was my guru, he knew so much more than I did. Out of fear of not doing everything he told me, I was in truth still giving all my power over to somebody else. Now that is not to say that I should have ignored everything he sent my way at all, it put me in a stronger physical position for the choices I made. I paid too little attention to the deep rooted emotional stuff that needed clearing. I had done it with passion but without the joy.

Second time around I simply made the decision. That was that. Chapter finished. My new life was waiting, no more faffing around with this cancer lark, it was getting in the way of my life, and with excitement I realised that I could create this new life in any way I chose. With the new understanding I had about our minds, I harnessed the real power of the subconscious to support me in this new life.

I had also let go of a lot of resentments I had been carrying around with me. And I ask you to take a good long, deep look at all the things that have angered, embittered, upset, frustrated and annoyed you, anything that you have ever held resentment, envy or jealousy over in your life, ever in your life and really ask yourself if you have let it go. If you can still access the emotions, and sometimes even just the memory, then I say that you are still holding onto it. Simply decide to let go, Until all you can feel is peace and you can learn your lessons, for every encounter, every circumstance, every situation brings with it lessons for us to learn if we are open to them.

In 2005 I finally got around to studying NLP (neuro linguistic programming) an amazing tool for helping to change a persons perspectives on life and the negative dis-empowering beliefs they hold about themselves and life, the things that can block a persons recovery from any illness and prevent people from being, doing and having all they desire in life. The techniques I learned in this training continue to help propel me through life with a completely different mindset than I had back in the early 1990’s. I strongly recommend you source a practitioner or some training to help you remove any negative beliefs or perspectives that are preventing you from living the life you desire.

A bonus to this training was learning about a technique called Time Line Therapy. This technique can obliterate all your negative emotions from every event in your past in a matter of minutes. I have never come across such a powerful technique as this. Your past angers, resentments, guilt, sadness, fears all reside somewhere in your body if you have not truly let them go. I urge you to seek out a Time Line Therapy practitioner to help you release

these in a safe environment. This alone will transform your life on many levels.

If you want to study and take a course in NLP & Time Line therapy and you live in the State of Florida, in London, England or Sydney, Australia then I highly recommend, Dr Topher Morrison, Master Trainer Extraordinaire. Seek him out at www.tophermorrison.com. If you do not live in any of these cities, and are able to attend these trainings, then I suggest search the internet to find either a practitioner or another training company if you wish to study, that is near you. It will be the best investment in yourself you will ever make.

If you cannot access training or a practitioner and you need closure on anything, if you need to write to somebody, then do it. These emotions will remain in you causing you trouble until you let them go with love and gratitude for them having been there and the lessons you have learned from them. DO NOT however write these letters with the expectation of anything in return, for you may not get anything. This is a process FOR YOU to clear out any lingering emotions, it is not about them or how they deal with what you say.

My relationship had ended, which angered a few people around me, judging him for not 'standing by me' at this time. And you know what, I decided to be grateful for the love, the care and the dedication he had shown me when I really needed it most. And for that I thanked him (after I had written him 2 angry letters venting my own disappointments – just releasing my emotions, right?).

You see, I believe we all have our own cancer 'code', and we each need to find the combination that will crack our code. How desperate are you to find your code, will you do whatever it takes?

It may be a dietary change for you, *'Your Life in Your Hands'* by Professor Jane Plant is an example of this, by how eliminating dairy alone from her diet, after a 5 times recurring cancer with a tumour on her neck and already with the loss of her breasts, within days the tumour started to shrink. Six weeks after excluding all dairy products from her diet, the tumour and her cancer had gone.

This obviously was not my code or mine would have disappeared after six weeks too. Yet on reading the extract from her book, the things that struck me the most were her language, she wasn't going to TRY, she was going to find her solution, and her determination to find it, no matter what. Are you doing this or have you all but given up?

When you start on this journey there will be people who just will not understand. Educate them, teach them what you are learning. Even your children – what an education for them.

Let me take you back to the beginning of the book where I told you about the gentleman who had a major lifestyle change, from expected death within 3 months to complete recovery. What was his code?

I hope you have watched the video of Sir Jason Winters, www.sirjasonwinters.com/multimedia.htm the video of his 2000 Australian Tour. What was his code, how determined was he to find it?

Also I urge you to look at www.drday.com an MD who cured herself of advanced invasive breast cancer, a tumour the size of an orange in her chest without conventional treatment despite being told she was going to die.

**Our deepest fear is not that we are inadequate
Our deepest fear is that we are powerful beyond measure**

**It is our light, not our darkness that most frightens us
We ask ourselves, who I am I to be brilliant, gorgeous, talented,
fabulous?**

**Actually, who are you not to be?
You are a child of God.**

Your playing small doesn't serve the world.

**There's nothing enlightened about shrinking, so that other people won't
feel insecure around you.**

**We were born to make manifest the glory of God that is within us
It's not just in some of us; it's in everyone**

**And as we let our own light shine we consciously give other people
permission to do the same**

- **Remove all toxins from your body. Create new supportive habits around all areas of your health. This could be your code.**
- **Stand tall to your family, your friends. Challenge your doctor, your consultant or your oncologist if you have doubts. This could be your code.**

- Let go of any beliefs that no longer serve you. This could be your code.
- Resolve any outstanding conflicts (remember Dr. Hamer). This could be your code.
- Learn to find love, joy and passion in every person and situation you face. This could be your code.
- Develop an attitude of gratitude. See the abundance that surrounds you. This could be your code.

"The best way to predict the future is to invent it."

Alan Kay
V.P. R&D, Disney Corporation

"Perseverance is more prevailing than violence; and many things which cannot be overcome when they are together, yield themselves up when taken little by little."

Plutarch 46-120 A.D.

"It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all try something."

Franklin D. Roosevelt

"You were born knowing that you are the creator of your own reality, and although that desire to do so pulsed within you in a powerful way, when you began to integrate into your society, you began to accept much of the same picture that others held of the way your life should unfold. But still, within you today lives the knowledge that you are the creator of your own life experience, that absolute freedom exists as the basis of your true experience, and that ultimately the creation of your life experience is absolutely and only up to you."

You have never enjoyed someone else telling you what to do. You have never enjoyed being dissuaded from your own powerful impulses. But over time, with enough pressure from those who surrounded you who seemed convinced that their practiced ways are more valid than your way, you gradually began to release your determination to guide your own life. You

often found it easier just to adapt to their ideas of what was best for you rather than trying to figure it out for yourself. But in this adapting to your society's attempts to make you fit in, and in your own attempt to find less trouble, you have unwittingly relinquished your most basic foundation: your total and absolute freedom to create.

Extract from Ask and it is Given; Learning to Manifest Your Desires. Esther & Jerry Hicks

I stay well because cancer no longer has any place in my world. It is not a thought I entertain, the language of illness is not one that I use. I eat and drink 90% of the time 90% of the foods and fluids that maintain my body in peak condition. Illness can teach us so much, I learned my lessons, I found the blessings.

God bless you and your willingness to learn.

Never stop looking for what will crack your code!

A handwritten signature in black ink that reads "Jayne" with a smiley face and an "x" at the end.

Jayne Harvey
England

YOUR SELF-HELP PROGRAMME

There are some very basic simple things you can start doing **NOW** to start building up your body and strengthening your immune system.

Shopping Guidelines

Produce

Although it is usually more expensive, organic produce is much healthier and nutritious than non-organic produce. Ideally all produce should be fresh, ripe, in season and locally grown. Look for a local farmer's market or food co-op, or consider mail ordering or if you have a garden give up some space and grow your own (without chemicals and pesticides). The colour of food is important, bring home or grow an entire rainbow of colourful fruits and vegetables.

If this is not possible, you can buy fruit and vegetable washes in health food stores to remove some of the chemicals and pesticide residue on the outside of your food. Focus on broccoli, cabbage, brussel sprouts and other cruciferous vegetables.

Meat

Buy only organic or free-range, hormone and antibiotic-free meats whenever possible. Lean meat is always healthiest. If it is not available then trim off all excess fat before cooking.

Poultry

Poultry should be organic or free-range, hormone and antibiotic-free.

Eggs

Ensure that you purchase eggs that are organic or from free-range, hormone and antibiotic-free poultry. Eggs labelled as "High Omega 3" are especially healthy.

Seafood

Buy only smaller varieties of cold water, non-farmed raised fish or seafood. Fish should smell a bit like the sea but fresh – it *should not* smell bad.

Buy whole, fresh foods only

Read labels carefully and look for foods that contain only one ingredient. Also look for the word 'whole' before the first ingredient on the label or list. Fresh food is more nutritious than frozen, frozen is better than canned, canned is better than processed.

AVOID

Non-organic produce

Non-organic fruits and vegetables are almost always sprayed with pesticides, faecal fertilizers, other harmful chemicals or treated with preservatives.

Ground Meat

Butcher cuts are much safer than pre-ground meat. A patty of ground beef can contain body parts from up to 80 cattle whose health is unknown. If you want ground meat buy a whole cut and grind it yourself or have a butcher grind it for you.

Frozen Poultry

Poultry processors who use hormones to maximise bird size and growth rate package most frozen poultry, and must use antibiotics to prevent disease because of the extreme cage crowding found in a typical poultry “farm”. The hormones and antibiotics remain in the bird.

Most fish and seafood

Ensure the product is wild caught. Virtually all seafood, whether from fresh or salt water, is now contaminated with toxic metals and dangerous chemicals. Farm-raised seafood is the least healthy and most contaminated. Large fish species are generally far more contaminated than smaller species. Warm water species are less safe than those from cold water. If you are 'doing' cancer it is usually advisable to avoid seafood altogether.

Food with additives

Avoid purchasing foods with labels listing additives, colours, preservatives, emulsifiers, thickeners, anti-caking agents, bulking agents, floorings, added seasonings or sauces, or chemical names you don't know you can't pronounce.

Non-whole and processed foods

Avoid products with more than one ingredient. These are NOT whole foods. Look for “100%” then carefully read what that 100% actually is. Breads and pasta are actually processed foods; whole, un-ground grains are always healthier. If you must buy breads or pasta look for the word “whole” when the label describes the grains they came from. In general, avoid packaged food as these tend to have multiple ingredients.

Hydrogenated fats and artificial sweeteners

They are not healthy and should be strictly avoided. Use only real organic butter, never substitutes.

Eating Guidelines

Drink lots of water

Drink bottles or filtered water. There is a lot of conflicting research that recommends different amounts, and if you drink none at all at present, then just start by including one day for a week, then increase it to two, three etc until you reach 8x8oz glasses a day.

If you can, add some 'greens' to your water that will give you many additional benefits. Visit www.innerlightinc.com/jayneharvey to discover the power of 'greens'. Avoid tap water as much as you can and be wary of well water. Fluoride and chlorine can be found in tap water, and iron, manganese, calcium and other minerals found in well water can be harmful. At the very least, use a water jug with a filter; make sure it eliminates heavy metals, chemicals, bacteria, and a good percent of all minerals. If you can, have a filtration system installed under your sink to filter your water as it comes out of the tap. You will find many suppliers on the Internet.

Avoid fluids with meals

Drinking fluids with meals can compromise your digestion. Sip warm fluids with meals if needed and never ingest colds fluids as they inhibit digestion. If you drink a glass of water 20 minutes before a meal you will probably find that you won't feel the need to drink during a meal.

Avoid certain drinks

Coffee, black tea, fizzy drinks, ale, spirits, and wine should all be avoided if your body is 'doing' cancer.

Drink Green Tea

Drink green tea daily, it halves breast-cancer risk. More on Green Tea in appendices.

Drink your "Greens"

Visit: www.innerlightinc.com/jayneharvey

Eat before you get hungry

Hunger is usually a sign that your blood sugar is dropping.

Eat at the right time

East breakfast within one or two hours of rising; lunch approximately four hours later, and dinner within six hours of lunch. If you have a day job, eat dinner before 7.00pm.

Eat snacks

If you tend to get hungry between meals, eat healthy snacks such as raw almonds (soaked in water until they are twice their normal size as this makes them easier to digest), rice cakes with almond butter, humous, fresh fruit etc.

Eat in peace

Distractions such as reading, watching TV, noisy environments and dinner table arguments have very harmful effect on digestion. If you are upset, calm yourself and relax before eating. The digestion of your food is where your body acquires all the goodness from the food you have eaten.

Chew well

Chewing your foods is perhaps the most important part of the digestion process, so chew your food more than you think is necessary and avoid swallowing un-chewed food, this is a great missed opportunity for your body to acquire the goodness it needs from what you have eaten.

Stop before you are full

You'll feel 'full' about 10 minutes after a meal if you stop eating when the food begins to lose some of its taste. This can stop overburdening the digestive system with too much food.

Cooking Tips

Cooking vegetables

The best way to cook your vegetables is to steam them, as boiling destroys their nutrients content. Be careful not to over steam them, they should be a little crunchy and maintain their bright colours.

Cooking meat

Ground meat should be lean and always cooked to "well done". Other cuts can be cooked to your preference, although medium or medium rare better preserves nutrients. Remove skin from poultry before cooking and use a thermometer to determine when it is cooked.

Cooking fish

Fish should smell a bit like the sea, and fresh – it should not smell bad when it is unwrapped. Make sure fish is cooked all the way through.

Oils

Unless certified organic all oils they are likely to be contaminated. Buy only cold pressed oils. Do not buy oils in clear glass or plastic bottles (light destroys oils). If your oils do not smell "fresh", dispose of them. Rancid fats and oils are extremely toxic and severely interfere with normal fatty acid metabolism

AVOID

Frying

Do not fry anything. Braise, broil, bake, grill, roast, sauté, but donot fry. Cook with water in a wok and add butter, ghee, coconut butter or olive oil or flax oil after cooking for flavour and texture.

Avoid scrambled eggs

Cooking scrambled eggs causes oxidation of the cholesterol contained in the yolks, making it a harmful substance. Poaching eggs is best, followed by boiling.

Avoid microwaving

It changes the molecular structure of foods to something other than what the body has recognized as food on this planet for millions of years.

Avoid salt

Do not salt foods until after they have been cooked if you must have salt and then use only sea-salt.

Avoid sugar

Doctors have known for 75 years that cancer feeds of sugar. Have only natural sugars in the form of fruit or Manuka honey.

Avoid raw vegetables (at first)

Raw vegetables can be hard to digest unless you have a healthy digestive system. Steaming is your best choice for the first couple of months of a diet therapy programme, unless your practitioner tells you otherwise.

Get 'Typed'

Go on-line and do a basic Metabolic Typing questionnaire for **free** or pay to do the longer more in depth questionnaire. This will give you a good place to start, it will tell you the best foods for you. Then I recommend finding a practitioner to work with as your 'type' will also determine the best supplements for you to take.

Avoid aluminium

Aluminium is a highly toxic metal. Large numbers of aluminium molecules enter food that is cooked, covered or stored in aluminium pots, cans and foil. Teflon coatings do not prevent aluminium from leaching into foods. Use stainless steel cookware.

If you are having conventional treatment for your cancer, doing all of the above is going to help put your body in a better position to deal with the treatments.

Many of the dietary views of places such as the Bristol Cancer Centre in the UK are finding endorsements in the orthodox literature such as the Lancet and the JAMA.

Other things you can do

Don't be a "good" patient

Many studies have demonstrated that patients who speak up for their rights and refuse to accept a gloomy prognosis live longer than those who are passive patients and just do whatever they are told, and take one board whatever likely prognosis is given.

Source your consultant

If you are going to seek part of your solution through conventional medicine, find the most experienced consultant or the one with an excellent record for candour about treatment options. Insist on the most conservative surgery possible.

Read and Research

Read books by Bernie Siegel, himself a surgeon and Louise Hay. Read as many of the books and magazines as you can that I have listed in the resources sections and any others you can find. Most will be available from Amazon (click here) to take you through to their website.

Buy as many subliminal mind programming, and stress relief/relaxation/guided visualisation cd's as you can. The links in the resources section will take you to where you can buy some.

Psychology

Find a practitioner to help you change the lifestyle that has made you ill and deal with your unresolved emotions and conflicts. I highly recommend NLP and Time Line Therapy for this. Most people with cancer potentially do not have 'years' to go through counselling.

Support Groups

I have mixed feelings about support groups. If they truly support you in your quest for health, then attend as many as you can. If they are nothing more than meetings to console people about how ill they are, how bad their lives are, then with love and from the heart, I recommend you give them a very wide birth. When you are well and vibrantly healthy, by all means go back if you wish to offer your experiences. **Do not be around ill people who do not believe they can get well. Go back and support them when you are well and give them some inspiration.**

Live your life

To the best you can at any given time. Having faced my own mortality twice, if I cannot for any reason do what I particularly want to do at any given time, I now find the joy in just being where I am. I look for the things and people that I love and what I can be grateful for, and in the western world we have so much to be grateful for. If there is something that you want to do and have the time and or the money, it is not going to harm you, others or the planet, then do it regardless of what anybody else may say.

Create new healthy supportive habits

I urge you to give up the alcohol, the cigarettes, the junk food and create new habits of exercise, meditation, visualisation and working with mind power.

Exercise

This is crucially important, I know people will be telling you 'you are not well, you need to rest' and to some degree you do. Spend your resting time visualising and meditating creating the future you desire. You do also need to give your body a strong message that it is not ill. Do whatever exercise you can, even if it is only walking to the end of the road and back a couple of times a day. Go swimming, cycling, do some daily rebounding, the most important exercise your lymph system can have. Do remember your con artist, the subconscious mind. I guarantee you, it will come and visit you to stop you doing this, go back and revisit this section if you need to get a firmer grasp of the power of the subconscious mind. It wants to keep you 'safe', 'comfortable' with what it knows. It will challenge this new behaviour. Use the tools to keep it in check.

Remove all mercury from your mouth

Speak to your dentist about the safe removal of your mercury fillings. If you can, look for a homeopathic dentist who understands the importance of this. There was one specialist I contacted but he would not work with me unless I had all my mercury fillings removed. I could not afford to do this at the time, but each time a filling needs replacing, I have the cavity filled with a safer material, yes it is more expensive but this is part of my on-going health plan. Mercury is a poison it should never be allowed to be placed in your mouth.

I

Wheatgrass

Start growing and juicing your own Wheatgrass, it is one of the most alkaline foods known to man. This means by taking Wheatgrass the alkaline will balance the acidity in your body. More on this amazing product you can grow at home in the appendices.

These are some things you can start doing for yourself **IMMEDIATELY**. None of these will cause you any harm, and **I guarantee that you will begin to notice in a difference in yourself.**

APPENDICES

DETOX ROUTINES

Coffee Retention Enemas



Well this was certainly a challenge for me at first. Ever since I had an unpleasant experience in my late teens after being rushed into hospital for an examination of my nether regions following a period of 9 days of stomach cramps, and having all manner of instruments inserted into everywhere possible, I had become extremely protective of my rear end.

Thankfully my mum was quite happy to come and assist the first few times until I felt comfortable with the procedure. As it turned out, the fear was far greater than the reality, which is often the case. So what are coffee retention enemas and what are the rationales that make it useful in the treatment of cancer?

Of all alternative cancer treatments, the coffee enema has been the most controversial procedure, but it is a central part of all detoxification routines. It has been noted in fables from Greek and Egyptian times of internal cleansing through emetics and enemas that they “believed diseases were engendered by superfluities of the food”, a modern sounding theory is it not!

The Babylonians, Indians, and Chinese were also well versed in the benefits of colon cleansing using enemas. It was the American Indians that independently invented it. In fact there is hardly a region of the world that has not discovered or adapted the enema. Reference to them can also be found in world literature such as Shakespeare and Gulliver’s Travels.

Louis XIV is said to have taken over 2000 enemas in his lifetime and in pre-revolutionary France they were carried out daily after dinner. Today however, in allopathic medicine they are only used as difficult and potentially dangerous barium enemas before colonic X rays.

An enema is “a fluid that is taken into the rectum for the purpose of clearing out the bowel, or of administering drugs or food”. The very last part of the colon before the rectum is an ‘s’ shape and is called the sigmoid colon. Most nutrients from our food have been reabsorbed into the bloodstream by the time our stools reach this part of the colon, and what is left is then ejected. During nutritional therapy a daily enema is for the purpose of stimulating the liver. There exists between the sigmoid colon and the liver a circulation system call the inter-hepatic circulation. This system allows toxins to be sent

directly to the liver for detoxification instead of being circulated through the rest of the body and its vital organs.

Why the Humble Coffee Bean?



When coffee is used, the caffeine is absorbed into this system and taken directly to the liver where it becomes a very strong detoxicant. Coffee also contains some alkaloids that also stimulate the production of glutathione-S-transferase, an enzyme used by the liver to make the detoxification pathways run. Theophylline and Theobromine, 2 chemicals found in coffee, dilate blood vessels and counter inflammation of the gut; the palmitates enhance the enzyme system responsible for the removal of toxic free radicals from the serum; and the fluid of the enema then stimulates the visceral nervous system to promote peristalsis which moves toxic diluted bile from the duodenum and out the rectum. The first known use of coffee in the enema bucket or bag was back in 1917. In the 1920s German Scientists found that a caffeine solution could open up the bile ducts and stimulate the production of bile in the liver of experimental animals. In other words it speeds up the detoxification process.

Back in the 1930's the now renowned Max Gerson, creator of the Gerson Therapy first introduced them into his cancer therapy. He believed that this process of stimulating the liver and gall bladder to discharge bile could contribute to the overall health of the cancer patient. Since the coffee enema fluid is normally held for about 15 minutes, and all the blood in the body passes through the liver every three minutes, "these enemas represent a form of dialysis of the blood across the gut wall" (Healing Newsletter, #13, May-June 1986)

Despite such reports as this, the Office of Technology Assessment dismissively state "there is no scientific evidence to support the claim that coffee enemas detoxify the blood or liver." There is not a medical procedure that is without risk and the OTA are quick to point out alleged dangers of the coffee enema stating that "taken by this route is a strong stimulant and can be at least as addictive as coffee taken regularly by mouth". Where is the data on this and would the OTA issue a similar warning about the perils of coffee drinking per se? One has to wonder!

Coffee enemas are serious business for the person looking to regain their health. However, whilst they can play a part in the detoxifying process using natural healing methods, (using only the highest quality organic freshly ground coffee and purified or distilled water) they are not to be treated as a panacea for healing, or as a laxative for the purpose of clearing out the rectum.

Having worked very closely with a Naturopath during my time doing cancer I occasionally undertake a cleansing programme using the knowledge I gained

during this time and use coffee enemas as part of this process. I have also since that time had colonic irrigation or colonic hydrotherapy, which reaches further into the intestinal tract to help clear old faecal matter that has attached itself to the walls of the intestines thus giving the intestines greater absorption ability.

The Enema Itself

I used 3 heaped tablespoons of ground organic coffee (not decaffeinated) to 2 pints of water in a stainless steel saucepan. Stainless steel should be used as it is a non-toxic metal. The liquid was then brought to the boil uncovered to drive off oils for 5 mins, then covered and left to simmer for 15 mins. The liquid was then strained into a jug to remove as many of the coffee grains as possible using a fine mesh sieve and left to cool to body temperature. The mixture can be prepared the day before and kept in the fridge in a glass (as glass is a non-toxic container) and reheated when required. I used to prepare enough for 2 enemas at a time, as they were a part of my daily regime for most of the programme. **Never use the liquid straight from preparation, it will be too hot and will scald.**



The liquid is then transferred to the enema bag or bucket, depending on which you are using making sure that there is not an air lock in the tube by letting some of the liquid through the tube until it you can see it running freely. I assure you there is nothing more annoying that



an air lock in the tube. You then lay down on your right side and insert the rubber tube approx 2 inches into the rectum using KY jelly as a lubricant. Release the clamp which temporarily blocks the flow of liquid, and allow a small amount to flow through the tube into the rectum. The ideal is to continue this process until all the liquid has left the bag or bucket. This liquid is then held for up to 15 mins, it is not necessary to hold it any longer than this, and then remove the tube and sit on the toilet to release all the waste.

Your equipment must be kept clean at all times.

Clean Sweep Protocol

This involves drinking a mixture of psyllium husks and water followed by drinking a clay solution over the course of the instructed number of days. These mixtures are taken between meals and the normal regular diet is maintained. After the instructed number of days, if the diet allows you, you eat natural live yoghurt to replenish the bacterial flora.

During this protocol, a lot of stored wastes will be excreted. There may be some discomfort as the psyllium husks expand in the intestinal tract which is a good sign. There is likely to be a lot of exotic particles and substances similar in their appearance to snake skin appearing in the toilet bowl and these are dried mucous and dead cells from the surface of the intestine that have accumulated over a period of many years and which seriously interfere with intestinal function. This was done after my 14 day juice fast.

The Purge

The purge is a major 2 day regime and is one of the most important routines a cancer patient can do. It puts the body at rest and aids the rapid removal of metabolic waste that has accumulated in the body. It pushes the body into an alkaline state in which repair and rebuilding of damaged tissues occurs rapidly.

This involves making a fruit punch from the juice of lemons, oranges, grapefruits and purified water.

This punch is then taken over the course of 2 days along with a routine of Epsom Salts dissolved in purified water.

Like all dextoxification processes, there may well be a variety of reactions such as nausea, headaches, muscle aches and pains. This simply means that the body is moving stored waste and should not cause alarm.

Liver Flush

The liver is the major detoxifying organ of the body and needs to be kept 'clean' so that it is able to function to its maximum ability.

This protocol is a one day routine and involves a mixture of apple juice, ortho-phosphoric acid, Calc-Acid, Epsom Salts, whipping cream, olive oil, white or medicinal clay or bentonite clay (purified for human consumption).

Again during the night there may be symptoms of nausea, sweating, headaches. This is just the stored toxins being released. The instructed diet is maintained throughout the day, as are the coffee enemas.

Mustard Footbaths

Mustard foot soak – helpful for toxic headaches and “goopy” toxic symptoms, muscle aches and pains, and water retention in ankles and other parts of the

body. In a basin of warm water, add one tablespoon of dry mustard and one tablespoon of cayenne pepper. Sit in a comfortable chair and soak your feet in the basin for 20 to 30 minutes. The mustard soak can be repeated two to three times each day, and during periods of intense toxicity. These were done during my 14 day juice fast.

Hot Baths

Due to the lack of oxygen in cancer cells, sugar is not entirely broken down and is converted into lactic acid. The lactic acid travels to the liver, the liver reconverts it to sugar and sugar feeds the cancer cells which is a vicious cycle. Salt and soda baths help mobilize toxins out of the skin by removing lactic acid which is produced by the cancer cells. In a hot bath, as hot as you can tolerate, add one cup of baking soda (sodium bicarbonate) and one cup of Epsom Salts. Lie in bath 20 to 30 minutes. Rinse with plain water when finished soaking to prevent the salt from drying your skin. The bath should be repeated until symptoms diminish.

There is no soap used with this bath, cold pressed castor oil is used concentrating mainly on the neck, armpits, groin area, liver area, breasts and centre of the chest. These were done during my 14 day juice fast.

Eczema & other skin conditions
Chronic fatigue
Headaches
Edema
Puffy eyes
Low back pain
And more

Loss of energy
Cellulite
Fibrocystic disease
Repetitive parasite infections
Lupus erythematosus
Arthritis

Dr Etienne Callebout

Dr Callebout, recently noted in ICON Magazine, (Integrated Cancer & Oncology News, 10 June 2005,) as The Integrative Maestro, runs an Integrative Medicine Clinic in London, England and is recognised as being one of the four best known “alternative” cancer specialists who write forwards to appear in the listings in the back of cancer books. He is a medically qualified Doctor who integrates the naturopathic approach when working with his patients. He studied medicine at the Free University of Brussels, Belgium and specialised in tropical medicine. His interest in naturopathic medicine started when he was cured of a serious illness aged 19 using such medicines.

He was a co-founder of a group of professionals who provided non-toxic alternative 24 hour care in Brussels and in 1983 completed a year of study and clinical work at the Royal Homeopathic Hospital in London. His pioneering work with patients with a diverse range of illnesses is as a result of working with and interviewing other pioneering doctors in the field of alternative medicine and keeping abreast of new developments in naturopathic medicine. His reputation has grown specifically in the treatment and management of cancer and other chronic degenerative diseases such as MS (multiple sclerosis), rheumatoid arthritis and lupus. However, his work covers a broad spectrum of conditions such as osteoarthritis, female problems, intestinal problems such as crohn’s disease and ulcerative colitis, hepatitis, allergies, migraines, heart and circulatory problems (i.e. strokes, angina) to name but a few, by advocating lifestyle and dietary changes along with dietary food supplementation.

Following his qualification as a doctor, he specialised in emergency and tropical medicine, practising in Bangladesh and Rancai where he also took time to explore places of retreat and meditation and the spiritual element of human existence.

His interest in cancer developed in earnest in 1989 when his father died of pancreatic cancer – from diagnosis to death in 6 weeks. This spurred him on to seek out the most up-to-date information on alternative approaches to cancer. Funding himself he travelled to the US and Canada checking out as many practitioners and naturopathic remedy manufactures as possible.

It is important for him to be independent and he has no allegiance to any nutritional company because he says *“they are no different from the pharmaceutical companies in that it is human nature to want to push their products. I wanted to check each product out for myself, so that I could make the best independent choices for my patients, and change without hesitation if a better product came on the market.”*

In order to provide the best treatment for each individual, Dr Callebout relies on the results of a range of diagnostic tools including routine and specialised blood tests, dark field microscopy (live blood analysis, where your live blood is examined under a microscope) and metabolic typing. These tests are as much about knowing what not to do.

Dr Callebout takes the stance that we are all individual and we will all metabolise foods differently, and have different biochemical compositions. Because of this, what alkalises one person's system may well acidify another. This is important to know on an individual basis as some medical conditions favour an acid environment and he needs to know what has a particular effect on each individual. Metabolic typing is the method he uses to determine this along with results he has gained from other diagnostic tests, medical history and current disease manifestation so that he can work out an individualised programme for each patient.

Depending on the individual patient and their presenting challenge, his treatment could include one or more of the following:

- A specialised diet with the emphasis on organic unprocessed foods. Some foods will be excluded or included depending on the various test results, but this is not to be confused with a weight loss diet.
- Supplementation with a carefully selected range of products based on his research from around the world.
- Detoxification by a variety of methods. These include coffee retention enemas, liver flush, baths, lymph stimulation and juices, most of which are done at the patients home.
- Intravenous infusions which are administered by a trained nurse only.
- Intramuscular or subcutaneous injections
- Balancing the acid/alkaline levels, glandular functions (adrenal, thyroid), sugar levels and treating underlying infections of toxic load.
- Immune system monitoring; how is it functioning in relation to a patient's individual condition and correcting where necessary.
- Holistic therapies that work on other levels such as meditation, visualisation, massage, psychotherapy, acupuncture, Qi Gong (Chi Kung).

Whilst an advocate of natural healing, Dr Callebout also works with patients who are undergoing conventional treatment, such as chemotherapy and radiotherapy for cancer and who want to complement them with naturopathic treatments. In this instance, a programme will be devised in order to minimise the side effects of this toxic treatment.

His plan is to make the body cancer-unfriendly at the same time as attacking the cancer directly. Blanket rules are not what he does, the more he looks the more he sees there are no rules.

Whatever diet is chosen to assist in a person's healing, it must be one that is as close as possible to nature. Fruitcakes do not grow on trees and processed food takes too much effort to process. For some people a macrobiotic diet works very well, especially for those with well-advanced cancer who cannot digest raw foods very well.

In his practice he has learnt that the patient's own attitude to their healing is crucial. *"Often people's relatives ring up on their behalf, desperate to get help for their loved one. Yet if the patient is not fully participating in their treatment and their recovery, I have learnt from experience it just doesn't work. There is a certain kind of determination that is required."*

Yet as a trained Psychosynthesist, he considers the philosophy of healing as deeply as the biochemistry. *"I am challenging myself and the dogma that physical healing should be pursued no matter what. None of us knows what is for the highest good, so in that context I just do what I do to the best of my ability"*.

He has been described as someone with "a brain the size of a small planet", he says *"with cancer you almost need three brains to cope with what we know and to keep abreast of it all"*, and his physical appearance – large, intense and untidy in his work environment, certainly gives the impression of brilliance but not very concerned with the practicalities of life.

He has a free telephone service whereby people can call him for 10 minutes and talk about what he does.

The Gerson Therapy

The Gerson Therapy has been and is still the most basic, the best recognized, the most complete, and the longest existing effective cancer treatment. Patients on the Gerson therapy also know that they have to stick very exactly to the treatment. Everything you must or must not do has a very important reason. The whole Gerson Therapy is aimed at detoxifying the body and putting lots of fresh nutrients into it. The Gerson therapy is not effective with cancer only. With the Gerson Therapy, patients have seen heart disease, high blood pressure, thyroid problems, lupus, colitis, diabetes, multiple sclerosis, rheumatoid arthritis, herniated disks and many other problems disappear. Some have seen Alzheimer's disease improve if it's not too advanced.

The importance of pancreatic enzymes in the Gerson Therapy

Before the body can deteriorate into cancer all the body's defence systems have to be depressed and out of balance. If your pancreas is working properly and if you have adequate pancreatic enzymes, you cannot develop cancer.

Pancreatic enzymes, trypsin in particular, dissolve the protective protein coating which covers malignant tissue and makes it impossible for the body's natural immune defences to recognize the cancer cells as foreign.

Fresh juices and vegetarian meals in the Gerson Therapy

Dr. Gerson gave seriously ill patients fresh juice every hour: freshly pressed, organic, free of poisons, rich in the best nutrients, minerals and enzymes. It is all described in Dr. Gerson's book *"A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer"*. "We give a fresh glass of juice every hour: five glasses of apple-carrot juice, three glasses of plain carrot juice and we give liver capsules with it, four glasses of juice from leafy type greens rich in chlorophyll, iron, nutrients, enzymes, everything the body has been lacking over the years".

Also given are three full vegetarian meals and a fruit plate every day. By drinking the juice, you get an enormous flooding of nutrients, minerals, enzymes, and vitamins which start to flush out the kidneys. The nutrients go into the tissues, into the cells and force out the poisons, and all those poisons are released into the blood stream. The liver filters them out. You have to help the liver get rid of them, and there is only one way - by opening the bile ducts", and Dr. Gerson did this with the famous and much joked about coffee enemas which is the key to successful treatment.

Potassium versus sodium in the Gerson Therapy

Gerson found that sodium stimulates tumour growth. It interferes with body function. According to Gerson you need high potassium and low sodium, the same ratio which can be found in fresh live foods. All processed foods contain reduced potassium and raised sodium. Sodium is necessary for tumour growth. The Gerson Therapy supplements the body with potassium.

Liver regeneration and the Gerson Therapy

The liver is the most important organ in the body. It is the filtration system for detoxification. Doctors say that if your liver functions up to 35%, you are all right, but when it drops below that, disease develops, whether it is diabetes, cancer, arthritis, lupus or anything else. By the time cancer or chronic disease develops, liver function is below 35%.

So when the tumour, the cancer, arthritis or other disease symptoms are gone, that doesn't mean the body is cured. The body isn't really restored until the liver goes back to its full activity of somewhere between 90 and 100%. We never really know how long it takes to get there, but we can estimate it takes at least 1½ to 2 years. If you go back to eating average food right away, the foods you used to eat, candies, ice cream, cheese and meat, the cancer will come back rather quickly because the liver is not able to deal with these things.

Flaxseed oil and the Gerson Therapy

Dr. Gerson found, after observing for a long time, that patients, especially with cancer and also with heart disease, atherosclerosis and so on cannot handle oils and fats, and that is why his book says no oils. Yet he was very much aware that the body needs a certain amount of essential fatty acids and that after deprivation for a year or year and a half, until the tumours disappear, there is a lack of essential fatty acids in the Gerson diet.

He searched and searched and tried every kind of oil he could think of, everything from olive oil, sesame oil, safflower oil to sunflower oil. None of them were usable because in each case the tumours would re-grow. Fats stimulate tumour growth. But after the book came out, he came across the work of Dr. Johanna Budwig in Germany who showed that one may use flaxseed oil and that it is well tolerated by cancer patients. It helps to stimulate the immune system, and kills the tumour tissue. He used two tablespoons of flaxseed oil per day - one at lunch and one at dinner, and after a month on the therapy, he cut it down to one tablespoon a day. He advised against cooking with oils. You can't cook with flaxseed oil because if it is heated, it deteriorates and causes problems. So the flaxseed oil must only be used raw and cold.

Sunday June 27, 2004 - The Observer (UK)

Prince Charles has never made a secret of his love affair with alternative medicine. Now he has infuriated the medical profession by backing a controversial cancer treatment which involves taking daily coffee enemas and drinking litres of fruit juice instead of using drugs. Charles gave an enthusiastic endorsement last week to the Gerson Therapy, which eschews chemotherapy in favour of 13 fruit juices a day, coffee enemas and weekly injections of vitamins.

Speaking to a room of 200 healthcare professionals at a conference, Charles said: 'I know of one patient who turned to Gerson Therapy having been told she was suffering from terminal cancer and would not survive another course of chemotherapy. Happily, seven years later, she is alive and well. So it is vital that, rather than dismissing such experiences, we should further investigate the beneficial nature of these treatments.'

Charles's spokesmen last night refused to say whether the patient he referred to is a close friend or someone he met in his role as patron of four cancer charities. What has become clear is that a tight network of friends and associates are advocates of the therapy. Dudley Poplak, an interior designer who has a client list of the great and the good, is the man who is thought to have first alerted Charles to the treatment. Poplak redecorated Highgrove House for Charles and Diana and designed their apartment in Kensington Palace. He gave Charles a copy of the book *A Time to Heal: My Triumph over Cancer - Beata Bishop's story of how she beat malignant melanoma 23 years ago by following the strict dietary regime*.

Bishop would not comment yesterday on whether the prince had read her book, but said: 'For years the orthodox medical profession has been totally ignorant of the immense potential of nutritional therapy. Finally they have admitted that if you eat the right food you can prevent serious illness, but they still say that if you are ill, you can do nothing. I am not the only one who has survived on Gerson; there are many others like me.'

You can visit the [Gerson Institute](#) for more information on the Gerson Therapy.

There is also a tremendous support network of satellite centres around the USA, UK and other parts of the world.

Dr. William Kelly

"The One Cause of Cancer"

Dr. Kelly was a brilliant cancer researcher and, after curing himself in 1963 of metastasised pancreatic cancer, never wavered in his belief that pancreatic enzymes, coffee enemas, and a diet based on your particular metabolic type are, together, the answer to healing and preventing cancer.

Dr. Kelly, in 1963, when he was 37 years old, was diagnosed with metastasised pancreatic cancer. The doctors did a series of X-rays that showed that he had lesions in his lungs, a huge tumour in his right hip, his liver was swollen to three times its normal size and it appeared that he had a pancreatic tumour that had metastasised very quickly. The surgeon said Kelly was too sick to operate on and told Mrs. Kelly (his wife and the mother of his four children) that he had 4 to 8 weeks to live.

Dr. Kelly went home and began researching cancer. He read that in 1906 a Scottish embryologist, Dr John Beard, proposed that pancreatic enzymes represented the body's main defence against cancer. In 1911 Dr Beard published *The Enzyme Therapy of Cancer*, but after his death in 1923 the theory was basically forgotten, especially with the advent of Marie Curie and her radiation work.

Dr. Beard believed pancreatic enzymes had to be injected to prevent destruction by hydrochloric acid in the stomach. In the 1930s and 1940s a number of documented experiments were published proving that orally ingested pancreatic enzymes in both animals and human studies are absorbed active and intact in the gut and serve a variety of physiological functions.

Kelly took the work of Beard and theorized that the formation of cancer was clear. Excess female hormones were responsible for changing a stem cell into a trophoblast cell. In simple English, this means that cancer is the growth of normal tissue, but at the wrong time and in the wrong place. It progresses because of a lack of cancer digesting enzymes in the body and Kelly believed the pancreas, through its enzymes, was the primary cancer fighter in the body. So his solution was to get pancreatic enzymes (freeze dried porcine pancreatic enzymes in capsules) to the cancer site and not only inhibit the growth, reverse the growth, but control the rate of attack, otherwise toxins would flood the body and cause all sorts of physical problems; high fever, chills, sweats, and other symptoms of a severe case of the flu.

Dr. Kelly went through his medical textbooks searching for some way of alleviating these symptoms and allowing the enzymes to work. The one thing that kept coming back to him was the coffee enema. For instance, he found

that coffee enemas had been advocated in the Merck Manual from 1890 to 1977. When he reluctantly gave himself his first coffee enema he was amazed that within 30 minutes his temperature went from 104° to 99° and his muscle aches and pains resolved. It was then that he devised his on again, off again regime of taking the pancreatic enzymes, all the while taking 2 or 3 coffee enemas a day.

Dr. Kelly's mother suggested the third part of his regime; change your diet from junk food to fresh fruit, vegetables, nuts, seeds and whole grains. This made sense as, while researching enzymes, he learned that cooking kills the enzymes that are in raw food, which are needed to digest the food.

Within months of following his regime his doctor pronounced Dr. Kelly cancer free and, by word of mouth, people with cancer or with loved ones with cancer came from near and far to get Dr. Kelly's advice on how to overcome it.

While helping others cure themselves of cancer, Dr. Kelly discovered 12 different Metabolic Types, in which different people, because of genetic heritage and environmental factors have different requirements for vegetarian or carnivorous diets, raw and/or cooked.

Thousands of cancer victims are alive today because they followed Dr. Kelly's cancer eliminating regime that he published in his "Do-It-Yourself" booklets, "One Answer To Cancer" and "Dr. Kelly's Self Test for The Different Metabolic Types".

Most nursing texts for the better part of the 20th century recommended coffee enemas as well. Particularly during the 1920s and 1930s coffee enemas were used in the US and abroad to treat a variety of conditions, and there are numerous articles from that time discussing the wide-ranging effects on patients. Coffee enemas were frequently recommended because patients, whatever their underlying problem, tended to feel better after a coffee enema. Dr. Kelly followed thousands of his patients over the years that have done coffee enemas in some cases for decades and virtually all patients report an increased sense of well being.

The Zone – Barry Sears

The central theme of The Zone is to understand the importance of thinking of food hormonally, rather than calorically. Once you do so, you begin to understand why virtually every dietary recommendation of the U.S. Government, and leading nutritionists, are hormonally wrong ... maybe dead wrong. An example of caloric thinking is that "if no fat touches my lips, then no fat reaches my hips." Hormonal thinking, by contrast, says that insulin makes you fat and keeps you fat. This new hormonal thinking also explains the dietary paradox why Americans are eating less dietary fat than they were 15 years ago, but are becoming more obese. The following is a summary of the key concepts and ideas presented in The Zone.

It is impossible for dietary fat alone to make you fat. It is the hormone insulin that makes you fat and keeps you fat. How do you increase insulin levels? By eating too many fat-free carbohydrates or too many calories at any one meal. Americans do both. People forget that the best way to fatten cattle is to raise their insulin levels by feeding them lots and lots of low-fat grain. The best way to fatten humans is to raise their insulin levels by also feeding them lots and lots of low-fat grain, but now in the form of pasta and bagels.

Your stomach is politically incorrect. The stomach is basically a vat of acid that breaks all food into its basic components for absorption. From that perspective, one Snickers bar has the same amount of carbohydrate as does 2 oz. of pasta. Most people would not eat four Snickers bars at one sitting, but they would eat 8 oz. of pasta. The stomach can't tell the difference. And the more carbohydrates you eat, the more insulin you produce. And the more insulin you produce, the fatter you become.

Not everyone is genetically the same. About 25% of the U.S. population is genetically lucky because they have a low insulin response to carbohydrates. These people will never become fat, and they will always do well on any high-carbohydrate diet whether it be pasta, Snickers, or Twinkies. Unfortunately, the other 75% of the U.S. population aren't so lucky. As they increase the amount of fat-free carbohydrates in their diet, they increase the production of insulin. Next time you look at a bagel, ask yourself do you feel lucky. You have a 25% chance that you might be.

10,000 years ago there were no grains on the face of the earth. Through much of man's evolution, he has been exposed to only two food groups; low-fat protein and fruits and vegetables. This is what man is genetically designed to eat. When grains were first introduced into the human diet, three things immediately happened:

- Mankind shrunk in size from lack of adequate protein.
- Diseases of "modern civilization," such as heart attacks and arthritis, first appeared.
- Obesity became prevalent.

How do we know these things? From studies of Egyptian mummies. Not only were Egyptians much shorter than neo-paleolithic man, but they also showed significant indications of heart disease. Furthermore, Egyptians had the same amount of obesity as found in the U.S. today. We can determine this from the excess amount of skin found around the stomachs of preserved mummies.

It takes fat to burn fat. Fat slows down the entry rate of carbohydrates into the bloodstream thereby decreasing the production of insulin. Since it's insulin that makes you fat, having more fat in the diet is important for reducing insulin. The best type of fat is monounsaturated fat, like olive oil, guacamole, almonds, and macadamia nuts.

You can use food as a hormonal ATM card. The average American male or female carries a minimum of 100,000 calories of stored body fat. To put this in perspective, this amount of stored body fat is equivalent to eating 1,700 pancakes. That's a pretty big breakfast. The calories you need for energy are already stored in your body. What you need is a hormonal ATM card to release them. The Zone diet is your ATM card.

The number one predictor of heart disease is not high cholesterol, or high blood pressure, but elevated levels of insulin. How can you tell you have elevated levels of insulin? Look in the mirror. If you're fat and shaped like an apple, you have elevated insulin levels. But you can still be thin and have elevated insulin. How can you tell? You have high triglycerides and low HDL cholesterol. This is why high-carbohydrate, low-fat diets can be extremely dangerous to cardiovascular patients if they lose weight, but see an increase in triglycerides and a decrease in HDL cholesterol.

Carbohydrates are a drug. The body needs a certain amount of carbohydrates at every meal, just like a drug, for optimal brain function. Excessive consumption of any drug, however, has toxic side effects. An overdose of carbohydrates results in the excess production of insulin, which is toxic.

The Zone should be considered a wake-up call, that unless this tide of fat-free carbohydrate gluttony is reversed, millions of people may be unknowingly driven to early cardiovascular events which may very well lead to the eventual bankruptcy of our health care system. This statement should

not be taken lightly. In late January 1996, the American Heart Association announced that cardiovascular deaths in the U.S. were increasing for the first time after a steady continuous decline since 1980.

Dr. Nicholas Gonzalez

In this era of fast approaching changes in cancer treatment, an alternative approach is gaining serious mainstream recognition. Developed by New York City immunologist, Nicholas Gonzalez, MD, it focuses on the use of biochemical individuality and the incorporation of pancreatic enzymes, nutrition, detoxification and autonomic nervous system balance. After years of dedicated effort Dr. Gonzalez's work with cancer patients is now being assessed in a large National Cancer Institute/National Institutes of Health (NCI/NIH) funded clinical trial conducted through New York's Columbia University.

A graduate of Cornell Medical College, with post-graduate training at Vanderbilt University, Gonzalez is well grounded in traditional medical training, but refreshingly open to the theories that are often apart of non-traditional healing. Much of this interest in alternative approaches began in his second year of medical school, when he was introduced to the cancer treatment approaches used by William Donald Kelley, DDS, a practitioner in the cancer underground from the 1960's through the 1980's. Kelley had pioneered a successful method of using an enzymes and nutrition for cancer treatment, after he had successfully treated himself for pancreatic cancer.

Dr. Gonzalez is an immunologist who has developed a regime similar to that of Dr William Kelly based on high dose nutritional therapy and enzymes, but not with just any old over the counter pills.

He uses very specially processed enzymes made in New Zealand for a specific purpose. The ones available in the high street health food stores are not effective against cancer because they are not made for that purpose.

The regime includes

- An individualised dietary plan.
- High doses of vitamins and minerals.
- Pancreatic Enzymes derived from pigs.

In his pilot study of 11 terminally ill patients

- 9 survived at least one year.
- 5 survived for 2 years

- 4 survived for 3 years
- 2 patients are still alive.

Bear in mind, none of them were expected to live more than several months.

He does not promote his regime as a cure for cancer, but thinks he might be at the forefront of a major breakthrough.

Dr Robert Young

“The pH Miracle”

The current rage in nutrition following the publication of Dr Robert Young's book, “The pH Miracle” is obtaining the correct acid-alkaline balance of the blood and the ideal blood has a pH of 7.6. This is done by reducing/removing acid forming foods and substances and replacing them with alkaline foods and substances.

A Professor George Watson, a psychologist at the University of Southern California discovered that small changes in blood acidity had major effects on his patient's health. This work was based on the theory of Dr Claude Bernard (1813-1978) who stressed that a person's health was determined by its internal environment and not by invading microbes alone. That it was not just the immune system that determined a person's state of health. If the inner terrain is healthy, then the immune system will not be called into action as it is merely a second line of defence. The primary one is the state of the body itself.

It took years for the connection between acid-alkaline balance and the inner terrain to come into public awareness. It was not until as late as 1933 that New York Doctor William Hay (of the Hay Diet fame) published his book, “A New Health Era” claiming that all disease is caused by ‘autotoxication’ (self-poisoning) due to an acid accumulation in the body.

Therefore 30 years later armed with this information, Professor Watson set about producing dramatic cures in his patients simply by giving them food that altered the pH of their blood.

Dr Robert Young has been the catalyst for disseminating this information to the general public.

The History of Sprouts and Their Nutritional Value



Doctors today are telling us to eat less meat and dairy. What other ways can we get our protein? We can't eat fish all the time.

Beans and grains are a time-honoured way to get plenty of protein with low fat, high fibre and no cholesterol. Sprouts: Alfalfa, Mung Bean, and Bean Mix, are beans that have been sprouted and are a wonderful option for a variety of vegetarian meals.

Grown year round, sprouts are a good source of protein and vitamin C.

Sprout History

Medicinally and nutritionally, sprouts have a long history. It has been written that the Ancient Chinese physicians recognized and prescribed sprouts for curing many disorders over 5,000 years ago. Sprouts have continued to be a main staple in the diets of Americans of Oriental descent. Although accounts of sprouting appear in the Bible in the Book of Daniel, it took centuries for the West to fully realize its nutrition merits.

In the 1700's, sailors were riddled by scurvy (lack of Vitamin C) and suffered heavy casualties during their two to three year voyages. From 1772-1775, Captain James Cook had his sailors eat limes, lemons and varieties of sprouts; all abundant holders of Vitamin C. These plus other fresh fruits and vegetables and a continuous program of growing and eating sprouts were credited with the breakthrough, thus solving the mariners' greatest casualty problem.



Nutritional Advantages of Sprouts

It is really only in the past thirty years that "westerners" have become interested in sprouts and sprouting. During World War II considerable interest in sprouts was sparked in the United States by an article written by Dr. Clive M. McKay, Professor of Nutrition at Cornell University. Dr. McKay led off with this dramatic announcement: "Wanted! A vegetable that will grow in any climate, will rival meat in nutritive value, will mature in 3 to 5 days, may be planted any day of the year, will require neither soil nor sunshine, will rival tomatoes in Vitamin C, will be free of waste in preparation and can be cooked with little fuel and as quickly as a ... chop."

Dr. McKay was talking about soybean sprouts. He and a team of nutritionists had spent years researching the amazing properties of sprouted soybeans.

They and other researchers at the universities of Pennsylvania and Minnesota, Yale and McGill have found that sprouts retain the B-complex vitamins present in the original seed, and show a big jump in Vitamin A and an almost unbelievable amount of Vitamin C over that present in unsprouted seeds. While some nutritionists point out that this high vitamin content is gained at the expense of some protein loss, the figures are impressive: an average 300 percent increase in Vitamin A and a 500 to 600 percent increase in Vitamin C. In addition, in the sprouting process starches are converted to simple sugars, thus making sprouts easily digested.



ALFALFA

Alfalfa Sprouts contain significant dietary sources of phytoestrogens connected with prevention of menopausal symptoms, osteoporosis, cancer and heart disease

Uses: Great texture in sandwiches, salads and omelets



SUNFLOWER

Sunflower Sprouts are a rich source of lecithin and vitamin D. The sunflower sprout is known for its crispness and nutty flavor. It breaks down fatty acids into an easily digestible, water soluble form.

Uses: Sunflower sprout greens are a delicious addition to salads. They can also be juiced and used in green drinks.



BROCCOLI

Broccoli Sprouts have a mildly peppery flavor. They are also high in the cancer fighting compound, sulforaphane.

Uses: Excellent juiced or in salads.



MUSTARD

Mustard Sprouts are characterized by their tiny, spicy leaves. They are delicate, but very spicy.

Uses: Hot and spicy, this tiny sprout can spice up everything from eggs to salads.



CLOVER

Clover sprouts contain the most significant dietary sources of isoflavones of any sprout variety. Isoflavones have been proven to have powerful anti-cancer properties.

Uses: Healthful addition to salads or sandwiches.



RADISH

Radish Sprouts have 29 times more vitamin C than milk and 4 times the vitamin A. These spicy sprouts have 10 times more calcium than a potato and contain more vitamin C than pineapple.

Uses: Too delicate for cooking, radish sprouts are generally used to spice up salads or sandwiches.



LENTIL

Lentil Sprouts are 26% protein. They can be cooked or eaten raw.

Uses: Nutritious addition to steamed veggies or soups.



SOYBEAN

Soybean Sprouts are very high in protein, and high in vitamin C, folate and fiber.

Uses: Good in casseroles or stews.



ONION

Distinct onion flavor without the tears or waste.

Onion sprouts are 20% protein and good sources of vitamins A, C and D.

Uses: Spice up a salad or sandwich.

GLOSSARY OF SUPPLEMENTS

Artemesia

The following is information from an article called "Chinese Herb Cures Cancer" by Dr. Robert Jay R Rowen in the publication "Second Opinion" – in the May 2002 issue. Artemesia is also known as wormwood if you decide to research it. For more information on this. I believe this report was published in the November 2001 issue of the journal "Life Sciences."

Artemesia is a plant that grows in Southeast that Dr. Rowen has used in the past to treat intestinal parasites. It is also considered a safe malaria treatment. When Dr. Rowen discovered a report by Drs. Henry Lai and Narendra Singh, bioengineering professors at the University of Washington, that indicated that the herb "might provide a safe, non-toxic, and inexpensive alternative for cancer patients", he started using it with his patients. Dr. Lai and his colleague, Dr. Singh, had found its use dramatically killed breast-cancer cells and leukaemia cells while leaving normal breast cells and white blood cells unscathed.

According to Lai, it is believed to work because when artemisinin or any of its derivatives comes into contact with iron, a chemical reaction ensues, spawning charged atoms that chemists call free radicals. Cells need iron to replicate DNA when they divide, and since cancer is characterized by out-of-control cell division, cancer cells have much higher iron concentrations than do normal cells. What Lai did was to pump up cancer cells with even more iron and then introduce artemisinin to selectively kill them. Lai theorizes that more aggressive cancers such as pancreatic and acute leukaemia — which are characterized by more rapid cell division and thus higher iron concentrations — may respond even better.

Dr. Rowen also reported on an article that appeared about a year ago in a major cancer journal demonstrating significant artemisinin anticancer activity in a wide variety of laboratory cultured cancer cells. Cancers resistant to common chemotherapy drugs showed no resistance to artemisinin. (*International Journal of Oncology* 18; 767-773, 2001 by Efferth, et al.)

One of the patient's Dr. Rowen worked with was a 47-year-old female with stage-4 breast cancer with metastasis to the spine. She used IPT, high-dose nutritional therapy, dietary changes, dendritic cell vaccine, multi-step oxygen therapy, and more. All of her symptoms regressed, but the CT showed no change. When artemisinin derivatives were added, greater results were obtained.

Bee Pollen

For centuries many have extolled the virtues of bee pollen for good health. Athletes have often used bee pollen for increased strength, stamina and mental clarity, and many articles and reports have been written of its ability to extend life, slow down the ageing process, bolster immune function and detoxify the body – 2 key factors when working with the healing process from cancer. There have also been some trials with respect to its promising ability to keep cancerous cells at bay in mice.

Bee pollen contains all the nutrients our bodies need to sustain life, it has high concentrations of Vitamin B complex and also contains vitamins A, C, D and E. It is made up of approx 35% protein, 55 % carbohydrate, 2% fatty acids and 3% minerals. It is for its high levels of B Vitamins it is often taken for increased vitality and energy.

If there is any food that deserves the distinction of being called 'perfect' then bee pollen should be in this category.

Studies from all over the world indicate that the pollen collected by bees from the stamen of flowers is worth its weight in gold. It contains 22 amino acids (and higher amounts of the 8 essential ones that most high protein foods), 27 mineral salts, the full range of vitamins, hormones, carbohydrates and more than 5000 enzymes and coenzymes necessary for digestion and healing. It is also rich in the bioflavonoid rutin which is important for capillary strength and Vitamin B12.

The Sloan-Kettering Institute for Cancer Research in New York City has been studying the effects of bee pollen, royal jelly and bee venom on cancer and preliminary observations indicate that it may prevent cancer.

Also, William Robinson of the US Bureau of Entomology, Agriculture Research Administration wrote an article in the Journal of the National Cancer Institute over 50 years ago entitled 'Delay in the Appearance of Palpable Mammary Tumours in C3H Mice Following the Ingestion of Pollenized Food'.

In his summary he states:

- "In the mice not given bee pollen, mammary tumours appeared at an average of 31.3 weeks. Tumour incidence was 100% and they all died.
- "The average onset of tumours of the mice given bee pollen was 41.1 weeks.. around 30% later in time".

- “Seven mice in the bee pollen group had still not developed a tumour a 62 weeks of age when the tests were terminated.”

The conclusion was that bee pollen contains an anti carcinogenic principle that can be added to food.

Many other less well documented studies using bee pollen on cancer have been carried out but the results get little publicity as natural products cannot be patented and big profits cannot be made. Attempts to replicate the properties of bee pollen synthetically have been made in order to obtain a patent but as yet all have failed.

This is not say that I am saying this product will either prevent or cure cancer but it does appear that bee pollen contains beneficial properties still not fully understood by science.

Beres Drops

The research of Dr Jozsef Beres over a period of 3 decades resulted in the culmination of a dietary supplement called Beres Drops.

Beres Drops contain ‘nutrient specific’ minerals and trace elements in their lowest possible reduced state to limit free radical production.

Mineral and trace elements play a key role in the normal functioning of our body and are indispensable to our good health and well being. They are not produced by our bodies so we need to get them from the food we eat. As our food today is lacking in many of these minerals and trace elements, a body that has been compromised by something such as cancer can benefit from supplementing with Beres Drops under supervision from qualified nutritionist or naturopath.

Black Walnut

Black Walnut Bark, including the kernel and the green hull, have been used to expel various kinds of worms by the by the Asians, as well as by some American Indian tribes. The fruit, leaves and bark of the Black Walnut (*Juglans nigra*) tree offer many benefits. Taken internally, Black Walnut helps relieve constipation, and is also useful against fungal and parasitic infections. It may also help eliminate warts, which are troublesome growths caused by viruses. Rubbed on the skin, Black Walnut extract is reputed to be beneficial for eczema, herpes, psoriasis, and skin parasites.

Black Walnut is also used to balance sugar levels and burn up excessive toxins and fatty materials. The use of this herb has also been shown to exhibit anti-cancer properties due to its content of both strong and weak acids, and alkaloids.

External applications have been known to kill ringworm. The Chinese use it to kill tapeworm with extremely good success. The high tannin content is primarily responsible for its anthelmintic property, although other constituents such as juglandin, juglone and juglandic acid may also be involved. It is known that Black Walnut oxygenates the blood to kill parasites. The brown stain found in the green husk contains organic iodine which has antiseptic and healing properties.

Black Walnut has the ability to fight against fungal infections, and acts with an antiseptic property which helps fight bacterial infection. Others benefits are that it helps promote bowel regularity and acts as an antiparasitic.

An extract of Black Walnut can be used in one of two ways: it can be taken orally by mixing 10 to 20 drops in water or juice daily, or it can be used externally by rubbing the extract directly on the skin 2 times daily.

Cats Claw

Cats Claw or 'una de gato' (its Spanish name) get its name from two curved thorns that resemble the claws of a cat and is a high-climbing woody vine that grows in the upper Amazon regions of Peru, Columbia, Ecuador and other South American countries.

Cats claw has been used for hundreds of years by people in the Amazon basin for the treatment of all manner of conditions including cancer, arthritis, stomach and liver disorders, skin conditions and even contraception. Traditionally it has been prepared by boiling the inner bark of the stem and parts of the root.

It is for its immune boosting and anti-inflammatory properties that it has caught the interest of science.

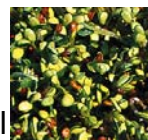
Most of the evidence about cats claw is anecdotal but it does indicate that it may help with osteoarthritis, prostatitis, immune disorders and conditions where a greater immune stimulation is required such as cancer and HIV. There is some concern however that over prolonged use can over stimulate the immune system and do more harm than good for some of the above conditions.

Chlorella

One of the greatest food substances for cleansing the bowel and other elimination systems, the liver and the blood is chlorophyll, as found in all green vegetables, especially the green, leafy vegetables. The problem we find here is that food greens contain less than half of one percent chlorophyll. Alfalfa, from which chlorophyll is commercially extracted, has only 8 or 9 pounds per ton, about 0.2% when extracted, and alfalfa is one of the plants highest in chlorophyll. Commercial liquid chlorophyll often contains only about 1% chlorophyll.

Green algae are the highest sources of chlorophyll in the plant world; and, of all the green algae studied so far, chlorella is the highest, often ranging from 3 to 5% chlorophyll.' Chlorella supplements can speed up the rate of cleansing of the bowel, bloodstream and liver, by supplying plenty of chlorophyll. In addition, the mysterious Chlorella Growth Factor (CGF) speeds up the healing rate of any damaged tissue.

Clover



Red clover is one of the world's oldest and most common natural cancer remedies. In fact, one study found that 33 cultures use the herb against the disease.

The scientific study of red clover is still new. Although its anticancer compounds make it an effective cancer-fighting food for some people, only further research will clarify red clover's future cancer treatment role (Cancer Research, vol. 48, no. 22).

An Extract from "In Concert Against Cancer"
October 1998, By Willow Older

CoQ10

The following information is from a U.S. Government web site (the National Cancer Institute at the National Center for Complementary and Alternative Medicine

What is the history of the discovery and use of coenzyme Q10 as a complementary or alternative treatment for cancer?

Coenzyme Q10 was first identified in 1957. Its chemical structure was determined in 1958. Interest in coenzyme Q10 as a potential treatment for cancer began in 1961, when a deficiency of the enzyme was noted in the

blood of cancer patients. Low blood levels of coenzyme Q10 have been found in patients with myeloma, lymphoma, and cancers of the breast, lung, prostate, pancreas, colon, kidney, and head and neck.

Studies have yielded information about how coenzyme Q10 works in the body to produce energy and act as an antioxidant. **Some studies have suggested that coenzyme Q10 stimulates the immune system and increases resistance to disease. In part because of this, researchers have theorized that coenzyme Q10 may be useful as an adjuvant therapy for cancer.** (Adjuvant therapy is treatment given following the primary treatment to enhance the effectiveness of this primary treatment.

How is coenzyme Q10 administered?

Coenzyme Q10 is usually taken by mouth as a pill (tablet or capsule). It may also be given by injection into a vein (IV). In animal studies, coenzyme Q10 is given by injection.

Have any preclinical (laboratory and animal) studies been conducted using coenzyme Q10?

Laboratory studies of coenzyme Q10 have focused on describing its chemical structure and how it works in the body. Animal studies have found that coenzyme Q10 stimulated the immune system and increased resistance to disease. Coenzyme Q10 helped to protect the hearts of animals given the anticancer drug doxorubicin, which can cause damage to the heart muscle.

Have any clinical trials (research studies in humans) been conducted with coenzyme Q10?

The promising results from animal studies of coenzyme Q10 and the anti cancer drug doxorubicin led researchers to test coenzyme Q10 in a randomized clinical trial with 20 patients. (A randomized clinical trial is a study in which the participants are assigned by chance to separate groups that compare different treatments; neither the researchers nor the participants can choose which group.) The researchers examined whether coenzyme Q10 would protect the heart from the damage caused by doxorubicin. The results of this trial and others have confirmed that coenzyme Q10 decreases the effects of doxorubicin on the heart. However, no report of a randomized clinical trial of coenzyme Q10 as a treatment for cancer has been published in a peer-reviewed, scientific journal.

Have other studies of coenzyme Q10 been conducted in people?

Three other small studies were conducted using coenzyme Q10 as a dietary supplement in patients undergoing conventional cancer treatment. In these studies, the researchers explored the potential use of coenzyme Q10 as an adjuvant therapy for cancer.

The first study, which was conducted in Denmark, involved 32 breast cancer patients. All of the participants received coenzyme Q10 and several other dietary supplements, in addition to their standard treatment. Six of the patients were reported to show some signs of remission (disappearance of the signs and symptoms of cancer). However, the data were not complete, and information that suggested remission was presented for only three of the six patients. All of the participants reported decreased use of painkillers, improved quality of life, and absence of weight loss during treatment.

In a follow up study, one new patient and one of the patients who had a reported remission were treated with high doses of coenzyme Q10 for 3 to 4 months. Both of the patients had breast cancer remaining after surgery. After the period of high-dose coenzyme Q10 supplementation, both patients appeared to experience complete regression (decrease in the size or extent) of their remaining cancer. However, it is not known which of the six patients with a reported remission in the first study took part in the followup study.

In a third study conducted by the same researchers, three breast cancer patients were given high-dose coenzyme Q10 and followed for 3 to 5 years. One patient had complete remission of cancer that had spread to the liver, another had remission of cancer that had spread to the chest wall, and the third had no evidence of breast cancer remaining after surgery.

It is important to note that problems with the design of these studies may have influenced their results. For example, the studies did not have control groups (all patients received coenzyme Q10), and there may have been differences in the characteristics of patients who were selected for the follow up study and those who were not. Other factors that may have affected the results include the following: the participants received a variety of supplements in addition to coenzyme Q10, and they received standard treatment either during or just before coenzyme Q10 supplementation. Therefore, it is impossible to determine whether any of the beneficial results was directly related to coenzyme Q10 therapy.

There have also been anecdotal reports that coenzyme Q10 has increased the survival of patients with cancers of the pancreas, lung, colon, rectum, and prostate. (Anecdotal reports are incomplete descriptions of the medical and treatment history of one or more patients.) The patients described in these

reports also received treatments other than coenzyme Q10, including chemotherapy, radiation therapy, and surgery.

Have any side effects or risks been reported from coenzyme Q10?

No serious side effects have been reported from the use of coenzyme Q10. Some patients using coenzyme Q10 have experienced mild insomnia (inability to sleep), elevated levels of liver enzymes, rashes, nausea, and upper abdominal pain. Other reported side effects have included dizziness, visual sensitivity to light, irritability, headache, heartburn, and fatigue.

Patients should talk with their health care provider about possible interactions between coenzyme Q10 and prescription drugs they may be taking. Certain drugs, such as those that are used to lower cholesterol or blood sugar levels, may reduce the effects of coenzyme Q10. Coenzyme Q10 may also alter the body's response to warfarin (a drug that prevents the blood from clotting) and insulin.

Are there any other potential drawbacks to taking coenzyme Q10?

Coenzyme Q10 is used by the body as an antioxidant. Antioxidants protect cells from free radicals, which are highly reactive chemicals that can damage cells. Some conventional cancer therapies, such as anticancer drugs and radiation treatment, kill cancer cells in part by causing free radicals to form. Researchers are studying whether using coenzyme Q10 along with conventional therapies is positive (i.e., does not interfere with the effects of the conventional therapies, or increases the therapies' beneficial effects on cancer cells while protecting normal cells) or negative (i.e., interferes with the therapeutic effects).

Has the Food and Drug Administration (FDA) approved coenzyme Q10 for use in the United States?

Several companies distribute coenzyme Q10 as a dietary supplement. In the United States, dietary supplements are regulated as foods, not drugs. This means that evaluation and approval by the FDA are not required before marketing, unless specific health claims are made about the supplement. It should be noted that, because dietary supplements are not formally reviewed for manufacturing consistency, there may be variation in the composition of the supplement from one batch to another. Also, to conduct clinical drug research with humans in the United States, researchers must file an Investigational New Drug (IND) application with the FDA. Because an IND application is highly confidential, it is not known whether one has been

submitted or approved for the study of coenzyme Q10 as a treatment for cancer.

The address for this U.S. Government web site, (The National Cancer Institute at the National Center for Complementary and Alternative Medicine), is:

http://cis.nci.nih.gov/fact/9_16.htm

DHEA

DHEA, or dehydroepiandrosterone is a naturally occurring steroid synthesized in the adrenal cortex, gonads, brain, and gastrointestinal tract, and it is known to have anti-proliferative actions on tumours, as noted in article published in Steroids 2003 Jan;68(1):73-83. DHEA is called the "mother of hormones", or prohormone because DHEA is further converted to generate 50 other essential hormones such as androgens (male hormones) or estrogens (female hormones) in the cells. DHEA is the most abundant hormone in our blood, and adequate blood DHEA or DHEA-S (dehydroepiandrosterone sulfate) level is critical for many vital hormonal and metabolic functions of our body.

Unfortunately, our body produces less and less DHEA as we age, and as a result, our blood DHEA (or DHEA-S) level decreases as we get older, generally falling significantly by the age of 30, and by as much as 50% by as 40.

Essiac (Phyto BJS)

There was once a Canadian Nurse by the name of Rene Caisse who became known as Canada's Cancer Nurse. Rene claimed she obtained a herbal tea formula from a Native Ojibwa medicine man which had the ability to cure cancer. She named the produce Essiac (her name spelled backwards) and kept the formula secret for over 60 years treating cancer patients in her own clinic until she died in 1978 aged 91, many of whom reported the tea relieved the pain and made their lives more bearable.

So impressed were some doctors that when she reported her findings to the medical profession they petitioned the Canadian Government in 1938 to pass a bill authorising her to practice medicine in the province of Ontario in the treatment of cancer.

However, the bill was to fail by 3 votes. Rene closed her clinic when 'An Act for the Investigation of Remedies For Cancer' was passed by a Legislative

Assembly which meant she would have to reveal her formula. She did not want to do this. The clinic did re-open later though at the behest of the Minister of Health and she was allowed to treat patients certified as terminal by their physicians.

Essiac (also now also known as Phyto BJS) has become a very popular alternative medicine for cancer. This would be a good place to start if you are looking for some alternative intervention

Gold Stake

The body must maintain an adequate mineral supply to maintain in each cell what is known as osmotic equilibrium. Health experts say 5% of each cell should consist of minerals. This percentage must be maintained for normal cell function and good health. All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, oils, etc., require minerals for proper cellular function. All bodily processes depend upon the action and presence of minerals.

Minerals are the catalysts that make enzyme functions possible. Minerals combine with enzymes into an alkaline detoxifying agent which neutralizes the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination. Minerals are more important in nutrition than vitamins. Vitamins are required for every biochemical process in the body. However, vitamins cannot function unless minerals are first present.

Due to the rapid use and depletion of minerals during tissue rebuilding and detoxification, a saturation of minerals is required for continuation of healing during a health crisis to restore the electrolytic balance needed for effective body electronic functions. Our electrical system cannot work without minerals. A lack of minerals slows down the electronic process and retards healing.

Hormonal secretion of glands is dependent upon mineral stimulation. The acid/alkaline balance (pH) of the tissue fluid is controlled by minerals. The minerals in gold stake are mostly in the oxide or hydroxide (oxygen) form and work together to bring oxygen to every cell in the body. Without oxygen, cells die or can turn malignant.

The unique combination of water soluble and quickly digestible minerals in gold stake are assimilated and used in the body very quickly so the benefits received by taking gold stake are much greater than those of other mineral supplement products.

Minerals are, therefore, required as supplemental dietary food, especially in these days when the mineral content of our soil is deficient. Our fruits and vegetables are void of minerals and are furthered destroyed by petrochemicals and synthetic fertilizers.

Dr. Joyce Willoughby has said, "If people would stop eating irradiated, processed, or junk food of any kind and change to the right fresh vegetables, fruits and grains (washing off the pesticides), and no meat of any kind, along with selected amino acids and four capsules per day of the gold stake Dietary Mineral Supplement, they would be healthy and have a strong immune system." Dr. Paul Monsler also said that "gold stake is the best mineral supplement to come along in 35 years."

According to U.S. Senate Document No. 264, 99 percent of American people are deficient in minerals and a marked deficiency in any one of the more important minerals can result in disease.

Grape Seed Extract

Several ancient Greek philosophers praised the healing power of grapes. The sap of grapevines was used in ointment form by European folk healers to cure skin and eye diseases. The leaves were used to stop bleeding, inflammation and pain. The round ripe sweet grapes were used to treat a variety of health problems including cancer, cholera, smallpox, kidney and liver disease. In fact the medicinal and nutritional benefits of grapes have been heralded for thousands of years. The Egyptians were consuming this fruit 6000 years ago.

The seedless version was developed to please those of us who found the pips a nuisance, but researchers are now finding that it is these very pips or grape seeds that hold the beneficial healing properties. They are thought to have antioxidant properties, the substances that scavenge free radicals that alter cell membrane and cause abnormal cells.

Laboratory studies have found grape seed extract can prevent the growth of breast cancer cells, stomach and lung cancer cells. It also assisted in the prevention of damage to liver cells caused by chemotherapy.

Grape Seed Extract comprises of Vitamin E, flavonoids, linoleic acid and compounds known as procyanidins.

Green Tea

NNC News 8/5/03 "Green Tea can block Cancer" (newsnote.bbc.co.uk).

West Lafayette Ind. Study finds Green Tea may prevent Cancer (www.sciencedaily.com)

You can now find Green Tea on almost every supermarket shelf, a far cry from 1996. The Japanese and Chinese have known about the benefits of Green Tea for centuries, so what is it about green tea that makes it so beneficial?

It has been known by scientists for some time that Green Tea may have a protective effect against Cancer but they have now discovered that chemicals in the tea (that are lost in the processing to brown tea) shut down a key molecule which can play a significant role in the development of cancer. Findings from researchers from the Purdue University, USA suggests that drinking more than 4 cups a day could provide enough anti cancer compound to slow and prevent the growth of cancer cells.

Jason Winter Tea

Sir Jason Winter was given 9-12 weeks to live following a diagnosis of cancer of the neck, throat, jawbone and tonsils. Apart from extensive disfiguring surgery following unsuccessful treatment of chemotherapy and radiation, he was told there was nothing more that could be done for him.

He was an actor and remembered when on the film set of one of his western movies, the Indians sitting around a camp fire drinking a concoction of Sage and Chaparral herbs. When asked why they didn't want to join the rest of the team for coffee, they replied that by drinking this every day, they were purifying their blood.

This memory spurred him on to look for a 'cure' for his cancer. He travelled to all parts of the globe seeking herbs for his own concoction or herbal tea. He found Red Clover in the rain soaked pastures of Europe and the in the deserts of the Americas the Sage and Chaparral. From the Far East he found a special herbal spice that sets his tea above the rest. He discovered that when the herbs and spice were mixed together they had a synergistic effect each highlighting the properties of the other.

At the end of his expected prognosis he returned to his doctors who in amazement claimed him to be free of cancer. When the ingredients were analysed it was found that the herbs had not killed the cancer as such, but had purified the blood kick starting the body's own healing process.

The ingredients are not new miraculous discoveries, but ancient tried and tested herbs and spices from a time when we were much more in touch with nature.

For further information and to hear interviews and see video presentations from Sir Jason Winters, visit www.sirjasonwinters.com/multimedia.htm. The lecture from his Australian Tour 2000.

Kyolic

Kyolic is aged garlic extract. Garlic has been used by herbalists for thousands of years to treat a variety of diseases and raw garlic, cooked garlic, garlic oil and aged garlic can work for the protection and treatment of an amazing number of ailments. Rich in many vitamins and minerals the main active ingredients being sulphur compounds, namely; allicin, allinin, diallyl disulphide and diallyl trisulphide. It can reduce cholesterol, thin the blood by inhibiting abnormal platelet aggregation, reduce cancer risk by neutralizing dietary mutagens and inhibiting free radicals. It helps to remove iron and other toxic heavy metals from the body and lower blood pressure in some people.

If you are interested in learning more about the scientific research of aged garlic extract and obtain some wonderful garlic recipes, there is a book called 'The Garlic Cure' written by James F Scheer, Lynn Allison and Charlie Fox and is available from Amazon. Shop at Amazon.com

Modified Citrus Pectin (MCP)

Pectin is a carbohydrate found in fruit mostly concentrated in ripe citrus fruits.

MCP is not used as a curative therapy for already established tumours but is believed to be useful in the prevention and treatment of metastatic cancer as MCP molecules bind to receptors on cancerous cells preventing them from penetrating nearby healthy tissue.

MCP is thought to have great potential in relation to secondary metastatic cancers which are often more threatening than the original tumour, although the only recorded studies have been using MCP in rats, the results have yet to be translated to humans.

MSM

MSM is an organic sulphur compound which should be found naturally in foods but is often lacking due to the processing of our food today.

MSM plays an important role in the detoxification process and is a vital part of a body's waste management system, and if our body does not have enough it is then unable to release some of the waste matter. Sulphur is

required by every cell in our body. If the body does not have enough it is unable to repair or replace damaged tissue fast enough and as a result, the body compensates by producing abnormal cells that have the potential to lead to illness and disease.

MSM enables the cells and tissues to release toxins that have built up over time. It detoxifies the body and is a free radical scavenger. It balances bodily functions to keep disease, illness and cell degeneration at bay.

Our processing methods today destroy a lot of the naturally occurring MSM so the most reliable source is through supplementation.

Mycostat™

Mycostat™ is a liquid blend of six mushrooms, Reishi, Maitake, Shitake, “Caterpillare Fungus”, Turkey Tail and Shirokikurage. These mushrooms are well known in their native lands of Japan and China for their healing properties. Mushrooms contain selenium, antioxidants and polysaccharides, all of which stimulate immune function.

Shitake mushrooms increase the production of macrophages (cells that eliminate foreign substances). The principle active ingredient is the polysaccharide lentinan which supports the immune system. In Japan they are used to treat breast cancer and to increase resistance to disease in general.

Maitake mushrooms again provide immune stimulating polysaccharides that enhance macrophage and natural killer cell function. Beta-Glucan (1,6 and 1,3) have good anecdotal records for assisting cancer patients. Another ingredient, D Fraction can assist in the inhibition of tumour growth and metastasis. It is also helpful in reducing the side effects of chemotherapy such as appetite loss, nausea, vomiting and hair loss.

Reishi mushrooms have been found to shrink tumours and increase T-Cell production. They are also used to ease nervous tension, enhance sleep and reduce indigestion.

Catepillar Fungus also enhances immunity by increasing the activity of T-Cells and natural killer cells.

Turkey Tail contains 2 polysaccharides known to enhance immune functions.

Naltrexone

Although prospective, controlled clinical trials on LDN (low dose Naltrexone) in the treatment of cancer are yet to be accomplished, as of March 2004 clinical "off-label" use of this medication by Dr. Bihari in some 450 patients with cancer — almost all of whom had failed to respond to standard treatments — suggests that more than 60% of patients with cancer may significantly benefit from LDN.

Of the 354 patients with whom Dr. Bihari had regular follow-up, 86 have shown objective signs of significant tumour shrinkage, at least a 75% reduction. 125 patients have stabilized and/or are moving toward remission.

Dr. Bihari's results sharply contrast to prior usual cancer treatment outcomes: either a cancer-induced death or a total cure. LDN therapy presents a viable third alternative, the possible long-term stabilization and/or gradual reduction of tumour mass volume.

Thus, with LDN, cancer can — in some cases — become a manageable chronic disease. Patients have the possibility of living free of symptoms, without, in many cases, the crippling side-effects of chemotherapy and radiation treatment.

How It Works

Low dose naltrexone might exert its effects on tumour growth through a mix of three possible mechanisms:

1. By inducing increases of met-enkephalin (an endorphin produced in large amounts in the adrenal medulla) and beta endorphin in the blood stream;
2. By inducing an increase in the number and density of opiate receptors on the tumour cell membranes, thereby making them more responsive to the growth-inhibiting effects of the already-present levels of endorphins, which induce apoptosis (cell death) in the cancer cells; and
3. By increasing the natural killer (NK) cell numbers and NK cell activity and lymphocyte activated CD8 numbers, which are quite responsive to increased levels of endorphins

Oralmat Drops

From the moment we are born our bodies are bombarded with numerous enemies in the form of toxins, pollutants and germs, more so today than ever before. They are in the food we eat, the air we breathe and the water we drink and our only defence is our immune system. When it is working effectively its hungry scavenger cells will protect us from disease causing substances called pathogens, which come in a variety of bacteria viruses, fungi and parasite as well as from abnormal body cells.

When our immune system is depressed or fails to carry out its duties, Oralmat can trigger it into action. A range of conditions have been known to improve by using Oralmat such as asthma, chronic fatigue syndrome, HIV/Aids, cancer, acne, burns, cuts, grazes, sore throats and hay fever.

Oralmat products are produced in Australia by a small company who have spend 14 years developing the extraction process of young rye plant which they knew contained many phytonutrients.

Prolive

Prolive is a natural food supplement acquired from selected extracts of the olive tree, combined with antioxidants and is produced in tablet form to protect potency and is a strong detoxifier.

Olives and olive oil are a key part of the Mediterranean diet for general wellbeing and our Mediterranean counterparts are well known for their reduced levels of coronary heart disease.

There are two important active ingredients in the olive leaf, oleuropein and hydroxytyrosol, both of which appear to support aspects of the body's immune system. Other benefits are its anti-bacterial, anti-inflammatory and anti-infectious qualities. Dr Callebout has since replaced this with a new product called Eden.

Pure Synergy

Pure Synergy is the original organic green superfood. It has been in use for over 25 years and it unique and comprehensive formulas of over 60 types of algae, phytonutrients and enzymes, Chinese mushrooms and herbs, green juices, western herbs and natural antioxidants makes it the standard against which all other green drinks are measured.

In every spoonful of Pure Synergy you get densely packed nutrition to nourish and strengthen every system in your body.

Pure Synergy was developed by Mitchell May who suffered horrendous muscle and nerve damage following a car accident along with 40 fractures to his legs. He made medical history when he regenerated nerve, bone and muscle tissue that doctors had said was impossible.

Reported benefits of Pure Synergy are:

- Improved immunity
- Enhances vitality and vigor
- Provides sustained energy
- Assists purifying detoxification
- Greatly increases sense of well being

It provides valuable support to people experiencing a diminished sense of well being and looking to regain their health and vitality.

Pure Synergy is a 'clean' product. By this I mean it has no fillers or artificial chemicals and no GM materials. It contains only the highest quality organic and wild crafted ingredients which are subjected to 200 tests for purity at a USDA approved FDA registered laboratory that guarantee the ingredients are of the highest quality.

Quercetin

Quercetin is a cytotoxin (agent that kills infection), and kills HeLa (cancerous) cells, according to the National Library of Medicine. Quercetin inhibits the replication of cancer cells according to the American Medical Association (AMA) Quercetin has been studied by the Cleveland Clinic and many other reputable clinics, hospitals, universities, and laboratories. Findings have been similar: Quercetin shows the ability to seek out and destroy cancer, bacteria, and virus-infected cells, long before symptoms can begin. Quercetin is also reported to prevent virus and cancer cells from metastasising (spreading) by inhibiting the replication of damaged, diseased cells.

Quercetin (from various fruits and vegetables) is a potent bioflavanoid (cancer fighting agent) which helps the body to seek out and destroy cancer and virus cells, preventing metastasising (spread). Also called flavanoid or bioflavin, helping to prevent metastasise of damaged and diseased cells

Shark Cartilage

Shark Cartilage seems to have the ability to greatly effect the development of new vascular systems that nourish solid tumours thereby limiting tumour growth. It was discovered by medical researchers at Harvard University Medical School that by inhibiting the development of a new blood network, the development of tumours and metastasis could be prevented.

Dr William Lane wrote an interesting book “Sharks Don’t Get Cancer” in which he ties up the 1983 findings of two researchers at the Massachusetts Institute of Technology that Shark Cartilage contains a substance that inhibits the development of blood vessels and the research previously mentioned above, along with extensive research of his own in the search for a truly non-toxic effective treatment in reducing cancer related tumours.

Super EPA

Omega 3 is an essential fatty acid (EFA, also known as a polyunsaturated fatty acid (PUFA)) that is derived from both animal and plant sources, although Omega-3 from fish oil is the most common supplemental form. Fatty acids are the basis of fats and oils, and, despite popular belief, are necessary for overall health. These fatty acids are termed “essential” because your body cannot manufacture them by itself. EFA’s must come from food or supplemental sources. They are also essential because they are a component of every living cell in the body, and are necessary for rebuilding existing cells and the production of new cells.

Plant sources such as Flax Oil contain the parent Omega-3 fatty acid called Alpha-linolenic acid that the human body normally converts to the longer chain EPA/DHA fatty acids for prostaglandin formation and other cellular needs. Fish Oil contains the desired Omega-3 fatty acids in their long chain EPA and DHA forms thereby offering us the health benefits of these PG3 prostaglandin precursors while saving our body the enzymatic steps necessary to process the Alpha-linolenic acid into the more biologically active forms.

Superzymetm

SuperzymeTM include three classes of pancreatic enzymes: proteolytic enzymes needed to digest protein, lipases needed to digest fat, and amylases needed to digest carbohydrates. People with pancreatic insufficiency and cystic fibrosis frequently require supplemental pancreatic enzymes (which include proteolytic enzymes, lipases, and amylases). In

addition, those with celiac disease, and perhaps indigestion may be deficient in pancreatic enzymes.

Superzyme™ also contain two plant-based proteolytic enzyme. Bromelain comes from pineapples and is useful in many conditions; papain comes from unripe papayas. All of these enzymes are good supplements for people have symptoms of indigestion that can not be attributed to a specific cause.

The Complete Thymic Formula

The Complete Thymic Formula is considered to be the best most complete immune system builder as it contains such a broad range of essential vitamins and minerals. It has a loyal following among natural healthcare professions when working with people who need to strengthen their immune system.

Vitamin B17 – Laetrile

This vitamin also know as laetrile and amygdalin is found in most fruit seeds...Namely apricot seeds. The apricot seed was claimed as the cure for all cancers over 30 years ago. It was even more strongly claimed that when one eats about 3-7 apricot seeds per day they can never develop cancer, just as one can never get scurvy if they have an orange every day, or pellagra if they have some B vitamin food here and there.

Of course when a person's body is completely eaten up by cancer, the apricot seed and it's extract (laetrile and vitamin b17) would only prolong their life many times longer than chemotherapy and might not completely save them.

Vitamin B17 was the subject of great controversy 18 years ago when some of the world's top scientists claimed that when consumed, the components of the seed make it 100% impossible to develop cancer and will kill existing cancer in most cases.

Vitamin B17 is found in all fruit seeds such as the apple, peach, cherry, orange, nectarine and apricot. It is found in some beans and many grasses such as wheat grass. The hard wooden pit in the middle of the apricot or peach for example, is not supposed to be thrown away. In fact, the wooden shell is actually a strong armor protecting one of the most important foods known to man, the seed. It is one of the main courses of food in cultures such as the Navajo Indians, the Hunzakuts the Abkhazians and many more. Cultures such as these have never had a reported case of cancer!

Wheat Grass



Wheat grass is fast becoming one of the most widely used supplemental health foods. It contains 70% chlorophyll, (nature's most health promoting nutrient it being the basis of all plant life), 20 amino acids, several hundred different enzymes not found in other foods, and as many as 90 out of 102 possible minerals, vitamins, proteins and other important nutrients. It is perfect for anyone who wants to maintain a healthy immune system or just feel great. Animals can survive purely on grass and water.

Dr Ann Wigmore was singly responsible for popularising wheat grass for its healing properties. She had as a child growing up in war torn Lithuania, learned about natural healing from her grandmother, who used plants, grasses, and herbs to heal soldiers injured in World War 1. In her mid-teens Ann moved to America where she quickly adopted the 'new worlds' habits and customs. Her new American diet resulted, at age 50, in colon cancer and then a disastrous automobile accident crushed her legs and resulted in gangrene. It was at this point that the doctors recommended amputation and Ann refused, while her family sided with the doctors.

She turned to raw greens, blended seeds and grains. Within a year, she was cancer free and the bones in her legs had knitted firmly and the gangrene was gone. She began researching the healing properties of grasses, and soon settled on wheat grass as her main focus.

An extract from *Wheatgrass, Nature's Finest Medicine*", author Steve Meyerowitz:

"Although wheat grass has helped thousands recover from serious illness, it is neither a drug nor a magic potion. It is, instead, the cornerstone of a wholistic health restoration program that includes detoxification, nourishment from raw living foods and a revamping of the lifestyle including the mental and emotional conditions that created the "dis-ease." Unlike drug companies who promote their products with large advertising budgets, grass is not patentable and is unlikely to ever be approved for medical use. Instead it owes its popularity to an underground movement that is made up of thousands of individuals, hundreds of practitioners and a handful of healing resorts who all testify to its healing properties.

Word has spread to medical doctors who are discovering alternative health treatments. Drn Leonard smith, a cancer surgeon in Gainesville, Florida, allowed Wheatgrass juice to be given to his patient Gary Garrett because he desperately needed a blood transfusion, but could not because of his Jehovah Witness religion. Smith said: "Gary's platelet count rose every day for 7 days from 61,000 to 141,000 and the only thing we did differently was

administer Wheatgrass. That's phenomenal and it's fully documented on the hospital record." Smith now juices Wheatgrass himself.

Dr Allan L. Goldstein, Ph.D, of the George Washington University medical Centre (USA) tested barley grass against three types of prostate cancers. He reports: "Barley grass leaf extract dramatically inhibits the growth of human prostatic cancer cells grown in tissue culture. It may provide a new nutritional approach to the treatment of prostate cancer." And Dr. Julian Whitaker, M.D., the famous editor of the popular Health and Healing newsletter, said: "Why take these young grasses? Because you'll be giving yourself a health elixir unlike anything you've ever experienced! The effect these highly nutritious green drinks are having on all my patients is nothing short of amazing."

Why Grass Works

As a source of nourishment, grass is a complete food . People with allergies by the way have nothing to fear from this food. Although grass is grown from grain, it has completely transformed into a vegetable with none of the allergic proteins common to glutenous grains. Grass is non-toxic at any dose, but you may have a reaction to it because it is a potent detoxifying agent. It is a powerful liver purger and it cleanses and heals the large intestine, another collection point of toxins in the body. It is however most famous for its blood purification. This blood of plants is a chemical cousin to hemin. Hemin is part of haemoglobin, the red iron rich oxygen-carrying portion of human blood. Wheatgrass juice literally gives you a sunshine transfusion. When you drink it, this enzyme-rich and metabolically active, fresh living food, transfers its high vibration to your system, raises your "kundalini" or "chi" (energy) and give you a natural high.

It is this energetic lift that enhances your ability to heal. Cut don't confuse the high from Wheatgrass with marijuana. Wheatgrass is hope, not dope."

Wobe-Mugos

Wobe-Mugos is a systemic oral enzyme formula which has in clinical trials shown to inhibit the metastasis of cancer.

Research and Resources

Websites:

www.mercola.com

www.JonBarron.org

www.wddty.com

www.positivehealth.com

www.sirjasonwinters.com

www.drday.com

www.mindpower.com

www.subliminal-power.com/?afl-20005

www.innerlightinc.com/jayneharvey

www.theseecret.com

www.interviewwithgod.com

www.alternativemedicine.com

www.lef.org/doctors/doctors.html

Here you will find a list of progressive doctors in many countries. Open minded health care professionals that understand the value of alternative therapies and are experienced in using them.

Publications:

What Doctors Don't Tell You:

Vol 2 No 7	Cancer: The better alternatives
Vol 4 No 7	Cancer: Nutrition as a cure
Vol 7 No3	The Spin Doctors of Cancer
Vol 7 No 4	Cancer: Less is more

Vol 13 No10 Cancer: When it isn't a killer
Vol 3 No10 Breast Cancer: The mammogram myth
Vol 14 No11 Breast Cancer:
When it's not cancer at all
Vol 3 No11 Breast Cancer: The unkindest cut

Positive Health Magazine

Books: Recommended Reading

Available from www.amazon.com

Questioning Chemotherapy, Ralph W. Moss PH.D
Equinox Press ISBN 1-881-25-25-X

Cancer Therapy, Ralph W. Moss PH.D
Equinox Press ISBN 1-881025-06-03

Options, Richard Walters
Avery Publishing Group ISBN 0-89529-510-5

The Cure for all Cancers, Hulda Reghr Clark, Ph.D., N.D.
ProMotion Publishing ISBN 0-9636328-2-5

Heal Cancer, Dr. Ruth Cilento
Hill of Content Publishing ISBN 0-85572-213-4

The Cancer Handbook, What Doctor's Don't Tell You
WDDTY

The One Answer To Cancer, Dr. William Kelly
Various Publishers – visit Amazon

The Nutrition Solution, A Guide To Your Metabolic Type
North Atlantic Books: ISBN 1-55643-437-5

Trusting the Healer Within, Nick Bamforth
Amethyst Books ISBN 0-944256-26-0

You Can Heal Your Life, Louise Hay
Hay House ISBN 0937611018

The Power Within, Louise Hay
Hay House ISBN 1561700231

Love, Medicine and Miracles, Bernie S. Siegel M.D.
Arrow Books Ltd ISBN 0-09-963270

You Cannot Afford the Luxury of a Negative Thought,
John-Roger and Peter Williams
Harper Collins Publishers ISBN 0-7225-2383-1

A Course in Miracles
Penguin ISBN 0-14-019088-0

Feel the Fear and Do It Anyway, Susan Jeffers
Rider & Co ISBN 0-71-267105-6

End The Struggle and Dance With Life, Susan Jeffers
Hodder & Stoughton Ltd ISBN 0-34-980760-0

Conversations with God, Book 1, Neale Donald Walsh
Hodder & Stoughton Ltd ISBN 0-340-69325-8

Who Moved My Cheese, Dr Spencer Johnson
Ebury Press ISBN 9-0918-1697-1

Ask and it is Given, Esther & Jerry Hicks
Hay House ISBN 1-4019-0459-9

Mind programming/stress relief/ visualisation tools

www.tophermorrison.com
www.subliminal-power.com/?=afl20005

Centres:

The Bristol Cancer Centre
Alternative Healing Therapy Centre
www.bristolcentrehelp.org

The Nutri Centre
UK's largest supplement supplier – will despatch worldwide.
www.nutricentre.com

Organisations

www.peopleagainstcancer.com

A non-profit organisation, researching and promoting little known and successful alternative cancer treatments.

www.nfam.org (National Foundation for Alternative Medicine)

Dedicated to finding the best alternative and conventional treatments worldwide.