Bonus Report #1

Exclusive Interview with a Living Legend: Julian Whitaker, M.D.

America's most famous alternative doctor talks about today's cancer treatment options

Bonus Report #2

How to Put Out the "Fire" Behind Your Cancer

Excerpts from Fear Cancer No More and Cancer's Best Medicine

by Mauris Emeka

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These reports suggest ways you can do that, but — as with anything in medicine — there are no guarantees.

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Exclusive Interview with a Living Legend: Julian Whitaker, M.D.

America's most famous alternative doctor talks about today's cancer treatment options

- His number one recommendation if you have cancer
- The colleague with the stunning success rate in treating cancer
- This vitamin offers hope—if you take it in a special way
- Dr. Whitaker's "molecular medicine" approach, and why it works
- Why alternative cancer treatments help your *other* ills, too
- How the government and conventional medicine persecute pioneering cancer doctors
- What no one's telling you about conventional treatments
- Cancer death rates: *Zero* change in 100 years with conventional treatments
- Why conventional diabetes treatment isn't enough, and what patients must do immediately
- Dr. Whitaker's ingenious secret for *spectacular* weight loss
- And more...

Exclusive Interview with a Living Legend: Julian Whitaker, M.D.

America's most famous alternative doctor talks about today's cancer treatment options

Julian Whitaker, M.D., is a living legend in the field of holistic medicine, which he simply calls "good medicine." He's the founder and director of the Whitaker Wellness Institute in Newport Beach, California, which draws patients from all over America. His newsletter, *Health and Healing*, has had more subscribers than any similar newsletter.

Dr. Whitaker was kind enough to let Frank Cousineau interview him about cancer treatment options in America today and other health issues.

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

Here's what Dr. Whitaker said in our interview:

Frank Cousineau: You have a vast knowledge of cancer and how to treat even the cases other doctors call "hopeless" and "terminal." What advice would you give to a cancer victim?

Dr. Whitaker: Well, let me give you my thoughts on cancer. We don't treat cancer. As a matter of fact we discourage patients with cancer from coming here. When patients with cancer do come here, we treat the patient's general health and add to the nutritional support of his or her health.

A stunning, unique cancer breakthrough

I routinely refer cancer patients to Dr. Stanislaw Burzynski in Houston. Dr. Burzynski has a unique discovery on the treatment of cancer that deals with undisciplined multiplication, which is, in my opinion, the only breakthrough in the treatment of cancer we've experienced in the last hundred years.

[Editor's note: In 1992, investigators from the National Cancer Institute visited Dr. Burzynski's clinic and examined the medical records of seven terminally ill brain cancer patients. They concluded that Dr. Burzynski's treatment caused a complete or partial remission in every case. (Reference: Hawkins, M.G., Friedman, M.A.; Journal of the National Cancer Institute, 1992; 84: 22, 1701) You can call the office of Stanislaw Burzynski, M.D., Ph.D., at 713-335-5697 for more information.]

There are some things I think can also be helpful. One of them is a very large dose of Vitamin C. Dr. Hugh Riordan has been doing that, I think for 20 years, in Kansas, and he recently died and his medical practice in part was taken over by Dr. Jeanne Drisko, and

she is associated with the University of Kansas Medical Center and has a Hugh Riordan Foundation where they are actually studying chemotherapeutic use of Vitamin C. In that therapy, they infuse Vitamin C and at the same time test blood levels of Vitamin C to hit a level of Vitamin C deemed to be appropriate for the treatment of cancer.

The primary reason we discourage cancer patients from coming is because it is such a highly politicized issue. The reason it's a highly politicized issue, in my opinion, is that conventional therapy is no more than a dangerous placebo. So when you have the death rate from cancer, and the incidence rate of cancer staying virtually the same for over a hundred years, that is the definition of a placebo: therapies that just don't work but are believed to work.

The government targets alternative cancer doctors

Yet the industry of cancer is so bolstered financially that they govern all of the other regulatory aspects of medicine to ensure that choice is not available to cancer patients except surgery, chemotherapy, and radiation. Anyone who treats cancer in this country with therapies other than surgery, radiation, and chemotherapy has put a very large red target on his back for suppression. I just don't want to do that and I don't want to live in Mexico, so we stay away from cancer for political reasons.

I believe I could be a better oncologist with natural therapies than the oncologists are now with chemotherapy. Now that's just my opinion. I will never test that opinion because I will not put myself in that kind of jeopardy.

Frank Cousineau: How did you get into what we generally call "alternative medicine"?

Dr. Whitaker: Well, I don't really like the term "alternative medicine." If we look at the term "alternative medicine" and clearly define it, alternative therapies are therapies that are not taught in medical school and not used in hospitals. Now that's an unstable definition because virtually everything in medicine today was at one time alternative. Everything: antibiotics, hand washing, sterile technique, and so on.

However, there are certain elements, for business reasons, that are constantly excluded as medical therapies. I'm talking about natural products such as vitamins and minerals, acupuncture, or low-tech, inexpensive products that would compete for the health care dollar with large pharmaceuticals that have patented substances and the high-tech approaches that are used in hospitals with surgery.

So I don't like the term "alternative medicine." I do like the term "good medicine." That's all I try to practice: good medicine. I do what I consider to be best for a patient.

The best way to define our medicine, I think, is to call it "molecular medicine." That's a term Linus Pauling coined. Molecular medicine is the use of substances that are common and essential to the body in various dosages to facilitate health and to treat disease. This includes Vitamin C, water, oxygen, hyperbaric oxygen, folic acid,

magnesium, and the whole array of what we know as nutritional supplements.

These supplements have only been a part of human civilization for about 60 years; a very new source of innovation is to be able to find these active ingredients and actually put them in a dosable form. So that describes most of what we do here.

Most of the diseases we treat here are not nearly as politically charged as is cancer. And that is high blood pressure, stroke, heart disease, a lot of diabetes, obesity, and the degenerative diseases other than cancer.

Frank Cousineau: At what point did you decide that good medicine included all of the things that you just described, as opposed to what you were taught in medical school?

Dr. Whitaker: I think the major turning point was when I spent about six months on the staff of the Longevity Institute under the direction of Dr. Nathan Pritikin in 1976. He had an operation very similar to mine. People would come for a residential program in which his therapeutic tools were diet and exercise only. So it was a rigorous lifestyle intervention program, and I followed people who were on that program. And I saw people get well.

Patients who take prescription drugs are not well

In conventional medicine, you rarely if ever see anybody get well because they're always changing drugs. They always have something that they "require" to have a prescription drug treatment for. People who are taking prescription drugs are by definition not well. That doesn't mean that everyone not taking a prescription drug is well, but if you're on a prescription drug, you're not well. You could be better, but you're not well. But when you use natural, molecular substances, your chances of creating wellness are good.

Seeing people get well solidified the direction I would take in my own medical practice. Hence, we have a residential program. This is not a hospital. Our patients stay in a hotel, but we treat them here. We educate them on lifestyle.

Urgent advice if you're diabetic or obese

Frank Cousineau: Many cancer patients are also suffering from conditions such as diabetes and obesity. Could you address those conditions?

Dr. Whitaker: Yes. Now I've written a book on diabetes, and I'll give you one when you leave.

Here's how I would summarize our approach with diabetes Type I: we do everything we can to reduce the amount of insulin required to keep someone under good control. And the tools that reduce the amount of insulin required to keep someone under good control are the lifestyle. If a Type I diabetic gets involved in an exercise regimen, his insulin requirement is going to drop substantially. If a Type I diabetic gets involved in a

diet that is low-glycemic and high in fiber, his insulin requirement is going to drop.

But the area where I think we are most different from conventional treatment of Type I and Type II diabetes is that we vociferously advise and prescribe and put our patients on nutritional supplements. And the reason this is such an integrated part of our treatment for diabetes is because the term diabetes means excessive urination. And "diabetes" is actually the Greek word for "passing through."

The blood sugar acts like a powerful diuretic. So when people have excessive urination, which is one of the cardinal symptoms of Type I diabetes, they are losing copious amounts of urine with sugar in it and with everything else. The sugar in the blood overwhelms the kidneys' capacity to conserve water-soluble nutrients. So the diabetic is dangerously low, almost always, in magnesium, folic acid, Vitamins C, B-12, zinc.

All the water-soluble nutrients are washed out because they have a nutritional wasting phenomenon going on.

I believe that this nutritional wasting is a primary reason, if not the major reason, for diabetic complications. If you were to put someone on an osmotic diuretic daily that caused that degree of nutritional wasting that Type I diabetics do experience, you'd have the eye problems, the nerve problems, and all of the other problems that they experience just on the nutritional wasting because they waste everything. They have oxidated stress all the time, yet they peed out all their antioxidants.

So in 30 years, and with probably 25,000 diabetic patients, we have never had a single diabetic patient — either Type I or Type II — come in who has been prescribed nutritional supplements to compensate for what everyone knows is a massive loss of water soluble nutrients because of the nature of the disease — not one. It is one of the biggest flaws I can think of.

Not to supply the diabetic with copious amounts of water soluble and freely available and inexpensive nutrients is beyond my comprehension. Not because I believe they work, but simply because any measurement of the nutritional status of the diabetic indicates major loss. So that's the main thing.

We tell our Type I diabetics, "We will institute a variety of methods to control your blood sugar. But so do conventional doctors. However, where we really differ is that we give you extra amounts of high potency vitamins to compensate for the loss."

Why Americans weigh too much: culprit revealed

Frank Cousineau: What about obesity?

Dr. Whitaker: Well, I've just written a book on obesity, and in that book — and I'll give you one you can take with you — I point out two things. I think I've hit on the primary reason why we have a pandemic of obesity. What do you think it is?

Frank Cousineau: Diet.

Dr. Whitaker: What about the diet? What's so different now than it was in the '50s and '60s?

Frank Cousineau: It's the things that people choose to eat; it's a fast-food nation; it's the lack of nutritional quality in the foods that are grown; lack of exercise; and people don't take the time to sit down and eat a good, well-balanced meal.

Dr. Whitaker: Okay. I disagree. Because everyone says either what you said or else portion size — or lack of exercise. Right? We are all trying to find why people who are obese in this country have exploded by about 50 percent. I have those statistics in the book. It's an explosion, and it has only occurred in this country.

It did not occur in France; it did not occur in England; it did not occur in Italy. It has never been a problem in Asia. Why? Why is the United States so different? Other countries have fast food. England has fish-and-chips restaurants.

Here's the difference: In the 1970s there was a substantial shift in the country toward carbohydrates. The Senate Select Committee on Nutrition, headed by Senator George McGovern, came out with guidelines that said let's make starch a major caloric contributor. And the food industry jumped on the bandwagon and decided to vilify all fat as the reason for heart disease, obesity, and so on.

Yes, the food industry took this message to heart. And when you talk about the food industry, you don't talk about them advocating the fruits and vegetables. You talk about them coming out with non-fat Twinkies, non-fat desserts, non-fat milk, non-fat yogurts, and these types of things.

So the food industry began stripping fat and adding the calories in carbohydrate. And the nation followed, and I have those statistics in the book where the carbohydrate increase only went up about two to three percent. And the fat intake actually reduced. And if that initial belief was accurate, we should have had a reduction in weight, regardless of calorie intake. But we turned the nation into a feedlot. And by altering the food and increasing starch intake, human beings exploded. How do you fatten cattle?

Frank Cousineau: Put 'em in a pen and give 'em corn.

Dr. Whitaker: Corn. And what is corn primarily? Starch. So we're mammals. We have the same proclivities and the same chemistries, and the same metabolism of handling starch that all other mammals have that eat starch. We get fat.

Dr. Whitaker's weight-loss secret: How he lost 30 pounds

I've lost about 30 pounds. I hadn't been eating at McDonald's. I wasn't on the fast-food thing, but I was eating a whole bunch of bread and some dessert, and now I'm 30 pounds lighter because I just eliminate bread and eliminate dessert. And now I'm exercising more, so there's a lot to it.

When you talk to someone who's lost 70 pounds, invariably 80 percent of them will

say they cut off carbohydrates. The evidence keeps slapping us in the face all the time, and we ignore it, and we say Atkins was an idiot. And yet the people who really do seriously lose weight control their starch intake.

I don't go so far as to eliminate all starches. I say eat fruit. I've never known anybody who was obese from excessive fruit consumption; you probably could do it. Apples help you to lose weight because they're high in fiber. So eat fruit and vegetables, but just stay off starch, and people will lose weight. So that's one thing.

How to guarantee you'll have the discipline to lose weight

Another important factor is discipline, because few can stay on a program. They will resolve to lose weight, but they will rarely resolve to change with any kind of discipline the behaviors they need to lose weight. They say, well, I'm not going to eat this; I'm not going to eat that, and there will always be exceptions because there's no consequences to breaking the New Year's resolution.

In my book, I point out how you make a contract with yourself with a negative consequence if you don't follow through on your contract. And the contract has some specifics.

First, it needs to be a behavior, not a result.

Second, it needs to be time-limited so that you don't make it for the rest of your life. You can always renew.

Dr. Whitaker's ingenious punishment if he "cheats"

Third, there needs to be a significant punishment for not following through. I recommend a financial punishment. Let me tell you what my punishment is. I despise the ACLU. I think they degrade society, so I would never give them any money. So in my contract I agree not to eat breads or sugar desserts for three months. If I so much as eat any breads or sugar desserts in three months, I will send a thousand dollars to the ACLU.

Frank Cousineau: That would be a tremendous motivation.

Dr. Whitaker: It is a tremendous motivation. Then I sign it, I witness it, and I put it up on the bulletin board somewhere. We have it downstairs for people to do this. It's amazing how much discipline that can cause to bubble up, to where now it isn't a problem. You just don't do it. And one of the reasons — it's like if you had an invisible guy behind you with a baseball bat and you want to stop smoking, and you instructed him to hit you in the back of the head very hard with a baseball bat the minute you took a single puff of a cigarette — I don't care how much you wanted the cigarette, you are not going to take a puff as long as you know he's back there.

Frank Cousineau: Getting back to cancer, I've seen a lot of cancer patients get rid of their cancer at alternative clinics. The cancer would be gone — three weeks, three

months — the cancer was under control. And then six months to a year or a year-and-a-half later, some of these patients would die of a heart attack or stroke. I stressed this to some of the alternative clinics. I said, "You have to broaden your horizons. When you get the cancer under control, you have to follow through with what you say you're doing, and that's taking care of the whole patient."

Dr. Whitaker: Many of the people who are treating cancer using non-conventional therapies are strongly into dietary changes that I would agree with. So I think if someone is getting benefit from an alternative therapy in cancer, it is also most likely lowering risk of other diseases as well. Because a natural approach to reduce cancer is not inherently dangerous as far as heart disease, diabetes, and anything else is concerned.

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Contact information for the cancer clinic to which Dr. Whitaker refers cancer patients who seek alternative therapy:

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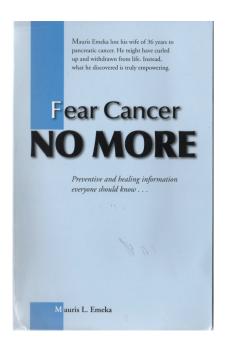
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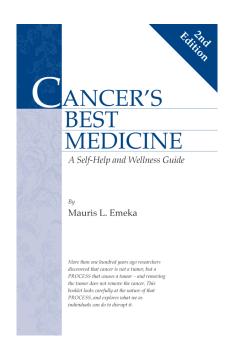
Website: www.burzynskiclinic.com/drb.htm

How to Put Out the "Fire" Behind Your Cancer

Excerpts from Fear Cancer No More and Cancer's Best Medicine

by Mauris Emeka





e typically respond to cancer as if it were a localized disease, like a skinned knee that's independent of the rest of the body. Malignant tumors found in our body are commonly called "the cancer". But more correctly, these tumors are *symptoms* of cancer; much like smoke rising from fire is a symptom (or indication) of the fire. When responding to cancer, it's important to focus less on the 'smoke' (or the symptom) and more on the 'fire' (or the cancer *process*) that causes the tumor symptom.

"My people are destroyed for lack of knowledge."

—Hosea 4:6

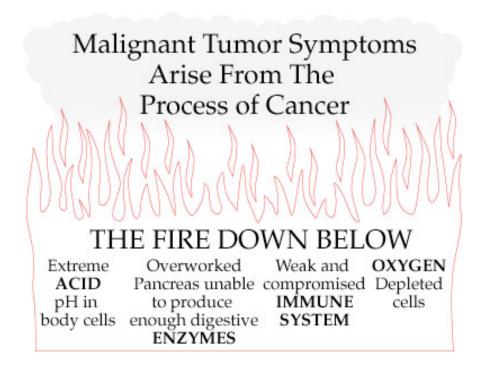
In a new book, German Cancer Breakthrough, Andrew Scholberg makes the same point as he notes that "Cancer is a symptom of a systemic disease of the whole body no matter where the tumor may appear." He further states that "...swatting mosquitoes isn't enough. It's necessary to drain the swamp."

In other words, it is not enough to merely treat tumor symptoms. We must address the condition in the body that causes the symptoms to appear. So how do we put out the fire or drain the swamp? That question goes to the heart of the matter; it refers to the cause and effect at the cellular level.

The Causes and Effect of Cancer

Think of the cancerous process as the "Fire Down Below", that's fueled by four things:

- 1) Excessively acidic body chemistry
- 2) Lack of digestive enzymes
- 3) A weak immune system
- 4) Lack of oxygen at the cellular level



If You Have Cancer, Put Out the Fire!

Remember These Vowels - A, E, I, O, U.

A – ALKALINE: Create more ALKALINE and less acidic body chemistry.

 $\mathbf{E} - \mathbf{ENZYMES}$: Introduce more digestive ENZYMES, especially protein-digesting enzymes, into your body.

I – IMMUNE SYSTEM: Make your IMMUNE SYSTEM strong — it's crucial!

O – OXYGEN: Make more OXYGEN available to your cells.

U – YOU: It's up to YOU, your diet and lifestyle.

Who is in the best position to do something about the deep causes of cancer at the cellular level? Who can go beyond treating the symptoms? It is YOU! Yes, you are the answer to cancer, not a drug. Drugs can sometimes make the symptoms of cancer go away, but all too often they aggravate the underlying cause by weakening your immune system and making your body's chemistry more acidic, and hence, more cancer-friendly.

If someone is challenged with cancer, no matter where that process manifests in the body, it's a sign that their immune system needs strengthening and, as the diagram on page two shows, the following three things need to be corrected promptly.

- 1. The body chemistry needs to be made less acidic and more alkaline; because cancer can only thrive in a highly acidic environment.
- 2. The body is deficient in digestive enzymes, and especially protein-digesting enzymes; because protein-digesting enzymes help to unmask cancer cells and that in turn helps the immune system to identify cancer cells and target them for destruction.
- 3. There is an urgent need for more oxygen to be available at the cellular level, because oxygen enhances healthy cells and suppresses cancerous cells. This important discovery was made by Nobel Prize-winning scientist Dr. Otto Warburg.

Four foods that can curb the growth of cancerous cells

1. **Nitriloside** (or amygdalin) is a food factor found in greatest quantities in apricot kernels. Dr. Ernst Krebs, a noted physician and cancer researcher, discovered the beneficial effects of this food factor more than 50 years ago.

Other foods high in nitriloside are lima beans, lentils, broccoli sprouts, and kale. But this food factor is highest by

"While we enhance the ways we treat cancer, the healthcare establishment largely ignores one proven fact: cancer is a chronic metabolic disease arising from dietary deficiency."

—Mauris Emeka, Fear Cancer No More

far in apricot kernels. The nitriloside in apricot kernels destroys cancerous cells but not healthy cells. This little-known food is a kind of "natural chemotherapy" without the many negative side effects of chemotherapy.

In my experience, the best source for apricot kernels is from American Biologics in Chula Vista, CA. See their website at: http://www.americanbiologics.com.

2. **Green tea** is widely known as a potent antioxidant that helps shut down the destructive activity of free radicals, and at the same time improves your immune system's ability to recognize and destroy cancer cells.

- 3. **Flaxseed oil and cottage cheese** is a combination that was discovered by Nobel Prize nominee Dr. Johanna Budwig. These two foods, when mixed thoroughly and consumed daily, are known to help suppress cancer cells by fostering greater oxygen circulation at the cellular level, and as has been noted, cancer cells are suppressed by oxygen. A suggested protocol: thoroughly mix a tablespoon of flaxseed oil along with a half cup of cottage cheese and two tablespoons of ground flaxseed, and eat it daily.
- 4. **Essiac tea** is an herbal tea made of burdock root, sheep sorrel, slippery elm, and Turkish rhubarb. It has been used successfully for many years by Native Americans, and it is particularly effective in cleansing and detoxifying your body when you drink it daily over two or more months. You can buy this tea in bulk and brew it daily.

Foods to eat — and not to eat — if cancer ever challenges you

- 1. **Do Not Eat** foods that cancer cells can consume and easily convert to energy. Such foods include refined sugar, high-fructose corn syrup, refined flour, refined grains, and most dairy products.
- 2. **Do Not Eat** foods that make your body prone to get cancer, or that encourage its growth. These include soy oil, corn oil as well as other polyunsaturated and hydrogenated oils, including margarine; also aspartame (in Nutri-Sweet, Equal and in diet sodas), chemical preservatives, additives. Also, no coffee, alcohol, or food dyes.
- 3. **Do Not Eat** foods that impair your immune system's ability to destroy cancer cells. These include meat and to a great extent dairy products, and various processed vegetable oils, both hydrogenated and non-hydrogenated.
- 4. In contrast to the foods I just mentioned in points 1, 2, and 3, consider eating the following **Super Foods** that bolster your immune system, provide much-needed fiber and antioxidants, and create an alkaline environment rich in

"Your food shall be your remedies, and your remedies shall be your food."

—Hippocrates

protein-digesting enzymes and oxygen: **Garlic, Apricot Kernels**, and **Deep Green Leafy Vegetables** (e.g., collard greens, turnip greens, kale, and their freshly squeezed juice).

Leafy green vegetables are rich sources of magnesium and alkalizing and oxygen-producing nutrients; **Papaya** and **Papaya Seeds** (rich in protein-digesting enzymes); **Pineapple; Turmeric** spice, an excellent anti-inflammatory and alkalizing spice; **Green tea, carrots, seaweed** (an excellent source of much needed iodine and selenium); **Essiac tea; Legumes** (such as lima beans, lentils, and black-eyed peas); **Soybean Sprouts** (a complete source of easily digestible protein that also makes your body chemistry more alkaline); **Antioxidant-rich fruits** (including pomegranates, blueberries, blackberries,

figs, and raspberries); and whole grains (mainly millet and oatmeal).

If I am ever challenged with cancer I will make every effort to see that my food choices include Super Foods as I noted here in point 4, and I will consume these foods with resolve and determination for at least 45 days.

Obviously, cancer is a serious health condition. But cancer is not your life, it is not the essence of who you are. Your sense of self should be that you are Spirit, made in God's image and likeness. Do not allow your mind to dwell on the notion that "I have cancer." Know, instead, that you are a Child of God, though you may be challenged with a condition called cancer. And it is not about "battling" or "fighting" cancer. Fighting something requires that you engage it, and that automatically gives it a degree of power.

Don't empower cancer in any way! Take these simple yet effective steps instead...

Close your eyes, then breathe slowly letting the air go deep into your lungs before slowly exhaling. Do it often, because it introduces much-needed oxygen into your body and helps relieve stress. Go within, pray, meditate, do regular exercise when you can, and expose yourself to the healing power of sunshine. Finally, know deep inside that God's comforting and healing Spirit is always with you ...much like a fountain whose healing stream flows eternally.

"...and lo, I am with you always, even unto the end of the world."

-*Matthew 28:20*

Note: This Report is excerpted from Mauris Emeka's exceptional books *Fear Cancer No More* (ISBN 0964012561) and *Cancer's Best Medicine* (ISBN 978-0964012547). For more details about these books or to purchase your own copies, please go to: http://www.cancernomore.com/.

Mauris Emeka became passionately interested in the connection between cancer and diet and lifestyle when his late wife was diagnosed with cancer in 2001. He has authored three books on the subject, all of which have been well received, especially by readers who seek to take a greater responsibility for their health. A retired Army officer and a retired Amtrak trainman, he makes his home near Seattle, Washington.

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